



Contact

Head Office

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

Roslynn Baird, Executive Director
Email: executivedirector@soadi.ca
Cell: 905-321-7059,

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

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

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

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

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

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

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



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

Disclaimer:

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

Diabetes Prevention Coordinators

Kim Lamothe, Central Region
311 George Street,
LL #3.
Peterborough Ontario, K9J 3H3.
Tel/mobile: 705-527-1560
Central@soadi.ca

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

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

Barbara Whiteye, Western Region
C/O Delaware Nation Health Centre
14737 Schoolhouse Line , R.R #3, Thamesville, ON, N0P 2K0
Tel/mobile: 519-692-6789
Western@soadi.ca

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

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



IA:IAK-ADA

The Meaning of IA: IAK—ADA

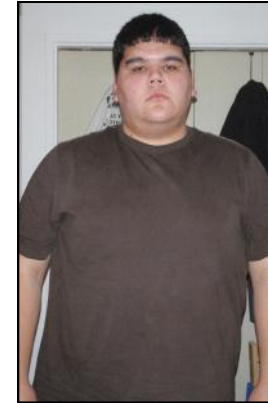
IA:IAK (Ya Yuk), Meaning 6 in Mohawk representing the six SOADI Regions.

A is for Aboriginal, D is for Diabetes, A is for Areas

Southern Ontario Aboriginal
Diabetes Initiative
www.soadi.ca

Summer 2011

My Struggle With Weight: by Jeremy Smoke



Jeremy in 2009

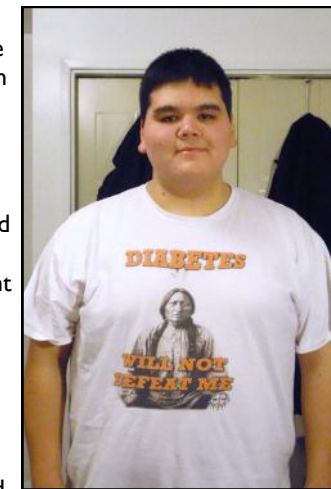
My name is Jeremy Smoke. I am an Ojibwe man from Alderville First Nation, although I was born & raised in the nearby town of Cobourg, Ontario. I have been overweight, for what seems like, forever. When I was younger I used to be active. I took tae kwon do lessons and enjoyed playing outside with my friends and family. My battle with my weight began around the age of 9. I had stopped taking tae kwon do a few years earlier, and overall my willingness to do physical activities had lessened. I didn't like playing sports. In fact, gym class had become torture for me. My eating habits as a child weren't the greatest either. Although I didn't mind the taste of vegetables, those seemed to be the last thing on my mind when I was hungry. Even at Thanksgiving and Christmas dinners, the only thing I would really eat were turkey and mashed potatoes. And pie of course!

Over the years my weight continued to increase. As I got older and developed a voice of my own, I took responsibility for my own health. When I would come home from school, even though I may not have been hungry, I would snack. Whether it be chips, or even frozen pizzas. The only physical activity I got was from walking to the store to buy snacks. This got exceptionally worse when I moved out on my own for college. Late night eating, ordering in, cafeteria food, chips, pop, candy. I soon realized food was my stress reliever. Whenever anything upset me, or I was feeling 'blue', I would eat.

It wasn't until I moved to Peterborough that I noticed how big I had gotten. I was embarrassed to have my picture taken, and the thought of job interviews made me feel sick. In October of 2009 I finally decided to do something about my health. Both my cousin and my best friend had joined the gym, and seeing their motivation (and success) on Facebook, gave me the confidence and attitude to say: "I CAN do this!" I got a personal trainer, and within a month and a half of hard work, I was down 32 pounds! I felt great. I did good on my own for the first few months because I had a routine. In February of 2010 I got a contract job as a graphic designer at SOADI. Although my nutrition was going good, my fitness had gone down a lot. I had a different routine to abide by, and I found it hard & stressful. I didn't have 'my' gym anymore, so my nutrition just kept my weight afloat.

When I moved back to Peterborough after my contract with SOADI ended, I immediately jumped back into my old routine. Things were going great! The gym, 5 days a week. However after a while I started getting tired, and 5 days turned to 3, then 2, then 1. Sometimes weeks would go by without me going to the gym. Not doing as well as I did in the beginning began to take its toll on me. I felt discouraged and defeated. I slowly watched as my weight increased. When that happened, I began eating unhealthy again. The stress of my job made me just want to stay at home and sleep. I decided to get a personal trainer again, albeit take things slower this time. I was encouraged to see a nutritionist as well, and it was decided I would start writing in a food journal. I am amazed that by just writing down what I eat, how it affects what I DON'T eat. It's almost like I don't want to let myself down, and seeing unhealthy foods in my journal would do just that. Not only do I write in my food journal everyday, I plan in advance what days, times, and exercises I am going to do at the gym. I meet with my trainer 2 times a week, and once I build up my strength and fitness, I am going to start taking group classes.

I feel great again! I wake up in the morning feeling happy, and energized. I am on a new journey to becoming healthy. I am soaking my feet this time, instead of jumping right into the deep end. I have a long road ahead of me, but if I keep my head up and just try, I'll get to my destination soon enough. This time I have the confidence and willpower to not only achieve my goals, but the knowledge and strength to help others around me.



Jeremy healthy today

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Some signs and symptoms of diabetes are:

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



SOADI Education Update

I hope everyone is enjoying the beautiful weather and welcoming the rain which helps to cleanse mother earth and helps the sacred seeds grow. Last summer was amazing with the beginning of the SOADI 13 Grandmother Moon workshop series. The series ran from July 2010 to March 2011 and were 6, 2 day events focusing on our original teachings which promoted our roles and responsibilities as a people of mother earth.

The information that was shared during the SOADI 13 Grandmother Moon workshop series was the foundation of the anticipated Diabetes Wellness living curriculum. This summer, SOADI's education program is developing this living document which honour cultural roots and values; agriculture and traditions; principles of good nutrition and cooking; and Diabetes Wellness Education.

This year at the SOADI Annual Event in Ottawa, the theme will be "Planting the seeds of Health and Wellness", which will highlight components of the Diabetes Wellness curriculum. SOADI invites you to come and be a part of this wonderful occasion. There will be drumming, singing, dancing, sharing tents, activity tents, learning tents, a harvest giveaway, beautiful seasoned menu's, and much much more.

SOADI's Annual Event in Ottawa

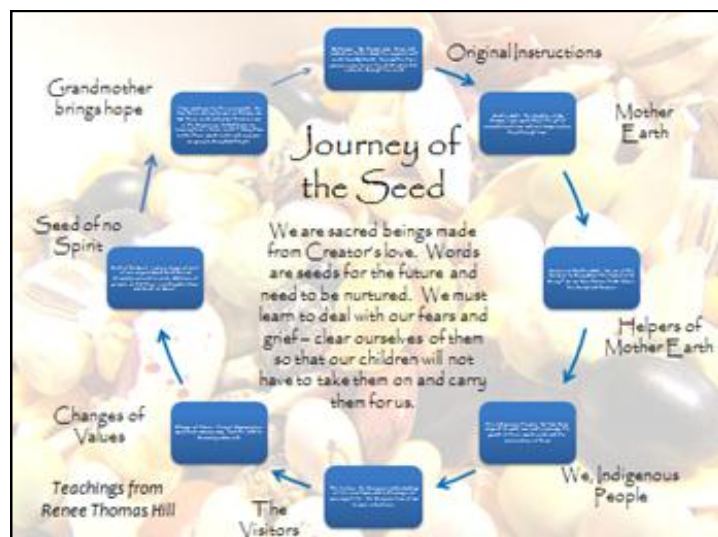
~ September 2011 ~

SOADI's Diabetes Wellness Curriculum Launch



Shannon VanEvery
Education Coordinator

Email: education@soadi.ca



Eastern Region

Update



Carol Loft

Eastern Region
mail: Eastern@soadi.ca

She:kon

By the time this newsletter reaches you it will be summer. There will be lots of fresh food available whether it's at farmer markets, roadside stands, grocery stores, or what you grow. Be sure to try the vegetables or fruit – there's nothing like eating food that's growing locally.

Past Events include

I set up my diabetes/health display at the Aboriginal Family Festival (14th Annual Children & Youth Pow Wow), which was held at Ravens' Nest Gymnasium at Carleton University. It was a good day, with the participants stopping at my booth to ask ques-

tions, or take resources.

I did a presentation for the moms (and their support persons) of the Prenatal Education Classes at Kanonhkwa'tsheri:io Health Facility, and at the end of the presentation the participants put the Ribbon of Life together. I set up my display at the Purse Auction fundraiser hosted by the Tyendinaga Coalition for Healthy Lifestyles. It was a successful day, with community members outbidding each other for the "perfect" purse, and having fun. The money raised will go toward continuing the soup program at Quinte Mohawk School, as well as other health related endeavours.

I've attended meetings with groups that I partnership with on different initiatives. They include the First Nations, Metis & Inuit Network - to brainstorm different ways to meet needs in the community; Tyendinaga Coalition for Healthy Lifestyles - continue planning for the October 2011 "Stepping Stones 4" Diabetes conference.

Upcoming Events include:

I will be setting up my diabetes display at the Pre-Release fair at Bath Institution. This gives the guys a chance to gather up information and ask questions. I was invited by the Home Support Program

at Tyendinaga Mohawk Territory, to set up a display, and do a workshop for the participants of the Elders Conference.

Our upcoming SOADI event will take place in Ottawa, at the Richelieu Vanier Recreation Centre on September 23rd, 2011. It's going to be an exciting day, so mark it on your calendar and be sure to attend.

Healthy Tip

If you have a craving for fast food, it's better to buy small: At McDonalds a Southwest crispy chicken sandwich and large fries is 1,140 calories, has 56g of fat (11 g saturated), and 1,820 mg sodium. Instead of this meal try the Pesto grilled chicken McMini sandwich and small fries which weighs in at 500 calories, 24 g of fat (4 g saturated fat) & 730 g sodium. By making the switch to the McMini meal, you save 640 calories, 32 g fat, and 1,090 mg sodium. If you have a craving to eat at a place like McDonalds, make sure it's not on a regular basis - perhaps once or twice a month...as a treat. Be sure to choose the small sizes!

"Diabetes is a challenge, but if you have the right attitude you can live a good life"
—Ram Krishna



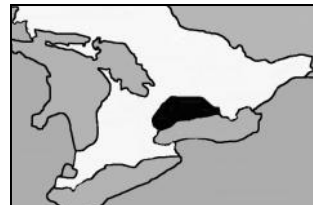
Toronto Region

Update

Hello Toronto,
 Summer is finally here and it is fabulous. When the weather is nice like this it is so much easier to get out and enjoy. There are so many ways to get active during the summer, go for a walk, a bike ride, play sports, go swimming, the list goes on and on. We are lucky here in Toronto as there are a lot of free programs that can be tapped into, local libraries have a book of all the free activities and events going on throughout the summer. Stop in and get one. There are also a lot of great trails to walk, run or bike on. Although we live in the concrete jungle there are still a lot of natural spots we can visit like High Park or the Beaches, Toronto actually has quite a few great parks to take advantage of. On June 21st I am partnering with Iroquois Lacrosse Program to put on a community family day at High Park which will include Lacrosse and traditional Aboriginal games. What a great way to stay active by playing our

sports. Our Ancestors were so incredibly healthy, eating real food from Mother Earth and always be active; playing, hunting, fishing, gathering, building, traveling etc. We will be healthy too as it's in our blood to be healthy, it is our right to be as healthy as we can be. Along with being active we must eat healthy food. We are now in gardening season, so you can plant your own, even if you don't have a big space you can do a container garden, or help out at some of the community gardens around the city like the NaMeRes community garden at Hillcrest Park. There are also farmers markets across the city like the one at Dufferin Grove Park on Thursday afternoons 3-7pm. Many fruits and vegetables will be in season over the summer so it's a good time to buy them as they will be cheap; Kensington Market and China Town are good places to get produce at a good price. And as we all know it is Powwow season, dancing is another

excellent way to stay active. Being outside, hearing the drum, dancing, singing, these are all things that keep us healthy. Last month on May 7th I partnered with Anishnawbe Health Toronto to put on our 2nd Annual Drumming for Diabetes, it was an awesome, well attended event. Great drumming from Red Spirit Singers and Lightening Black Bear Singers and the Anishnawbe Health Women's Hand Drum group. And an amazing meal prepared by the dieticians, Lauren Tribe and Jennifer Otley, they prepared an excellent healthy meal for the community, proof that healthy food tastes great especially when prepared with love. I want to thank everyone who came out and who helped out. This is the stuff that keeps us healthy as a community. We are busy preparing for our SOADI annual event which will be held this September 23rd in Ottawa, it will be an amazing event of best community practice. More



Amanda Lipinski

Toronto Region
Email: Toronto@soadi.ca

details will follow, save the date. Seneca College is having its first powwow on September 17th at the King Campus. This will be a great orientation for the new students, it's quite beautiful up that way, a nice chance to escape the city for a minute. So be sure to get outdoors this summer and enjoy, take advantage of what this city has to offer and make the most of this beautiful season! Please contact me if you would like any workshops, activities, presentations or resources. I look forward to see you all over the course of the summer. Enjoy!

Upcoming Events

- Chiefs of Ontario All Ontario Chiefs Conference, June 14th -16th Delta Chelsea 33 Gerard St.
- Toronto Aboriginal City Celebration, June 17th, Nathan Philips Square 11-3pm
- Community Family Day – Lacrosse & Traditional Aboriginal Games, June 21st, High Park 10:30-4pm
- Diabetes Wellness Circle, June 23rd, Wigwamen 14 Spadina Rd. 1:30-3pm
- NaMeRes Powwow, June 25th Wells Hill Park (St.Clair & Bathurst)
- South East Scarborough Powwow, June 30th Eastview Public School 20 Waldock St.
- NaMeRes Community Garden, Hillcrest Park (Christie & Davenport) Tuesday mornings 10-12pm
- Seneca Powwow, Sept 17th King Campus (Dufferin & 15 Line)
- SOADI Annual Event, Sept 23rd Ottawa ON

“Although we live in the concrete jungle there are still a lot of natural spots we can visit like High Park or the Beaches, Toronto actually has quite a few great parks to take advantage of.”



Central Region

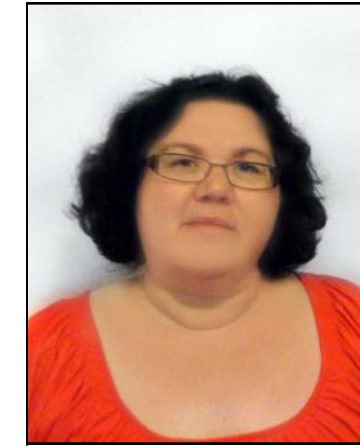
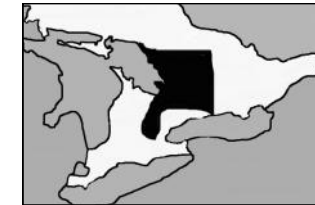
Update

Aanii, Boozho, Bonjour and Hello

What a rainy Spring we have been having but that water will help bring about the vibrant flowers and plants that are needed for Mother Earth's Summer outfit. Those flowers, berries and plants not only supply Mother Earth new outfit but also are there for us. They are there on our path to a healthier lifestyle and I look forward to not only seeing but picking all those beautiful plants that provides such a health ben-

efit. Strawberries, mmm, will soon be ready for the picking and eating of course. Spring brings about new life and is a time of new beginnings. This is a time of change for the Central Region's office as well. We are moving! We will relocate, at the end of June, to 311 George Street, LL #3. Peterborough Ontario K9J 3H3. I will continue to service all of Central Region the only change is that it will be from Peterborough as opposed to Barrie. The

new office space is large enough that I will be able to provide programs and workshops within the space. Email address and phone number remains the same. Stop by the SOADI booth at the Ode'min Giizis Festival, Traditional Gathering, which is being held at Del Crary Park in Peterborough, June 18, 2011. The festival which runs from June 15-19, 2011 is a five day multi-disciplinary arts festival featuring local and visiting artists from the four directions.



Kim Lamothe

Central Region
Email: Central@soadi.ca

One can experience a diversity of activities such as the community procession, the traditional gathering, gallery exhibitions, performance art, talks, dance, storytelling, theatre, and music concerts. Check out their website for more in-depth details.

Upcoming Community Events

If there are any questions regarding upcoming events, please do not hesitate to give me a call. Dates are subject to change as some events may be added or rescheduled.

June 18	Ode'min Giizis Festival	Peterborough
June 23	Nutrition and Healthy Lunches	Moose Deer Point
July 12	Health Fair and Footcare Clinic	Georgina Island
July 20	Living with Diabetes	Nogojwanong
Aug 9	Health Fair	Christian Island
Aug 24	Health Fair	Moose Deer Point
Sept 18	Road to Reading/Early Years	Barrie
Sept 23	Preparing our Seeds for Health and Wellness	Ottawa
	SOADI Annual Event	
Sept 29	School Program	Christian Island

Mixed Berry Freeze

1/4 cup soy milk or almond milk
 1/2 ripe banana, frozen
 1 10 oz pkg of frozen berries
 2 tbsp ground flax seeds
 (Makes 2 servings)
 Freeze ripe bananas at least 24 hrs in advance.
 Pour milk into a food processor, turn on and drop in small slices of frozen banana, one by one. Add the berries and mix. Pour into serving bowls and sprinkle with ground flax seed.
Flax Seeds are loaded with nutritional value. They are rich in fiber, antioxidants and omega-3 fatty acids, low in carbs, great for digestive health even said to help reduce menopausal symptoms. To get their full nutritional value they should be ground into meal. Flax seed meal can be added to your foods such as yogurt, dry cereal. Whole flax seeds have a long shelf life but once the seeds have been ground its best to store the ground seed in the freezer.

We will relocate, at the end of June, to

311 George Street, LL #3. Peterborough Ontario, K9J 3H3.



West Central Region

Update



Greetings everyone!

We have the privilege of seeing another beautiful season make its arrival. The hot summer is almost here and soon enough we will be able to stock up on strawberries, raspberries and peaches. I don't know about you, but I can hardly wait!

UPDATES

The Brantford Diabetes Support Group has been a success. If you have diabetes or have family members with diabetes, and would like support, please join our group right here in Brantford the 3rd Wednesday of every month from 6:30-8:30pm at Brantford Native Housing. I attended the 6th Annual Easter Event in Brantford and

the Canadian Diabetes Event at Best Western, Brantford. Both were very well attended events.

SOADI is also a member of the Six Nations "Dining with Diabetes Committee". We performed yet another short on stage play focused on diabetes awareness & healthy living on June 2, 2011 for approximately 150 community members. I would like to thank the committee for a job well done and the privilege to work with such great people!

June 4, 2011 - For the 2nd year in a row I represented SOADI in the "Annual Tom Longboat Run" taking place at Six Nations.

UPCOMING EVENTS & ACTIVITIES

If you're in the Brantford area, keep your eye out for an Aboriginal Day event at Mohawk Park in June. SOADI is joining forces with the Iroquois Lacrosse Program. Date and time TBD, and will be included on promotional flyers/ads.

June 15, July 20, August 17 and September 21 - Brantford Diabetes Support Group @ Brantford Native Housing, 318 Colborne 1/2 St.

July 16th - SOADI will be at Eagle Place, Brantford for a fun, healthy living family event.

"Healthy Living Poetry/Essay & Art Contest" for ages 5-12: Write a short



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

poem or short essay (maximum 300 words or 1 page) or draw/paint a picture of what 'healthy living' means to you! Drop it off to the SOADI West Central Office or mail it in. We want to hear from you! Please send it to us before July 26, 2011.

DO YOU HAVE A DIABETES STORY?

If you have been living with diabetes and want to share the successes and struggles you have experienced while living with diabetes, we want to hear from you! Also, if you have been affected by diabetes in your family or community, and would like to share your story, now is the time! Mail or drop off your story at the addresses provided, or email it to awehiyo@soadi.ca before August 18, 2011.

"The hot summer is almost here and soon enough we will be able to stock up on strawberries, raspberries and peaches."



Urban Horseshoe Region

Update



Greetings to Everyone in the Urban Horseshoe Region

Summer is upon us, and with that comes the opportunity to get outside and be active. I don't mean doing a marathon or a 5 K run/walk, however, those of you that have participated in something like that, congratulations! I mean taking a nice walk in your favourite park, woods, nature trail, doing some gardening, just enjoying the outdoors. This helps us to make that connection with Mother Earth and that healthy balance in life. Just remember to take necessary precautions with drinking lots of water, warming up and doing some stretching before any activity.

Our Herb Workshop here was fun, the group got to get their hands in a little dirt and plant a few herbs to take home with them. We also learned some interesting facts about the herbs, spices, oils, and how they work together to get the most health benefits from them. Thank you to those of you who participated!

The Niagara District School Board's "Give Where You Live" program finished up in May with a celebration for the students at Brock University. The student volunteers we had here at SOADI gave us a big Thank You poster and a nice certificate. We really appreciate all their hard work and hope

that they remember that they can come back sometime to volunteer again, or just drop in to say Hi.

The Aboriginal Frontline Workers Advocacy Networking Group held our 6th annual Celebration of Growth Social. It was a great day with lots of people, good food, and an awesome presentation from SOADI's own John Henhawk, and the Bboys/Bgirls Hip Hop demonstration. Everyone had some fun and learned a couple of moves.

Upcoming Events:

National Aboriginal Day Celebrations will be taking place throughout June, Hamilton will be



Kathleen Laforme

Urban Horseshoe Region
Email: Urbanhorseshoe@soadi.ca

holding the 15th Annual Celebration at Gage Park June 17 - 19, as well as June 21 at Hamilton City Hall. Check out www.hedac-aboriginal.org for more information.

Healthy Tip

**SAVE THE DATE:
SOADI'S ANNUAL EVENT WILL BE
SEPTEMBER 23, 2011 IN OTTAWA.
Further announcements soon!**

"I mean taking a nice walk in your favourite park, woods, nature trail, doing some gardening, just enjoying the outdoors."



Western Region



Update

Greetings to You All

Many days of rain throughout this period of spring but the flowers are blooming, trees have an abundance of leaves and my lawn has a mini pool in the corner of my lawn, which I hope will dry up very soon.

Baseball, soccer, golf and lacrosse games are well in operation in many communities which keep our youth active in physical activity; even our mature adults are enjoying the seasonal sports they engage in. Pow Wows have begun in some of the First Nation com-

munities which we all enjoy participating in, so keep an eye on your local newsletters for upcoming Pow Wows and events. Summer is fast approaching and we all look forward to the outdoor barbeques, swimming and family



Barb Whiteye

Western Region
Email: Western@soadi.ca

gatherings and school and work vacations..

Current Community Activity Highlights

Metis Rendezvous in Wallaceburg/May 29, 2011



SOADI display



Windsor-Essex MNO display



Clogging at Metis Rendezvous/Wallaceburg

Upcoming Events

July 26, 2011 Metis Rendezvous, Port Colbourne, ON Windsor-Essex Metis Nation taking bus load for a full day of activities. "Come Share the Spirit".

July 27 – CanAm Friendship Centre-SOADI FootCare Clinic

September 10, 2011 Aamjiwnaang Health Centre will be hosting their Annual Health Fair with SOADI FOOT CARE Clinic & SOADI Reztore Pride; Dinner at 5:00pm

September 23, 2011 SOADI Annual Event, Ottawa

"Dining with Diabetes" Annual Event –more information to follow

“Baseball, soccer, golf and lacrosse games are well in operation in many communities which keep our youth active in physical activity;



Footcare

Update

www.soadifootcare.ca



Aanii and Greetings Everyone!

Summer is here and the sun is as hot as ever. Now that we have our warm long days back we can get out doors and get active. While venturing outside there are things to remember that will help you stay safe this season. Knowing what type of activity you will be doing will help to determine the right type of shoes to be wearing such as; either sturdy runners or secure stable sandals. Because the summer bring us heat and dry weather it is important to moisturize your feet everyday as well as drink plenty of water and put sun block on to protect your skin from the damages of the sun. If your feet tend to get sweaty in the summer always change your socks and sprinkle some baby powder or talcum powder in your socks and shoes to help absorb the moisture. Now is the time to take out your summer runners and sandals

to see how worn they are and if you need to buy new ones. Take a good look at your foot wear try to notice signs of wear and tear such as rubber peeling away, cracks or rips in the shoes as well as tread wear on the soles of your footwear. When the tread starts to disappear that is a sign that your shoes need to be replaced. For more tips on knowing when and how to replace your foot wear please read the summer season tips for your toes below. Always have activity in your day regardless if it's just raking the lawn or weeding your plants. The activity feeds the physical component of the medicine wheel, relaxes the mental and nourishes the spiritual and emotional component by reconnecting with the earth and doing something that will better your whole self. When we become in balance with the four areas of the medicine wheel that is when our lives become in balance and we are able to rise to life's challenges.

Past Events:

During early spring months the Program was able to bring foot care services to Hamilton and Fort Erie. We were also happy to attend and set up a booth at SOADI's annual Drumming for Diabetes event, this year taking place at the Native Canadian Centre of Toronto.

Upcoming Events:

The Foot Care Program will be traveling to Niagara Native Friendship Centre on June 7th as well as to Moose Dear Point's community centre on August 24th to take part in their health fair by setting up a display and having resource giveaways and the Foot Care Wise Wheel for the community to play and win prizes. We will also be bringing the programs annual foot care event to; Georgina Island annual health fair on July 12th, Doug Snooks Eagle Place Community Centre in Brantford on July 16th, Christian Island annual health fair



Lindsey Cosh

Footcare Coordinator
E-mail: footcare@soadi.ca

at the recreation centre on august 9th, and to Aamjiwnaan community centre on September 10th to support their health fair.

Be sure to check out Foot Care's website www.soadifootcare.ca for more information and to view our calendar for details on new and upcoming events in your area!

Summer Season Tips for your Toes:

Looking at your shoes: A tip to find out if you need new foot wear is to place them on a table where you can be at eye level and stare from behind at how the shoe sits on the table, if the heel is not in line with the toe or is leaning to one side or the other that means that the shoe have worn down and no longer give you the support your feet need. When shopping for new shoes and sandals make sure they have heel support and or straps as well as thick soles for absorbing shock while you walk. Having breathable material will help to eliminate excess moisture and keep your feet dry. Try to shop in the evening when your feet are naturally swollen from the day, this will help to find the appropriate size to accommodate such swelling. Upon buying your new shoes/sandals wear them around the house for the first little while to tell if the footwear will cause any irritation in which case they can still be returned for a better fitting shoe/sandal.

“Knowing what type of activity you will be doing will help to determine the right type of shoes to be wearing such as; either sturdy runners or secure stable sandals.”



Youth Update

She:kon/Hello to everyone,

A lot of new things are going on with the SOADI youth program. We are working on putting together workshops using some of the elements of Hip-Hop. One element that is key in helping encourage physical activity amongst youth is the Bboy/Bgirl workshops. The first Bboy/Bgirl workshop was held at the SOADI head office in the Bill Messenger room on Saturday April 16th 2011. The workshops are led by Bboy Sharpie Shayne, Bboy Jay Robi and Bboy Dizine. The three Bboys are all based out of Toronto and they first started working with Reztore Pride by performing at some of the shows.

The Bboy/Bgirl workshops are designed to show youth the basics of break dancing and at the same time provide them with a fun way to keep active. All of the workshop leaders express to the youth that they train 1-2hrs/day and 4-5days/week. The workshops show the youth that if they commit to something with determination that they can become a great Bboy/Bgirl.

I am also working on putting together more Rap/Poetry workshops in the SOADI regions. The Rap/Poetry workshops are aimed at inspiring youth to express themselves about the struggle of diabetes. The first Rap/Poetry workshop was held in Orillia on Tuesday March 14th 2011. James Jamieson helped lead the workshop with the youth and we were able to put together a diabetes awareness song by the end of the workshop. Before the youth started writing their lyrics for the song they were educated on diabetes and healthy living by SOADI's Central region Diabetes Prevention Coordinator, Kim Lamothe. Giving youth a Diabetes 101 presentation and having discussions about diabetes before they began to write made the writing flow a lot easier.

I am in the works of designing Graffiti workshops with some very talented Graffiti artists that are also based out of Toronto. The Graffiti workshops would work very much like the Rap/Poetry workshops. First there would be a Diabetes 101 presentation to give youth an understanding of what diabetes is and how we can prevent it. Once the youth have been equipped with a better understanding of diabetes then they would work with the Graffiti artists to develop artwork that would express what they learnt or how they feel about the diabetes struggle.

I am hoping that the workshops will help educate youth on diabetes and at the same time help them continue to express themselves through the art forms that they choose to work in. The Reztore Pride shows have been able to spread lots of inspiration amongst many youth but the workshops I am hoping will empower youth with the ability to take up their own way to fight diabetes.

The second diabetes awareness album is coming close to being finished. I am waiting on a handful of artists to submit some last minute songs and then we will move on to the mastering stage. I did not anticipate the second album to take this long but it is worth the wait to have a great product in the end.

Onen Kowahe/So long for now



John Henhawk

Youth Coordinator

Email: youth@soadi.ca



Living to Thrive

I was blinded by you,
After such a long affair.
I fed you, sustained you
But I was unaware,
How dangerous our life could be
You dropped me, brought me to my knees
You got this unhealthy hold on me.
Now I've come to grips with my reality.

This path we must now walk together,
Hand in hand we'll walk together
Side by side through the tears and rejoices,
We'll have a better life
Cuz I'm makin' better choices

Too much sweetness is as bad as not enough
Gotta find that balance
Keep the sugar levelled up
Keep the diet traditional
Cuz my health, now critical
Start working on the physical
Get working on the ritual
Step back into the longhouse
Get working on the spiritual

Get that poison reductive
Cuz with the time I got left
I'll do something Constructive
Gonna do what I can to keep my life productive.

Chey Williams



A Poem By Chey Williams