



Contact

Head Office

8 Clairmont St unit 2
 Thorold Ontario
 L2V 1R1
 Phone 1-888-514-1370
 Fax 1-866-352-0485

Roslynn Baird, Program Director
 Email: programdirector@soadi.ca
 Cell: 905-321-7059,

Anne Marie Stupp
 Email: finance@soadi.ca
 Phone: 1-866-514-1370 Ext 112

Marie Bowering, Office Administrator
 Email: officeadministrator@soadi.ca
 Cell: 289-668-3108

Lindsey Cosh, Footcare Coordinator
 Email: footcare@soadi.ca
 Cell: 289-668-0551

John Henhawk Youth Coordinator
 Email: youth@soadi.ca
 Cell: 289-241-9629

Mitch Baird, Program Development Coordinator
 E-Mail: Pdc@soadi.ca
 Cell: 905 321-5535

Shannon VanEvery, Education Coordinator
 Email: education@soadi.ca
 Cell: 289-407-1033

Ashley Lamothe, Foot Care Assistant
 Email: footcareassistant@soadi.ca
 Cell: 289-241-9913



SOADI's Ribbon of Life is the official international symbol of Aboriginal Diabetes Awareness

Disclaimer:

Articles appearing in IA:IAK-ADA are for information purposes only. SOADI suggests contacting a health care professional.

Diabetes Prevention Coordinators

Kim Lamothe, Central Region
 BANAC Office
 64 Cedar Pointe Dr. Unit 1405
 Barrie ON, L4N 5R7
 Tel/mobile: 705-527-1560
 Central@soadi.ca

Crystal MacDonald, West Central Region
 Office Address: Woodland Cultural Centre, 184 Mohawk Street, Brantford, ON
 Mailing Address: #143-245 King George Road, Brantford, ON, N3R 7Z9
 Tel/mobile: 519-750-0893,
 Westcentral@soadi.ca

Carol Loft, Eastern Region
 Office Address: 778 Highway 49, Tyendinaga Mohawk Territory, ON, K0K 1X0
 Mailing Address: P.O. Box 1222, Tyendinaga Mohawk Territory, ON, K0K 3A0
 Tel/mobile: 613-396-3900,
 Eastern@soadi.ca

Barbara Whiteye, Western Region
 C/O Delaware Nation Health Centre
 14737 Schoolhouse Line , R.R #3, Thamesville, ON, N0P 2K0
 Tel/mobile: 519-692-5398,
 Western@soadi.ca

Kathleen Laforme, Urban Horseshoe Region
 8 Clairmont St, Unit 2 Thorold ON L2V 1R1
 Tel/mobile: 905-388-6010,
 Urbanhorseshoe@soadi.ca

Amanda Lipinski, Toronto Region
 75 Sherbourne Unit 222, Toronto, Ontario, M5A 2P9
 Tel/mobile: 416-203-0133,
 Toronto@soadi.ca



IA:IAK-ADA

The Meaning of IA: IAK—ADA
 IA:IAK (Ya Yuk), Meaning 6 in Mohawk representing the six SOADI Regions.
 A is for Aboriginal, D is for Diabetes, A is for Areas

**Southern Ontario
 Aboriginal Diabetes
 Initiative**

Fall 2010

Greetings from SOADI's head office!

We have had a very busy summer season and would like to take this opportunity to thank our summer students for being a part of our team. We would also like to acknowledge GREAT, Service Canada and NPAAMB for their funding support.



Reztore Pride Team In Christian Island

We are proud to announce that Reztore Pride has toured Southern Ontario and presented in each of our catchment areas. Grandmother Renee Hill has travelled with her entourage of Native hip hop artists, inspiring youth and people of all ages. A great addition to the Reztore Pride tour, our SOADI Diabetes Prevention Coordinator's were able to provide their resources, support and knowledge to enhance the learning experience and Diabetes awareness.

Reztore Pride has truly become "a movement" that is being recognized in our communities as a valued tool of Diabetes prevention. SOADI's plans are to continue to support and expand our youth initiative in our quest to reach our vision that "Aboriginal peoples will once again enjoy the good health of our ancestors".

Our foot care team has increased their services and travelled to many new communities over the summer. Our SOADI Foot Care Coordinator was able to contribute too as well as distribute the "Diabetes Healthy Feet and You" brochure from CAWC (Canadian Association of Wound Care). One of the very exciting projects that we are working on is translating our resources into First Nations languages relevant to our catchment area.

The Bill Messenger Teaching Lodge continues to provide education and Traditional teachings for front line workers to bring to their communities. We are very proud of the innovative materials that showcase our rich culture and Indigenous knowledge.

SOADI Board of Directors has been instrumental in guiding, supporting and providing their expertise and vision which has assisted our staff to continue to provide relevant diabetes information and awareness to many Aboriginal communities. Lastly we would like to thank all the communities and organizations for welcoming SOADI as we wish to continue to service and build on these partnerships.

In Health and Unity Roslyn Baird, Program Director

Inside this issue:

You Are What You Eat by Chief Rock	2
Central Region Update	3
West Central Region Update	4
Footcare Update	5
SOADI Education	6
Youth Update	7
Western Region Update	8
Urban Horseshoe Update	9
Toronto Region Update	10
Eastern Region Update	11
Contact Us	12

Some signs and symptoms of diabetes are:

- Numbness in hands or feet
- Blurred Vision
- Lack of Energy
- Recurring infections
- Frequent Urinating



You Are What You Eat

By Sino General (AKA Chief Rock) Reztore Pride Hip Hop Artist

Growing up, I had what seems to be the modern day aboriginal diet: hotdogs, French fries, hamburgers, macaroni and powdered cheese, all sorts of fast food, chips and pop. It never occurred to me that many health problems that I and the people around me experiencing were caused by putting healthy foods on the back burner. There were so many other things that seemed to get in the way of making sure you ate right: football, martial arts, friends and school. Just now, I have come to learn that because I did not have the proper nutrition as a child, my teeth and jaw never fully developed, leaving me with crooked teeth. I was also plagued with what seemed to be untreatable skin problems (acne). Later, when my physical activities decreased, I started to gain weight—Almost to 300 lbs. Many members of my family suffer from the effects of obesity, diabetes and cancer—things I now know were caused by poor diet.



Six years ago, I decided to learn about several things, nutrition was one of them. A friend of mine told me to watch a lecture called “Foods that Kill” with her and I was interested. While I sat there eating a big mac combo, when only 10 minutes into the film the doctor took a blood sample from one man who had just finished eating one such meal and demonstrated how clogged a blood sample of his became instantly after he finished eating it. I never finished that burger, and immediately decided to stop eating all meats (chicken, beef, pork, fish) completely. After I stopped eating meat I lost 30 lbs without any physical activity.

Based on the information I was learning, I decided to give up milk, eggs, processed sugar, and white flour. At this point, I was eating fruits and vegetables everyday along with plenty of water. After another year or so, I had lost another 30 lbs. I wanted to be a healthy person and refuse all the garbage foods that surrounded me. It seemed that most people were far from healthy. I started to wonder how so many people could make the conscious choice to live like this regardless of the consequences. Finally, I started to do cardio exercise on a regular basis and search out foods with the highest nutritional value, such as blue-green algae.

Currently I choose to live a healthy life and I am very sure there are many more just like me out there. Nowadays, once I get to know someone on a personal basis, if they chose to live unhealthily, I often ask them why. I can see the mentality about healthy living improving and this hope is exciting because without it the next few generations will be in a lot of trouble. It is up to each and every one of us to make a conscious effort to eat healthy foods. Although there are a lot of more convenient unhealthy foods, to be a healthy person one has to put some thought into their diet. At first, it can seem like a lot of hard work because of the amount of simple, easy and convenient unhealthy foods we have available at our fingertips. Many people believe the cost of healthy food is too expensive. On the other hand you have this fast food that is hot, ready and cheap. Staying within a reasonable budget while eating healthy foods can be a challenge, but it is possible. Many people live their lives on autopilot. As far as they know, life happens to them, and disease happens to them—someone or something else is in control. But that is not the case. We have the power to direct our own health through everyday choices.



Eastern Region



Update

She:kon

I'm looking forward to the fall as it's a very beautiful and scenic time of the year – especially with the leaves changing to red, orange, and yellow, and, I feel serene and a sense of renewal with the coming of the fall season.

Thanksgiving is only a few weeks away, and it's a

time to celebrate and give thanks for family and friends. Make it a family outing, and go to the market to buy fresh vegetables for your thanksgiving dinner.

The Restore Pride tour took place August 25th at Kawenoke Recreation Centre, on Cornwall Island, (Akwesasne) and it was a huge success. The

hip hop artists were in top form, sharing why they are part of the Reztore Pride, and they shared their stories through words and songs. It was great to see community members, and students from the Akwesasne Freedom School attend the afternoon event.



Carol Loft

Eastern Region
mail: Eastern@soadi.ca

Past Events:

April 8th – Diabetes & Nutrition Workshop, Odawa Friendship Centre, Ottawa

April 9th – Presentation, Champlain Diabetes Network, Ottawa

Future Events:

October 1st – Family Conference, Odawa Friendship Centre

Oct 14th – Diabetes Awareness Event, Katarokwi Friendship Centre

Nov 3rd – Diabetes Health Symposium, Ottawa

Nov 5th – Diabetes Session and Foot Clinic, Renfrew

Are you planning a youth event, health fair, and/or conference, etc.? Give me a call to discuss how we can partner-ship on these events.

Healthy Tip

BAKED ACORN SQUASH

makes 8 servings

4 medium-sized acorn squash

2-3 teaspoons margarine

8 teaspoons honey

fresh ground black pepper

Slice the squash in half cross-wise and scoop out the pulp and seeds. Trim the bottoms if necessary, so that squash will stand hollow side up

Place 1 teaspoon honey in the hollow of each squash, then add butter or margarine to each, and a twist or two of the pepper

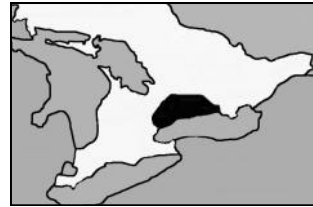
Place squash in a large shallow baking pan and bake, uncovered, in a moderate oven 350F for about 2-1/2 hours, or until the squash are tender. Enjoy!!

“If you don't take time for physical activity, you'll make time for illness”
- Kevin Tamola



Toronto Region

Update



Amanda Lipinski

Toronto Region
Email: Toronto@soadi.ca

Hello,
I hope everyone had a fabulous summer. Fall is approaching, back to school, back to work, back to routine, it's all good. I really appreciate the change of seasons. We're lucky to be able to experience all four. The summer with SOADI was busy, lots of exciting events going on especially with our Reztore Pride youth initiative and it's really just beginning! We are planning on having a youth diabetes education and awareness day along with another Reztore Pride concert here in Toronto this Nov., contact me for further details. Myself and our Youth Coordinator John Henhawk along with Reztore Pride artist Spin were featured on the UofT radio 89.5, on Aug 23. It was a great show discussing diabetes in the Aboriginal community featuring the Reztore Pride Album. A lot of good messages were put out there! Much thanks to John and Spin and all the Reztore artists for all their amazing work and

energy.
Also over the course of the summer I was able to help out a few times with the NaMeRes community garden at Hillcrest Park, it has been a great experience, the guys have done an awesome job creating and maintaining this garden along with the assistance of the Stop Community Food Centre program. It's been producing food all summer and the 3 Sisters garden is coming along nicely, just in time for harvest. What a pleasure it is to pull your own food that you grew out of the ground, you can really taste the difference that's for sure. Here are some upcoming events:
Diabetes Wellness Circles Sept. 16th, Oct. 28th, Nov. 18th 1:30-3pm Wigwamen (Turner Rm.)
14 Spadina Rd. Toronto, ON
Aboriginal Vision Conference Oct 22nd – 23rd Hilton Suites Hotel, 8500 Warden Ave. Markham, ON
Durham Diabetes Day Nov 6th 10-3pm Northview Community Centre 150 Be-

atrice St. E Oshawa ON
World Diabetes Day is Nov 14th... Watch for events surrounding this day regarding diabetes awareness, prevention and management. Also, it's time for our Community Recognition Awards, if you know someone in the community who is managing their diabetes really well, or is doing amazing work in the community raising awareness about diabetes or just being that support, nominate them to win this award. More info to follow, also check out our website for upcoming events www.soadi.ca
Walking Club! Now that the cooler temperatures are coming it's a good time to get out and walk and explore Toronto. I would like to initiate a walking club to promote better health and well being. Not only is walking excellent exercise but it's good for the mind too, a great way to de-stress. Record how long you walk for, most minutes walked will win a prize! Contact me to join which will include a t-shirt, pedometer and water bottle to get your

started along with a chart to record your time and a booklet of maps of Toronto and interesting places to explore. There are a lot of cool spots to check out in this concrete jungle. Remember to contact me for any SOADI resources or workshops...I look forward to hearing from you!

Healthy Tip

As amazing and wonderful as this city is it can get a bit hectic at times if you're not able to escape. The good thing is you don't necessary have to go anywhere to escape and find that piece of mind. Visualization exercises are very useful in stress relief and management. Stress may not cause diabetes but it can definitely contribute as a risk factor to not only diabetes and its complications but many other illnesses as well.

Here are some visualization tips...

- take deep, cleansing breaths, this will help your body and mind start to relax.

think about something positive and really see, feel and hear the scene you are thinking about. If you're having trouble picturing a person, place or thing, try using a photo of something positive to get you started. Focus on that photo till you have it in your mind; that can be the spot you escape too.

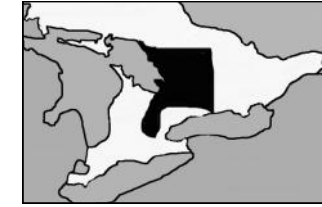
Remember we already know the secret...keeping a positive mind keeps us well physically, mentally, emotionally and spiritually.

“We are planning on having a youth diabetes education and awareness day along with another Reztore Pride concert here in Toronto.”



Central Region

Update



Kim Lamothe

Central Region
Email: Central@soadi.ca

Aanii, Boozho, Bonjour and Hello

Fall (dwaagi), seems to already be upon us and even though it does not begin until September 23 Mother Nature (Aki) seems to be saying otherwise. The cool nights we have been having, I find, are a nice change to the sweltering heat. I look forward to seeing the Fall colors which paints such a beautiful landscape or outfit for her to wear. Late summer, early Fall is also the time to plan for those long winter nights that will be falling upon us. Gathering, canning, and freezing foods for those days when the Earth will be covered with her winter outfit of white.

This summer has been filled with numerous meetings and workshops. The Aboriginal Health Circle held their health fair at Royal Victoria Hospital in Barrie on June 18 and the event was quite a success. SOADI was present with both my display and a very large footcare clinic. There has been much posi-

tive feedback from this event from those who attended as well as those who heard about it via moccasin telegraph.

Georgina Island hosted their Health Fair on July 6 and SOADI was there with displays and a footcare clinic. It was so very hot that day and the center was air conditioned which created a wonderful environment to come and visit the many booths as well as participate in some self care.

On August 5, Christian Island hosted the Giant Colon, Community Health Fair, SOADI footcare clinic and Reztore Pride Concert. This was a very successful event with over 750 in attendance. The Island was overflowing with visitors. Having such a curious nature as I do, I just had to walk through the Giant Colon. On the walls of this large air blown colon, were televisions sets that explained various aspects of what could happen within one's colon. There were even visuals (not real of

course) of what certain things actually look like. Upon exiting the giant colon, there were representatives there from cancer care that could provide further information or to answer your questions about colon care. Reztore Pride was very well attended and I was able to watch a couple of the artists perform their songs which were awesome. The audience was filled with all ages and many of them were moving their heads to the beat of the songs being performed. Pictures of the day can be viewed on the website.

I provided workshops on various topics at Christian Island, Fenbrook Institution/Beaver Creek Institution (Gravenhurst), Ontario Early Years (Barrie), Nogojiwanong Friendship Center (Peterborough), as well as School's Cool (Barrie) to name a few.

Ongoing

Committee meetings continue amongst a number of organizations within Central Region, such as but not lim-

ited to: BANAC- Aboriginal Health Circle (AHC), Canadian Diabetes Association (Barrie), NSM LHIN-Chronic Disease Prevention Management Services and Cancer Care as well as becoming involved on upcoming events planning committees.

Community Recognitions Awards will take place in November, waiting to confirm the venue and date. I will be forwarding the nomination forms before the end of September, watch for posters at the same time.

“Gathering, canning, and freezing foods for those days when the Earth will be covered with her winter outfit of white.”

Upcoming

Sept 16	Christian Island	Gr 2/3 classroom	
Sept 24	Orillia DEC Health Professional Day	Casino Rama	9-4
Sept 30	Rama Health Fair	Community Hall	10-3
Oct 19	BANAC Family Wellness	BANAC	1-3
Oct 20	Georgian Bay Native Women	Midland	1-3
Oct 21-23	Aboriginal Vision Conference	Markham	
Oct 26	Scugog Health Fair		11-4
Oct 28	Christian Island	Gr 2/3 Classroom	
Nov 3	Christina Island Community workshop	Center	6:30-8
Nov 10	Orillia Native Women's Group	Orillia	1-3
Nov 20	Diabetes Expo with CDA	Barrie	TBA
Nov 24	Diabetes Awareness Fair	Scugog	TBA



West Central Region

Update



Sge:no, Hello Everyone; Summer is on its way out, making room for the beautiful autumn season. I hope everyone took some time to be active through whatever means YOU enjoy.

Day in the Garden” event at Six Nations where community members worked in a local garden and experienced a potluck lunch consisting of healthy, in-season foods. It was very successful with over 20 people in attendance.

music is inspiring, and contains absolutely NO profanity or reference to negative behaviours. Please check it out and pass it on!

In August, SOADI was available at the “Try Hugs Not Drugs” event held at Chiefswood Park, Six Nations and also at the “Community Health Fair” in Saugeen First Nation.

UPCOMING EVENTS AND ACTIVITIES

September 15/10 - SOADI will be at the Lloyd S. King School, New Credit for the Health Fair from 10am -2pm.

September 15/2010 - The ‘Ongweho:we Diabetes Support Group’ begins at the De dwa da dehs nye>s Aboriginal Health Centre, Brantford, 36 King St. from 6:30-8:30pm. The sessions



Crystal MacDonald
West Central Region
Email: westcentral@soadi.ca

will take place the 3rd Wednesday of every month. Delivered by Aboriginal Healing and Wellness Program (Brantford Native Housing) and SOADI. We thank De dwa da dehs nye>s Aboriginal Health Centre for their support by generously donating the space for this initiative.

Sept. 30/10 – SOADI will be at the Cape Croker Health Fair.

UPDATES
SOADI is represented on the “Brant County Diabetes Network” committee where diabetes program information is shared for awareness purposes. By connecting with other programs in the area, we can ensure that our information and resources reach community members more readily.

July 31/10 seen the SOADI “Reztore Pride” tour come to Six Nations for the West Central Region! Several talented Aboriginal rap/hip-hop artists brought the message of diabetes awareness and healthy living to our communities and in the most uplifting and creative way...through music! Please stop by the website www.reztorepride.com to get more information, listen to the music, and even download it! “Reztore Pride” can also be found on You Tube and Facebook. This rap/hip-hop

“The Gifts of Creation”

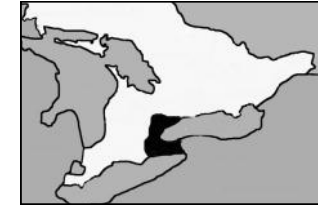
Today we commonly hear the word ‘bored’, in particular when it comes to children and youth. We need to get back to our natural surroundings and reconnect to Mother Earth in such a way that we are uplifted, and energized as we walk upon her back. We should never be bored. Go walking with family or a friend at sunrise or sunset and truly enjoy the beautiful sights all around. Mother Earth has a way of making us feel so good! Feeling good is an important part of health and goes right along with healthy eating and active living in improving our quality of life.

“I hope everyone took some time to be active through whatever means YOU enjoy”



Urban Horseshoe Region

Update



Greetings to Everyone in the Urban Horseshoe Region,

Autumn is here, my favourite time of year. The leaves will be changing and falling off the trees. Garden harvests are almost done, and with that a lot of great fruits and vegetables to be had. There are many varieties of squashes, try a different one each week for a change in meals. Apples and pears are in abundance, great for packing lunches with and keeping on hand for those late afternoon snacks.

In July I set up a booth at Maanjidowing (“The Gathering”) – a Native Pow wow and Métis

Rendezvous at J.C. Saddington Park, Mississauga. I saw a lot of people I hadn’t seen in awhile, so it was nice to talk and visit. I also met some new contacts. Thanks to all those who stopped by to pick up some resources, ask questions, and just say Hi. Thanks Amanda for helping out.

This summer we had some Nutrition Bingos. There were some interesting prizes, but I think that just having fun was the theme of these Wednesdays. We learned some interesting facts and hopefully some of you tried some of the different foods. A big Thank you to Charlena who was a great help, not only with the bingos, but

with her assistance over the summer in getting me organized! Hopefully we can keep her as part of our team.

Upcoming Events:

Nutrition Bingo – throughout the fall, various places stay tuned for further notice! CDA’s Annual Conference - October 20 – 23, 2010 – Edmonton, AB. For information, go to www.diabetes.ca.

Canadian Aboriginal Festival – November 26 – 28, 2010 – Copps Coliseum, Hamilton. Please stop by and visit the SOADI booth. For information, go to www.canab.com

If you would like any information or would



Kathleen Laforme

Urban Horseshoe Region
Email: Urbanhorseshoe@soadi.ca

like a presentation or workshop, please do not hesitate to contact me, see you soon,

Recipe

Roasted Vegetables

- 3 cups chopped root vegetables (butternut, acorn squash, parsnips, carrots, potatoes)
- 2 cups chopped favourite vegetables (onions, corn, mushrooms)
- ¼ cup Butter (cut in small chunks)
- *Maple syrup (optional)

Place all vegetables on baking sheet. Place butter over vegetables.

Bake at 350 F., for 25 mins. (or until vegetables are tender)

*Drizzle with maple syrup, cook for 5 more minutes.

Feel free to use your favourite spices, use your imagination in trying new vegetables or even some apples or pears in this dish.

“Garden harvests are almost done, and with that a lot of great fruits and vegetables to be had.”



Western Region

Update

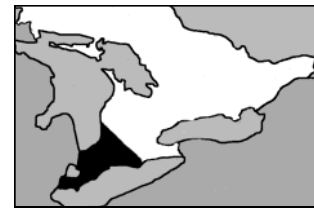
Greetings to You All

Summer is pretty well gone, harvesting will begin in preparation for our winter needs such as canning, root cellar storage for veggies and various other methods such as freezing and/or drying fruits and vegetables. Believe it or not, hockey season has begun; this will enable your child to further develop his skills and increase his physical activity; other forms of winter sports are accessible in our communities also check your newsletters. Nature walks can be implemented with family members are not a costly activity but a fun one.

The Southwest Ontario Aboriginal Health Access Centre (SOAHAC) in London, ON is now offering foot care services to anyone affected by diabetes; they specialize in foot care treatments and prevention. Contact Marilyn Allan at 519 672-4079 at SOAHAC to book an appointment.

Upcoming Events
Sept 2/10 – “Dining with Diabetes” planning meeting, Oneida Health Centre

Sept 17/10 – Post Conference meeting re “Women and Diabetes” Conference held in Mt. Brydges, June 3, 2010.



Sept 18&19/10 – Museum of Ontario Archeology Annual Traditional Pow Wow & Native Harvest Festival, London, ON

Sept 21 & 22/10 – SOAHAC Healthy Active Physical Program for Youth (H.A.P.P.Y.), London, ON

Sept 22/10 – SWRHL, Diabetes presentation/Ribbon of Life, Muncee Delaware F.N.

Sept 28&29/10 – 13 Grandmother Moons wkshp, SOADI Head Office, Thorold, ON

Oct 2/10 – Elders & Youth Gathering, Ribbon of Life & Beads of



Barb Whiteye
Western Region
Email: Western@soadi.ca

Life Workshop, Oneida First Nation

Oct 20-23/10 – CDA/CSEM Professional Conference and Annual Meetings, Edmonton, Alberta **note I will not be attending this Event!

Oct 26-29/10 - 3rd Conference on Recent Advances in the Prevention and Treatment of Childhood and Adolescent Obesity

Crustless Pumpkin Pie

14 oz can of can pumpkin: 1/2 cup splenda: 1/2 tsp salt: 1/2 tsp ground ginger: 1 tsp ground cinnamon
1/4 tsp ground nutmeg 1/4 ground cloves: 2 slightly beaten eggs: 13 oz can evaporated milk

- In large bowl mix pumpkin, splenda, salt and spiced; stir in 2 eggs until well mixed; add evaporated milk and stir until mixed; pour into a lightly greased pie plate and bake in 400 F oven for approximately 40 minutes or until knife when inserted in the centre of pie comes out clean.

Top with whipped cream (optional)

*Meals For Good Health

“Believe it or not, hockey season has begun; this will enable your child to further develop his skills and increase his physical activity;”



Footcare

Update

www.soadifootcare.ca



Aanii and Happy Harvest!!

Fall is here and winter is fast approaching. As we part with our warm summer months and move into a new season it's wise to do a change of outfits and outdoor gear early. When pulling out your gloves, jackets, and footwear remember to check the wear and tear of your shoes to see if a trip to the shoe store is needed. Stay active through the fall and winter months by getting out and embracing it. Taking walks and hikes are a good way to stay healthy as well as capturing the beauty and colour of this new season. Protect your feet by keeping them dry and warm and remember to bring plenty of water with any outdoor activity.

Past Events that the SOADI Foot Care Program has been a part of:

It was a busy summer for the Foot Care Program, we were able to visit 9 communities and provide assessments and reflexology treatments throughout the day's event. We participated in four successful health fairs in Barrie, Georgina Island, Christian Island and Moose Deer Point. We also co-hosted 3 wholistic foot care days in Owen Sound and in the Windsor region. The sun was bright and the weather was warm for Kettle Point's annual Pow Wow as well as AIAI's (Association of Iroquois and Allied Indians) annual Elders Gathering with this year's being at Point Pelee. Whether it was an outdoor or indoor event, foot care knowledge was shared and daily preventative resource kits were given. Participants walked away knowing more ways to protect their feet

and had the tools needed to provide daily proper care.

Upcoming Events:

As we move into the fall and winter months we will be making our way to SOADI's Eastern Region to visit Bancroft and Renfrew for wholistic day of foot care. We will also be in Ottawa on November 3rd for the Third Annual First Nations, Métis & Inuit Diabetes Symposium. Anishnawbe Health in Toronto and SOADI's Foot Care Program will partner to bring a foot care/ diabetes event to the surrounding community with in the month of November or December. Be sure to come out the annual CANAB festival in Hamilton and visit SOADI's table for more helpful information and chance to win a prize on November 27th 28th. If your community organization would like to request a clinic you can do so by filling out a clinic request



Lindsey Cosh
Footcare Coordinator
E-mail: footcare@soadi.ca

form on our website. Please check our foot care calendar on our website: www.soadifootcare.ca for more information on any of these upcoming events, or updates on any new events coming up in your area.

Foot Care Tips for the Season:

Dress your feet according to weather conditions:

Have a change of dry cotton or woolen socks, and make sure your footwear is made with water resistant material such as rubber on the outside and a thick liner on the inside.

Tips while shoe shopping:

During the day your feet naturally swell and are most swollen in the late afternoon. The best time to shop is in the evening, it's the opportune time to find shoes that fit your feet and will accommodate the swelling. Don't be afraid to walk around the store to make sure that your shoes properly fit your feet and are not too tight or too loose. If you are unsure about your size ask to get a measurement before trying shoes on.

Proper Daily Care:

Wash, dry, moisturize and check your feet every day. The cold and dry temperatures leave our feet dry and at risk for cracking, if you have dry skin it will help to moisturize twice a day. Make sure to note and bring up any sores, redness, or changes in feet with your foot care specialist (Podiatrist, Chiropracist, and Foot Care Nurse) immediately.

“When pulling out your gloves, jackets, and footwear remember to check the wear and tear of your shoes to see if a trip to the shoe store is needed.”



SOADI Education

Update

We are heading into another fantastic season, the season of Harvest and preparation. The ongoing SOADI I3



Grandmother Moon Project has been a huge success; please visit our NEW website to learn more www.soadieducation.ca. Please note that the site is under construction, however we have posted some footage and handouts from the previous SOADI I3 Grandmother Moon Sessions:

The Beginning, Who are you? And how do you fit in the New World Wheel, July 6th & 7th 2010. Importance of Nurturing, Seeds of Life and the Power of

Love, August 3rd & 4th 2010.

Changing of the Seasons and Preparation, September 28th & 29th, 2010.

Harvest Masquerade, October 31st 2010 *Date to be confirmed.* (a community event) Seeds go to rest, time for appreciation, November 1^{6th} & 1^{7th} 2010 *Date to be confirmed.*

If you are interested in attending future SOADI I3 Grandmother Moon sessions, please register online at www.soadieducation.ca or contact the Education Coordinator at 289-403-1033 or 1-888-514-1370 ext 113.

Upcoming Events: Youth Diabetes 101 date to be confirmed ~ Toronto ~ Venue TBA, travel expenses includ-

ed. The workshop is intended for youth that are currently in a position of leadership or in a frontline capacity. The workshop will be given in a fun interactive style so that they understand what the difference is between an unhealthy disconnected lifestyle and a healthy connected lifestyle. Topics include What is diabetes a historical perspective of living in 2 worlds, nutrition and menu planning, to name a few.

If you know of a youth that could benefit from this amazing opportunity and to learn more please visit our website education@soadi.ca or a or contact SOADI's education coordinator at 829-407-1033 or 1-888-514-1370 ext 113.



Shannon VanEvery
Education Coordinator

Email: education@soadi.ca

tion@soadi.ca or a or contact SOADI's education coordinator at 829-407-1033 or 1-888-514-1370 ext 113.



"If you are interested in attending future SOADI I3 Grandmother Moon sessions, please register online at www.soadieducation.ca"



SOADI Youth

Update

She:kon/Hello to all!

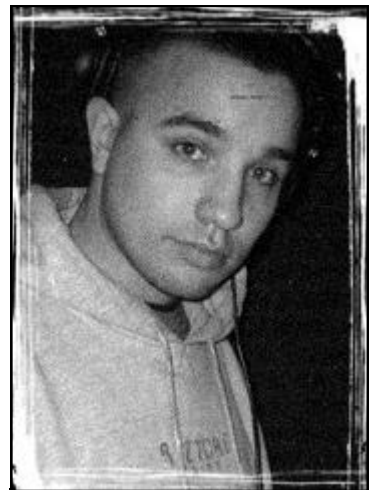
The SOADI youth program is happy to announce that we have completed our Reztore Pride tour throughout Southern Ontario. We should be very proud that the SOADI team was able to work together with youth to elders to help spark such a strong positive movement in the fight against diabetes.

The last Reztore Pride show in Akwesasne on Wednesday August 25th 2010 was closed with a very powerful and inspiring performance by MC Sage and his 7 year old son Sabian Sage. Before MC Sage and his son performed 'The Plague' he spoke about how he has been setting goals to make healthy changes in his life and the importance of speaking to the kids about diabetes so they can understand and be aware of the issue. It is very true that we must educate youth about the diabetes pandemic that exist in the communities and about the many other issues that exist. If we fail to do this then we would be letting the youth down and we would be letting the future generations down.

SOADI's youth program has been very busy lately trying to fulfill its responsibility to make youth aware of the diabetes struggle. On Friday August 13th 2010 the youth team and Amanda Lipinski worked with the Toronto Aboriginal Care Team at a youth drop-in centre to discuss the Reztore Pride movement and the diabetes struggle with youth. SPIN and Kahsenniyo attended the circle in the youth drop-in centre to share their experiences about Reztore Pride and to discuss importance of healthy living with the youth. On Monday August 23rd 2010 Reztore Pride was invited to attend a live radio show at the University of Toronto. Amanda Lipinski, SPIN, and Henny Jack attended the Indigenous Waves radio show (CIUT 89.5FM) to help spread the Reztore Pride movement out to the people. SPIN and Henny Jack spoke about the importance of hip-hop music to have positive messages to promote positive social change and how Reztore Pride is an example of this because of the message the album is spreading. The Reztore Pride album is a great example of real hip-



hip and a great example of youth working with all people and showing that they can be leaders to people of all ages. The message that Reztore Pride is spreading is being heard all over Turtle Island and beyond in all directions. The show has been invited to go back to some communities and has been invited to communities that have only heard of Reztore Pride. The show has recently been invited to an International Hip-Hop event taking place in Montreal and to do a show in Buffalo. At this time we are getting invitations all over Turtle Island so the Youth program will be working to seek funding so that the Reztore Pride shows can continue for the youth. The Youth program is also working to build some partnerships with other health organizations to team up in the fight against diabetes. We are hoping we can build some partnerships so that we are able to spread the message to the youth even further. The Youth program will also be looking to work with schools so that we are able to reach the urban aboriginal youth with the Reztore Pride message. The



John Henhawk
Youth Coordinator
Email: youth@soadi.ca

opportunities that exist are endless for the SOADI Youth program so if we just keep our positive energies flowing and keep putting our hearts into what we do then we will be able to accomplish many great things with the program. Youth play a vital role right now and in our future so we must ensure that the youth are empowered and educated. Norman and Jamie are perfect examples to show how the youth can take the lead and make positive change for the people. I wanted to put out special Nia:wen Kowah/Chi Migwetch/Big thanks to Norman and Jamie for all of their efforts and dedication that they have put into the Youth program at SOADI

The poem was written by Amylia Grace and she wrote it in honor of her 20th anniversary of being diagnosed with Type 1 Diabetes.

One Type One: On the 20th Anniversary of My Diabetes Diagnosis
Bloodied fingered
Stained strip of sugar measures
Drops, dark and telling on the tip of the machine.
Worry seeps in between the seconds
Glued together like vibrations of a scream
Coming down the hospital hallway
The hallway the hallway the
End extends long minted walls
Waiting, saying, "Come this way, child."
From the moment sugar spilled over into sweet smelling urine,
Glucose turning light sunshine into mustard colored diagnosis,
I was marked forever with doubt and fear and blood.

They walk beside me now. Grown body stained
By the empty tender touch of potentialities
Waiting around the bend like a drunken motorcade causing
Accidental death to common pedestrian life.
An unsuspecting bystander caught in an auto-immune system crossing
A moment too soon. Unrecognizable, it attacks itself. Unapologetic
In scope and speed of the crash—
Amputation, blindness, neuropathy, frozen, sensationless limbs slipping slowly
Into the silent waiting future.
It's a lot to carry. Pump catheter piercing six millimeters of skin.
Twenty-three inches of tubing snakes around and underneath
My dress, insulin traveling the opaqueness to reach me.

Still, I gather myself up and brush off the past
Roller-coaster ride of youth, declaring this decade
My own, seeing only horizon and maybe something else.

"We should be very proud that the SOADI team was able to work together with youth to elders to help spark such a strong positive movement in the fight against diabetes."