

# IA:IAK - ADA

The meaning of IA:IAK-ADA.  
IA:IAK (ya-yuk), meaning six (6) in Mohawk representing the six SOADI regions. A is for Aboriginal, D is for Diabetes and A for Areas.

## 10 MONTHS OF SOADI FOOT CARE CLINICS

Over the past 10 months, the SOADI team (including the Chiropractors and Reflexologists) have been welcomed into 30 communities across Southern Ontario. Within each unique community, Aboriginal organizations support and work together to bring about the success of each Clinic. More than 800 People of all ages have had a foot assessment, many with diabetes. The most frequent comment on the evaluations is that our People want it more often, now that they know how important it is and what is needed to protect their feet.

The reason foot care and diabetes go hand in hand are simple and complex. In short, when the cells cannot absorb the sugar that is carried by the red blood cells, the sugar molecules stay attached and pass through the artery system into the vein system. Everything is microscopic at this stage in the blood's cycle through the body. The sugar molecules are made in shapes that have sharp ridges and as they pass through the capillaries on the red blood cells, at this



**SOADI Foot Care Clinic at the Fort Erie Native Friendship Centre.**

microscopic level they can cause damage by tearing nerve tissue. This is especially susceptible in the eyes and the extremities of the body. The eyes have really small arteries and veins and this damage can lead to blurry vision and eventual blindness. In the feet more so than in the hands, one can find an eventual loss of feeling and an irritable pain that sets in with neuropathy. This becomes especially dangerous when cutting toe nails, wearing shoes that do not fit right, and in general, not protecting the feet. When a cut or some type of damage occurs it becomes a major threat to the physical self due to not being able to feel the pain and know it is even there.

Circulation may become compromised in the diabetic foot, therefore healing is challenging, and this complication is called Peripheral Vascular Disease. It is inevitable that bacteria will set in at this point and a bacterium thrives in moist environments that are abundant in glucose (sugar). The sweat from the feet provide the moisture and the high blood sugar levels bring about the glucose; it does not take long for the current situation to escalate into something far worse than it began. Amputations are the end result in the worst cases and seem to be preventable for the most part through: 1) Daily attention and seek professional care as soon as a change or concern arises, 2) Regular foot care and if you have diabetes, especially neuropathy, a foot care specialist should be seen every six to eight weeks, 3) Properly fitting shoes that protect and support your feet is essential; leave about an inch of space from the longest toe.



## **INSIDE THIS ISSUE**

SOADI 6th ANNUAL EVENT  
"WATER IS LIFE"

COMMUNITY RECOGNITION  
AWARDS

EMPOWERMENT AND  
DIABETES PREVENTION  
TRAINING WORKSHOP

RIBBON OF LIFE

SOADI FOOT CARE

## **REGIONAL UPDATES**

EASTERN

TORONTO

URBAN HORSESHOE

CENTRAL

WESTCENTRAL

WESTERN

SOADI HEAD OFFICE

**WINTER 2007/08  
EDITION**

# Eastern Region



**Carol Loft**

Eastern Region

**Address:**

778 Highway #49

P.O. Box 1222

Tyendinaga Mohawk

Territory, ON K0K 3A0

**Email:**

eastern@soadi.ca

**Telephone:**

(613) 396-3900

**Fax:**

(613) 396-3007

She:kon

It's hard to believe that it's already time to submit information for the newsletter. Which means that winter is coming, and cold weather... brrrr!

*September 2007*

The grand opening for Tyendinaga Fitness Resource Centre was a huge success. To date we have 100 members. Approximately 95 people use the centre at any given time

*October 2007*

SOADI held a foot care clinic at the MNO Office in Bancroft, and at Katarokwi Friendship Centre in Kingston. There was a good turnout at both locations. Participants were able to see the Chiropodist and Reflexologist

In partnership with Ka:nhote Library we are organizing the Community Kitchen in Tyendinaga. This is an opportunity to introduce methods of healthy cooking on a limited budget

I visited the Native Brotherhood at Bath Institution, where the guys made up Ribbon of Life Kits for SOADI

*November 2007*

I attended the Family Conference event at Odawa Friendship Centre in Ottawa, where I had a diabetes display with resources available. It was an interesting day which included speakers and a nutritious lunch. Hats off to the organizers!

If you need information related to diabetes and wellness, or would like me to visit your community, please give me a call between 8:00am and 4:00pm. If necessary leave a message and I'll get back to you ASAP. My phone number is 613-396-3900 or I can be emailed at eastern@soadi.ca

Nya:wen,

*Carol Loft*

Diabetes Prevention Coordinator



## NOVEMBER IS DIABETES MONTH

Take the time to stop and reflect on how you take care of yourself when living with diabetes. If you make a decision to live well with this disease, it means a lifestyle change. It's the same for people with or without diabetes; eating nutritious foods and including daily physical activity in your life should be a lifelong goal. In order to be successful in your lifestyle changes seek the support of your family, friends, coworkers and doctor.

A HEALTHY LIFESTYLE EVERY DAY ALL YEAR ROUND IS IMPORTANT!

# Toronto Region

Season's Greetings Everyone! The past few months just flew by, I can't believe winter is on the way and with that comes Christmas. Some exciting events have taken place such as:

Diabetes Awareness Day August 22/07 - was held at the SOADI office on Richmond Street. This event was well attended, Diabetes information, healthy snacks, door prize draws, and gift bags were provided to all those who attended. Massage and reflexology was provided to participants.

SOADI's Annual Event - occurred in Cape Croker First Nation just outside of Wiarton with a great turnout due to the wonderful weather. I had the opportunity to meet the speaker Josephine Mandamin, Water Walker from Thunder Bay. She spoke of her journey around the Great Lakes of Ontario. She is a real inspiration to others to clean the lakes and environment.

A group of us Diabetes Prevention Coordinators did a play on Nana Bush and the Stranger, a story of diabetes and how it can creep its way into a person's life. Foot care and reflexology was provided throughout the day.

Native Child & Family Services Powwow September 29/07- it was an excellent sun shiny day with great attendance, lots of food, dancing, and displays.

Native Women's Resource Centre October 10, & 17/07 - Women's Circle discussion on topics for the next six weeks.

October 17 Facilitator presented the group with the final topics they will focus on for discussion

Native Child & Family Services Early Childhood Education Group November 6/07- Come Play With Me video and Ribbon of Life presentations to approximately 8 students.

Up- coming events:

December 1 & 2, 2007 - Powwow at the Rogers Centre in Toronto

January 22, & 23, 2007 - Chiefs of Ontario Health Conference display

I continue to plan events for the Toronto Region, if you require Diabetes information or foot care please contact me.

*Vicky Chrisjohn,*

Diabetes Prevention Coordinator



**Vicky Chrisjohn**

Toronto Region

**Address:**

103 Richmond Street East,

Suite # 404

Toronto, ON M5C 1N9

**Email:**

torontordw@soadi.ca

**Telephone:**

(416) 203-0133

**Fax:**

(416) 203-0144

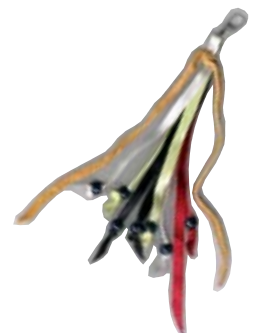
## TIPS ON KEEPING YOUR BLOOD SUGAR AT A HEALTHY LEVEL

- Eat about the same amount of food each day
- Eat your meals and snacks about the same time each day
- Do not skip any meals or snacks
- Take prescribed medications at the same time each day

Why Should I Eat About The Same Amount Of Food And Time Each Day?

- The foods you eat turns into sugar and travels to your blood stream, your blood sugar goes up after you eat
- Your blood sugar will not stay healthy if you eat a big lunch one day a small lunch the next day
- Eating at the same time each day helps you to keep your blood sugar from getting too high or too low and helps your diabetes medicine keep your blood sugar at a healthy level

[www.medicinemet.comscript/main/art.asp](http://www.medicinemet.comscript/main/art.asp)



# EMPOWERMENT AND DIABETES PREVENTION

February 25th-26th, 2008 ~ Niagara Falls, Ontario

Facilitated by **Alex M. McComber**, M.Ed.,  
Kahnawake Mohawk Territory (Bear Clan);  
former Training Coordinator of the Kahnawake  
Schools Diabetes Prevention Project.

There needs to be an understanding of the factors that encourage and hinder people to engage in healthy eating, physical activity and interpersonal relationships. An examination of these factors empowers us to make decisions that will support healthy lifestyle change for diabetes prevention. This workshop examines life-style habits and the reasons behind decisions people make regarding eating, physical activity and personal interactions. Participants will reflect on their personal lifestyle habits through questionnaires and discussions and develop personal action plans for healthy lifestyle changes or improvements.

#### **Specific topics include**

**Personal wellness & Role Modeling**

**Nutrition**

**Physical Activity**

**Personal Attitude**

**Reflection, decision-making  
& making healthy lifestyle changes**

#### **A G E N D A**

- Diabetes 101
- Development of a vision of personal wellness
- Nutrition information
- Physical Activity information
- Personal habits and attitudes, action planning

#### **OTHER WORKSHOP FEATURES**

- Daily opening and thanksgiving
- Health breaks
- Giveaways and prizes
- Evening Social
- Networking with others in the same field
- Diabetes resources and toolkit



**REGISTER TODAY - PHONE | FAX | MAIL | EMAIL**

Toll Free 1.888.514.1370 • FAX 905.641.2995 • 2 Clark St., Unit 4, St. Catharines, ON. L2R 5G2 • [officeadministrator@soadi.ca](mailto:officeadministrator@soadi.ca)

Name

Organization

Address

City

Postal Code

Tel.

Fax

email

SOADI will cover the following costs: Training session and all supplies. Meals during the training. Hotel during the training. Incidentals. \*Participants are only asked to cover the costs of traveling to and from the training location.

# Central Region

*The first snowfall has been laid upon mother earth. She has prepared or is preparing for the Winter Season. This is the season for story telling, taking time to rest and help prepare our minds, body and spirit for the everyday function of living a healthy life style. Take time to be with and love yourself.*

November is Diabetes Month!

Central region communities will be celebrating this month with workshops, diabetes sharing circles, presentations, wellness days and awareness. Call your local health centers, native friendship centres, Métis groups and native women associations to see what they have planned for this month. Just to name a few I have posted the following:

Chippewas of Georgina Island First Nation will be having their "Annual Diabetes Walk", Wednesday, November 14, 2007 from 11:00 am to 2:00 pm

Mnjikaning (Rama) First Nation will be having a "Diabetes Gathering and SOADI Foot Care Clinic, Saturday, November 24, 2007 from 9:00 am to 4:00 pm

Alderville First Nation will be taking their community members for a "Diabetes Education Day, Wednesday, November 28, 2007, from 9:00 am to 4:00 pm at the Best Western in Colborne, ON. It's a nice break to get out of the community once in awhile

Mississaugas of Scugog Island First Nation had a "Diabetes Information Day", Wednesday, November 7, 2007. Carol Loft was so gracious to fill in for me at Scugog. Thanks Carol!

Christian Island Elementary School, Grades 2,3,4 enjoyed making the "Ribbon of Life" and learned through cultural teachings of the mind, body & spirit on Wednesday, November 7, 2007. Thank you Mary, C.H.N. for your help at these 2 workshops. It's fun & exuberating working with children. They take in and give out so much energy and knowledge.

### **THE FOUR MAJOR TYPES OF DIABETES ARE:**

Type 1: This form of diabetes the body does not produce insulin at all.

Type 2: Until recently also known as adult onset diabetes, is the most common form of diabetes. In this form of diabetes, either the body does not produce enough insulin or the cells ignore the insulin.

Gestational: affects pregnant women.

Pre-diabetes: is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. Having this condition puts you at a higher risk for developing type 2 diabetes.

Reference American Diabetes Association

Oatmeal helps bring blood sugar under control and its high fiber content helps you lose weight. Oats do not contain cholesterol or animal fat and they are loaded with soluble fiber to bring your cholesterol levels down.

Reference Outsmart Diabetes Prevention

*Peggy Monague.*

Diabetes Prevention Coordinator



### **Peggy Monague**

Central Region

#### **Address:**

175 Yonge Street,  
Midland, ON L4R2A7

#### **Email:**

central@soadi.ca

#### **Telephone:**

(705) 527-1560

#### **Fax:**

(705) 527-1560



### **APPLE -BERRY CRISP**

- 7 cups sliced baking apples
- dried cherries or cranberries
- ¼ cup splenda granular
- 1 ½ tsp cinnamon
- 1 Tbsp cornstarch
- ¼ cup flour
- 1/3 cup rolled oats
- ¼ cup brown sugar
- 1/3 cup trans-free margarine

1. Preheat oven to 375 F
  2. In a large bowl, toss apples with cherries, splenda ¼ cup cinnamon and cornstarch. Place mixture in a 13"x 9" baking dish coated with cooking spray
  3. In medium bowl, combine flour, oats, & brown sugar. Cut in margarine and blend with fork until crumbly. Sprinkle evenly over apples.
  4. Bake 40 to 45 minutes or until apples are tender and topping is golden
- Per serving: 148cal, 1g pro, 24g carb, 6gfat, 1.6g sat fat  
9 mg chol, 2g fiber, 55mg sodium

Chi-Meegwetch! Peggy Monague. Diabetes Prevention Coordinator – S.O.A.D.I. Central Region

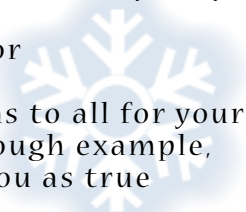
## 2007 Community Recognition Award Recipients

(From left to right are (Upper) Barbara Whiteye, Carol Loft, Robert Ninham, (Lower) Dr. Judy New & Millie Taloose all being presented with their certificates by the SOADI Board President Dr. Memee Harvard



Other Recipients not present:  
 \* Arnold George Bruyere  
 \* Carrie Tabobandung  
 \* Sharon Johnston-Gabryelczyk  
 \* Carol Hill  
 \* Bruce Doxtator

Congratulations to all for your leadership through example, we recognize you as true teachers.



### More Pics from the 2007 SOADI Annual Event ~ WATER IS LIFE, Chippewas of the Nawash First Nation



Medicine Walk



Our Fire



Josephine Mandamin - Keynote



Lunch time



Dr. Maggie Sopper - Speaker



Josephine Mandamin and APTN



Isaac Day - Speaker



Bill Messenger eating healthy

## More on Reflexology and Chiropody at a SOADI Foot Care Clinic:



**SOADI Footcare Clinic - Fort Erie**

Here is what one of our Reflexologists had to say at one of our recent foot care clinics:

"Reflexology is a technique that is used to help people relax and increase circulation. The feet are connected to every other part of the body and by stimulating areas on the feet, circulation is increased in these parts and a relaxing state occurs. When the body is in a relaxed state it is more able to heal itself. It is called a homeostasis state where the body is operating at its optimum level therefore healing is more prone to occur. Because certain areas of the feet correspond to the certain areas of the body, a particular area can show its imbalance or can be worked on to improve or prevent imbalance with Reflexology." Blossom Martin, Reflexologists



**Chiropody at a SOADI Foot Care Clinic**



**Reflexology at a SOADI Foot Care Clinic**

The Chiropodist will most likely look to determine what risk category one would fall into in their particular stage of diabetes. Circulation is checked as well as a neurological status examination. This means how well you feel with your nerves in your feet. Also any pathology with the skin and nails would be looked at and addressed. They will discuss any concerns that you may have. There is always something new to learn about your feet so ask questions and bring up any concerns.

If you are interested in finding out more about our SOADI Foot Care Clinic, contact Debbie Sexsmith at 1-888-514-1370 or e-mail at [footcare@soadi.ca](mailto:footcare@soadi.ca). Also go to [www.soadi.ca](http://www.soadi.ca) for more information about upcoming clinics and other events where you can speak with a SOADI representative.



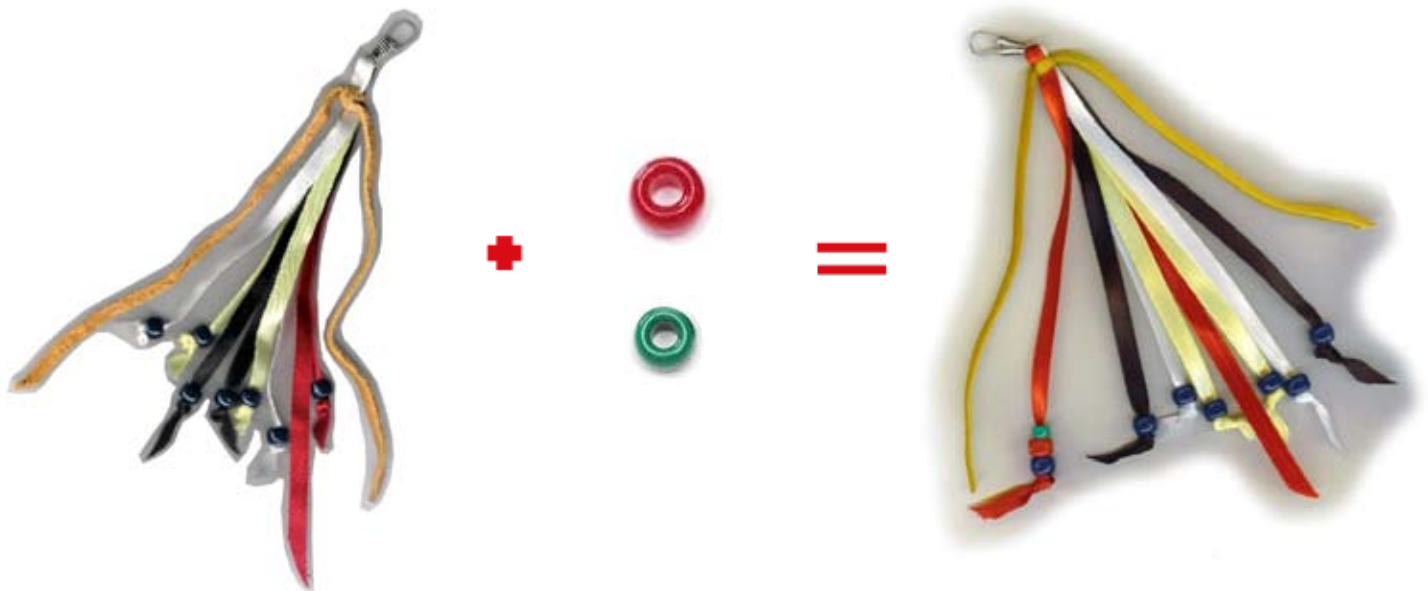
**Reflexology at a SOADI Foot Care Clinic**

### **EASY STEPS TO SELF FOOT CARE**

Remember to keep your feet clean and wash them in warm water for no more than 10 minutes of soak time. Too much soaking may dry and crack the skin. Apply hand cream and rub it into your calluses good. This will keep the skin moist which may reduce or callus and promotes healthy skin tissue. Keep your feet protected with a good sock, one without any major pressure points or creases. Be careful with what equipment you use with your feet, some are harmful. Always watch where you step to avoid any damage to your feet. These are some simple thoughts to remember for happy feet!



# The New Addition to the Ribbon of Life Family



The Ribbon of Life received an important addition this past summer. A red and green bead were added to the red ribbon with the blue bead. Above to the left is the Ribbon of Life the way it has been and is still available, and to the right is the new Ribbon of Life with the addition of the red and green bead. The following is the explanation of the Ribbon of Life and what the two new beads symbolize.

"This is a gift to remind you of the struggles, trial, and triumphs of dealing with gestational diabetes. The four colour represent all people who struggle with diabetes. Many people are affected by diabetes; however, "Aboriginal people have been and continue to be devastated by this illness". The four colours represent the four seasons, as diabetes is a disease that we deal with year round. White is for winter, red is for spring, yellow is for summer and black is for fall. The four colours represent the importance of exercise, healthy eating, stress management and medicine, when you have diabetes. They also represent the four aspect of human nature: spiritual, mental, physical and emotional. When you are ill with diabetes, you are out of balance in one of these areas of your life. You need to work to be healthy and well balanced. The seven blue beads represent the seven generations that we should think about as we deal with all the problems, disease and plans. The blue beads remind us of the water that sustains us. Water is life. The ribbon with three beads on it represents the family. The red bead symbolizes the pregnant mother and the smaller green bead represents the baby. A red bead was chosen for the mother as red indicates mother earth and women. The green bead for baby was chosen to indicate new life and renewal. These additional beads were added to signify women who are dealing with gestational diabetes. The leather reminds us that nature surrounds us and protects us and that we must protect and respect nature. The first knot in the leather is life, which is the beginning. The knots at the bottom of the ribbon are the end of life and the length in between is our life, our chosen path. The ribbon without the bead signifies the Aboriginal person with diabetes; how individuals stand in their aloneness with this disease, and that it's a blood imbalance.

The four colours of ribbon represent all nationalities that dealing with diabetes. The ribbon of life may be adapted to resemble your own individual origin, simply by positioning the beads to the appropriate ribbons. Remember to support diabetes awareness." (SOADI Ribbon of Life card)

The Ribbon of Life can be requested from SOADI in the form of a workshop for large or small groups or can be ordered with instructions. To inquire contact the SOADI head office at 1-888-514-1370 or visit [www.soadi.ca](http://www.soadi.ca) and go to our resource page.

Chi Miigwetch, Nya:weh, Thank you,

The Southern Ontario Aboriginal Diabetes Initiative

# West Central Region

## Season Greetings to All

It has been a busy summer and fall. In September SOADI had their 6th Annual Event at Cape Croker Indian Park, "Water is Life". It was a beautiful day with warm winds and sunshine. There were wonderful speakers who shared traditional teachings, medicine wheel teachings and medical teachings around the importance of water to our physical, emotional, mental and spiritual well being. There were local vendors as well selling their crafts. The lunch and snacks from local caterer Celina Robichaud were superb. The foot care that was available to participants was a huge hit with 50 participants receiving service. A special thanks to the Chippewas of Nawash Health Centre for all their assistance with the event, thank you Terry, Sue and Caroline. The park itself was a lovely setting for the event. The staff at the park assisted in any way possible and helped the day run smoothly, thanks. The health displays had wonderful information for participants to take home. Thanks to all who participated in event and helped make it the success it was, Thanks

With winter approaching and the holiday season drawing near it is a time when families come together. It is a time of year of gathering and sharing and feasting. The holiday season is quickly approaching and this is a time of eating plenty. For people who are diabetic this is a very tempting time of year. There are lots of goodies and sugary treats around. By sticking to your meal plan and planning around family dinners will help to keep food choices easier. Try not to let yourself get over hungry prior to eating, this will help with the temptation for overeating. Moderation is the key over the holidays.

It is also a time to get out and enjoy some outdoor winter activities such as, skating, tobogganing, ice fishing, snowman making, walking in the snow, hockey,, etc. Winter activities burns more calories because the body is working harder to stay warm. Remember to dress in layers so that if necessary some layers can be removed or replaced as required. Keep well hydrated and take nutritious snacks, trail mix is an example.

The SOADI Team is gearing up for the Aboriginal Festival at the Rogers Centre. There will be foot care services available, chiropody and reflexology, blood sugar testing, SOADI resources and other diabetes related information. Make sure you stop by the booth, say Hello and gathering some good information.

I hope everyone has a safe and healthy Holiday Season. Take care until next time.

*Georgia Baum,*  
Diabetes Prevention Coordinator



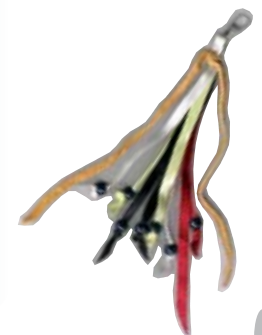
**Georgia Baum**  
WestCentral Region  
**Office Address:**

Woodland Cultural Centre  
184 Mohawk Street,  
Brantford, ON

**Mailing Address:**  
#143 - 245 King George Road  
Brantford, ON N3R 7Z9

**Email:**  
westcentral@soadi.ca

**Telephone / Fax:**  
(519) 750-0893



### **Sweet Potato Biscuits**

1/3 cup whole wheat flour  
2/3 cup flour  
3 tsp baking powder  
3 tbsp margarine  
1 cup cooked, mashed sweet potatoes  
½ cup skim milk

#### **Preparation**

Sift dry ingredients together, cut in margarine. Add mashed sweet potatoes. Gradually add milk to form dough. Roll or pat to ½ inch thickness on flour board. Cut with biscuit cutter. Bake in non stick pan at 425F for 12-15 minutes. 113 calories/serving, 1 bread exchange, 1 fat exchange

# Urban Horseshoe Region



**Kathleen Laforme**

Urban Horseshoe Region

**Address:**

445 Concession Street,  
Hamilton, ON L9A 1C1

**Email:**

urbanhorseshoe@soadi.ca

**Telephone:**

(905) 388-6010

**Fax:**

(905) 318-2207

Greetings to Everyone in the Urban Horseshoe!!

Our 6th Annual Event was great this year! Thanks to all who came and helped to make it such a success.

I've had the opportunity to meet the new residents at Koo gaa da win Manitou, Hamilton's residence for homeless Aboriginal seniors. We had a pot-luck lunch and played some nutrition bingo. This was a way for us to get to know each other. Since then (Thursdays), we have cooked, shared, and laughed with each other as we come up with some ideas for the residents to get back in their kitchen's and cook some nutritious, economical, and tasty meals.

We have been kicking up our heels at the Niagara Regional Native Centre (Wednesdays) with the Beginners Fitness Program. We used SOADI's Sweet-grass Fitness video to get us fit. Thanks to all who have participated, keep on kicking!

Health Day at the Niagara Regional Native Centre was a huge success. Thanks to all who came out for the day. I know you really liked the foot care, reflexology, and new hair-do's! The lunch and snacks were tasty and nutritious, thanks to the cooks of the day.

The 11th Annual "A Direct Approach to Diabetes" was a good day. Thank you to our partners for this event - Aboriginal Family Circle Inc., and Ontario Native Women's Association Aboriginal Diabetes Program. We had some great speakers and I know you all look forward to the Looney auction! Thanks to all who came and joined us for the day, I'm looking forward to seeing you at the 12th Annual.

Upcoming Events:

If you would like to start up a Beginners Fitness Program, or a Walking program, after the holidays give me a call and we can get fit together.

For any workshops or presentations, please do not hesitate to call. I'm looking forward to seeing you soon,

*Kathleen LaForme,*  
Diabetes Prevention Coordinator

It's that time of year again; the Holidays are just around the corner! Here is a recipe that uses Traditional foods and is a little festive.

Wild Rice & Cranberries

\*Note- Rinse rice well.

- 1 cup raw Wild rice
- 4 cups water
- 1 cup dried cranberries\*\*

Rinse rice well. Add rice to water, bring to a boil, turn down to med/low. Cook rice for 1 hr. or until tender. Drain well. Chop dried cranberries into chunks. Mix with rice & serve. Tastes great hot or cold.

\*\*Alternatives: you can try a variety of dried fruits, such as blueberries. Just cook rice according to directions and add.



# Western Region

## PAST EVENTS

October 15/07 - N'Amerind Friendship Centre and Southwest Aboriginal Health Access Centre (SOAHAC) partnered in hosting Tai Chi exercise class.

October 16/07 - At the Middlesex Health Alliance, Strathroy, ON participated on the Focus group interview as a community partner with this organization.

October 17/07 - Attended a "Functional Foods" workshop with other front line workers at Southwest Ontario Aboriginal Health Access Centre (SOAHAC).

October 25/07 - Met with Prenatal Coordinator, N'Amerind Friendship Centre seeking how to set up a Prenatal walking program with Prenatal Moms and delivered resources.

October 26/07 - Presented "Living with Diabetes", viewing of "Gift of Diabetes" and participants enjoyed assembling the Ribbon of Life at the Onyota'a: ka Family Healing Lodge, Oneida Settlement.

October 30/07 - Planning meeting for National Addictions Awareness Week (NAAW) held at Mnaasged Delaware Nation.

## CURRENT EVENTS

November 02/07-19th Annual Diabetes Update was held at the Wheels Inn, Chatham, ON

November 03/07-Caldwell First Nation held their 2nd SOADI Foot Care Clinic in Leamington, ON

November 05/07- Life Long Care Program/N'Amerind Friendship Centre held their 2nd SOADI Foot Care Clinic in London.

November 06/07- Life Long Care Program & Metis Nation of Ontario held their 2nd SOADI Foot Care Clinic in Windsor.

November 08/07- SOADI Community Recognition Awards were presented to Bruce Doxtator, accepted by Beverly Doxtator, Carol Hill and Carrie Tabobandung at a special meeting held at the Southwest Regional Healing Lodge.

November 15/07 - National Addictions Awareness Week (NAAW) planning meeting for community partners will be held at Mnaasged Office in Delaware Nation.

November 18-24 - National Addictions Awareness Week (NAAW) activities will be held throughout the week in the Delaware Nation Community. SOADI will actively be involved with Gus-the Sober Bear Walk, community feast, Open House/with display, Alcohol & Diabetes presentation and Nutrition Bingo.

November 19/07 - Diabetes presentation & Ribbon of Life craft at Chippewas of Sarnia, Diabetes Support group.

November 28/07 - "Diabetes-Caring for You and Your Community" community planning partners will be meeting at the Four Counties Health Services, Newbury, ON

November 28/07 - I will be meeting with the Coordinator of Chippewas of Sarnia Prenatal Program to initiate a Prenatal Walking program and deliver resources.

November 29/07 - I will be presenting to Prenatal Moms at the Aboriginal Family Support Program, N'Amerind Friendship Centre.

November 30/07 - Off to the Canadian Aboriginal Festival at the Roger Centre, Toronto, ON

## FUTURE EVENTS

Dec. 01 & 02/07 - Canadian Aboriginal Festival, Rogers Centre, Toronto/SOADI display, blood sugar testing and foot care clinic at no charge.

Dec 05/07 - Oneida Health Fair/SOADI display

*Barbara Whiteye,*  
Diabetes Prevention Coordinator



**Barbara Whiteye**

Western Region

**Address:**

14737 Schoolhouse Road

R.R. #3

Thamesville, ON N0P 2K0

**Email:**

western@soadi.ca

**Telephone:**

(519) 692-5398

**Fax:**

(519) 692-7224



## Head Office



**Roslynn Baird**

Program Director

programdirector@soadi.ca



**Marie Bowering**

Office Administrator

officeadministrator@soadi.ca



**Steven Baranyai**

Program Development Coordinator

pdc@soadi.ca



**Debbie Sexsmith**

Foot Care & Education Coordinator

footcare@soadi.ca

# 10 YEARS OF SERVICE!



Congratulations to (from left to right) Roslynn Baird, Barbara Whiteye, Peggy Monague and Carol Loft for their 10th anniversary with the Southern Ontario Aboriginal Diabetes Initiative. All four have worked diligently year after year together to do the best they can for the People, creating awareness, educating, sharing information, being proactive. All of this and more over the past 10 years have helped to strengthen our Circle of Life. Josephine Mandamin, Renee Thomas-Hill and Bill Messenger all shared good thoughts and embraced each recipient with their Circle of Life Blanket.

The "Circle of Life" Blanket.



### SOADI Head Office Address:

2 Clark Street, Unit #4

St. Catherines, Ontario L2R 5G2

**Telephone:** (905) 938-2915 OR 1-888 514-1370

**Fax:** (905) 641-2995

SOADI is fully funded by the Ministry of Health and Long Term Care.



Disclaimer



the Métis Nation of Ontario



Articles appearing in IA:IAK-ADA are for information purposes only.

The Southern Ontario Aboriginal Diabetes Initiative suggests contacting a health care professional.