



# OGIMAAWABIITONG

Providing programs and services to the First Nations in the field of health, education and social services in a holistic traditional way ensuring the survival of the Anishinabe way in the present and future generations.

February 2012

## Aboriginal Diabetes Education

The Diabetes Education Program is back in full swing, visiting each of our 7 communities on a monthly basis.



Latest activities have included

- ✂ Making spinach smoothies with the grade 8 and high school students
- ✂ Veggie pita pizzas with elementary students
- ✂ Healthy Living Day & Diabetes screening
- ✂ Community kitchen and Diabetes workshop
- ✂ Soup kitchen
- ✂ Nutrition bingo and supper event
- ✂ Diabetes workshops with students
- ✂ Cooking with various classes!

To Schedule an Event!!

Call: Adrienne Penner, at 467-8144 ext 233

Email: [adrienne.penner@kenorachiefs.ca](mailto:adrienne.penner@kenorachiefs.ca)

## Public Health Days

All community members are welcome:

Shoal Lake 40 February 16

Obashkaandagaang February 22

Ochiichagwe'babigo'ining March 21

Check our website for booths & presenter information!

## Diabetes Services Coordination

KCA has received funding to coordinate Diabetes services within Kenora and the surrounding area.

Our catchment area has numerous services for individuals facing diabetes, although clients often find services difficult to navigate, and service providers can easily feel isolated.

On November 9th and 10th, 45 diabetes service providers from all sectors, including our First Nation communities, Northwestern Health Unit, Lake of the Woods District Hospital, KAHAC, among many others gathered at the Super 8 Hotel in Kenora.

We shared strengths and challenges faced when providing care, met many new faces, and put ideas forth on how to work better together, to improve services for our clients.

As a result, a Diabetes Services Directory has been started and we are continuing to discuss the many other ideas brought forth.

Thank you to everyone who participated - we are very fortunate to have such a dedicated, knowledgeable, and caring team of Diabetes care providers in our area.

*We look forward to continuing to move forward together to provide optimal care for those facing Diabetes.*

## Mission Statement

Kenora Chiefs Advisory is committed and dedicated to providing culturally appropriate health and social services which address the needs and enhance the well being and capacity of community members in our affiliated First Nations.

## Organization Mandate

KCA is an alliance of independent, participating First Nations within the Western Region and has been incorporated and in operation since 1995.

Our mandate is to provide programs and services to the First Nations in the field of health, education and social services in a holistic, traditional way ensuring the survival of the Anishinabe way in the present and future generations.

Chiefs from each of the seven communities constitute a board of directors and govern KCA while the day-to-day operations are managed by the Executive Director. These Chiefs are accountable to the First Nations that they represent.

# Peer Helper Training

## Upcoming Peer Helper Training in the communities:

February 10-12, 2012      Grassy Narrows First Nation  
February 17-19, 2012      Wabaseemong Independent First Nation

For more information on these or past peer helper training, contact:

Jhonny Garcea      807-467-8144 ext 247      jhonny.garcea@kenorachiefs.ca

# Treaty 3 Gambling Addiction Awareness Program

On January 23rd & 24th, community workers- Albert from Couchiching & Linda from Sagkeeng - and myself attended the camh 2011 Ontario Problem Gambling Forum in Toronto. It was a busy two days of information gathering, discussion and networking.

Topics included:

- ◊ Women and Financial Safety
- ◊ History of Gambling
- ◊ On-line Self-Help Tools
- ◊ Working with Families
- ◊ Motivational Interviewing

If you are interested in discussing these topics in your community, please email or call the program coordinator to schedule a community discussion or event.

Call: Dennise Pemmican at 807-467-8144 ext 223  
Email: dennise.pemmican@kenorachiefs.ca

Linda from Sagkeeng writes:

*My experience to Toronto was very exciting, not only did I have the opportunity to learn more knowledge about gambling awareness. It was a first for myself to venture into new territory and experience the thrills of one of the largest cities of Canada. I went to the CN tower, which I loved, walked down the lit up streets of tall buildings and flashing billboards. I had a fabulous experience, I am grateful for this event. Giitchi Meegwetch.*



## Updated on-line Self-Help Tools to check out!!

### [www.ProblemGambling.ca](http://www.ProblemGambling.ca)

- ◊ Self-Help for Family and Friends
- ◊ Self-Help for those who gamble

### [www.olg.ca](http://www.olg.ca)

- ◊ How do slot machines really work?

## Upcoming On-line Training:

Through camh - Problem Gambling.ca is holding a Fundamental Concepts of Problem Gambling: April 9 to May 6, 2012

This four week online course will provide students with a practical understanding of gambling and problem gambling.

Contact Dennise or check out [www.problemgambling.ca](http://www.problemgambling.ca) for more information.



## Making Kenora Home - A Walk in Other's Shoes

KCA staff Adrienne Penner and Dennise Pemmican have taken the challenge to "Walk in other's shoes" by participating in the second annual poverty challenge.

This is Adrienne's second year participating in the challenge and Dennise's first challenge.

Check out their daily blogs at "Making Kenora Home"

## Rick Hansen 25th Anniversary Relay

A member of the KCA staff participating in the Rick Hansen Medal Relay with the women in her family.

L-R: Bernice Berle, Dennise Pemmican, Marie Seymour, Alice Pemmican, Shelley Seymour



Photo by Bernice Berle

### KCA Programs:

Aboriginal Diabetes Education

Aboriginal Healing & Wellness

Children's Services

Home & Community Care

Long-Term Care

Mental Health & Addictions

Min-O-Qwe-Ke-Ga-Bwe'in Social Services

Peer Helpers Training

Treaty 3 Gambling Addiction Awareness Initiative

**Check out our website for more information!!**

**OGIMAAWABIITONG shall maintain a culture which recognizes and values ethical conduct through the following Seven Sacred Teachings;**

**HONESTY:** Don't lie or steal,  
WALK WITH HONOUR...

**TRUTH:** We are all personally accountable for what we say and do. If you believe in yourself, respect your actions,  
YOU ARE LIVING THE TRUTH...

**RESPECT:** Respect means never hurting or humiliating colleagues by unkind words or gossip, TO HONOUR ALL OF CREATION IS TO HAVE RESPECT...

**BRAVERY:** Don't be afraid to stand up for what you believe in; take risks and learn something new,  
STEP OUT OF YOUR COMFORT ZONE...

**LOVE:** Love means showing compassion and understanding towards yourself and others,  
ASPIRING TO LIVE IN TRUTH & HARMONY...

**HUMILITY:** Show your humility by asking colleagues for their opinions and giving credit for their assistance and ideas,  
TO BE HUMBLE IS TO ACKNOWLEDGE OUR LIMITATIONS...

**WISDOM:** Wisdom is seeking to learn all that we can in a respectful manner and to take the time to reflect upon our teachings...



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## Board of Directors

Wabaseemoong Independent First Nation..... Eric Fisher  
 Naotkamegwaning First Nation..... Warren White  
 Ochiichagwe'babigo'ining First Nation ..... Lorraine Cobiness  
 Shoal Lake 40 First Nation ..... Erwin Redsky  
 Iskatewizaagegan 39 Independent First Nation ..... Eli Mandamin  
 Grassy Narrows First Nation ..... Simon Fobister  
 Obashkaandagaang First Nation..... Alfred Sinclair

**Executive Director:** ..... Joe Barnes  
**Finance Administrator:**..... Kim Atherton  
**Human Resource Manager:**..... Gail Wetendorf  
**Receptionist:**..... Alice Pemmican

### Mental Health & Addictions (MH&A)

MH&A Manager:.....Dr. Ozzie Seunath  
 Program Assistant:.....Katelyn Kelly  
 Case Managers:  
 ..... Donna Indian  
 ..... Marta Queen  
 ..... Colleen Arch  
 ..... Michelle Queen  
 ..... Adam Ward  
 Pre-Arrest Diversion: .....Percy Cameron  
 Peer Helper/Case Manager: .....Jhonny Garcea  
 Peer Helper Assistant .....Anita Ross

### **Mental Health & Addiction**

- ⊗ Eagle Lake
- ⊗ Grassy Narrows
- ⊗ Iskatewizaagegan #39
- ⊗ Lac Seul
- ⊗ Naotkamegwaning
- ⊗ Northwest Angle 33
- ⊗ Northwest Angle 37
- ⊗ Obashkaandagaang
- ⊗ Ochiichagwe'babigo'ining
- ⊗ Shoal Lake #40
- ⊗ Wabaseemoong
- ⊗ Wabauskang
- ⊗ Wabigoon
- ⊗ Wauzhushk Onigum

### Health Programs

Health Manager:.....Jocelyne Goretzki  
 Health Assistant .....Freedom Bird  
 Children's Services: .....Lois Stoll  
 Long Term Care: .....Tania Cameron  
 Aboriginal Diabetes Education:  
 .....Adrienne Penner  
 Treaty 3 Gambling Addiction Awareness Program:  
 .....Dennise Pemmican

### **Health Programs**

- ⊗ Grassy Narrows
- ⊗ Iskatewizaagegan #39
- ⊗ Naotkamegwaning
- ⊗ Obashkaandagaang
- ⊗ Ochiichagwe'babigo'ining
- ⊗ Shoal Lake #40
- ⊗ Wabaseemoong

### **Treaty 3 Gambling Addiction Awareness**

- ⊗ 28 Treaty 3 First Nation communities

### Min-O-Qwe-Ke-Ga-Bwe'in Social Services

Program Manager/ERO: .....Linda Cobiness  
 Family Support Worker/ERO: .....Sonya Murray

### **Min-O-Qwe-Ke-Ga-Bwe'in Social Services**

- ⊗ Eagle Lake
- ⊗ Grassy Narrows
- ⊗ Iskatewizaagegan #39
- ⊗ Shoal Lake #40
- ⊗ Naotkamegwaning
- ⊗ Obashkaandagaang
- ⊗ Ochiichagwe'babigo'ining

