

Misiway Milopemahtesewin Community Health Centre

Tipachimowin – Misiway's Newsletter

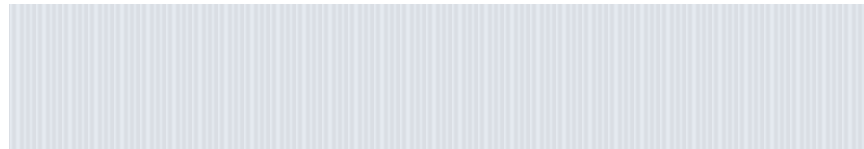
Summer 2018

What is Health Promotion?

Everyone has their own definition of what health is, what health means and what makes us more or less healthy. In the past, people said that being healthy meant not being sick. We now know that there is more to health than the absence of illness.

Our intention is to empower people to increase control over and to improve their health.

At Misiway we are pleased to offer a variety of services that promote all aspects of health.



Make Your Health a Priority

Choosing better health does not have to be difficult. Deciding to be active, eating healthy foods, reducing stress, connecting with your neighbours, and dropping bad habits are just some of the little changes that can make a big difference to our health and wellbeing. The good news is that the best time to make a change is now.

Try these quick tips for achieving better health:

Say hello to your neighbours, connecting with the people around you helps improve your mental wellbeing.

Keep a bottle of water nearby to stay hydrated.

Make it easier on yourself by making sure that you are not hungry when you go to the grocery store.

Feel like you belong – phone a friend, join a community group or volunteer.

Go for a walk – 30 minutes a day, five days a week, may prolong life expectancy by up to three years.



Community Health
Centre

SUMMER HOURS OF OPERATION

Clinic and Diabetes Education Program

Monday: 10am – 6pm
Tuesday - Thursday: 8:30am-4:30 pm
Friday 8:00am-4:00pm

Nurse Practitioner Walk-in Clinic

Wednesday: 4:30 pm - 6 pm

All other Programs

Monday –Thursday: 8:30am-4:30 pm
Friday 8:00am-4:00pm

We are closed daily for lunch

from 12pm-1 pm.

Trauma Workshops: Healing Our Past



Misiway has developed a connection with Gerald Kiesman (pictured above), a highly renowned helper in the area of trauma and post-traumatic stress disorder. It is known that Indigenous people have suffered many injustices throughout history. In the core of many of our social problems lies Trauma. Gerald has spent many years researching how trauma travels through the mind and body and how it can be stored in muscles and organs if not released. In partnership with Misiway, Gerald continues to facilitate Trauma Workshops as well as a Youth Coping Skills Workshops.

Services at Misiway include:

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Primary Care Clinic

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Diabetes Education Program

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Mental Health Services

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Healthy Kids Community Challenge

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Traditional Healer Program

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Health Promotion

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Child & Youth Program

Diabetes Awareness

Type 2 Diabetes

Type 2 diabetes is a disease in which your pancreas does not produce enough insulin, or your body does not properly use the insulin it makes. As a result, glucose (sugar) builds up in your blood instead of being used for energy.

Your body gets glucose from foods like bread, potatoes, rice, pasta, milk and fruit. To use this glucose, your body needs insulin. Insulin is a hormone that helps your body to control the level of glucose (sugar) in your blood.

Who can help you?

The Misiway health-care team is here to help you. Our health care team consists of Physicians, Nurse Practitioners, a Clinic Nurse, an Adult-focused Mental Health Therapist, a Health Promoter, a Dietitian and Diabetes Nurse Educator

They can answer your questions about how to manage diabetes and work with you to adjust your food plan, activity and medications.

Remember, you are the most important member of your health-care team.

Traditional Teaching - The Four Sacred Medicines

The four Sacred Medicines are used in everyday life and in ceremonies. All of them can be used to smudge with, though sage, cedar and sweetgrass also have many other uses.

Tobacco

Tobacco is used to communicate with the spirit world and is often presented as an offering or gift.

A common way to make a tobacco offering is to take a bit of tobacco, hold it in your left hand, and say a prayer. Put the tobacco somewhere in nature and offer it to the earth, either in a fire or near a tree.

Sage

Sage is used to prepare for ceremonies and teachings. Sage is used for releasing negative energies, conferring strength, wisdom, and clarity of purpose.

Cedar

Cedar is used for purification and (taken as a tea) to attract positive energy, feelings, emotions and for balance. When cedar is put into the fire with tobacco, it crackles; calling the attention of the spirits to the offering that is being made.

Sweetgrass

Sweetgrass signifies the hair of Mother Earth. It is usually braided, each of the three sections that go into the braid have a specific meaning; being mind, body and spirit. Its sweet aroma reminds people of the gentleness, love and kindness she has for people

Traditional Healer Program



For additional information on traditional healing practices please contact the Traditional Healing Program Coordinator at Misiway





Tower Gardens

The Healthy Kids Community Challenge has partnered with various schools within the City of Timmins to provide Tower Gardens. The initiative is through Misiway’s HKCC third theme Choose to Boost Veggies and Fruit. The primary goal of the theme is to encourage kids and families to eat healthier and to make vegetables and fruits part of their everyday lives.

Power Off and Play

The fourth theme of the HKCC is **Power Off and Play!** and runs January 2018 – August 2018. This theme encourages children and families to build a balanced day that is not filled with screen time.



‘Screen time’ is the time spent using a screen-based device, such as a

smartphone, tablet, computer or television. Not all screen time is unhealthy. Screens can offer an important way to learn and communicate in school and at work.

Screens can also be used for **recreational** purposes such as watching movies and playing games. Kids may be sitting, reclining or lying down the whole time they are using their device. This is called **sedentary** screen time and many children are getting too much of it. This could interfere with and take time away from healthy activities in their day. It could even affect their health.

The focus of *Power Off and Play!* is on minimizing children’s **recreational** and **sedentary** screen time. This theme helps children and families build a balanced day that includes:

- Staying within recommended screen time limits.
- Putting screens away during important times of day (sleep time and meal and snack time).
- Replacing some screen time with other activities (physical activity, social interaction, and fun and educational activities).

Recommended Screen Times:

Age	Recommended hours of screen time
Under 2 years	None
2-4 years	Less than 1 hour a day
5-17 years	No more than 2 hours of recreational screen time a day

During Theme 4, our community will introduce campaigns, programs and environmental supports that will encourage kids to power off devices and play more. Follow us on social media to stay up-to-date on what’s happening!



@kkcctimminsmisiway

Community Involvement and Events

Misiway staff have been actively participating in many community events, such as:

- Diabetes Expo
- Northern College Indigenous Awareness Week
- Aboriginal Day
- Urban Park
- Great Canadian Kayak Challenge
- Orange Shirt Day
- Teepee Teachings
- Presentations at local schools and organizations
- Kids Cooking Program
- FASD Day BBQ
- Nutrition Education Sessions



Above: Child and Youth Program Coordinator, Doug Davey – Preparing wild meat



Above: Participants – at the Kids Cooking Program



Northern College Indigenous Awareness Week



Orange Shirt Day - Misiway honours residential school victims and survivors



Community Health
Centre

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Supported by:

