



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.

SOADI in the Spotlight



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SOADI's very own Shannon Van Every was invited to speak on June 7th, 2008, at the Third Congress of the World Union of Wound Healing Societies Conference in Toronto. The conference attracted over 3000 people from around the world involved in wound healing. The conference was a chance for the medical and scientific community to meet and discuss recent developments in wound care. The reason SOADI was invited is the keynote speaker and meeting chair Professor R. Gary Sibbald believes SOADI's is a model program that other countries can emulate. He feels our approach of holistic healing and wellness at the grassroots level encourages prevention of diabetes, at the same time respecting our unique culture, is the future of diabetes prevention worldwide.

Shannon shared with the audience her experiences on the front lines of aboriginal diabetes prevention. She stressed how an Aboriginal Organization for Aboriginal Communities makes our people feel they are partners with us and how making healthy choices makes the entire community stronger.

Congratulations Shannon on a great job.

Aboriginal Diabetes News Updated Daily at:

<http://soadinews.blogspot.com/>

Health, Exercise, News, all the latest!

Summer 2008
EDITION

Western Region



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Greetings!!

Spring has sprung and some of us are cleaning up the flower beds, in fact the perennials are welcoming the warm weather. Next in line is to get our vegetables in so we can enjoy fresh vegetables during the next few months. Strawberries will be out soon and despite the hot weather, don't forget to pick your winter supply after you enjoy a hearty bowl of strawberries and ice cream.

We know summer is just around the corner when we see the flood lights on at the corner and the kids become busy in the many sports offered such as baseball, lacrosse, soccer and believe it not some kids are still busy playing hockey. The men and women's baseball teams are in full action and the baseball tournaments are in full swing.

WELCOME & FAREWELLS

SOADI welcomes Mitch Baird, Program Development Coordinator, really look forward to working with you and bid farewell to a long time Diabetes Prevention Coordinator, Peggy Monague, WE WILL ALL MISS YOU, but wish you the best in your new position.

CURRENT EVENTS

On June 6th, 2008, an Aboriginal Diabetes Conference, DIABETES-Caring for You and Your Community will take place at the Moraviantown Community Centre with Bea Shawanda presenting Nurturing our resilient spirit during a change in health; Chef David Wolman, Aboriginal fusion: Traditional foods with a modern twist and Alex McComber, Personal empowerment and diabetes prevention. Plus the popular SOADI foot care clinic, Tai Chi break with Doug Roberts and dancers, drummers, exhibits and door prizes.

National Aboriginal Solidarity Day 2008 will be held on Friday, June 20, 2008 at Victoria Park. This year's focus "Celebrating the Strength of Our Family". The day has many activities throughout the day for all attending. Hosted by N'Amerind Friendship Centre, London.

SOAHAC, N'Amerind Friendship Centre and SOADI will have a kick-off for "Walk Away from Diabetes" on June 25/08 Registration will take place and prizes will be awarded on July.23/08

FUTURE EVENTS

July 12, 2008 - Baird Bash Golf Tournament/Niagara Falls
July 30, 2008 - Winsor LLC Annual Picnic/SOADI /Foot Care Clinic *tentative
August 8 - 10th - Potawatami Pow Wow, Walpole Island/9-4/SOADI FOOT CARE CLINIC **TBA
September 17, 2008 - SOADI 7th Annual Event/Toronto
November 17, 2008 - Indigenous Diabetes Conference, B.C.
November 29 - 30, 2008 - CANAB Pow Wow, Toronto, On

WARNING SIGNS OF STROKE

WEAKNESS - sudden loss of strength or sudden numbness in the face, arms or leg, even if temporary.
TROUBLE SPEAKING-sudden difficulty speaking or understanding or sudden confusion, even if temporary.
VISION PROBLEMS - sudden trouble with vision, even if temporary. **HEADACHE** - **SUDDEN SEVERE AND UNUSUAL HEADACHE**. **DIZZINESS** - sudden loss of balance, especially with any of the above signs.

If you experience any of these symptoms, CALL 911 or your local emergency number immediately.

Eastern Region

She:kon,

Did you know that working in your gardens preparing the ground to plant flowers, vegetables and/or trees, is a good workout and counts towards your daily quota of physical activity.

April was a busy month, although an interesting one. I attended the Diabetes Toolbox Training "Childhood Obesity and Diabetes", where excellent information was shared by the speakers. I was invited by the Canadian Diabetes Association to attend the CDA Expos. I presented at the expo in Cornwall on the topic, "Myths and Diabetes from an Aboriginal Perspective". The presentation was successful with good questions from the participants. In Belleville I attended the diabetes expo event, where I set up my diabetes display with resources. Many of the participants stopped at my booth with questions, comments, etc.

The annual SOADI event will be taking place September 2008 in Toronto. Our theme this year is "The Traditional Taste of Wellness". Stayed tune for more information about our event.

I attended a Diabetes and Foot Care Workshop - MNO Office, Renfrew

Some upcoming events include:

May 26, 2008 - Planning Meeting for Obesity Workshop, Belleville
May 29, 2008 - Diabetes Working Group Meeting, Ottawa Health
June 3, 2008 - Diabetes Refresher Workshop at MNO, Bancroft
June 2008 - Diabetes 101 Workshop at Kingston Penitentiary
June 10, 2008 - Setting up display for Pre-Release Fair, Bath Institution

My office hours are 8:00am to 4:00 pm. To the left of this page is my contact information.

If you are interested in SOADI hosting a foot clinic in your community, please give me a call. Once we determine if your community meets our criteria, we'll go from there.

Nya:wen,

Carol M. Loft



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SOME IDEAS TO PROMOTE HEALTHIER EATING

Avoid second helpings. Use a smaller plate at meals (this helps to reduce serving sizes) When planning your meals, include fruit and vegetables, grain products, meat and alternatives and milk and alternatives daily. Did you know 10-15 percent of calories are burned through eating? Avoid eating 3 to 4 hours before bed - have a snack if necessary i.e.) yogurt; graham crackers, etc. Try to avoid eating takeout and fast foods all the time...unless it's venison, fish, rabbit, etc.



Peggy Monague

Central Region

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Summer is here! (Officially June 21, 2008).

What better way than to greet this season with enthusiasm and the spirit of walking and exercising. The Aboriginal communities and First Nations are busy preparing for the health fairs, workshops and diabetes walking clubs and talking sharing circles. Ask your local health centers or friendship centers what's happening in your area. It's also Pow Wow time! ☺

- Georgian Bay Native Friendship Centre/ SOADI's Annual Senior's Day is Wednesday, June 4, 2008. Call Carrie Black at 705-526-5589 for more information
- Georgina Island First Nation Health Centre will be having their Annual Health Fair, Thursday, July 3, 2008, 10:00 am to 3:00 pm. Call Sandra Big Canoe, CHR. for more information 705-437 4242
- Baird Bash Annual Golf Tournament, Saturday, July 12, 2008 at Niagara Falls Golf Club. 12:00 pm registration 1:00 Shotgun Call 1-888-514-1370
- Moose Deer Point should be having their Annual Health Fair, August 20, 2008 from 10:00 am to 3:00 pm. Call 705-375-5209 #228 Sue Williams, CHR

Exercise: A Powerful Therapy for Diabetes

Every person with diabetes regardless of age, current state of health or type of diabetes should be on an exercise program... For those with insulin-resistant or type 2 diabetes regular exercise can mean the difference between dependency on medications and drug-free blood sugar control, between having mild insulin resistance and full blown type 2 diabetes. It is so effective a therapy that when used appropriately it often allow the person with diabetes to reduce or even eliminate their medication requirements.

Exercise Is Essential for Weight Loss

As you exercise you build up more muscle tissue and decrease your stores of body fat. There is a direct association between insulin resistance, muscle, and fat. Remember the better your ratio of lean muscle mass to abdominal body fat, the more sensitive you tend to be to insulin. In other words, more muscle equal better blood glucose control.
Reversing Diabetes Julian Whitaker, M.D.



Oatmeal Bannock

5 cups of flour
 2 ½ cups oatmeal
 3 tablespoons baking powder
 ¾ cup powdered milk
 ¾ cup vegetable oil
 2 cups water

Mix together flour, oatmeal, baking powder and powdered milk. Blend in vegetable oil until mixture looks crumbly. Add water.

Stir until evenly blended. Pour into pan 9"x13"
Bake in 400 F oven for 25 minutes.

Greetings to Everyone in the Urban Horseshoe Region,

Summer, summer, summer, it's here!! We are going to be outdoors a lot more during this time, being more active, enjoying the sun. Remember to be sun safe, and drink plenty of water. Not a lot of juices and pop, but water!

The Protecting Mother Earth Youth & Elders Gathering was really good. There was a great turn out. Thanks to all who stopped by the SOADI booth.

At CDA's Spring Expo, I was able to network with organizations and the pharm reps. I got to see all the new meters, and visit with some who I hadn't seen in a while.

We held our 3rd Annual "Celebration of Growth" on May 1. This is an event hosted by the Hamilton Aboriginal Frontline Advocacy Networking Group. This is a celebration for the community for all their hard work on their road to well being. It is also a time for us to promote our services to the community and mainstream organizations. Thank you to all who came out for the day.

Upcoming Events:

Sustainable Foot Care Clinics are being held at the Fort Erie Native Friendship Centre, the Niagara Regional Native Centre, and the Metis Nation of Ontario Welland Branch on an on-going basis. You can call one of these centres for more information, and/or for the next sessions.

National Aboriginal Day Celebrations will be held at Gage Park, Hamilton, Friday June 20 & 21. Friday is Education Day with various events throughout the day. Saturday is Pow wow day. Be sure to stop by the SOADI booth to say Hi. On Friday, I will be hosting the Family Fun Activities with Health Promotions Programs from De dwa da dehs nye>s. We will have prizes, so come and join the activities.

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

Kathleen LaForme



Kathleen LaForme

Urban Horseshoe Region

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Amounts of Sugar in Canned & Bottled Drinks

Fruitopia (341 mL can) = 11 ½ tsp. sugar
 Iced Tea (341 mL can) = 13 ½ tsp. sugar
 Pop (341 mL can) = 10 tsp. sugar
 Sports Drinks (710 mL bottle) = 9 tsp. sugar

Water (any size) = 0 tsp. sugar





Aanii!!

It is "niishin (good!)" to be meeting the various Aboriginal organizations and Front Line Workers within Toronto and area. I am especially grateful for the excellent networking that has been occurring between our respective offices. I was very pleased to have been invited to attend the Toronto Aboriginal Agencies Network, May 15 at the Native Canadian Centre, and look forward to the next meeting in July!

The S.O.A.D.I. Information / Display Booth will be at these Summer Upcoming Events in Toronto and Surrounding Region:

Sat June 7, 2008 - 10 am – 7 pm:- Peel Aboriginal Festival " 1st Annual Gathering"
 Sheridan Institute of Technology and Advanced Learning,
 Davis Campus, 7899 McLaughlin Rd., Brampton On L6Y 5H9
 More info call 905-791-1585 or check out www.peelregion.ca/childcar/

Tuesday June 17: 9am-5pm – "Diabetes Event & Foot care Clinic"
 Native Canadian Centre, 16 Spadina Rd., Toronto, On.
 More info contact Caroline Francis @ 416-964-9087

Friday June 20, 2008 – Diabetes Event
 Queens West Community Health Access Centre, 168 Bathurst Street, Toronto, On
 For more info please contact Christ-Lea Gray @ 416-703-8482

Saturday June 21- Buffalo Jump, Nathan Phillip Square

Thursday Sept 18 – Annual SOADI Diabetes Event in Toronto Region
 more info will be available soon!

THE MEDICINE WHEEL

TEACHING - The Southern Direction represents the Summer Season, the Gift of Honesty, the Symbol of Understanding Time (learning to understand the natural rhythm of life and death as well as the Changing Seasons), the Animal of Deer, The Medicine of Cedar and the Food of Rice.

QUESTION - How many ways can we relate these Teachings to ourselves and diabetes? Share your story with us! Send them to me at the address /email as listed for the Toronto Region.

How to Cook Wild Rice

Stir 1 cup rice into 6 cups (1.5 L) of water. Bring to a boil and then turn heat down to simmer and cover pot with lid. Continue to boil gently, stirring occasionally for 50 minutes or until kernels split open (not every kernel will open). Drain. Over-cooking will create a mushy product.

This grain has a high protein and carbohydrate content and is very low in fat. Mineral content of wild rice which is also high in potassium and phosphorus, compares positively with wheat corn. Processed wild rice has no vitamin A, except it serves as an exceptional supply of the B vitamins: thiamine, riboflavin and niacin. Wild rice is well adapted to northern latitudes. Wild rice is one of the four foods for Traditional Native Ceremonial Feasts.

TIP

Wild rice is cooked in much the same manner as pasta, the more clean, cold water used, the better it is!

HELLO EVERYONE,

Summer time is here, the flowers are blooming, the trees have leaves and the gardens are starting to take root. This is a wonderful time of year for getting out and relaxing in your garden. It is so much healthier to eat your own fresh grown vegetables from a garden that is tending to in a loving way. There are plenty of nutritious vegetables that will grow easily in a back yard garden, ie) cucumber, tomatoes, green beans, beets, carrots, peppers just to name a few. It is also an economic way to feed your family healthy nutritious food. Good luck with your gardens!!

Past Events

During Community Awareness Week on Six Nations the health care team from White Pines, the CDA and SOADI held a Dining with Diabetes evening. We had a light hearted play with a serious message about the day in the life of a person with diabetes. We followed Rupert and his wife Henrietta throughout a day of appointments, with the doctor, foot care nurse, dietician, daughter with gestational diabetes and activity instructor. After the play there was a healthy nutritious dinner that was enjoyed by the participants. Fun was had by all and the crowd truly enjoyed the light hearted way the play was presented but also stated that many of the topics "hit home" to them. A good time was had by all, a very successful evening; there have been requests for an encore performance.

Up Coming Events

I will be traveling up to the Cape Croker area in June for a couple of planned events. On June 10 there is a Seniors Health Fair that will be taking place at the Community Centre. SOADI will be attending with diabetes related information and resources. The SOADI Foot Care clinic will also be available on that day as well. A great day for everyone to come out, get some great information, enjoy healthy food and have your feet taking care of. Look forward to seeing everybody in the area on that day.

Also coming up is the start of a SOADI sustainable foot care clinic. The foot care services will be provided to the people in the Owen Sound area and will be located at M'Wikwedong Native Cultural Resource Center. This will be an ongoing clinic to help service those who have diabetes and are at risk of foot injury and/or problems.

Hope everyone has a safe and happy summer, use common sense when out in the sun, stay covered, use sun-block, wear a hat and have plenty of fresh water to drink.

Until next time, Take Care Everyone
 Georgia Baum



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SHOP SMART, HEALTHY AND ECONOMICAL

Shop on the outside edge of the store, it's where the fresh, whole food is.

Buy more fresh or frozen whole foods and less packaged foods to save \$.

Frozen vegetables and fruit are healthy choices.

Frozen 100% pure juice concentrate is cheaper than canned/ packaged juices.

Buy in the bulk section. No name brands/ store brands are healthy and cheaper.

Check the flyers for sales and stock up.

Buy cheaper low fat meat cuts, marinate them: great for your heart and wallet.

Eat beans/ lentils, a very healthy protein: save meat costs. Canned beans savetime.

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Community Recognition Awards

Do you know someone that you feel are managing their diabetes well, or are inspirations to others in your community?

Perhaps you were referred to a special CHR/CHN, or a program or service that really helped you with your management of Diabetes. We would like to take the time to recognize these people for their efforts to help raise Diabetes Awareness.

The Community Recognition Awards was a new initiative launched at our 4th Annual Event which we felt was very successful. It will continue to be a part of our annual event.

Send in their names, contact information and a bit about why they deserve this award to:

Georgia Baum, DPC West Central
Southern Ontario Aboriginal Diabetes Initiative
245 King George Rd, suite 143
Brantford, ON N3R 7N7
Tel: 519-750-0893 Fax: 905-641-2995
Email: westcentral@soadi.ca

They will receive recognition at our 7th Annual Event

Date: September 18, 2008
Delta Chelsea Hotel
33 Gerrard Street West
Toronto, ON

It is very important to spread the word of Diabetes awareness and prevention, but to also recognize those who are making a difference!!

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.