



WISADA



"OUR BLOOD IS TOO SWEET" WAMPUM BELT DEPARTS SOUTHERN ONTARIO TO SPREAD THE WORD TO OUR NORTHERN BROTHERS & SISTERS.

On September 18th, the Diabetes Wampum Belt journey commenced. In the early hours of that day; a Sunrise Ceremony was conducted at the Kettle & Stony Point Health Services property at 7:00 a.m. with Joe Jacobs and escort in attendance with other community members and visitors. At 8:30 a.m. other participants joined in the start of the walk along the shores of Lake Huron to Army Camp Road. Another ceremony was conducted at Stony Point, site where Dudley George was shot. I distributed the Ribbon of Life to each participant on the walk. Upon reaching Hwy. 21, the lengthy bike route took over by some very experienced bikers, Barry, Tammy, Danie, Garnet, & Dan. Joe Jacobs & Ameilia from Kahnawake participated in the entire walk with Kettle & Stony Point participants. When reaching Tobermory on Thursday, September 22/05, we were greeted by a representative from Mississauga #8, who would continue the journey to their community on Sunday, September 25/05. Another small group of ladies from Chippewas of

Nawash (Cape Croker), Bertha Jones, Sally Jones and Philomene Chegahno were well re-



ceived and joined us in Tobermory to view the Wampum Belt. Later that afternoon, a Ceremony was held on the shores of Lake Huron in Tobermory honouring the transfer of the Diabetes Wampum Belt to the northern community. I commend Kettle & Stony Point First Nation on a job well done!!! My apologies to anyone whom I haven't mentioned in carrying out this event.

An extra special thank you to Wilmer Nadjiwon, Nawash Elder, owner of CHA MOA ZAH, Tee Pee Camp who extended a warm welcome, prepared and served us lunch & volunteered

to be keeper of the Diabetes Wampum Belt awaiting arrival of the other representatives coming on Sunday from Mississauga's # 8. The Belt would make a stop over at Wikwemong with Mary Pheasant, ex-SOADI RDW making all the necessary arrangements.

SOADI is honoured to have been a part of Diabetes Wampum Belt journey throughout Southern Ontario from the period 1998-2005. THANK YOU to all the communities, organizations who have contributed and participated in this very worthy event supporting PREVENTION & AWARENESS of DIABETES for all First Nations peoples.

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Greetings from the SOADI Head Office!

I hope this edition of our newsletter finds you well, and ready for a good holiday season. We are in the process of gearing up for the annual Aboriginal Festival, health display and resource distribution that SOADI participates in. This is first year that there will be blood sugar testing available. The testing has been sponsored by the Ontario Native Women's Association of Canada and we are very thankful for their partnership at this important event.

We are also in the process of planning for SOADI's fifth annual event. At last year's event, we launched a new initiative that we felt was successful. It is called the "Community Recognition Awards." We ask you to send to us any names of individuals that you feel are managing their diabetes well, or are inspirations to others in your communities. Perhaps you were referred to a special CHR, or a program or service really helped you with your management of Diabetes. We would like to take the time to recognize these people for their efforts to help others as well. The event falls on National Aboriginal Diabetes Awareness Day every year which is the first Friday in May. At the event we will call upon the people whose names were put forward to tell their stories and to recognize them with a small gift. We also print an article about them in the next edition of the newsletter. Please feel free to start sending us names of people that you feel are deserving of this award. You can submit to any of the SOADI regional offices and your local Regional Diabetes Worker. It is very important to spread the word of Diabetes awareness and prevention, but to also recognize those who are making a difference!!!

The 5th annual event will be held in SOADI's eastern region on May 5th 2006. There will be more information to follow with specific location; agenda etc... please look for the posters in the New Year. This year's focus will be "the complications of diabetes".

I hope that everyone has a safe and healthy holiday season. Remember that most food is OK, in moderation! We often tend to indulge at this time of year, just not too far overboard! Walking is a good way to deal with those extra calories we may consume, and it helps beat the stress at this time of year. From all of the board and staff of SOADI, be safe and look after one another!

Sincerely,

Roslynn Baird
Program Administrator

Food Fact

Getting larger with lots of fat around your belly? You could have Insulin Resistance Syndrome, a pre-diabetic condition that produces increased bad cholesterol (LDL) reduced (HDL) good cholesterol and increased blood glucose levels and hypertension. Also known as the Metabolic Syndrome. Here are some basic actions you can also take for yourself: dramatically decrease sugar, especially glucose??; lose weight; increase exercise; increase dietary fibre.

(According to Dr. Keith Jeffery and the Heart & Stroke Association.)



REGIONAL UPDATE: Central, *Peggy Monague*

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Winter season is upon us now! This is the time of the year mother nature prepares for sleep and rest. The days are shortening and rest is essential for winter wellness. Storing energy through deep rest is part of winter's natural rhythm of hibernation. We like the animals have a biological need to prepare for winter. I am preparing for and getting into the winter driving again and this time I'm leaving a bit earlier for my workshops and presentations to the communities and taking my time! I am also making sure I am warm and have everything I need for the travel, e.g. food, water, flashlight, blanket, cell phone, etc. These are necessary changes that need to happen to be safe. What is it you need to change to be healthy and safe?



Stress overload is not good for diabetes. We can make choices and let go of the stress. Easier said than done, huh. You have a choice to stay in control or out of control. I say that because Christmas is almost here! *Remember to take care of yourself by taking your medication, enjoy your meals but in moderation, take a walk after your meals and let go and clear your mind of stress.*

November was Diabetes Month and I must say it was fantastic. All of the communities had workshops, presentations of some kind to celebrate Diabetes Month. "What is Diabetes" Remember the cell demonstration. That was fun. "Feelings" What an impact that has on raising blood sugars when we're not in touch with and deal with our feelings. We all know, no matter what we go through the grieving process: Denial, Depression, Bargaining, Anger and Acceptance. Activity: what exactly is that? Could be anything from exercising on the spot to running a marathon. Keep the body moving!

I also included the National Addictions Awareness Week in my presentations. The addiction of alcohol and drugs are very important to talk about in dealing with diabetes. Excessive alcohol intake may impair blood glucose control, may aggravate high blood fats (triglycerides) and is also a risk factor for nerve damage. For more information on this go to www.sugarbytes.com. Have you ever thought you may have a food addiction? I have especially when I can't seem to eat in moderation. Why do I feel the need to eat and eat and eat.



Happy Holidays

This concludes this portion of the newsletter. I would like to wish all a Merry, Merry and Safe Christmas and a Happy New Year. Chi-Meegwetch.

REGIONAL UPDATE: Eastern, *Carol Loft*

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She:kon, Ahnee, Hello, Hi,

Without a doubt, winter is on it's way! Following is a taste of events and/or new resources that is being developed in the Eastern region:

The **Algonquins of Pikwakanagan Health Centre** have a monthly Diabetes Clinic, that the community members can take advantage of. An Endocrinologist from Ottawa comes to the clinic, and does a thorough assessment of each person that he sees. If necessary he can adjust their medications, and/or start newly diagnosed diabetics on medication. He rarely misses a clinic, despite the weather during the winter months.

There is a new Diabetes Coordinator at **Tungasuvvingat-Inuit**, and her name is Christine Lund. Welcome Christine and good luck in your new position. Recently she's received permission from the CDA to translate the Aboriginal posters on their websites to Syllabics, and to make them culturally appropriate to the Inuit.

'Tyendinaga Coalition for Healthy Lifestyles' committee in conjunction with Thayendanega Health Centre hosted the Stepping Stones III Diabetes Conference, entitled "**Diabetes and Denial**". I worked with the Coalition in organizing this great day. It was a one day conference, taking place September 27th in Tyendinaga Mohawk Territory. There was a variety of speakers who spoke throughout the day on relevant information about or relating to diabetes. The two Keynote Speakers included Dr. Robyn Holden and Rod Jeffries. The doctor's topic was "Type 2 Diabetes, Stress and Denial", and Rod Jeffries topic was "The Whole Person Dealing with Illness". They were well received by the participants. Some of the other topics were medication and denial; humour and play; natural, original foods for diabetics and SOADI fitness. As well, SOADI presented a workshop entitled, "What's Happening in First Nations Country". Regional Diabetes Workers from Western Region and West-Central Region was on hand to assist me in this presentation. To them I say thank-you! The turnout was excellent, with a lot of positive comments from the participants regarding the conference.

The Health and Wellness workshop, entitled "**Making a Positive Change**" took place in Renfrew, September 14 and 15 and presented lots of interesting information throughout the two days. Linda Thibodeau, the Community Wellness Worker for Ontario Métis Aboriginal Association deserves a round of applause for a hosting a very successful workshop.

At Wabano Aboriginal Health Centre, on Friday November 18th, the Diabetes Coordinator Tracy Teasdale is hosting their "**Health Fair 2005**". The topics are "Preventing Diabetes Today" and "The Link Between Diabetes and Depression".



REGIONAL UPDATE: Urban Horseshoe, *Kathleen LaForme*

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Hello to Everyone in the Urban Horseshoe Region!

Fort Erie's Aboriginal Family Circle held the 9th Annual "A Direct Approach to Diabetes" at the Fort Erie Native Friendship Centre on November 3. A very big "Thank you" to the Ontario Native Women's Association Diabetes Program for their generous sponsorship, this helped us to provide a great lunch and snacks. Christine Simard, ONWA Diabetes Site Coordinator gave a presentation on "What is Diabetes" and Robert Fenton, ONWA Diabetes Worker, gave a presentation on Foot Care. They came all the way from Thunder Bay to be with us for the day! Thank you to the Seniors group from New Credit, and other visitors, for coming to share the day with us.



Bob Fenton, ONWA giving Footcare Presentation

The Native Canadian Centre Toronto, held a Diabetes Health Fair on November 10. The theme was Footcare. There were great presentations throughout the day. Blood glucose monitoring was provided for the day by Anishnawbe Health. Thanks to all who stopped by the SOADI display.

The holiday season is here and a lot of us celebrate with friends and family. We like to take part in the festivities and enjoy all the great meals and goodies that are plentiful this time of year. Just remember to enjoy those treats, but in moderation. For those of you living with diabetes, there are some things you can do to help keep your blood glucose in balance:

Eat more vegetables (preferably green) instead of the potatoes. Use less gravy. Drink lots of water. Go for a walk after eating. Keep your stress level down.

I hope you and your family enjoy this holiday season!



Happenings in the Urban Horseshoe Region:

The Native Canadian Centre holds a diabetes support group the first Thursday of the month from 3:30 - 5:30. If you would like more information, please call Ruth Cyr at 416-964-9087

For more information or questions about these events, please call or email me at the contact info above. See you soon.



REGIONAL UPDATE: West Central, *Shirley LaForme*

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Anni, sago, hello

There has been a lot of talk about the possibility of a pandemic hitting North America and aboriginal communities have been advising their members to stock up and be prepared for at least 3 weeks of quarantine, some say 6 months. In our community, a few of the items we were advised to stock up on canned veggies and fruit, canned meats, rice and flour (both must be watched for bugs and worms), packages of nuts and seeds, and also stock up on water. These are foods that did not need to be refrigerated, and would keep for long periods of time. This got me thinking about what our ancestors would have been eating throughout the winter months. They would have stored food for the winter, they would have gathered nuts, seeds, and would have dried the berries, meats and fish, and stored the veggies in the ground. And they would be hunting big game, birds, and catching fish.

Guess this is going back to the basics, back to traditional ways of eating, and its being promoted for survival of a quarantine, survival of possible pandemic. If it happens, we could possibly be living as our ancestors did, and it would be a healthier lifestyle. Just my little opinion

So What's happening at

Six Nations: Cardio Exercise every Wednesday night at JC Hill School, 7:00 p.m. until 8:30 p.m.; open to those with/without diabetes. Contact Sonya Hill, Healthy Lifestyles Coordinator at 519-445-0782 (Aqua fit classes will be beginning in January, watch for flyers for information)

Heart Health Committee will be hosting a Winter Heart Health Event in February 2006, more information will be announced at a later date.

Owen Sound: M'Wikwedong Resource Centre will be having Traditional teacher, Diane Longboat, available in December, for more information, contact the centre at 519-371-1147

Cambridge: There will be a Aboriginal Life Skills Program beginning in late January 2006 until March. The program will run for 8 weeks. Anishnabeg Outreach, 107 Main Street, Cambridge, ON, call 519-624-8226

The Canadian Diabetes Association is working with the Six Nations of the Grand to host a two day Diabetes Expo to be held on the Six Nations Territory the last weekend in May, 2006. This is the first time an Ontario Aboriginal community has worked together with the CDA in this capacity, providing a Diabetes Expo to the community. Although this Expo is in the planning stages there will be a wide variety of traditional and western speakers plus workshops. It is anticipated that people will come from all regions to learn more about diabetes and support this event. Watch for more information in the next newsletter as details are finalized.

Miigwetch for your time,

Shirley LaForme



REGIONAL UPDATE: *Western, Barbara Whiteye*

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Greetings to You All!!

September, October & November Happenings.

In September a Basic Foot Care presentation was enjoyed by the participants of the Windsor Essex Métis Council, Aboriginal Healing and Wellness program.

The Diabetes Wampum Belt Journey took place on September 18/05 and arrived in Tobermory, ON. on September 22/05, three (3) days ahead of schedule. However, the Belt would not cross the Georgian Bay to South Bay Mouth until Sunday, September 25/05 due to plans already in place.

Delaware Nation and Munsee Delaware hosted a planning meeting in Moraviantown on September 20/05 in readiness of Racing Against Drugs (RAD) scheduled for November 1-4/05.

It's always a pleasure to assist post secondary students and or other students requiring information about diabetes as their project. The student who approached me this month was very grateful with the resources distributed for her use and reported the excellence she received.

Upon receiving a call from the team arriving in Tobermory on September 21/05, plans were put in place to travel to Tobermory early Thursday morning at 6:00 a.m. My task was to repre-

sent and speak on behalf of SOADI when the transfer of the Wampum Belt occurred on the



shores of Georgian Bay that day. The Ceremony was very overwhelming, realizing the Wampum Belt was leaving southern Ontario and journeying to our brothers and sisters in the north.

On September 27/05 I traveled to Stepping Stones III Diabetes Conference, "Diabetes and Denial" in Tyendinaga to assist in presenting "What's Happening in First Nations Country" with SOADI co-workers, Carol Loft, Eastern Region and Shirley LaForme, West Central Region. Evaluations indicated very positive comments on this session.

A Traditional Fall Food Fair meeting with SOAHAC took place via phone on October 4/05 and resumed October 13/05 to update event plans.

I visited and presented "Understanding Diabetes" at the Aboriginal Child Resource Centre in Windsor, October 18/05. What a super group of mom's and babies at this presentation.

The Traditional Fall Food

Fair held at N'Amerind (London) Indian Friendship Centre drew a crowd of approximately 65 participants. Demonstrations from presenters were very well received, increasing knowledge of our past. Definitely indicated a healthier lifestyle than today!!

National Diabetes Awareness Month being November would be a very busy month. During the week November 1-4/05 implementation of Racing Against Drugs (RAD) took place in Moraviantown servicing over 500 students in Grades 4-6 from various First Nations schools in Western Region. Students visited 18 Pit Stops on 3 scheduled days. Presenters & volunteers proudly wore the Ribbon of Life during this event.

Barb Whiteye

UPCOMING EVENTS

Nov. 15-Health & Healing Through Plants & Herbs @ Walpole Island Health Centre.

Nov 17/05- Understanding Diabetes & Ribbon of Life @ Munsee Delaware.

Nov 20-25-National Addiction Awareness Week (NAAW) in Moraviantown.

Nov 25-27-Aboriginal Festival/Skydome

Dec 6-9-SOADI Bd Mtg/Staff & Bd Xmas Dinner; Community Forum, SOADI staff meeting.

A Little About Us

OUR LOGO...

The Mantis Flower represents man and woman, balance within oneself. Persons living with diabetes have to find and maintain balance with food intake and exercise. The Four Directions are made up of glucose meters. The red is blood and strength of all Our People. The Sweet grass, the unity of Mind, Body and Spirit, reminds us to support one another. The Seven Feathers, represent the seventh generation and Seven Fires to assist us with growing awareness of diabetes and management. The pipes, our Prayers and healing of Our People with diabetes.

WISADA, THE MEANING

WIS*

Aboriginal

Diabetes

Associations/Initiatives

*WIS (Meaning 5 in Cayuga. Also represents SOADI's 5 Regions)

Named by LuVerna Clause

Vision

Through SOADI's continual efforts to eradicate the devastating effects of Diabetes, Aboriginal peoples will once again enjoy the good health of our ancestors.*

*By 'Aboriginal', we mean all people and communities who identify themselves as First Nations, Non-Status, Métis and Inuit.

Mission

SOADI supports Aboriginal communities working to decrease the high incidence of Diabetes and its complications through prevention, intervention and management activities.

The Board of Directors is comprised of members from the following organizations. These members are accountable to the Aboriginal Organizations and communities of Southern Ontario.

Ontario Federation of Indian Friendship Centres
President

Ontario Métis Aboriginal Association
Vice-President

Métis Nation of Ontario
Treasurer

Ontario Native Women's Association
Secretary

Union of Ontario Indians
Board Member

Association of Iroquois & Allied Indians
Board Member

Independent First Nations
Ex-Officio

Grandfather
Grandmother

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SOADI Regions

