



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.

Celebrating The Ribbon of Life



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**SPRING 2007
EDITION**

Greetings and on behalf of the SOADI team, we hope that this edition of our newsletter find you and your families healthy and ready for some warm weather outdoor activities!!!! Spring is finally on its way and time to get out and enjoy the sun.

SOADI has been very fortunate to have been given a gift that is shared throughout our communities. The Ribbon of Life has become the National symbol for Diabetes awareness amongst our people. What makes this symbol so special is that it is not only worn with pride, it is made by the people who wear it. Carol Loft, regional worker in the east, and her sister Tracey Gazely had this idea many years ago and sat down together to design this meaningful ribbon. They put their hearts and minds together and out of that, the Ribbon of Life was born.

The Ribbon of Life workshop and craft making sessions have travelled to many communities and organizations throughout Southern Ontario and has been extremely well received, so much so that the National Aboriginal Diabetes Association declared it the national symbol. We had the pleasure of honoring Carol and Tracey for sharing this wonderful gift with not only SOADI, but everyone. They were presented with the Ribbon of Life and its meaning in a frame at our last board meeting. We are so proud of them and so thankful that they care so much about Diabetes and its prevention!

FRIDAY, MAY 4th, 2007

**National Aboriginal Diabetes Awareness Day!
Look for events happening in your community.**

Western Region



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GREETINGS

Well, winter finally did arrive and when it did it came with a bang. We all experienced many weeks of cold, frigid weather. Man, am I ever glad that I installed a new wood stove this winter in my home...you really can't beat that wood heat!! Even though we didn't receive the great abundance of snow that our northern communities did, it was exciting to see the children in the communities enjoy some winter activities in the great outdoors.

I would like to extend a hearty welcome to SOADI's two (2) event planners, Michelle Sault-White, education coordinator and Deborah Sexsmith. Our role as SOADI RDW's will be working with Deborah setting up foot care events in our specific regions so we will look forward to meeting you. Michelle will be coordinating the KSDPP training being offered to front line workers from all of Ontario. Alex McComber will be the trainer. Important dates to remember for this training is April 16, 17, 18, 19 & 20th, 2007. Place of training TBA with notification going out asap.

Barbara Whiteye
Regional Diabetes Worker

CHILI CON CARNE

1 lb lean ground beef or venison hamburger
1 c. chopped onion (medium)
1 clove garlic, crushed
3 c. finely shredded cabbage
2 c thinly sliced celery
½ chopped green pepper
1 can (28 oz) tomatoes
1 can (7.5 oz.) tomato sauce
1 can (19 oz.) kidney beans, drained
1 tsp. chili powder
1 tbsp dried oregano
1 tsp. salt
¼ tsp hot pepper sauce

In a large skillet, cook beef over medium-high heat until brown and crumbly. Drain off fat; Add onion and garlic; cook for 5 minutes. Add cabbage, celery, green pepper, tomatoes with juice, tomato sauce, kidney beans and seasonings. Cover and simmer over medium-low heat for 45 minutes or until vegetables are tender; stir occasionally.

Makes approximately 8 servings, 9 cups

Each serving (1¼ cups) contains: 21 carbohydrate, 16 g protein, 6 g fat, 7g fibre, 195 kcal.

Suggested serving: serve in heated hard taco shells and have guests add their own condiments, ie, salsa sauce, chopped tomatoes, lettuce, shredded cheese and low fat sour cream. Delicious!!!



Eastern Region

The Importance of Physical Activity

She:kon Everyone!

Many of us think of physical activity as work, rather than the fun it can be! Physical activity helps our entire body become healthy. Age is no barrier to physical activity...children, youth, adults and elders can take part. It is important that you balance endurance, flexibility and strength activities. Some examples are walking the dog, bike riding, dancing, gardening, taking the stairs instead of the elevator, carrying groceries, playing baseball, and lacrosse.

Depending on the physical activity chosen, muscles are stretched and become stronger; heart and lungs have a workout, weight is lost, body is toned and balance is improved, etc. Of course getting started can be the hard part! If it's your first time for physical activity, start slowly and pick something you like doing. Talk to your doctor to let him/her know what you are proposing to do, and to get his/her approval. (for safety sake)

Start out with 30 minutes daily of physical activity. You can build physical activity into your daily routine by breaking it down into 10 minute increments. For example 10 minutes of walking in the morning, 10 minutes at noon and 10 minutes in the evening. Pretty soon 30 minutes will seem like nothing to accomplish.

Walking is the best overall activity and it doesn't take any special equipment. All that is needed is a good pair of walking shoes. When you walk, your spirit is connected to Mother Earth, and your emotional, mental, physical and spiritual being is balanced. Eventually your goal will be to build up to 60 to 90 minutes a day of physical activity.

The benefit of physical activity includes:

- achieving a healthy weight
- maintaining flexibility
- better health & improved fitness
- better posture and balance
- feeling more energetic
- reduced stress and more relaxation

The above is just a few of the perks of being physically active.

It's been shown that being inactive increases your risk of:

- diabetes (especially Type 2)
- obesity
- heart disease
- high blood pressure
- stroke
- depression

Any type of physical activity is beneficial to you and it does not have to be hard to improve your health. You can be active at home, at school and at work, and the more active you are, the more benefits you will experience. Ask your friends, family or coworkers to join you on the road to a healthy body inside and out!

Carol Loft,
Regional Diabetes Worker



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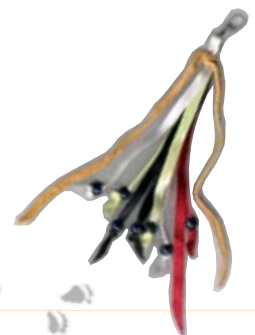
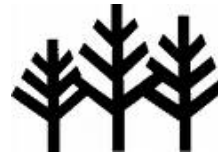
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Spring is on its way! Mother Earth will awake and be refreshed from her sleep. The trees will start budding; the hibernating animals will be peeking out; birds will be migrating back from the south; and other exciting rebirthing and renewals will be happening. What a great season to look forward to! The weather reports March will come in like a lion and as the saying goes out like a lamb. Our Elders tell us to watch the animals (our relations) when it comes to the weather.

The most common questions asked when I do workshops in the communities are: "What do I need to eat for my diabetes": the fact is, you can eat anything you want but in MODERATION and make sure your plate is half vegetables, 1\4 starch and 1\4 protein. Only you know what raises your blood sugar. Try out this recipe.

Whole Wheat Bannock (Pan-fried)

- 1 1\2 cups of white flour
- 4 tsp baking powder
- dash of salt
- canola oil
- 1 1\2 whole wheat flour
- 1\2 tsp sugar
- water

Directions (eat in moderation):

Heat frying pan with 1\4 inch of canola oil. Combine all dry ingredients. Make a well in the middle and add water. Stir until the dough is thick batter. (It will be a gooey mess). Drop a generous tablespoon of dough to 1\2 inch in the heated pan. Drop a generous tablespoon of dough into the heated pan spread the dough into the heated pan; spread the dough to 1\2 inch in thickness (use a spoon and fork for this step) When the bannock is puffed and brown on one side (yes, peek if you wish) then flip it over and brown it on the other side. Smother with favourite toppings; syrup, honey, peanut butter, jam or jelly or even a taco filling. Louise Framst in A Tahltan cookbook.



"What is metformin and what does it do for my diabetes?": reduces production and sugar output by liver; increases tissue sensitivity to available insulin; beneficial effects on cholesterol, blood pressure and clotting factors; does not cause weight gain or hypoglycemia (low blood sugar). Take with meal or food to avoid stomach upset and metallic taste. "Why do I need to take glyburide for my diabetes": stimulates insulin secretion; take 30 minutes before meal. "How does exercise help lower my blood sugar?": regular exercise, walking improves insulin sensitivity; helps lower blood pressure, improves cholesterol levels and decreases body fat. All in all, moderate exercise reduces the risk of heart disease in people with type 2 diabetes even if they have no cardiac risk factors other than diabetes. Low-impact aerobic exercise is best. Always ask your physician before you begin an exercise program. Everyone can learn about diabetes at diabetes awareness workshops. Ask your health centres and native friendship centres when their next workshop will be with S.O.A.D.I.

Ron Wakegishig will be a presenter at the CDA Symposium April 18, 2007 at Georgian College in Barrie. Be sure to attend. If you don't have diabetes, be sure to get educated about the prevention of diabetes. Stay tuned to upcoming diabetes programs in your area.

Information is provided by the Orillia Diabetes Resource Centre; www.reuterhealth.com; www.studentlife.uofg

Peggy Monague,
Reginal Diabetes Worker



Urban Horseshoe Region

Hello to Everyone in the Urban Horseshoe Region!!

Well, it's been very exciting here at SOADI, new staff, new changes. Welcome Michelle and Deborah to SOADI!

The Canadian Aboriginal Festival was great again this year. Thanks to all who stopped by to gather and share. I hope you enjoyed the apples that we had available this year, thanks to the generous donations of Carluke Orchards, Hamilton, and Harvest Barn, St. Catharines.

I had the opportunity to attend a great event at the Fort Erie Native Friendship Centre in February. It was Heart Health for Working Women. They gave us a great lunch and the speaker was awesome. Thanks.

I attended the Diabetes Toolkit sessions put on by SOAHAC in London. I got some great information from the two days, and hope to share with you in some of my presentations, and info sessions.

I was also very busy planning and preparing for the 2nd Annual Hamilton Aboriginal Diabetes Awareness Day, March 1, 2007. It was unfortunately cancelled due to the bad weather that swooped in on us. But I am happy to inform you that it has been rescheduled to April 12. I hope that you can join us. We have some good speakers and lots of resources to offer.

Upcoming events:

March 27, 2007, 10:30 a.m. - 2:30 p.m., Diabetes Drop In Day, Fort Erie Native Friendship Centre, 768 Buffalo Rd. Diabetes resources, information, foot care, light lunch available. Call Dianna at 905-871-8931 or Kathleen at 905-388-6010 for more information.

March 28, 2007, 9:00 - 3:00, 4th Annual Women's Health & Wellness Conference - Sheraton Hamilton Hotel, 116 King St. W. I will be offering a Ribbon of Life Workshop. For more information about the conference call Debbie at 905-522-3233. This conference is put on by the Hamilton Urban Core Community Health Centre.

April 12, 2007, 2:00 p.m. - 8:00 p.m., 2nd Annual Hamilton Aboriginal Diabetes Awareness Day, Venetian Club, 269 John St. N., Hamilton. Various speakers, resources, displays, foot care, reflexology, nutritious snacks and dinner, and more. Free to all. For more information call Kathleen at 905-388-6010.

May 4, 2007 is National Aboriginal Diabetes Awareness Day. If your organization or community would like to support this day and plan an event or information session, please call me at 905-388-6010 or toll free at 1-877-988-6010.

If you would like any information or resources about diabetes, please do not hesitate to contact me.

Kathleen Laforme,
Regional Diabetes Worker



Kathleen Laforme

Urban Horseshoe Region

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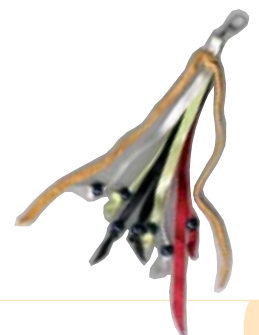
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Greetings Everyone in Toronto

Spring is just around the corner and it will be warming up the weather, and the days are getting longer. This will make walking and other activities much easier to do.

I have attended meetings at the First Nations School here in Toronto to assist with planning healthy meals/snacks and other events to create diabetes awareness. Good eating habits at a young age can provide long-term good health benefits; "our children are our future". I look forward to the spring event that is being planned by the First Nations School.

A special thank you to the participants at Metis Nation of Ontario in the Winter Active walking program, keep up the good work Ladies!

The Open-house at my Office February 20, 2007, 103 Richmond Street was for the Aboriginal Community of Toronto to attend and get diabetes information, have refreshments, play a game & win prizes, and more. Watch for announcements for future events I will be planning. My door is always open to anyone that requires information about diabetes, and SOADI services.

How to reach me:

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Diabetes tip:

Eliminating some foods from your diet a little at a time will make changes easier such as:

Cutting fat from your diet; cut back on sugar and salt, and eat whole wheat bread. If you would like additional information regarding these changes, contact me and I will provide you with assistance.

Vicky Chrisjohn

Regional Diabetes Worker



SOADI was present at the 2006 Canadian Aboriginal Festival held at the Rogers Centre in Toronto. All of our Regional Diabetes Workers present had a chance to visit with over 3500 People. We shared our smiles, apples and information on living a balanced lifestyle. This was the first year SOADI was represented in the Grand Entry with our new flag, a larger Ribbon of Life. Steven Baranyai made and danced these prayers in his Men's Traditional regalia. It was a special moment and our for SOADI.



West Central Region

Happy Spring to Everyone

The sun is shining, the earth is warming and the flowers are beginning to appear in our gardens. This is a critical time for the young plants, they need to be nurtured and cared for so they can grow to reach their full potential. Like young developing flowers and plants so are our children. They need to be nurtured and cared for in a healthy way so they can grow up to reach their full potential as well. The best start for young growing minds and bodies is good nutrition and plenty of activity out in the fresh air. By establishing healthy eating habits and regular exercise early in life this will lay a foundation that the children will take with them into adulthood. Providing the future generation with 3 balanced meals from the 4 food groups and 2 healthy snacks daily will give them the best start to avoiding a life of health issues and disease like diabetes. Daily activity, including team sports and household tasks will help the children increase their self esteem and self worth. Children will grow up to live what they see, so it is very important for parents and caregivers to lead by example. If we live a healthy life style the chances that our children will do the same is greatly increased. The obesity rate in children has increased greatly over the past two decades along with the related health issues, children as young as six years old have been diagnosed with type 2 diabetes. As parents it is our duty to improve the lives of our children and by feeding them high fat and high sugar foods is doing them a major disservice. Like delicate young plants so are the children, they to need the proper elements from life so they can grow up and pass along their knowledge, strength and vigor to the next generation.

In Unity,
Georgia Baum
Regional Diabetes Worker



Georgia Baum

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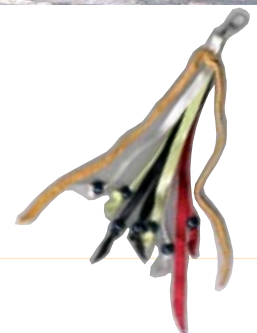
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Healthy Snack Ideas

- Chopped raw vegetables (carrots, celery, cucumber, broccoli, cauliflower, etc...) and a low fat dip
- Fresh fruits, apples, banana, grapes, berries, orange slices alone or mixed with plain low fat yoghurt
- Breadsticks or pita chips with hummus
- Pretzels or popcorn
- Tortilla chips with bean dip
- Cheerios, granola, or other cereal in a bag
- Toasted whole grain breads or crackers with fruit spread or nut butters
- Graham crackers or gingersnaps dipped in applesauce
- Mini rice cakes with peanut butter
- Apple slices with hazelnut butter
- Dried fruits, especially raisins
- Frozen bananas blended with a little non-dairy milk
- Applesauce or other fruit cups
- Nuts, especially mixed with dried fruit
- Homemade muffins or cornbread
- Soup stock with added vegetables



GROWING WITH S.O.A.D.I.

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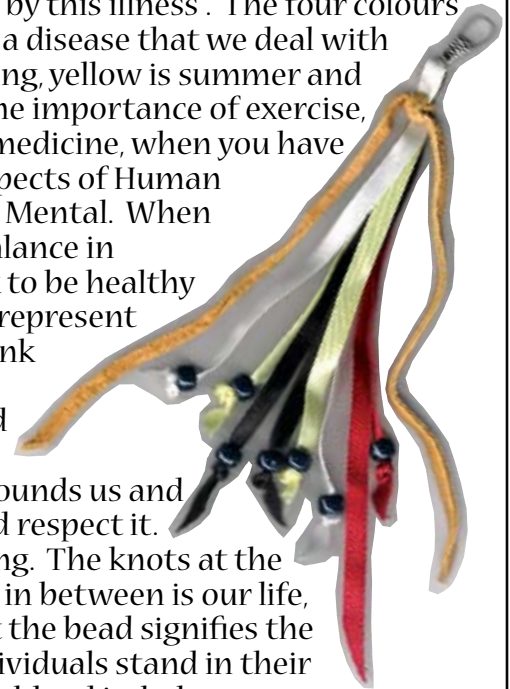
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THE RIBBON OF LIFE

This gift is to remind you of the struggles, trials, and triumphs of dealing with diabetes. The four colours 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 all year round. White is winter, red is spring, yellow is summer and black is fall. The four colours represent the importance of exercise, healthy eating, stress management and medicine, when you have diabetes. They also represent the four aspects of Human nature: Spiritual, Emotional, Physical and Mental. When you are ill with diabetes, you are out of balance in 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 when we deal with all problems, disease and plans. The blue beads remind us of the water that sustains us. The leather reminds us that nature that surrounds us and protects us and that we must protect and respect it. The first knot is life, which is the beginning. The knots at the bottom are the end of life and the length in between is our life, our chosen path. The red ribbon without the bead signifies the Aboriginal people with diabetes; how individuals stand in their aloneness with this disease, and that it's a blood imbalance.



THE SOADI 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.

THE SOADI MISSION

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

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 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.

Disclaimer

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

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

VISIT US ON THE WEB @ WWW.SOADI.CA