

"THE ROOTS"

SHEGUIANDAH FIRST NATION

NMEBINE GIIZIS

May 2022



SUCKER MOON / FLOWER MOON

For more information, please contact:

Sheguiandah Band Office: (705) 368-2781 Fax: (705) 368-3697

Email: reception@sheguiandahfn.ca

Office Hours: Monday-Thursday 8:30 am-4:30 pm

Fridays 8:30 am - 4:00 pm

SHEGUIANDAH FIRST NATION MEDICAL TRANSPORTATION PROGRAM



Medical transportation is available to the Sheguiandah First Nation (SFN) through the Non-Insured Health Benefits (NIHB) Program. Please be advised you must have a status card and live in SFN to access the medical transportation program.

**** An appointment card or copy of a text message, email or letter of ALL upcoming out of town appointments are required to book transportation. Including mileage claims.**

They can be sent via email, faxed to Health Center or given in person.

Without confirmation transportation can not be booked, as per SFN Contribution Agreement. **

**** Confirmation of appointment/s are required for every appointment and given to your driver including taxis.**

Needed to make a mileage claim as well and prior approval claims. **

Medical transportation is available for the following: Departure Location Sheguiandah First Nation

Destination	Health Services
<ul style="list-style-type: none">• Destinations on Manitoulin Island,• Espanola• Greater Sudbury, Chelmsford/Elliot Lake• <u>ALL other locations require a Prior Approval from NIHB</u>	<ul style="list-style-type: none">• Provincially Insured Health Services;• Publically-funded alcohol, solvent, drug abuse, and detox treatment;• Traditional Healers; * <i>recognized by NIHB and letter from Chief and Council.</i>• Non-Insured Health Benefits (vision, dental, mental health, medical supplies and equipment); and• Publically funded preventative screening

Please note: Medical transportation services are unavailable during severe weather and when office is closed, (e.g. standard closures, holidays, etc.) Unless scheduled at least 3-5 days prior to office closure.

Booking:

ALL local transportation is to be booked at least 24-48 hours prior to appointment unless in emergency situations.

Espanola/ Greater Sudbury/Elliot Lake- appointments booked 2-3 days prior; to ensure a driver can be made available, including taxi.

Last minute bookings may result in needing to reschedule appointment due to driver being pre booked.

Medical transportation benefits such as accommodations and meals must be approved by First Nations and Inuit Health Branch (FNIHB) Thunder Bay Zone. It is important to please submit medical transportation requests that require meals and/or accommodations 10 days before your appointment date to ensure funding approval.

DRUG WARNING

April 25, 2024

INCREASE IN SUSPECTED DRUG POISONINGS

Lower your risk of overdose:



Ask around.
Know your supply.



Avoid drinking
alcohol when
using drugs.



Use caution.
Start low and go slow.



Carry a naloxone kit.



Don't use alone.



Alone? Call National Overdose
Response Service line at
1.888.688.NORS(6677)

Your supply may be more toxic than you know.

Respond to an overdose:



Call 911.



GIVE NALOXONE.
It will do no harm.
Additional doses may be needed.



Give chest compressions.
Push hard, push fast.



If not breathing,
give rescue breaths.



Place the person on
their side if breathing
on their own.



Stay until help arrives.
Overdose symptoms
may come back.



Public Health
Santé publique
SUDBURY & DISTRICTS



Community
Drug Strategy



705.522.9200

drugstrategy@phsd.ca

705.675.9171

Sheguiandah First
Nation Health Centre
Presents:

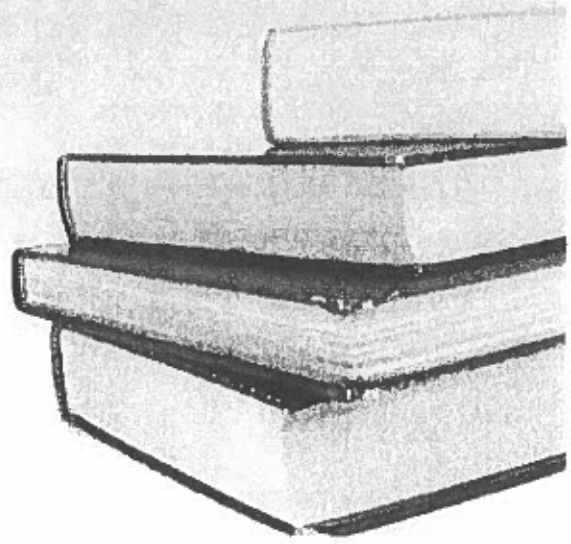
BOOK CLUB

Wednesday
May 1st,
2024

SFN Health Centre
6:00PM - 8:00PM

This will be our last session.

Hope to see you there!!



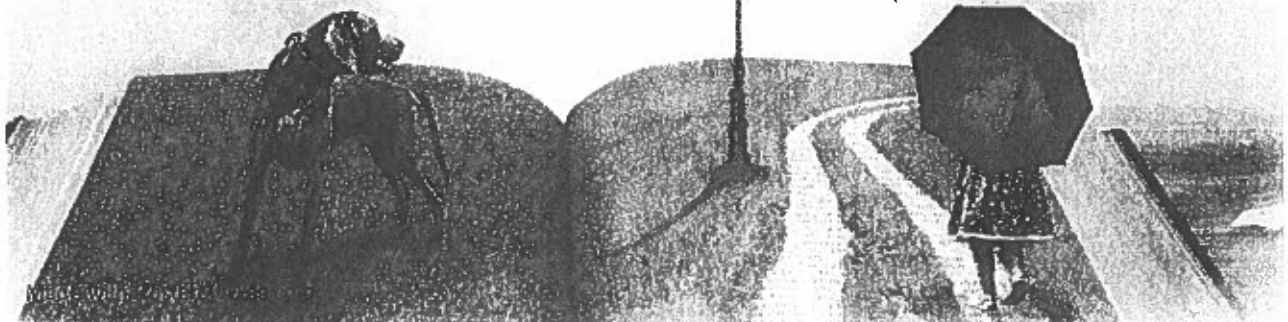
*A Day to Celebrate
the Love of Books
& Reading*

Book Review
Story Telling
Snacks Provided

Book of Discussion:
"Never Whistle at Night"
Author: Shane Hawk &
Theodore C. Van Alst Jr.
Copies available at the Health
Centre for sign out, or
photocopies can be made.

For more information call,
Joanne Fox:

HEALTHY LIFESTYLE
705-368-1150



Welcome to the 51st annual Manitoulin Island & Espanola

Rainbow Round-up!

May 17, 18, 19 2024 - Happy Destiny

Tentative Schedule:

Friday: Registration opens: 3 pm ~ Al-Anon meeting: 6:30 pm ~ AA meeting: 8 pm

Saturday: 9 am to 5 pm ~ Banquet: 6 pm ~ Banquet speaker: 8 pm ~ Dance: 9 pm

Sunday: 10 am to about noon

~ Al-Anon panel Saturday afternoon ~ Al-Anon meeting room available ~

Four Directions Complex in Aundeck Omni Kaning First Nation

6 kilometres west of Little Current at 1300 Highway 540

Aundeck Omni Kaning First Nation (AOK) Manitoulin Island, Ontario

The Complex is wheelchair accessible.



~~ Masks and hand sanitizer will be available for those who wish to use them. ~~

For information on to register:

email: info@rainbowroundup.ca

website: www.rainbowroundup.ca

~ You can also register at the door. However, please note that banquet tickets are limited and sell quickly. ~

For information about accommodations:

www.rainbowroundup.ca www.aok.ca

Please see the Round-up website for details.

----- To pre-register by postal mail Tear off here & mail form to. ----- ✂

Rainbow Round-up Registrar 135 Sydney Bay Road Neyaashiinigiing, ON N0H 2T0

PLEASE PRINT CLEARLY. Make cheques payable to: Rainbow Round-up. THANK YOU!

Name(s)

Address

Type of ticket	Price	# of tickets	Cost
Adult Registration, Banquet & Dance	\$70 CAD or \$55 USD		
Adult Registration & Dance	\$40 CAD or \$30 USD		
Adult Banquet & Dance	\$30 CAD or \$25 USD		
Child 6-12 years – Banquet	\$15 CAD or \$10 USD		
Registration includes: All weekend: tea/coffee ~ Friday & Saturday: sandwiches & cake. ~ Sunday: pastry.	Totals →		

of roast beef dinners _____ (local beef, gluten-free main course) # of vegetarian dinners _____

To receive a flyer for the 2025 Round-up, please NEATLY PRINT your email **OR** postal mail address here:

TRANSPORTATION PROVIDED BY, HEALTHY LIFESTYLE
PLEASE CALL: (705) 368-1150

Healthy Lifestyle Presents:
Tobacco Control Strategy



April 1st - May 31st, 2024

QUIT SMOKING CHALLENGE

REGISTRATION GUIDELINES:

- ❖ Register at the Health Centre
- ❖ Blood Pressure Test
- ❖ Heart Rate Test

Participants can come visit Lisa Madaahbee, RPN - Community Health Nurse at Sheguiandah Health Centre, within the month of April to do your vitals for Blood Pressure and Heart Rate Testing.

Please Note: Smokers will be required to smoke a cigarette before first testing, and then wait for a duration of up to one hour to do your second testing. (This will put your name in for a second chance in the draw.)

Registration Forms can be picked up at Sheguiandah Health Centre.

Door Prizes:
- 20-in, Adult Bike
- BBQ and more....



- Key problems of Smoking
- Lung Cancer
 - COPD Disease
 - Heart Disease
 - Sexual Problems
 - Rheumatoid Arthritis
 - Infertility
 - Osteoporosis

EARLY DETECTION & PREVENT LUNG CANCER

📍 Sheguiandah Health Centre

✉ healthylifestyle@sheguiandahfn.ca

☎ +705-368-1150

Joanne Fox, Healthy Lifestyle

705-368-2182 Ext. 213
 Cell: 705-282-4970
 F: 705-368-2229
 E: terry.willensvandyk@mnaamodzawin.com



MAY
2024



Zaagibagaa-giizis (Budding Moon) Namebine-giizis (Suckerfish Moon)
 WAABGOONII GIIZIS (BLOOMING MOON, MAY)

C.O.S. Sheg/AOK parenting sessions
 April 14, May 5 and
 Registration beginning of June
 Registration required

C.O.S.
 Grad June 9

Mother's
 Day

Victoria
 Day

MSPN
 Child/Family
 Event

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				4	5	6
				7	8	9
				10	11	12
				13	14	15
				16	17	18
				19	20	21
				22	23	24
				25	26	27
				28	29	30
				31		





Sheguiandah Community Presentation

Recognizing elder abuse and taking the right action to prevent further harm

Open to all who want to learn more.

Participants will learn:

1. *Defining Elder Abuse*
2. *Recognizing the Signs of EA*
3. *Being the friend or family member an elder/senior will confide in*
4. *Police investigations and EA*
5. *A special focus on Financial Exploitation*
6. *Reporting EA and Resources for Elders/Seniors on Mnidoo Mnising*
7. *Q & A*

Tuesday, May 14, 2024 starting at 5:00 pm
Sheguiandah Health Centre

You do not need to register in advance. However, if you require transportation, please call the Health Centre at 705-368-1150 in advance.

Proudly supported by



our community partner in wellness



NUTRITION BINGO

Join us for an afternoon of
Nutrition Bingo.

Learn about healthy eating, socialize with
friends and neighbours, and have the
chance to win some groceries to take
home! Lunch and refreshments provided

FRIDAY MAY 3 10-1
SHEGUIANDAH COMMUNITY HALL
142 OGEMAH MIIKAN
FUN/FOOD/FRIENDS

Denise Graham- Diabetes Health Promotion Coordinator
Mnaamodzawin Health Services

705-368-2182



Mnaamodzawin Health Services

Arrole Lawrence Traditional Healer

Arrole Lawrence is a Saulteaux healer and bandmember of the Keeseekoowenin First Nation. As a healer, Arrole specializes in finding individual solutions to problems that affect the mental, physical, spiritual and emotional being.

Mnaamodzawin Health Services - May 6

AOK Health Centre - May 7

Sheguiandah Health Centre - May 8

WRFN Health Centre - May 9

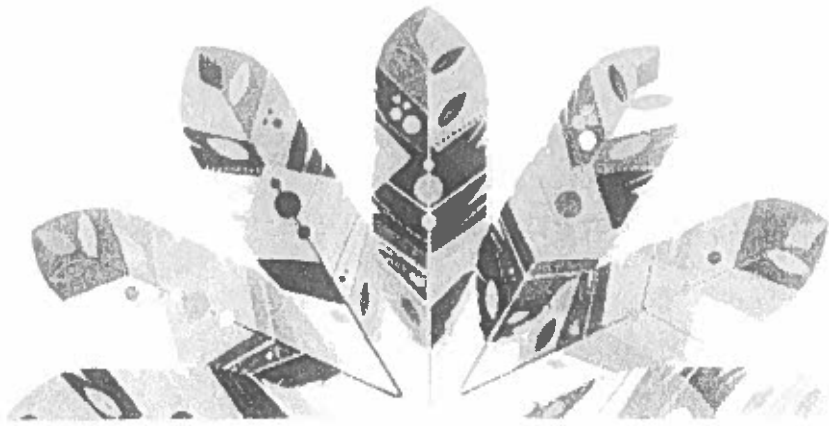
****Appointments will be IN PERSON at the participating community health centres**

For appointments, please contact Robin Maltby at:

(705)368-2182 ext.230 or

robin.maltby@mnaamodzawin.com





SHEGUIANDAH FIRST NATION POW-WOW COMMITTEE

Meeting

Thursday, May 09, 2024

Tuesday, May 21, 2024

5PM START

At SFN Health Centre

**Please take the time to reflect on the skills
and interests you have that would benefit our
committee**

**If you have any questions please feel free to
contact Sarah at the Health Centre
(705)368-1150**





MNAAMODZAWIN HEALTH SERVICES INC.

MOCC WALK

COMMUNITY FITNESS CHALLENGE

MAY 13 - JULY 8

Get fit and active
Challenge yourself and your community
May 6 June 2024

Register @

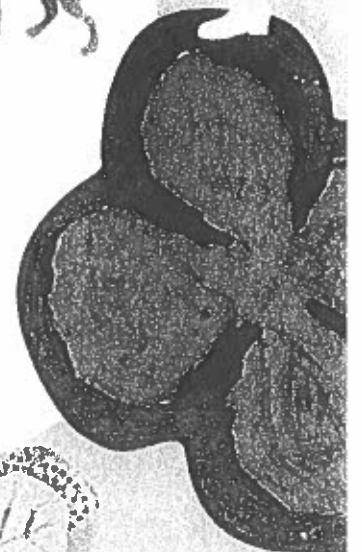
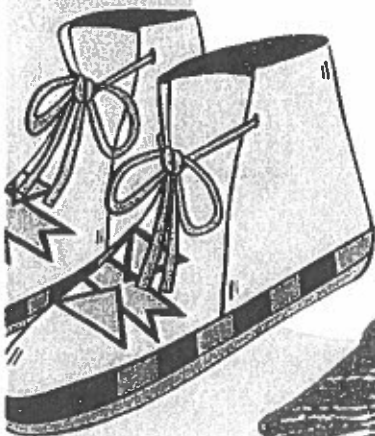
SHEGUIANDAH COMMUNITY HALL

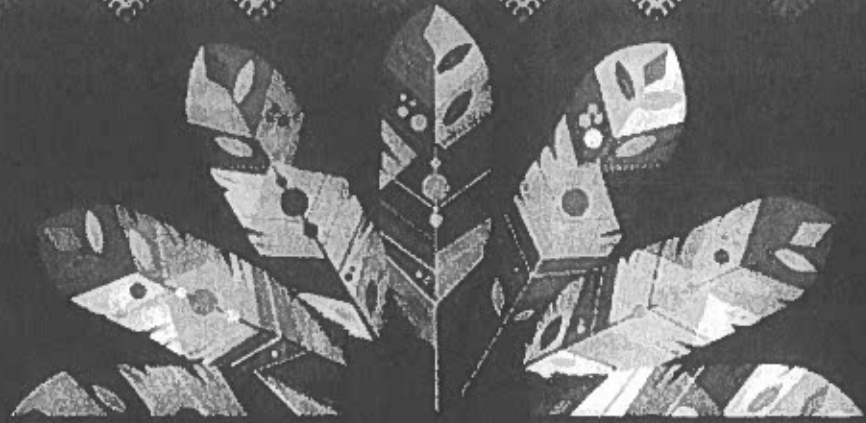
FRIDAY MAY 3

10-1 PM

142 OGEMAH MIIKAN

Brought to you by Denise Graham
Mnaamodzawin Health Services Inc
Diabetes Health Promotion Co-Ordinator
705-368-2182 X 212





SHEGUIANDAH FIRST NATION DRUM SOCIAL

Friday, May 24, 2024

SEN Community Hall

Doors open at 6:00PM

6:30 PM - 8:00 PM

Regalia and Ribbon Shirts/Skirts Encouraged

POTLUCK STYLE MEAL.

Due to popularity we will aim to host a drum social and potluck on a monthly basis.

Every 3rd Friday of the month
(unless there is a holiday)

If you have any questions please feel free to contact the Health Centre (705)368-1150



Diabetes Education Program

Presents:

Community Picnic & Games

Crokinole

Jenga

Friday, May 31, 2024 3PM-6PM

Basketball Court

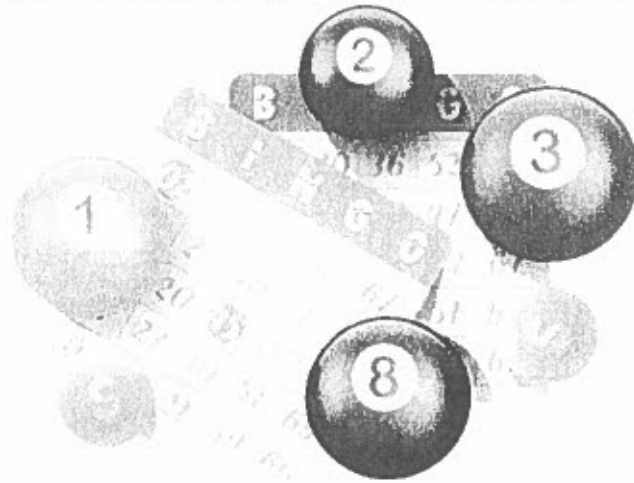
various back yard games

For more information, please call Sarah, (705)368-1150

Traditional & Lifeskills Program

PRESENTS

Mental Health BINGO



THROUGHOUT THE MONTH OF MAY

Bingo Cards attached

Two Cards (choose one)

Complete all the "challenges" for a full card

Can be done as a family or individually

Provide photos or name of a witness as
evidence that you completed the challenge

Submit to Janine/Health Centre by

MAY 31st, 2024 at 4PM

Draws will happen on June 3, 2024

FOR MORE INFORMATION

PLEASE CONTACT Janine

traditional.lifeskills@sheguiandahfn.ca

Mental Health Wellness

Tell someone you love them	Cook a healthy meal	Reach out to a old friend	Invite someone for lunch or supper	Set a goal for a year
Pray	Share a memory of grandparent	Tobacco offering to water	Set a goal for 6 months	Go to bed early
Try a different food	Listen to relaxing music	Walk	Compliment a stranger	Write a future letter to self for 1yr
Picture of a memory	Breathing exercise to calm you	Random act of kindness	Write a poem/story	Play cards
Meditate	Drink 3 glasses of water	Sit among the trees	Self care activity	Try a new craft

myfreebingocards.com

Mental Health Wellness

Tobacco offering to water	Self care activity	Share a memory of grandparent	Tell someone you love them	Picture of a memory
Pray	Listen to relaxing music	Sit among the trees	Try a different food	Invite someone for lunch or supper
Write a future letter to self for 1yr	Play cards	Drink 3 glasses of water	Compliment a stranger	Random act of kindness
Go to bed early	Cook a healthy meal	Walk	Breathing exercise to calm you	Reach out to a old friend
Set a goal for a year	Meditate	Try a new craft	Set a goal for 6 months	Write a poem/story

myfreebingocards.com

May Events

Thursday May 9th Dandelion Harvest

11am-2pm at cemetery picnic lunch

Tuesday May 14th Community Kitchen

11:30-3:00pm Lunch provided

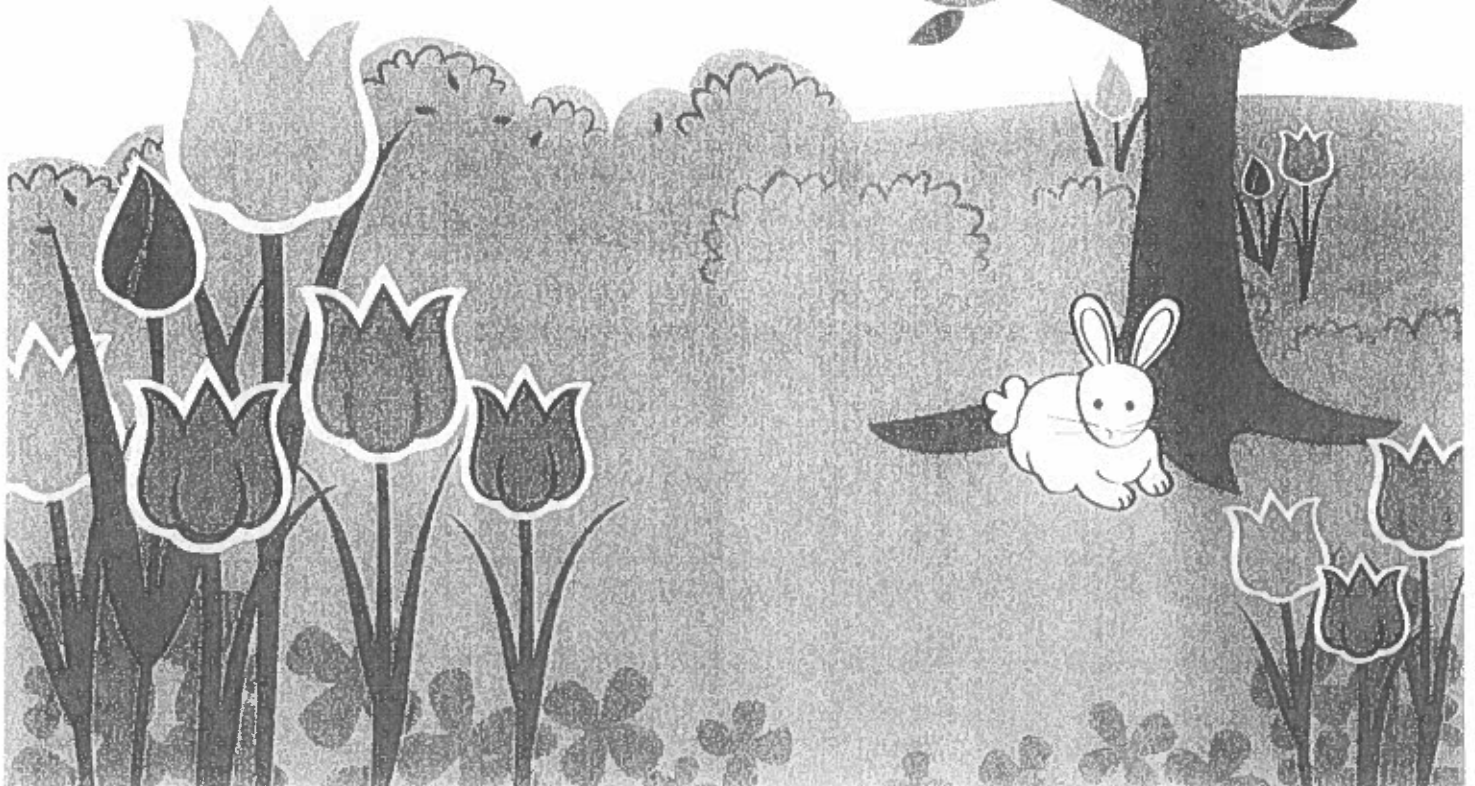
Wednesday & Thursday May 22nd & 23rd

5pm-7:30pm supper provided

Scrape book & photo organizing bring your pictures that have been in storage! Limited supplies hang those photos!

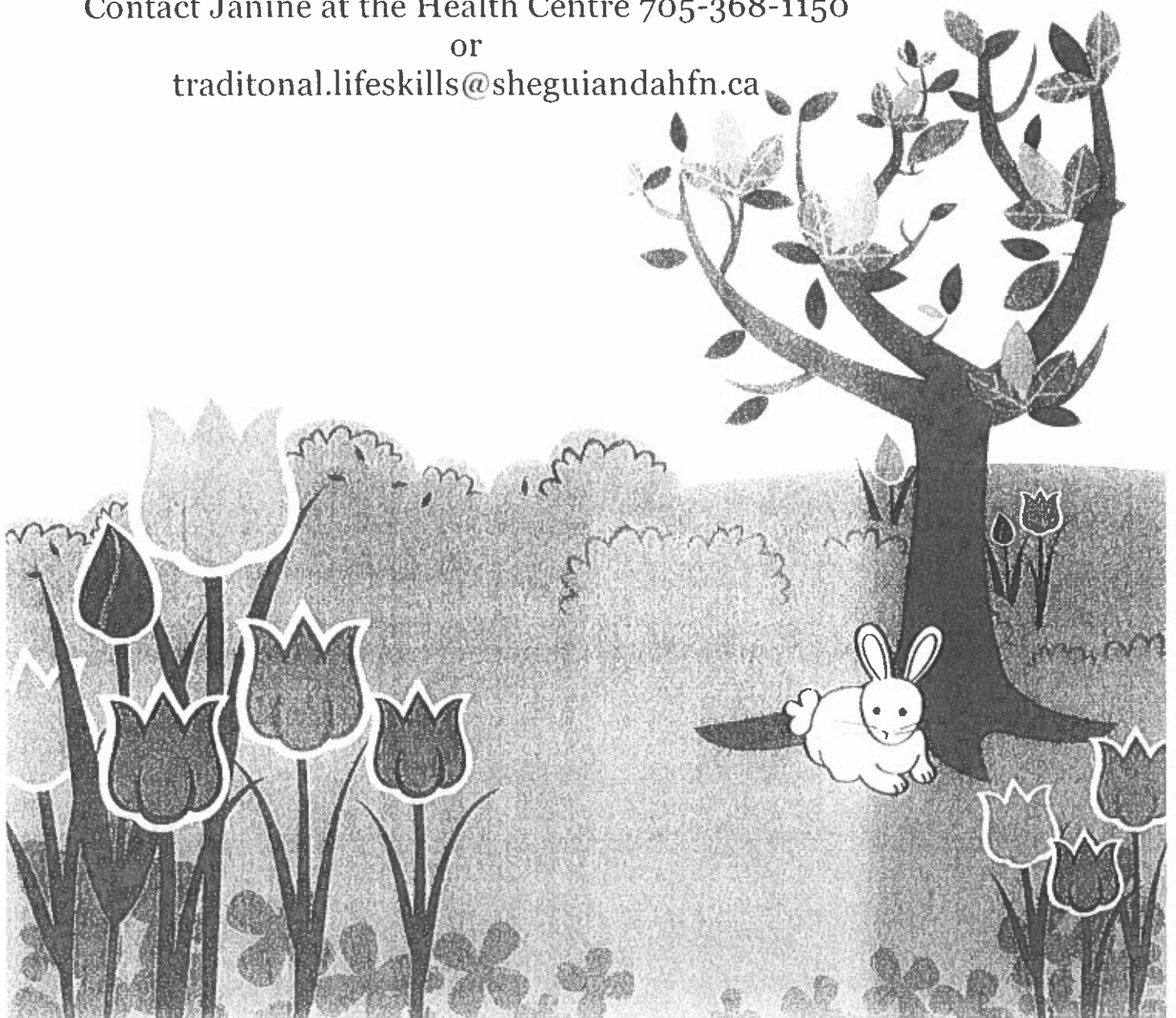
Contact Janine at the Health Centre
traditional.lifeskills@sheguiandahfn.ca

All events at the Health Centre



With the unfortunate fire of the church I would like to gather any photos or stories of the church to display in a collage. Please bring your pictures any time so we can make copies at the Health Centre. If anyone would like to take the lead on this your more than welcome!

Contact Janine at the Health Centre 705-368-1150
or
traditonal.lifeskills@sheguiandahfn.ca





**FAMILY WELL-BEING
PRESENTS:**

Men and Boys Drum Nights

**Dates:
May 13th, 27th
June 10th and 24th**

**Location: Basketball Court permitting weather
Band Office as a back up**

Time: 5:00 PM – 6:30 PM

**Snack and refreshments provided
For more information contact Zane @ the Health Centre**



FAMILY WELL BEING AND MANITOULIN
TRAINING SOLUTIONS PRESENTS:

STAY SAFE!

MAY 28 & MAY 31ST

May 28th @ the Health Centre
May 31st @ the Band Office
4:00 PM - 7:00 PM each day

THIS COURSE IS FOR YOUTH AGED 9-13 (OR COMPLETED GRADE

3) IT TEACHES BASIC FIRST AID AND SAFETY SKILLS.

PARTICIPANTS LEARN ABOUT BEING SAFE WHEN THEY ARE
WITHOUT THE DIRECT SUPERVISION OF A PARENT, GUARDIAN, OR
TRUSTED ADULT, BOTH AT HOME AND IN THEIR COMMUNITIES.

Meal and transportation provided

Contact Zane @ the Health Centre or message the
facebook page to sign up



Indigenous Youth Prevention/Intervention Program
& Sheguiandah Health Centre Family Wellbeing Program Presents

YOUTH SELF DEFENSE FOR ANTI BULLYING

Fridays: April 26, May 10, June 7, June 14
Sheguiandah Community Complex
5:00pm-6:30pm

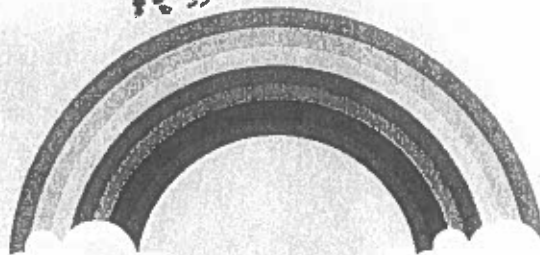
Learn how to prevent bullying. involves lessons on anti bullying, self defense, peer pressure, racism awareness, toxic masculinity, gender inclusivity, and more!

For indigenous youth ages 8-18
Waivers must be signed by a parent/guardian for those under 18.

Contact Info

Zane Aguonia
family.wellbeing@sheguiandahfn.ca or 705-368-1150

Christian Kaiser-Fox
youthprevention@uccmm.ca or 705-377-5307- ext. 209





**Maamwe Abziis Widaa Gaming
Sheguiandah Health Centre**

May 2024

GARDEN TILLING

Sign Up

Deadline is May 31, 2024 3:00 PM

**If You Want Your Lawn Tilled For
Gardening Please Contact Shelba Deer
(705) 368-1150 or email
wellness.promoter@sheguiandahfn.ca**



April 29, 2024

Boozhoo Kina Wiiya,

Just a friendly reminder to contact Shelba at the Health Centre to register for the Good Food Boxes on May 7, 2024 by 11:45 AM, and the next date for delivery/pick-up is May 21, 2024.

Those who are considered eligible are:

- Families
- Ontario Works recipients
- ODSP recipients
- Employment Insurance
- Pension
- Families with one income
- On fixed income or if there is a change in household income for example, an urgent situation one may need assistance with food security for the one month.

To ensure one receives their food box in a timely matter please be home from time posted of delivery between 1:30 pm to 2:30 pm after this it will be every individuals responsibility to find a ride to pick up their food box. Also, for those that have vehicles to pick up your food box at the health centre. If one does not pick up their food box within one business day after food boxes are distributed by 4:30 pm and other arrangements are not made those names will be removed from the list.

Starting, May 1, 2024 Manitoulin Resources will be delivering food hampers every Thursday at the Sheguiandah Health Centre at 1:30 PM. Food Hampers will be organized and delivered to households. Please let us if you will be home or make arrangements. In order for us to do Food Hamper referrals to ensure recipients receive them in a timely matter please contact us every Wednesday by 3:00 pm at the latest. If there are emergencies we will make exceptions on Fridays on a case-by-case basis to pick up food hampers.

Noojmowin-Teg Health Centre has the Food is Medicine Program, (Harvest to Share) and I do referrals for wild meat, fish, wild rice, berries and syrup. However, it has been brought to my attention Harvest to Share, Emergency Food Access and Grocery cards programs can only be accessed once a year or on an emergency basis. Noojmowin-Teg also services seven First Nations on Manitoulin Island, and the Espanola area. I still have some wild meat and fish left and it will be distributed on emergency basis.

For more information, or if you have any questions, please contact me at (705) 368-1150 or email me at wellness_promoter@shaguiandahfn.ca.

Miigwech,

Shelba Deer

Wellness Promoter

SFN Health Centre/Maamwe Abziis Gaming



**WOODLAND
PAINTING
JOIN US WITH
LAUREN SATOK**

THURSDAY, MAY 2, 2024
FROM 4:00 PM to 8:30 PM

COMMUNITY HALL

142 OGEMAH MIIKAN
SHEGUIANDAH FIRST NATION

PARENTS OR GUARDIANS MUST ACCOMPANY
CHILDREN UNDER 12

DINNER PROVIDED

FOR MORE INFO OR TO CONFIRM ATTENDANCE
PLEASE CONTACT SHELBA DEER, WELLNESS
PROMOTER OR JOANNE FOX, HEALTH LIFESTYLES
COORDINATOR @ (705) 368-1150



OIL LANDSCAPE PAINTING

JOIN US WITH
LAUREN SATOK

THURSDAY, MAY 16 & 30, 2024
FROM 4:00 PM to 8:30 PM

COMMUNITY HALL

142 OGEMAH MIIKAN
SHEGUIANDAH FIRST NATION

AGES: 12 + AND UP

WINNER PROVIDED

FOR MORE INFO OR TO CONFIRM ATTENDANCE
PLEASE CONTACT SHELBA DEER, WELLNESS
PROMOTER OR JOANNE FOX, HEALTH LIFESTYLES
COORDINATOR @ (705) 368-1150

REGALIA MAKING CLASS

WITH CHEYANNE MANITOWABI

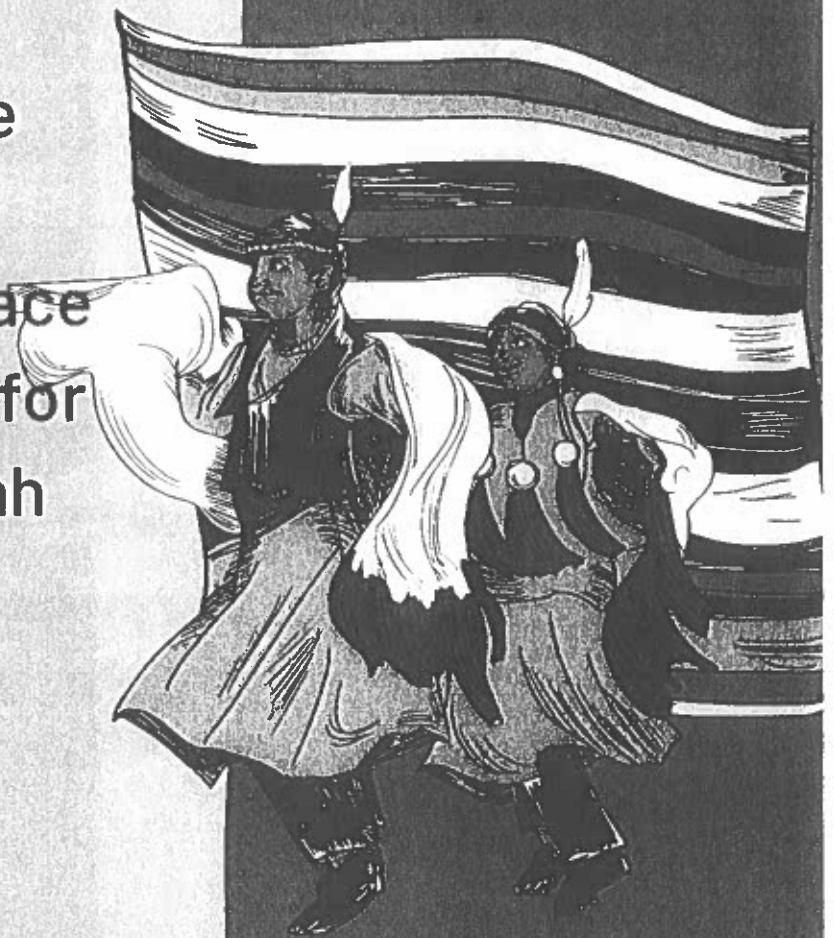
in preparation for this
years Powwow I will be
hosting classes every
Wednesday to give space
to create new Regalia for
families in Sheguiandah

May 8th - 1-4 PM

May 15th -4:30-8 PM

May 22nd - 1-4 PM

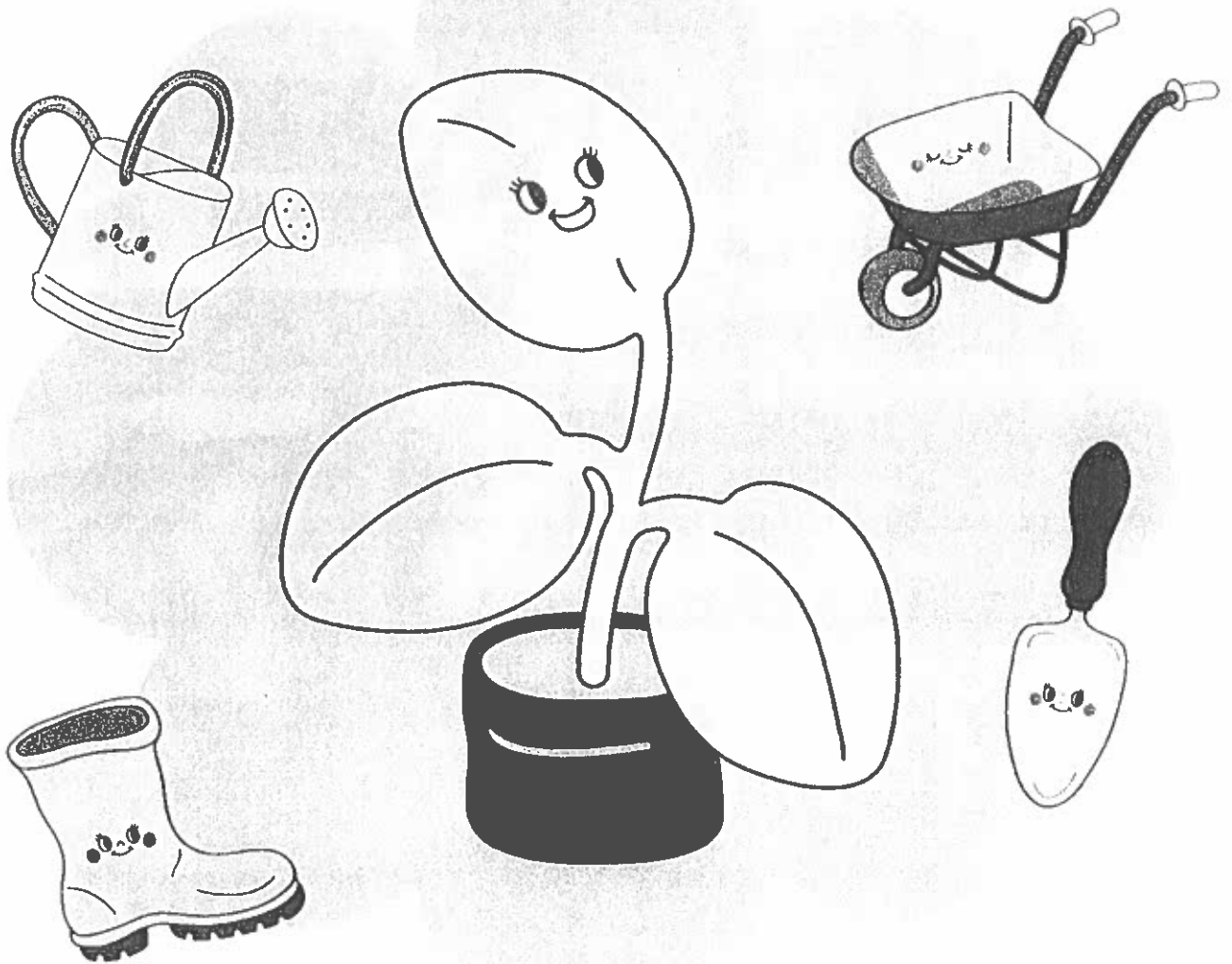
May 29th - 4:30-8 PM



BAND OFFICE HALL

SHEGUIANDAH

COMMUNITY GARDEN



EVERY MONDAY 10-12
WEATHER PERMITTING
BESIDE ELDERS CENTRE
HELP PREP GARDEN BEDS



WILD

FORAGING

May 2nd 2024
10 AM -12

Morals, Fiddle Heads,
Leeks

meet Cheyanne
at trail
on top the hill



WILD

FORAGING

May 2nd 2024
10 AM -12

Morals, Fiddle Heads,
Leeks

meet Cheyanne
at trail
on top the hill