



Tungasuvvingat Inuit

"a place where Inuit are welcome"

Akiurvik

TI's Spring 2011 Edition

Inuit Women's Retreat - Friday, May 27, 2011

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TI's 8th Annual Charity Golf Tournament

Inuit women of Ottawa and the surrounding area are invited to this year's retreat.

This year's retreat will be an overnight adventure. The group is meeting at 297 Savard - The Inuit Family and Health promotion centre at 5:30 pm with the bus departing for the retreat at 6:00pm on Friday May 27th, 2011. The return trip will be on Saturday May 28th with the bus scheduled to arrive at IFHPC by 5:00 pm

Come join us on our overnight retreat for discussions, games, relaxation and country food. This is a unique time to the Inuit women of our community to come together and share thier experiences, knowledge, support and friendship.

The retreat will be held at a beautiful location - just north of Ottawa. Gracefield camp is know for its peaceful envirnment, where you can explore

the outdoors, or sit by the waters edge.

If you would like further information or you would like to register to attend please contact Moshha at (613)749-4500 ext: 31 or Carol at (613) 565-5885 ext: 18

As space is limited participants will be on a first come first serve basis. We would appreciate if all participants register before Friday, May 20, 2011 to attend.

A reminder that individuals who arrive for this event under the influence will not be permitted to participate and will be asked to leave.



This year's Inuit Wemen's retreat is being hosted by Tungasuvvingat Inuit's - Community Support Services & Mamisarvik Healing Centre in partnership with Pauktuutit Inuit Women of Canada

Tungasuvvingat Inuit is a social, cultural and Counselling organization Serving Inuit in Urban Canada since it's Establishment in 1987.



PAUKTUUTIT INUIT WOMEN OF CANADA



Please visit Tungasuvvingat Inuit's web site at: www.tungasuvvingatinuit.ca



Tungasuvvingat Inuit

Current Board & Employee Information

Board of Directors

David Serkoak- President
Heather R Ochalski- Vice President
John Webster-Secretary Treasurer
Bruce Uviluq- Board Member
Looee Okalik- Board Member
Rhoda Innuksuk- Board Member
Sally Webster- Board Member
Tina Price- Board Member
Judy Anilniliak-Board Member

Tungasuvvingat Inuit Staff

Morgan Hare
Executive Director
Jason LeBlanc
Director of Finance
Mark Mongrain
Human Resource Manager
Noodloo Noah
Executive Assistant

Employment & Learning Centre

Barbara Sevigny
Director of Employment
Joan Cunha
Employment Counselor
Charlotte Qamaniq
Employment Readiness Support Worker
Carol Thornhill
Community Support Worker

Contacting Tungasuvvingat Inuit

By Correspondence:
604 Laurier Ave. West
Ottawa, ON K1R 6L1
E-mail:
info@tungasuvvignatinuit.ca
Tel: (613) 565-5885
Fax: (613) 563-4136

Mamisarvik Healing Centre

Kia Rainbow
Director of Mamisarvik
Reepa Evic-Carleton
Treatment Coordinator
Julia Putulik
Counsellor
Christina Best
Counsellor/Cultural Advisor
Rick Mayoh
Counsellor
Charlotte Cropper
Continuing Care Worker
Vicki Adams
Intake & Assessment Worker

Eva Lucassie
Northern Trainer
Melinda Shambare
Administration
Ruby Arnga'naaq
Health Resolution Support Worker
Meeka Papatsie
Health Resolution Support Worker
Juliet Kotirek
Housing Worker
Jerry Komaksiutiksak
Transition House Residential Worker
Mitchell St. Laurent
Transition House Residential Worker
Bernie Putulik - Residential Worker
Karen Atagootsiak
Residential Worker
Leah Pootoogook
Residential Worker
Sandra Uvilluk
Residential Worker
Frances Winters
Residential Worker
Jeannie Schofield
Residential Worker
Shane Turner - Residential Worker
Shannon Hamilton
Residential Worker
Hannah Sanguya - Cook
Elisha Sanguya - Cleaner

TI - Family Health Team

Connie Siedule
Director of Health
Mary Hutton
Register Nurse
Aigah Attagutsiak
Case Manager/Interpreter
Dennis Nakoolak
Case Manager/Interpreter
Heather Burke
Medical Receptionist
Zipporah Nochasak
Medical Receptionist

Health Promotion and Inuit Family Resource Centre

Christine Lund
Director of HPIFRC
Eva Kigutaq
Manager of Child & Family programs
Darlene Gear-White
Healthy Promotion Worker
Matthew Mahoney
Healthy Promotion Worker
Susanna Qitsualik
CAPC Worker
Vacant
CPNP Worker
Moshia Noah
Food Bank Services
Hannah Oolayou
Community Support Worker



Tungasuvvingat Inuit

Inuit Family Resource & Health Promotion Centre

IFRC's programming focuses on families with children ages 0-13 years who are at risk. The goal is to promote healthy outcomes through four main core standard areas: child development and nutrition, cultural development and retention, parenting and care-taking skills, community development and healing. HPC's programming focuses on community-based primary care support. The program will focus on Inuit children, youth and adults through:

1. TI Healthy Weights Centre (Mini-gym)
2. Outreach and community intake and assessment
3. Facilitating and supporting health promotion activities through TI Services and Programs including Diabetes Awareness and prevention
4. Empowering Inuit to make healthy choices through Wellness Challenge, eating healthy, being physically active and by reducing or quitting smoking.

5. Journalling will assist in monitoring daily food intake, physical activity, water intake and weekly/monthly weight and physical and anthropomorphic measurement changes.

Community Food and Clothing Bank

On Wednesdays from 1:00 to 4:00. Individuals are able to sign up for foodbank access at 1:00 with distribution beginning at 1:30. The foodbank is distributed on a first-come first-serve basis with priority to our elders and our families.

297 Savard Ave., Ottawa, ON K1L 7S1
Tel: (613) 749-4500
Fax: (613) 749-8713
info@tungasuvvingatinuit.ca

Mamisarvik Healing Centre

Mamisarvik provides treatment for Inuit who are suffering from dependency on drugs and alcohol and the effects of trauma, including physical and sexual abuse. The Mamisarvik program offers holistic, culturally relevant healing services to Inuit men and women 18 years of age and older. There is also a focus on recovery from the effects of Residential Schools and forced relocation from traditional lands.

1863 Russell Road, Ottawa, ON
Tel: (613) 563-3546
Fax: (613) 563-3540
MHC@tungasuvvingatinuit.ca

TI Family Health Team Medical Centre

Throughout TI's many years of service devoted to Inuit, the intensifying and complex health challenges faced by community members becomes increasingly apparent each passing year. In response to this need and requests for health care services dedicated solely to the Inuit population, TI has established a health centre dedicated to the Inuit Community.

The TIFHT endeavors to bring effective primary care services to the Inuit community and those without a doctor.

24 Selkirk St. Suite 300, Ottawa, ON
Tel: 613-740-0999
Fax: 613-740-0991
health@tungasuvvingatinuit.ca

Employment and Training Program

The Employment and Training Program assists Inuit in the road to long term employment and career success. We offer assistance with resume writing, developing cover letters and

finding suitable employment or training opportunities. Besides employment, assistance may be offered in the areas of education, training programs, as well as support with childcare and transportation. Improving literacy and employment skills support those with many other areas of expertise and proficiencies. By enhancing confidence and improving self-esteem we open the doors to success.

604 Laurier Ave. West, Ottawa, ON
Tel: 613-565-5885
Fax: (613) 563-4136
employment@tungasuvvingatinuit.ca

Community Support Program

The community support program provides support services to help meet the needs of individuals and families in the Inuit community. The Community Support Program's Services include:

- Settlement assistance to Inuit newly arrived in Ottawa
- Housing support, advocacy, referrals to affordable housing and shelters
- Referrals for community services
- Support /advocacy and referrals for health, employment, legal services courtroom support, financial assistance, CAS and other community agencies
- Support to obtain medical services and non-insured health benefits
- Assistance to replace or obtain identification and health cards
- Referrals for addiction treatment
- Short-term supportive counselling and crisis intervention
- Mandated community service hours program
- Inuit women's healing circles and annual retreat
- Language interpretation support.

Community support can be found at both 604 Laurier Ave. West and 297 Savard Ave, Ottawa, ON.
Tel: 613-565-5885 or 613-749-4500
communitysupport@tungasuvvingatinuit.ca



Tungasuvvingat Inuit

Mamisarvik Healing Centre

A significant number of Inuit are going through grief and loss of a loved one to suicide. Our statistics have shown that a majority of our clientele have experienced suicidal ideation at some point in their lives.

The Mamisarvik Healing Centre’s vision is to help Inuit who are struggling with alcohol and drug dependencies and/or the negative effects of residential schools, relocation and dog team slaughters. We treat victims of physical, sexual and emotional abuse, neglect, poverty, children of alcoholics etc.

Regardless of the emotional scarring Inuit have experienced we see a significant change in clients that go through our program.

We teach the clients coping skills, assertiveness skills, anger management, self love, understanding of the many forms of violence and take them to healthy recreational activities. Most important, we see our clients choosing to live.



The centre has 12 beds for clients that are interested in receiving 24 hour support in a comfortable environment.

We provide exceptional Inuit specific treatment services in a safe caring environment that respects Inuit culture

and language. We walk the individuals through their personal healing process and support them on their journey.

APPLICATION AND ASSESSMENT

The application process collects information on the client’s immediate needs to provide direction for the next steps in the assessment/treatment process.

A full professional assessment provides more detailed information on client needs, characteristics, goals and problems. The assessment forms the basis for an initial treatment plan which focuses on client strengths, prioritized problem areas, and identified barriers, readiness for change. These are summarized in an assessment report.

In the case that a client may not be ready for treatment, they are able to receive individual counseling sessions once they have completed the assessment package.

TREATMENT PROGRAMS

We believe that individuals will become responsible for their own recovery once given the proper level and quality of treatment. During the program clients will experience a full day of supportive recovery each and every day.

COMMUNITY DAY TREATMENT:

An 8 week structured program of treatment activities, approximately 7 hours per day. The client resides at home and comes into the facility daily. Day treatment services are provided in a comfortable homey environment. In addition to private therapist’s offices and large and small group rooms, the centre has a kitchen, dining area, recreation room and gazebo outside.



RESIDENTIAL TREATMENT:

During the 8 week treatment cycle clients live in the treatment centre where they receive 24 hour support from staff that are sensitive to the needs of the clients. Clients also have access to cable TV, laundry facilities, pool table and recreational activities in the evening and weekends.

PRE-TREATMENT:

Clients that are in the application process have access to pre-treatment services where they will receive information about the treatment program and receive stabilization services from the intake and assessment worker.

CONTINUING CARE:

Continuing care plans are developed with the clients during the 8 week treatment program.

Continuing care plans can provide relapse prevention and follow-up through weekly group or individuals sessions.

For clients that live outside the Ottawa area, staff will remain in contact by telephone and/or email where possible and liaise with the social worker in their community to offer support in implementing their continuing care plans.

Contact information:
mhc@tungasuvvingatinuit.ca



Tungasuvvingat Inuit

TRANSITION HOUSE:

Located right next door to the treatment centre, the transition house aims at providing support to Inuit who are in a period of transition. The transition house is fully staffed with residential counselor, a housing support worker and a continuing care counselor.

STAFF:

The centre has 15 full time staff and 7 seasonal workers that are sensitive and aware of the effects that Inuit are struggling with today.

80 percent of the staff speaks Inuktitut. Services are provided in Inuktitut and English.

Each client is provided a primary counselor who provides case management services, individual counseling sessions and works with the client to implement their continuing care plan.

For More Information:

Call: 613-563-3546 Ext. 202

Fax: 613-563-3540

Mail: Tungasuvvingat Inuit
Mamisarvik Healing Centre
12863 Russell Rd.

Ottawa, ON K1G-0N1

mhc@tungasuvvingatinuit.ca



Thank you to the Aboriginal Healing Foundation and Health Canada for their support.

MAMISARVIK HEALING CENTRE & TRANSITION HOUSE PROGRAM UPDATES

Mamisarvik Healing Centre began a new treatment cycle on April 11th.. Fifteen participants from the Baffin Region and Ottawa have joined us. Our next treatment cycle will be in late August. Good news for MHC is that the Aboriginal Healing Foundation has funded the centre for another year. This brings out funding to March 31, 2013 and possibly into 2013-2014.

We have had many staffing changes at Mamisarvik Healing Centre and the Transition House as we continue to grow. Aboriginal Healing Foundation funds a new position called the Northern Trainer. Eva Lucassie is in the position and has developed and facilitated two front line workers workshops in Iqaluit this past quarter. The workshops bring together front line workers from the Northern regions who are involved in providing Inuit-specific mental health and addictions services. Eva will also be training in Rankin Inlet in May and our own MHC staff in June!

Aboriginal Healing Foundation has also funded two residential counsellor positions at the Transition House. Jerry Komaksiutisak and Mitchell St. Laurent work evenings, overnights and weekends. Two offices have been moved over to the Transition House. The Housing Support Worker's office is located on the men's side of the building and the new Continuing Care office is now located on the women's side. It is our plan to eventually have the Transition House staffed 24/7.



We have received monies from the City of Ottawa for a half-time Housing Worker position. The full-time position that Juliet Kotierk holds is now fully located at the Transition house. The location of the new half-time position is still to be determined.

MHC is in the process of writing an Operational Policies and Procedures Manual. The draft manual is completed and should be available for use within 2 weeks.

We have submitted a number of proposals. Two proposals were sent to the Government of Nunavut. One proposal was to open an Addiction Treatment Program in Iqaluit and one proposal is for the provision of Mental Health & Addictions treatment/healing here at Mamisarvik Healing Centre. Mamisarvik has been successful in a proposal sent to Indian and Northern Affairs Canada, Advocacy and Public Information Program (APIP) for the printing of 500 Meeka Wellness Resources. We recently submitted a second proposal to APIP for support with participation at the Truth and Reconciliation Commission (TRC) National Event in Inuvik, TT - June 2011.



Tungasuvvingat Inuit

INDIAN RESIDENTIAL SCHOOLS SETTLEMENT

THE COMMON EXPERIENCE PAYMENT



The Common Experience Payment (CEP) is one element of the Indian Residential Schools Settlement Agreement. The court-approved Settlement Agreement was implemented on September 19, 2007, and was negotiated by representatives from various Aboriginal organizations, church entities, legal representatives for former students, and the Government of Canada. The CEP is paid to eligible former students who resided at a listed Indian Residential School. Eligible former students receive \$10,000 for their first year (or part thereof) of their attendance at a listed Indian Residential School plus \$3,000 for each additional year (or part thereof).

Information for Applicants

•The deadline for applying for the CEP is September 19, 2011. If you know someone who attended an Indian Residential School, but has not yet applied for the CEP, please let them know of the deadline. Application forms or information can be found by contacting 1-866-879-4913.

•If your address has changed since you applied for the CEP and you have not received correspondence since submitting your application, it is important that you advise the CEP Response Centre of this change by calling 1-866-565-4526. With your permission, they will also ensure the change is noted at Service Canada.

Applicants can call 1-866-565-4526 for updates on their applications or visit the website for more information regarding the CEP process.

For information in Inuktitut or to speak with a counsellor please contact Mamisarvik's Health Resolution Support Workers Ruby Arnga'naaq or Meeka Papatsie at 613-563-3546 or by Email - IRShealth@tungasuvvingatinuit.ca

More information on both processes is available at 1-866-879-4913 and at the www.residentialschoolsettlement.ca website. The IRS Crisis Line (1-866-925-4419) provides immediate and culturally appropriate counselling support to former students who are experiencing distress.



COMMUNITY SUPPORT!

The Community Support Program is located both at 297 Savard Ave. and 604 Laurier Ave West. The Community Support Program workers are there to help you!

Our community support workers are Hannah Oolayou/Mosha Noah and Carol Thornhill. They can provide supportive counselling, crisis intervention and advocacy services. The program offers support and referral to housing, legal, medical and social services.

Did you know we can help you with many things? If you need help with any of the following, call us at 613-565-5885 or 613-749-4500 or come and see us.

- Assists Inuit adjusting to life in southern, urban environments.
- Housing support services
- Referrals for community services, health, employment, legal services
- Support /advocacy with financial assistance, CAS, social services
- Legal support: legal aid/courtroom support
- Support to obtain medical services
- Facilitates access to non-insured health benefits
- Assistance to replace or obtain identification and health cards
- Housing support, advocacy and referral to shelters
- Referrals for addiction treatment and other community resources
- Short-term counseling and crisis intervention
- Inuit women's healing circles
- Provides language interpretation services to clients



Tungasuvvingat Inuit

DO YOU NEED HELP TO GET YOUR N#

(Non insured health benefits number) or your membership for beneficiaries (Nunavut, Nunatsiavut)? Community Support workers can help you. Call us at 613-565-5885 or 613-749-4500 or come and see us.

What is your N# used for here in Ottawa? The Non-Insured Health Benefits Program is Health Canada's national, medically necessary health benefit program that provides coverage for benefit claims for a specified range of drugs, dental care, vision care, medical supplies and equipment, short-term crisis intervention mental health counselling and medical transportation for eligible Inuit.

Foodbank Services

Do you find yourself running a little short each week? The foodbank is available for the Inuit community to access to assist those who need it most.



Wednesdays from 1:00 to 4:00. Individuals are able to sign up for foodbank access at 1:00 with distribution beginning at 1:30. The foodbank is distributed on a first-come first-serve basis with priority to our elders and our families.

If you have any questions call Carol Thornhill or Moshia Noah at 613-565-5885 or 613-749-4500.

MONTHLY COMMUNITY FEAST AND COMMUNITY GATHERING



Tungasuvvingat Inuit hosts a monthly community lunch featuring traditional foods as well as urban fair. The focus of the community gathering is to promote active living and healthy eating in a community setting. This time is also important to share with fellow community members, news from home, elders advice, and to get information about up-coming activities and program schedules at TI.

The lunch is open to all Inuit and thier families in Ottawa and the surrounding area. The lunch is held on the third Thursday of each month. The following are the dates for the community feast for the months of May, June, July and August:

- Thursday May 19, 2011**
- Thursday June 16, 2011**
- Thursday July 21, 2011**
- Thursday August 18, 2011.**

The gathering is held at 206 Montreal Road at St. Margaret's Anglican Church, Parish Hall. (unless otherwise advertised) The doors for the hall are opened at noon. We start with serving our elders as a priority, once community announcements are made.

The community gathering is a family activity. It is important that our children and youth have a positive environment. Individuals who are under the influence of alcohol will not be permitted to enter and participate at the gathering.

Inuksiutit is an important staple in the lives of Inuit - often we have limited supplies so PLEASE take only limited quantities to ensure everyone gets some much needed country food!

Quitting smoking is the best thing you can do to improve your life and health.



Any attempt to quit smoking will make you stronger. It's never too late to reap the benefits, some of which happen within the first few days. With the right combination of practice, determination and support, you will be able to stop smoking for good!

Quit smoking and you'll start feeling better within 24 hours. The minute you stop smoking, your body will begin cleansing itself of tobacco toxins. Two days after you quit, your risk of heart attack will start decreasing ... and that's just the beginning!



Dragon Boat Race 2011



Are you between the ages of 15 and 25 and interested in something unique and exciting this summer?



Join our Dragon Boat Race Team!!

What? 2 Days of races at the 18th Annual Ottawa Dragon Boat Festival, the largest of its kind in North America with 190 teams and thousands of spectators!

Who? Youth aged 15-25 years old.

Where? The Ottawa Dragon Boat Festival is located at Mooney's Bay Park on Riverside Drive in Ottawa, south of downtown Ottawa.

When? We are holding 5 sessions during the first 3 weeks of June 2011.

Information, Planning, Logistics: Wednesday, June 1st from 5pm to 7 pm @ the new Healthy Weights Center at 297 Savard in Vanier.

Practice Run in Boats: Saturday, June 4th 1:30 pm to 4 pm 804 Hogs Back Road Rideau Canoe Club *if you are travelling by yourself please be there at 2:25pm



Team Building: Wednesday, June 8th 5pm to 7 pm @ 297 Savard

Practice Run in Boats: Saturday, June 11th 1:30 pm to 4 pm 804 Hogs Back Road Rideau Canoe Club *if you are travelling by yourself please be there at 2:25pm

Team Building: Wednesday, June 15th 5pm to 7 pm @ 297 Savard

Race Days: The races start on Saturday, June 18th until Sunday, June 19th depending on results.

Why? Promote an active lifestyle, meet new people, and have fun!!

The main event starts on June 17th, the admission is free, and it is suitable for families and people of all ages. **There is a special incentive for participants to join and take part in all sessions.* Also, bus tickets and transportation will be provided. No experience required.

Contact: Matt Mahoney – Tungasuvvingat Inuit Healthy Weights Facilitator Tel: 613-749-4500 ext. 23 Fax: 613-749-8713 Email: hwpromotion2@tungasuvvingatinuit.ca



**NEW HEALTHY LIVING
ACTIVITY CENTER!**

Tungasuvvingat Inuit (T.I.) has opened a new program and activity centre to promote healthy and active living.



The team for health promotion is led by Christine Lund, with the help of workers Darlene Gear-White & Matt Mahoney. The health promotion program is working in partnership with other TI programs and support from employees working with the family resource team and community support teams.

All members of the Inuit Community in Ottawa are invited to come participate and benefit from a wide variety of fitness and health program activities.

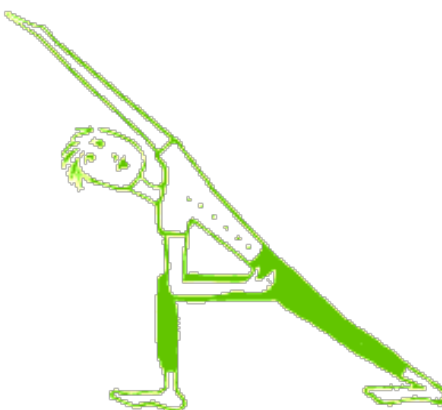


We are located at 297 Savard on the lower level. We have a brand new mini-gym, kitchen, and information center.

The center is open every day of the week early in the morning (8am) and closes later in the evening (7pm) for your convenience.

In addition commencing in June we will be open on Saturdays from 1pm-4pm.

This new center aims at engaging community members to become more informed about health issues and get physically active!



We offer a broad range of information, tips, advice and resources about health issues and motivation as well as having structured physical training sessions.

A special aspect of the program involves having participants undertake a 12-week health and monitoring program. This program involves physical activity, goal setting, learning about health and periodic progress monitoring.



We also offer activities for special events and summer outings.

May 20 & June 16 – Community Feast

June 21 – National Aboriginal Day

June 17-19 – Dragon Boat Races (ages 15-25)

July 9 – Strawberry Picking and Nunavut Day Celebration

Our new fitness and exercise programs include:

- Yoga
- Step Aerobics
- Rebounding (exercise using mini-trampolines)
- Elders in Motion
- Open Gym in the mornings and evenings
- Pilates
- And more to come in the future



Our information and health awareness sessions include:



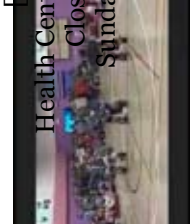



- Nutrition
- Motivation
- Health Information67
- We will be covering many topics ranging from Diet and Eating Habits to Label Reading and Heart Health

For further information call Darlene, Matt or Christine at 613-749-4500 extension 23/30 or by email - hwpromotion@tungasuvvingatinuit.ca

Tungasuvvingat Inuit Health
 Promotion Centre
 297 Savard Avenue
 Vanier, ON K1L 7S1
 Phone: 613-749-4500, Ext. 23
 Fax: 613-749-8713

A place where Inuit are welcome...

June 2011







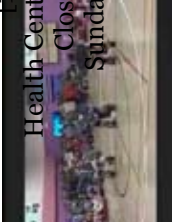

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>"Make the present good and the past will take care of it-self"- Knutte Rockne</p>  <p>Health Centre Closed Sundays</p>	 <p>7-9 am Open Gym [6] 10-12am Rebounding 12-1 pm TI Staff 1-3 pm Yoga/Pilates 5-7 pm Open Gym</p>	<p>Please note: Programming is subject to change...</p> <p>7-9 am Open Gym [7] 10-12 Noon Core Strength 12 -1 pm TI Staff 1-3pm Motivation 5-7 pm Open Gym</p>	<p>7-9 am Open Gym [8] 10-12 Noon Step Aerobics 12- 1 pm TI Staff 1-3pm Anthropomorphic Measurements 5-7 pm Open Gym</p>	<p>7-9 am Open Gym [9] 10-12 Noon Nutrition 12-1 pm TI Staff 1-3pm Community Kitchen 6-7:30 pm Inuit Girls & Women in Motion</p>	<p>7-9 am Open Gym [10] 10-12 Step/Yoga 12 -1 pm TI Staff 1-4 pm Elder Gym</p>	<p>[4] 1pm-1:45 pm Open Gym 2-2:45 pm Rebounding 3-3:45 pm Yoga/Pilates</p>
<p>Health Centre Closed Sundays</p> 	<p>7-9 am OpenGym[13] 10-12am Rebounding 12-1 pm TI Staff 1-3 pm Yoga/Pilates 5-7 pm Open Gym</p>	<p>7-9 am OpenGym[14] 10-12 Noon Core Strength 12-1 pm TI Staff 1-3 pm Motivation 5-7 pm Open Gym</p>	<p>7-9 am OpenGym[15] 10-12 Noon Step Aerobics 12- 1 pm TI Staff 1-3pm Dietician 5-7 pm Open Gym</p>	<p>7-9 am Open Gym [16] 12 Noon Community FEAST 4-5:45 pm Open Gym 6-7:30 pm Inuit Girls & Women in Motion</p>	<p>7-9 am Open Gym [17] 10-12 Step/Yoga 12 -1 pm TI Staff 1-4 pm Elder Gym</p>	<p>[18] 1pm-1:45 pm Open Gym 2-2:45 pm Rebounding 3-3:45 pm Yoga/Pilates</p>
<p>Health Centre Closed Sundays</p>  <p>Father's Day</p>	<p>7-9 am OpenGym[20] 10-12am Rebounding 12-1 pm TI Staff 1-3 pm Yoga/Pilates 5-7 pm Open Gym</p>	<p>[21] National Aboriginal Day ... BBQ & Fun Activities</p> 	<p>7-9 am OpenGym[22] 10-12 Noon Step Aerobics 12- 1 pm TI Staff 1-3pm Heart Health 5-7 pm Open Gym</p>	<p>7-9 am Open Gym [23] 10-12 Noon Nutrition 12-1 pm TI Staff 1-3pm Community Kitchen 6-7:30 pm Inuit Girls & Women in Motion</p>	<p>7-9 am Open Gym [24] 10-12 Step/Yoga 12 -1 pm TI Staff 1-4 pm Elder Gym</p>	<p>[25] 1pm-1:45 pm Open Gym 2-2:45 pm Rebounding 3-3:45 pm Yoga/Pilates</p>
<p>Health Centre Closed Sundays</p> <p>[26] "The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada."</p>	<p>7-9 am OpenGym[27] 10-12am Rebounding 12-1 TI Staff 1-3 Yoga/Pilates 5-7 Open Gym</p>	<p>7-9 am OpenGym[28] 10-12 Noon Core Strength 12 -1 pm TI Staff 1-3pm Motivation 5-7 pm Open Gym</p>	<p>7-9 am OpenGym[29] 10-12 Noon Step Aerobics 12- 1 pm TI Staff 1-3pm Label Reading 5-7 pm Open Gym</p>	<p>7-9 am Open Gym [30] 10-12 Noon Nutrition 12-1 pm TI Staff 1-3pm Community Kitchen 6-7:30 pm Inuit Girls & Women in Motion</p>		<p>Upcoming Events: July 9th - Nunavut Strawberry Picking, Activities & Prizes</p>

Please contact: Christine, Darlene or Matt @ 613-749-4500, Ext 21, 23 or 30

Tungasuvvingat Inuit Family
and Health Promotion Centre
297 Savard Avenue
Vanier, ON K1L 7S1
Phone: 613-749-4500, Ext. 23
Fax: 613-749-8713

A place where Inuit are welcome...

July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>"Make the present good and the past will take care of itself"- Knut Rockne</p>  <p>Health Centre Closed Sundays</p> <p>[3]</p>	 <p>7-9 am Open Gym [4] 10-12am Rebounding 12-1 pm TI Staff 1-3 pm Yoga/Pilates 5-7 pm Open Gym</p> <p>Health Centre [11] Closed for the Day</p>	<p>Please note: Programming is subject to change...</p> <p>7-9 am Open Gym [5] 10-12 Noon Core Strength 12 -1 pm TI Staff 1-3pm Motivation 5-7 pm Open Gym</p>	 <p>7-9 am Open Gym [6] 10-12 Noon Step Aerobics 12- 1 pm TI Staff 1-3pm Anthropomorphic Measurements 5-7 pm Open Gym</p>	 <p>7-9 am Open Gym [7] 10-12 Noon Nutrition 12-1 pm TI Staff 1-3pm Community Kitchen 6-7:30 pm Inuit Girls & Women in Motion</p>	 <p>Health Centre [1] Closed for Canada Day</p> <p>7-9 am Open Gym [8] 10-12 Step/Yoga 12 -1 pm TI Staff 1-4 pm Elder Gym</p>	<p>Nunavut Day [9]  Strawberry Picking, Activities & Prizes</p> <p>1pm—1:45 pm Open Gym 2-2:45 pm Rebounding 3-3:45 pm Yoga/Pilates</p> <p>[16] 7-9 am Open Gym [15] 10-12 Step/Yoga 12 -1 pm TI Staff 1-4 pm Elder Gym</p>
 <p>Health Centre Closed Sundays</p> <p>[10]</p>	<p>7-9 am OpenGym[18] 10-12am Rebounding 12-1 pm TI Staff 1-3 pm Yoga/Pilates 5-7 pm OpenGym</p>	<p>7-9 am Open Gym [12] 10-12 Noon Core Strength 12-1 pm TI Staff 1-3 pm Motivation 5-7 pm Open Gym</p>	<p>7-9 am Open Gym [13] 10-12 Noon Step Aerobics 12- 1 pm TI Staff 1-3pm Dietician 5-7 pm Open Gym</p>	<p>7-9 am Open Gym [14] 10-12 Noon Nutrition 12-1 pm TI Staff 1-3pm Community Kitchen 6-7:30 pm Inuit Girls & Women in Motion</p>	<p>7-9 am Open Gym [22] 10-12 Step/Yoga 12 -1 pm TI Staff 1-4 pm Elder Gym</p>	<p>1pm—1:45 pm Open Gym 2-2:45 pm Rebounding 3-3:45 pm Yoga/Pilates</p> <p>[23] 7-9 am Open Gym [22] 10-12 Step/Yoga 12 -1 pm TI Staff 1-4 pm Elder Gym</p>
<p>[24 & 31] "The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada."</p>  <p>Health Centre Closed Sundays</p> <p>[17]</p>	<p>7-9am OpenGym[25] 10-12am Rebounding 12-1 TI Staff 1-3 Yoga/Pilates 5-7 Open Gym</p>	<p>7-9 am OpenGym[26] 10-12 Noon Core Strength 12 -1 pm TI Staff 1-3pm Motivation 5-7 pm Open Gym</p>	<p>7-9 am Open Gym [20] 10-12 Noon Step Aerobics 12- 1 pm TI Staff 1-3pm Heart Health 5-7 pm Open Gym</p>	<p>7-9 am Open Gym [21] 12 Noon Community FEAST 4-5:45 pm Open Gym 6-7:30 pm Inuit Girls & Women in Motion</p>	<p>7-9 am Open Gym [29] 10-12 Step/Yoga 12 -1 pm TI Staff 1-4 pm Elder Gym</p>	<p>1pm—1:45 pm Open Gym 2-2:45 pm Rebounding 3-3:45 pm Yoga/Pilates</p> <p>[30] 7-9 am Open Gym [29] 10-12 Step/Yoga 12 -1 pm TI Staff 1-4 pm Elder Gym</p>

Please contact: Christine, Darlene or Matt @ 613-749-4500, Ext 21, 23 or 30



Tungasuvvingat Inuit

Symptoms of Diabetes - በጥቅም ላይ የሚውሉ ለሌሎች ምልክቶች

BE AWARE THAT YOU MAY HAVE NO SYMPTOMS AT ALL

የህመም ምልክቶች ሊሆኑዎት ሊችሉም ይችላሉ



- Unusual thirst ለጥንቃቄ ወይም ለጥንቃቄ
- Frequent urination ባደገ ገጠሞች ወይም ለጥንቃቄ
- Unusual weight loss ካህን ስብከት ወይም ለጥንቃቄ
- Extreme fatigue ርኅራኄ ወይም ለጥንቃቄ
- Lack of energy ለጥንቃቄ ወይም ለጥንቃቄ
- Blurred vision ርገጥኝነት ወይም ለጥንቃቄ
- Frequent or recurring infections ለጥንቃቄ ወይም ለጥንቃቄ
- Slow healing cuts and bruises የጥንቃቄ ስራ ለጥንቃቄ
- Tingling or numbness in hands or Feet ለጥንቃቄ ወይም ለጥንቃቄ
- Excessive nausea and vomiting ጥንቃቄ ወይም ለጥንቃቄ
- A change in appetite ለጥንቃቄ ወይም ለጥንቃቄ
- Weakness ለጥንቃቄ ወይም ለጥንቃቄ
- Severe abdominal pain ለጥንቃቄ ወይም ለጥንቃቄ

Don't ignore the risk factors or the symptoms. The earlier you are diagnosed, the sooner you can take action to stay well — now and in the future!

ይህን ጉዳይ ለጥንቃቄ ወይም ለጥንቃቄ ለጥንቃቄ ወይም ለጥንቃቄ ለጥንቃቄ ወይም ለጥንቃቄ



National Aboriginal Day History

On June 21st, Canadians from all walks of life are invited to participate in the many National Aboriginal Day events that will be taking place from coast to coast to coast.

June 21st kick starts the 11 days of Celebrate Canada! which includes National Aboriginal Day (June 21), Saint-Jean-Baptiste Day (June 24), Canadian Multiculturalism Day (June 27) and concludes with Canada Day (July 1)!

On June 13, 1996, the Governor General of Canada proclaimed June

21st to be National Aboriginal Day, offering Aboriginal peoples an excellent opportunity to share their rich, diverse cultures with family members, neighbours, friends and visitors.

First Nations, Métis and Inuit people will gather to celebrate and share with spectacular dance, song and theatrical performances both contemporary and traditional that will bring you to your feet!

National Aboriginal Day is a fun-filled day for the whole family to enjoy together.

National Aboriginal Day is an opportunity to learn more about Aboriginal people and their contributions to Canada. Share in the Celebration!

On June 21st, 2011, Inuit with their friends and family are invited to participate in the celebrations surrounding Inuit culture & heritage in celebration of National Aboriginal Day.

Date: June 21st, 2007
Time: Noon – 4:00 PM
Location: 297 Savard Ave.

Tungasuvvingat Inuit will be host to celebrations on National Aboriginal day. The community will have the opportunity to show their skills in drumming, dancing, northern games as well as contemporary games.

The day will be fun filled, and feature a feast; a BBQ for all as well as many delicious foods.

National Aboriginal Day will be a fun filled day for the whole family to enjoy together, so come and join us!



EMPLOYMENT SUPPORT PROGRAM

The Employment and Support Program can be found at 604 Laurier Ave. West. Ottawa, ON.

Open Lab hours may vary due to Statutory Holidays special events ,

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 12:00 OPEN LAB	9:00 - 12:00 OPEN LAB	9:00 - 12:00 OPEN LAB	9:00 - 12:00 OPEN LAB	9:00 - 12:00 OPEN LAB
1:00 - 4:30 OPEN LAB	1:00 - 4:30 OPEN LAB	1:00 - 4:30 OPEN LAB	1:00 - 4:30 OPEN LAB	1:00 - 4:30 OPEN LAB

We are currently accepting scholarship applications for Post Secondary Students for this coming Sept 2011, Dead line to submit the application is Sept 1st 2011

The Employment Program at T.I. can assist you in accessing this funding. Some of the programs available include:

Purchase of Training

The most requested assistance is for computer training but Inuit can seek funding for any kind of training. Purpose of this program is to increase the employability of participants by removing barriers to employment.

Targeted Wage Subsidy

This is an employer-driven initiative. Financial assistance is provided to an employer to hire unemployed Inuit.

Job Creation Partnership

This program is for Inuit who are collecting Employment Insurance. It provides opportunities for unemployed individuals to maintain and to develop skills in order to re-enter the job market.

Visit the [Employment Opportunities](#) page for current employment that are targeted to Inuit or other Aboriginal people.

Employment and Learning Center offers assistance with: finding financial assistance for secondary education, Bursaries, scholarship funds, resume writing, developing cover letters, practice best interviewing techniques and find the employment program also assists in the removal of barriers in the road to long term employment success. These barriers may be in the areas of education, childcare, transportation, literacy and lack of skills or experience.

We advertise monthly events; provide daily news papers, post employment and training opportunities in the resource center. *We have bilingual staff to deliver individual or group Employment & Training related work shops.*

Tungasuvvingat Inuit Employment Program is committed to ensuring the recruitment, training, and employment of Inuit in Ontario. For information on any upcoming workshops please call the Employment Center.

Tungasuvvingat Inuit has recently partnered up with T.A.P.P (The Anti-Poverty Project), they have 12 years of experience in providing technology training, personal and career development training, employment placements, and low cost computers. In partnership we are offering GLO (Growing and Learning in the Office) Program for Inuit, a 10 week Office Administration program with co-op/job placements depending on the wishes of the participants. In addition, we are also offering the Dreamweaver program for Inuit, a personal and career development program to help people move ahead with their lives and develop their potential dreams. Serving to prepare them for gaining employment and focus on their skill development.

If you have any questions please call the Employment and Training Center at (613) 565-5885.



"a place where Inuit are welcome"

Tungasuvvingat Inuit 9th Annual Charity Golf Classic

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**Chateau C artier Hotel Golf Club
Friday July 22, 2011**

1:00 PM Shot gun start

12:00 PM arrival to complete your registration

Practice range available

Individual Golfer: \$150.00

Entry Fee Includes:

- Green fees
- Cart
- Banquet

Corporate Hole sponsorship: \$500.00

Includes: Sign at the hole

Corporate sponsorship: \$1000.00

Sponsorship Includes:

- Registration and banquet
Team of four (4) players
- Green fees and Carts
- Hole sponsor
- Special mention in our event program
- Company logo on the home page of www.tungasuvvingatinuit.ca website

Come join us for a great round of golf and promote your business while networking with other professionals representing various Aboriginal organizations, Government Agencies and the Inuit community.

Contests:

- Putting
- Closest to pin (Male and Female)
- Longest Drive (Male and Female)
- Hole in one

Donations and gifts for the charity auction are welcomed and appreciated.

Registration forms can be found on our website at: www.tungasuvvingatinuit.ca

Further information, please contact:

Jackie Miller, TI-Tournament Coordinator

Email: jacmil@live.ca

Or call

Noodloo Noah, TI-Tournament Admin-support

Phone# (613) 565-5885ext16

