



### Fun Facts:

**The brain is much more active at night than during the day.** Logically, you would think that all the moving around, complicated calculations and tasks and general interaction we do on a daily basis during our working hours would take a lot more brain power than, say, lying in bed. Turns out, the opposite is true. When you turn off your brain turns on. Scientists don't yet know why this is but you can thank the hard work of your brain while you sleep for all those pleasant dreams.



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## First Wedding Held at SLMHC



**L-R: Roxanne Quezence, Pastor Galen Miller and Carl Chisel**

*(Photo Submitted by – Phyllis Goodwin, Lac Seul First Nation)*

an hour inside the chapel for Roxanne and Carl to arrive. We even sent a search party to look for them uptown. We were all wondering if they got lost! When they finally arrived, they announced they had had a leisurely lunch and then went shopping for a ring." Roxanne added, with a smile, "It's our wedding day and thank you for waiting." The

A wedding ceremony took place in the chapel at the Sioux Lookout Meno Ya Win Health Centre on Thursday, October 2, 2014. It was the first wedding to be held in the health centre.

Carl Chisel and Roxanne Quezence, community residents of Frenchman's Head, Lac Seul First Nation, exchanged vows in the presence of family and friends, with officiant Pastor Galen Miller, of the Hudson Community Church leading the ceremony.

Josie Quezence, mother of the bride, said, "We were all patiently waiting for

chapel was filled with laughter and the wedding proceeded.

Carl's mother, the late Ruby Chisel (nee Bottle), was battling cancer and had been in the health centre for many months. During the ceremony, the whole family saw that Ruby was absolutely delighted to witness this happy occasion.

Pastor Galen Miller, said, "I appreciated the fact that the family honoured Ruby Chisel, by making it possible for her to witness the marriage ceremony. Blessings to the family for respecting their mother."

*(Continued on page 2)*

*(Continued from page 1)*

Everyone at SLMHC who knew of the wedding were so pleased it was taking place here.

Sioux Lookout Meno Ya Win Health Centre board, management and staff offer congratulations and well wishes to Carl and Roxanne for a long and happy journey together!

*Submitted By:  
Renee Southwind,  
SLMHC Community Liasion*

## Have your say

Want to see something in the newsletter?

Have an idea for a story?

Send your ideas and submissions to:  
Mary Spray at [mspray@slmhc.on.ca](mailto:mspray@slmhc.on.ca)

(put "newsletter" in the subject line of the email.)

## Miigwech

The families of Roxanne Quezence & Carl Chisel extend a big warm **THANK YOU to Phyllis & Lola Goodwin** for the long hours spent in planning & organizing the beautiful wedding. We will always remember your kindness and thoughtfulness in everything you did to make it a very special day.

~ Submitted by: Josie Quezence

## Diabetes Program Obstacle Race Event Seeks Volunteers

The Diabetes program is organizing an obstacle race .

We are currently seeking volunteers to help with planning this event. It will take place during the second weekend of the Blueberry Festival and will be held at Cedar Bay.

If you have any questions or are interested in volunteering please contact:

**Tom Crawford**  
at [tocrawford@slmhc.on.ca](mailto:tocrawford@slmhc.on.ca)  
or at 737-3030

## NEW ROLE!

It is with pleasure that we are announcing the appointment of Sally Busch to the position of Human Resources Officer.



During the next few weeks Sally will be transitioning from the Education department to Human Resources department. She can be found in the Human Resources office in the Finance department and can be reached at Extension 4060.

Please join me in welcoming Sally to her new role.

*Beverly Lelonde  
Director of Staff Resources*

## Did you bring your own reusable water cup?

Did you know...in our cafeteria we go through eight cases a month of disposable water cups!

That's 8000 cups a month or 96,000 a year!

Please consider bringing your own water cup to help us cut down on waste in our landfill.



# Pastoral Care

The Sioux Lookout Meno Ya Win Health Centre has a long standing history of providing holistic care to the people who access health services through the organization. One aspect of this holistic care is the spiritual care that is offered by local clergy, and coordinated by the SLMHC Pastoral Care Committee.

It is not uncommon for persons who are experiencing a health issue to feel anxious and concerned. This anxiety can detract from the general sense of well being of the patient.

One of the services we as clergy provide to the patients at SLMHC is prayer. The Bible tells us, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus". (Philippians 4:6-7).

It has been my experience in visiting patients in the health centre that anxiety levels can often be reduced through prayer. It helps the patient when they can verbalize their fears and worries to their pastor or priest. When we as clergy pray and bring their concerns to God, it can help the patient to find spiritual peace and a calmness that can contribute to their physical healing as well.

Sometimes patients feel a bit isolated when they are admitted to the health centre. As clergy, we can take

the time to listen to the concerns the patient may have regarding their health, their family, and other aspects of their life. We may be able to assist the patient with contacts that may be helpful to them. We can make connections with people in our faith community who can assist in various ways.

We recognize that the staff who work in the health centre have stressful jobs and face emotional and spiritual needs too. As clergy we are also available to the SLMHC staff for prayer and spiritual encouragement. Any staff person, or patient, in the SLMHC organization can request a visit with one of the clergy who participate in providing the spiritual services coordinated by the pastoral care committee.

The pastoral care committee provides a monthly on call schedule to the health centre. This schedule provides contact information for the clergy that participate in the pastoral care committee. As clergy we offer our services on a 24/7 basis within the health care system. We encourage you to familiarize yourself with the on call schedule and be prepared to utilize the spiritual services we offer.

We are committed to working together with other professionals in the health care system to promote holistic care for the entire person, physical, emotional, and spiritual. The emphasis and expertise of the members of the pastoral care committee is in the area of the spiritual care that is needed for true holistic wellness in our community.

*Submitted by*  
Pastor Merle Burkholder  
Assistant Pastor  
Believers Fellowship Church

## LOST AND FOUND

Last fall Joe Gadal was at the health centre for an appointment. When he left, his wedding ring fell off his finger in the parking lot and neither he, nor his wife, Marg, could find it.

They let people at the registration desk and the front desk know about the loss and would ask each time they came in if it had been found.

Amazingly, Kathy Loon found the ring in the parking lot after a winter of snow, sand and plowing when the snow started to melt at the end of March. She started asking staff if they remembered who the couple were that had lost a ring. After asking many people, finally, Kathy ran into Rhoda Stoll, who remembered that it was Joe and Marg who had lost the ring.

Joe and Marg have been married for 62 years, this year.

~Submitted by: Rita Demetzer, CCD Manager



# Backspace

by Adrienne Crosby, R.Kin, CSEP-CPT

## Footwear: Selecting proper footwear for YOUR feet.

When you plan on buying yourself a new pair of shoes, what do you look for? Color? Style? Maybe you have a favorite brand name that you generally want to stick with? Do you ever look at comfort and safety for your feet? This edition of Backspace will talk about things you should look for when shopping for footwear, especially when you're looking at workplace footwear!

Here are a few basic suggestions, for all types of shoes:

- You should be able to wiggle your toes in your shoes.
- There should be a ½" of space (a thumb width) between your longest toe and the end of the shoe.
- Feet tend to swell throughout the day, so try on shoes late in the day or in the evening.
- Look at buying shoes for the intended purpose – high heels wouldn't be the best option for walking long distances or going hiking.
- Shoes should be wide enough that there isn't pressure on the inside or outside of your foot
- Shoes shouldn't slip up and down at your heel, proper size is important!
- Feet tend to change as we age, make sure you're trying on shoes that fit – not just "that's the size I've always worn", or "that's the brand I always wear!"
- Enjoy high heels, but only for short periods of time (3-8 hours at a time) and check your feet after wearing high heels, looking for blisters, reddened areas and treat right away. Give your feet a massage to help increase circulation after wearing high heels.

- Take socks with you that you would normally wear with the type of shoe you're shopping for.
- Wear the shoes around your home for a couple days to see how they feel. Some stores will allow returns if the shoes are in brand new condition – you can confirm the return policy before you purchase the shoes.

Here are some suggestions for work-specific shoes:

- Become familiar with the footwear recommendations by your employer – do shoes have to be CSA approved? Steel toe? Slip-resistant?
- Some work places will pay all or a portion of the cost for the footwear required for your job – check into this!
- There are many different styles of work shoes – from sneaker style, to high boot style – this is generally based on what you feel comfortable in – some higher boots feel like they have more support for ankles.
- Ensure you're purchasing a shoe with an anti-slip or slip-resistant sole, especially if you're working around water or wet floors – like laundry or housekeeping services.
- If you wear orthotics, take them with you when you're buying footwear for work – especially if you've been recommended to wear orthotics full-time.

Take some of these suggestions with you during your next time shopping for shoes – whether for work or for personal use, properly fitted shoes are important in our everyday lives.

Thank you for reading Backspace! If you have any topics that you would like featured in an upcoming Backspace, please email [acrosby@slmhc.on.ca](mailto:acrosby@slmhc.on.ca) to let me know!

## Anishinaabemodaa

**Lesson:** There are 2 kinds of vowels in the Ojibway language: long and short vowels. It's important to recognize the difference between these 2 sets of vowel sounds so that you can follow the set grammar rules.

**Short vowels:** i as in pit (**abin**—sit)

o as in book (**ozaam**—too much)

a as in cup (**animooosh**—dog)

**Long vowels:**

e as in bed (**miigwech**—thank you)

ii as in peek (**niin**—me)

oo as in between soup and soap (**boozhoo**)

aa as in doctor's "say ah" (**omaa**—here)

*Reference: Talking Gookom's Language, by Patricia M. Ningewance*

### Meeting someone for the first time:

Boo zhoo! - Hello

..... Nindizhinikaaz. – My name is .....

Aaniin giin ezhinikaazoyin? – What is your name?

Baangii eta ni-nisidotam. – I understand only a little.

Gi-nisidotaw (ish) na? – Do you understand me?

Eya – yes

Gaawiin – no

Gi-nisidotaan na? – Do you understand?

Wiige gi-nisidotawin. – I understand you perfectly.

Aan ekidood? – What is he/she saying?

Amanjisa. – I don't know.

Gawaabamin miinawa - I will see you again.

Panimaa'pii - Later.....

(Note: Native people don't have a word for good-bye.)

*With permission from Patricia M. Ningewance, Pocket Ojibwe, A Phrasebook for Nearly All Occasions, page 17.*

### SLMHC Maternity Unit Completes Module Two of MORE OB Patient Safety Program!

The MORE OB core team is pleased to announce that we have completed Module two of the MORE OB Patient Safety Program. The hard work and dedication of the multidisciplinary participant group has enabled us to receive the *Module Two Recognition Award*.

One of our major successes in Module Two was implementing Emergency Drills, where case scenarios were rehearsed and then reviewed in order to identify



MORE OB Program Consultants present SLMHC MORE OB Core Team with their *Module Two Recognition Award*.

system issues that could be improved upon to increase patient safety. We also introduced routine debriefing which now takes place after all deliveries and has greatly enhanced our ability to learn together as a multidisciplinary team on a case-by-case basis.

The core team would like to especially thank our chair Heather Brazier for her motivation, organization and expertise which kept us on a clear track to achieve our Module two goals!

**Sioux Lookout Meno Ya Win Health Centre's Ponii Ahki Pinese Kwe Grandmother Drum Part One**

A while ago Kathy Loon, Manager of the Traditional Healing, Medicines, Foods and Supports Program, asked if the C&CD Department could do a write-up about the drum that was dedicated on December 18, 2014.

**Why did SLMHC get a drum?**

The request to make this particular drum came from Kathy Loon and Teri Fiddler on behalf of SLMHCs Elders Council.

**Who got the moose for the drum skin?**

Ralph Johnson got the moose along with two other young men.

The moose hide is scraped and cleaned which takes about one week.

(When first speaking about this, Kathy had mentioned that the moose would need to be skinned so that the hide's stomach was intact).

**Who made the drum?**

Ralph Johnson made the drum, his wife Sarah Johnson made the skirt and Joe Wesley made the pipe.

**How long does it take to make a drum and what is the process?**

It takes a long time. This drum took approximately one year from the time Ralph was asked to make the drum to the time he delivered it to SLMHC. Each stage, or process, takes place separately and by other people, in this case, Joe Wesley and Sarah Johnson.

Two different beaders were asked to make the skirt but neither were able to, so Ralph had to use embroidered designs, made by Sarah Johnson.



You need to find the right tree for the staffs. The grain of the tree has to be very straight. Searching for the right tree along creeks and in different swamps takes one or two days. The tree has to be cut down and split along the straight of grain. This particular drum's rim is

about one-half inch thick. The tree is cut and the wood is smoothed out and sanded. It then has to be steamed and bent gradually. It is then wrapped in this bent/round form and is dried overnight.

The hide has to be soaked and softened. It is then measured and cut according to the size of the rim. It is then soaked again because it has to be soft and pliable. to be stretched out and strapped to the rim. Securing it takes about one day.

The skirt has to be prepared. This particular drum used an embroidery work design. Ralph's wife, Sarah, made the skirt. It takes about one week.

The drum stand is made of cedar. The four staffs use cedar wood as well. This is very delicate work as the staffs are steamed, bent to form and then

*(Continued on page 7)*



**20 oz Camelbak Water Bottles Now Available For Purchase In The Meno Ya Win Cafeteria**

**\$20.00** includes tax  
choose to reuse & save with a  
**reusable bottle**



Interchangeable  
← Hot  
Or  
Cold →  
Lids  
Included



**\$15.00** includes tax  
now available in the MYW Cafe

(Continued from page 6)

dried overnight. They are then smoothed out with sandpaper.

This drum has four feathers which are attached to the four staffs. The feathers are beaded and take about three hours to do each one.

The pipe takes a long time as well. The pipe was made by Joe Wesley. The pipestone has to be carved using sandpaper and files. The wood on the pipe is also carved. This is very delicate work and can take several weeks.

At the completion of making a traditional drum, someone has to sit and fast for four days. All traditional drums have fasters. Ralph fasted for Ponii Ahki Pinese Kwe drum.

A feasting ceremony is done for the drum and for the Ponii Ahki Pinese Kwe drum, that feast was held on Thursday, December 18, 2014 at 12:00 pm with the Elder's Council receiving the drum. Nothing is complete on "the making of the drum" until the drum is feasted.

### Can anyone make a drum?

Not anyone can just go out and make a drum. There are many parts to the drum, i.e; pipe, feather work, base, staffs, skirt, and hide work. One person might be skilled in one area while another is skilled in a different area.

For traditional drums, one person will have a dream and they will honour that dream. So lots of people can try to make a drum but usually they give up after they realize the various components to the drum requires skill in that area. Not many people can do all areas themselves.

### How did the drum get its name?

The name of the drum is Ponii Ahki Pinese Kwe Drum (\*Earth Arriving Grandmother Drum)

As Ralph was making the drum, a thought came to him and stayed with him. He thought about the purpose of the drum which is to heal. He thought about the five fasters in 1988 from Sandy Lake: Josias Fiddler, Peter Fiddler, Peter Goodman, Allan Meekis and Luke Mamakeesic. They sacrificed themselves to bring attention to the health conditions of the people in Northern Ontario. The vision they had was that everyone work together, instead of separately to improve the health conditions and health services to the north. Further that, in working together, that the Anishinabe culture be respected and included in these services. Many steps were achieved when everyone started working together.

One of the significant stages was the ground gathering ceremony, hence the name of the drum. So, the whole process is like one journey around the medicine wheel. It took 26 years for one journey. From fasting to bringing in the traditional drum. Lots of work has been done by many people to make this all happen. As with all circles and journeys, it's just one rotation, with many more to come. Ralph feels that this is very important to mention the fasters in any publication as it was their vision.

Submitted by Rita Demetzer

Information provided by:

Kathy Loon, Teri Fiddler, Ralph Johnson

**Watch for our next newsletter to see Part Two of this article.**

### Racism in Health Care

Dr. Richard Matthews, bioethicist, made presentation on April 14<sup>th</sup> on the above.

Among the things I learned are:

- Racism is not just about the colour of someone's skin. It is about privilege and oppression.
- Racism is about privilege and oppression. Those who "have" have privilege. Those who "have not" are oppressed.
- Racism is always a learned trait, no one is born with it (I knew that).



Approximately 20 people attended the presentation. We had a lot of questions for Dr. Matthews and he provided very good answers.

Dr. Matthews will be expanding on this initial discussion on a monthly basis. Watch for the notices coming through email and try to attend if you can. You'll learn a lot about the topic and some things about yourself as well.

Submitted by Rita Demetzer,  
Manager, Communications & Community  
Development



SIOUX LOOKOUT  
**Meno Ya Win**  
HEALTH CENTRE

THE 10<sup>TH</sup> ANNUAL  
**“Celebration of People”**

Friday, May 29, 2015

**Location:** Legion (Upper Hall)

**Times:** 5:00pm Cocktails  
6:00pm Supper  
7:00pm Presentations

# Steak BBQ!

There will be a chicken option  
Vegetarian option upon request

Extra tickets for staff, family and friends will be available for purchase until May 22, 2015 for \$20.00 per plate, **\$10.00 for Staff members.** (Limited seating)

To purchase tickets, please contact: Mary Spray, ext. 6586



SIoux LOOKOUT  
MENO YA WIN HEALTH CENTRE

## Foundation

### Ways to Give

**General Gift** – support the Sioux Lookout Meno Ya Win Health Centre's vision with a one-time gift

**Pledge** – Make a pledge with payments over three to five years, and you will be recognized for the full amount in the year you make your pledge.

**Tribute Donations** – Celebrate a special occasion, or honour or remember a loved one with a donation in their name.

**Planned Giving** – What is your legacy? There are many ways to leave a gift to the Sioux Lookout Meno Ya Win Health Centre Foundation. Whether it is a gift in your will, a gift of life insurance, a gift from your retirement assets, or a gift of securities, you can rest assured knowing your gift today will continue to give long into the future.

**Monthly Giving** – Help us secure a stable source of funding by providing a gift each month.

**Annual Giving** – Support our Annual Tree of Hearts Campaign and help us light the lights in honour or in memory of someone special to you.

**Third Party Fundraising** – Donate the proceeds from your event to one of our funds.

**Volunteer** – Join in our efforts to enhance healthcare in the north.

Donate in person at the Foundation Office or send donation to:  
SLMHC Foundation Box 909 Sioux Lookout, ON P8T 1B4

Donate on line at [www.slmhc.on.ca/foundation](http://www.slmhc.on.ca/foundation)

## A Tradition of Caring...A Tradition of Sharing

We give for many reasons but one thing remains the same, the money we give does make a difference.

The Sioux Lookout Meno Ya Win Health Centre Foundation is dedicated to raising funds for the Sioux Lookout Meno Ya Win Health Centre and the William A. "Bill" George Extended Care Facility in order to enhance health care in our communities.

A contribution to the Sioux Lookout Meno Ya Win Health Centre Foundation is an investment in a healthy future for you, your family, and our communities. Invest in the Sioux Lookout Meno Ya Win Health Centre and help us make a difference – **Now, and for the Future.**

### Where you can direct your funds

**Diagnostic Imaging (DI) Fund** – Help to fund diagnostic imaging needs at SLMHC. We are currently raising funds for the purchase of an additional ultrasound machine estimated at \$300,000 to support current services and to allow SLMHC to enhance its cardiac imaging.

**Women's Health Fund** – Donations to the Women's Health Fund help to support SLMHC's mammography unit and raise funds in support of programs, services and equipment needs to enhance healthcare for women in our region.

**Chemotherapy Services** – Your donations help to support cancer care at SLMHC.

**Palliative Care Fund** – Help to enhance end of life care with a contribution to the Palliative Care Fund.

**Extended Care Fund** – Your gift helps to fund program and equipment needs at the William A. Bill George Extended Care Facility.

**General Equipment Fund** – Assist with ongoing equipment needs at the Sioux Lookout Meno Ya Win Health Centre.

**Community Counseling and Addiction Services (CCAS)**

**Youth Programs Fund** – Invest in our youth to ensure a healthier future for our communities.

**Janelle Wesley Fund** – Your contributions help to fund programming and equipment needs for the Janelle Wesley Room, a gathering place for children and families, named in memory of Janelle Miranda Wesley who lost her battle to cancer at the age of seven.

**DONATION FORM:**  Yes I would like to make a donation in the amount of \$\_\_\_\_\_.

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Payment method:

Cheque payable to SLMHC Foundation

MasterCard or  Visa Card # \_\_\_\_\_ Exp Date: \_\_\_\_\_ Signature: \_\_\_\_\_

I would like to direct my donation to:  CCAS Youth Programs Fund  General Equipment Fund  Chemotherapy Services  
 Diagnostic Imaging Fund  Women's Health Fund  Extended Care Fund  Palliative Care  Janelle Wesley Fund

Is this an "In Memory" or "In Honour" of a special occasion donation? If yes please provide the following information:

In Memory of : \_\_\_\_\_ or In Honour of : \_\_\_\_\_

Name and address of person to be notified:

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_