



**"a place where Inuit are welcome"**

# ᐱᑭᑭᑦᑎᑦ Akiurvik

**TI's Newsletter Holiday Season 2008**

## **TI'S DOORS WILL BE OPEN THIS YEAR DURING THE 2008 HOLIDAY SEASON**

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Merry Christmas!

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

In support of our community during the holiday season, TI will be open for community members to gather, and enjoy access to the computer lab, games, movies and traditional foods **daily from 1PM to 4PM.**

The centre will be open on December 22nd, 23rd, 24th, 29th, 30th and 31st as well as January 2nd.

Most programs and community support services will not offered from December 22nd to January 4th but will resume on January 5th.

**Location:** 297 Savard Avenue - access through the Employment and Learning Centre - computer lab.

### **2008 Christmas Programs in Ottawa**

The Salvation Army, Ottawa Booth Centre: 171 Georges St - Annual Christmas meal, open everyone from noon to 6PM on December 13th.

The Mission: 35 Waller St - Free holiday meal from 11:330 to 5PM on December 21, 2008.

Youth Services Bureau of Ottawa, Downtown Services and Drop-In: 147 Besserer St - Youth Christmas Party (12-21) on December 18th at 3pm for a free meal.

Minwaashin Lodge Aboriginal Women's Support Centre: 424 Catherine St, 2nd Flr - December 20th - Traditional Winter Gathering.

### **Christmas Day Dinners**

Shepherds of Good Hope: 233 Murray St, December 25, 2008 at 11:30am to 12:30pm will be serving a free Christmas Day Meal.

Heart and Crown Irish Pub: 67 Clarence St, December 25, 2008 a free Christmas Day Turkey Dinner from 11:00am to 5:00pm.

Elvis Sighting Society: Newport Restaurant, 334 Richmond Rd, December 25, 2008 from 8:00am to 6:00pm will be serving a free Christmas meal.

St. George's Anglican Church: December 25, 2008 will be partnering with Knox Presbyterian Church at the corner of Elgin and Lisgar to offer an all-day Christmas celebration and dinner.

The Knight Enterprises Team Jack Purcell Community Centre, December 24th, 2008 will be serving a free full course Christmas Eve Dinner from 3:30pm to 6:30pm at the Jack Purcell Recreation Centre.



## Contact Information

### Board of Directors

**Acting President:** Looee Okalik  
**Sec.-Treasurer:** Vicky Adams-Besau  
Mary Simon  
Meeka Uniuqsaraq  
July Papatsie  
Sheila Lumsden  
Paani Zizman  
Rhoda Inuksuk  
Alex Taylor

### Tungasuvvingat Inuit Staff

#### Executive, Administration

Executive Director  
Morgan Hare  
Director of Operations  
Jason LeBlanc

#### Counselling Services

Counselling Services Director  
Pam Stellick

#### Community Support

Receptionist-Colleen Arngna'naaq  
Community Support Worker  
Hanna Oolayou  
Community Support Worker  
Pamela Hill  
Inuit Residential Support  
Meeka Papatsie  
Food Bank Distribution & Cultural Education  
Julia Kimmiluardjuk &  
Tim Kadluk

#### Mamisarvik Healing Centre

Program Coordinator  
Ginette Chouinard  
Therapist - Reepa Evic-Carleton  
Therapist - Julia Putulik  
Therapist - Lyn Williams-Keeler  
Stabilization Worker-  
Gordon Johnson

Intake Worker - Vacant  
Assessment Worker - Eva Lucassie  
Aftercare Counselor - Rick Mayoh  
Nutrition Services-  
Dora Delmaire

#### Pigiarnvik Residential Centre

Residential Counselors: Melinda  
Shambare, Juliet Kotierk & Bernie  
Putulik  
Housing Counselor  
Kathy Kilabuk  
Residential Counselor-Nights  
Jeannie Scholfield &  
Shane Turner.

#### Diabetes Awareness & Prevention

Program Coordinator  
Christine Lund

#### Employment

Director of Employment and  
Learning - Barbara Sevigny  
Employment Counsellor  
Joan Cunha  
Computer Lab Supervisor  
Allison Kuniliusee

#### Youth Services

Youth Coordinator - Victoria  
Tagornak

#### Inuit Family Resource Centre

Director of Health, Child and  
Family Services- Pam Stellick/  
Connie Siedule  
Child and Family Programs  
Facilitators- Iga Attagutsiak  
& Eva Kigutaq  
Co-ordinator Pre-postnatal  
Program - Mary Hutton RN

### Addresses & Telephone #'s

#### **Tungasuvvingat Inuit Mamisarvik Healing Centre Trauma & Addictions Program**

604 Laurier Ave. W  
Ottawa, ON K1R 6L1  
ph: (613) 563-3546  
fx: (613) 563-4136

#### **Tungasuvvingat Inuit Community Reception, Commu- nity Liaison Services**

301 Savard Ave. 1st floor  
Ottawa, ON K1L 7S1  
ph: (613) 747-2225  
fx; (613) 747-0629

#### **Tungasuvvingat Inuit Diabetes Prevention & Aware- ness, Administration & Youth.**

301 Savard Ave. 2nd floor  
Ottawa, ON K1L 7S1  
ph: (613) 747-2225  
fx; (613) 747-0629

#### **Tungasuvvingat Inuit Inuit Family Resource Center**

297 Savard Ave.-Main floor  
Ottawa, ON K1L 7S1  
ph: (613) 749-4500  
fx: (613) 749-8713

#### **Tungasuvvingat Inuit, Employment and Learning Centre & computer lab**

297 Savard Ave.-Lower floor  
Ottawa, Ontario K1L 7S1  
ph: (613) 749-9839  
fx; (613) 747-0629

Email: [info@ontarioinuit.ca](mailto:info@ontarioinuit.ca)  
[www.ontarioinuit.ca](http://www.ontarioinuit.ca)



## Program Information

### Programs and Services available from Tungasuvvingat Inuit

#### **Family Resource Centre**

**Health Services:** Acupuncture, Blood Pressure checks & treatment, Blood Sugar Screening & treatment, Fetal Heart monitor, Health Assessment & consultations, Herbal Medicine, Infant Weight monitor, Lymphatic Drainage, Adult Weight Monitor, Wellness Checks

#### **Child and Family Programs:**

CAPC (Community Action Program for children 0-6 years old), Access Visits, Book and Toy Lending Kits, Child Development Programming, Community Garden & Kitchen, Cultural Crafts, Individual and Family Supports, Moms & Tots, Parent Relief, Parenting Workshops, Groups, Special Events.

**Pre-postnatal Program:** CPNP (Canada Pre postnatal Nutrition Program for pre-postnatal moms, dads, and infants up to 1 year old), Birthing Supports, Community Kitchen, Individual Consultation, Infant Massage Instruction, Nutritional Lunch, Educational Workshops, Fitness Groups, Welcome Gift Basket for pre-postnatal program newborns

**Health Research:** Knowledge Translation Project, Pilot CD-ROM of Inuit elder health messages, Project presentations at

conferences in Saskatchewan, Australia, the United States, and Russia, Publications in The Canadian Journal of Public Health, and the Canadian Institute of Health Research KT Casebook.

**\*\*\*Please Note\*\*\***

#### ***Inuit drop-in***

TIFRC is open Monday - Friday for drop-in services from 9:30 to Noon. Drop in services are available to single adults as well as families. During programming hours 1-4:30 TIFRC will be open to participants only as Family programming is scheduled to every afternoon in IFRC, Adults, Parents, caregivers & children are welcome to attend and participate in these programs. For information please call TIFRC at 613-749-4500 ext 22

#### **Employment Support Program**

Counselling and support Job Bank, Resume Writing, Interview Skills, Obtaining funding for Training Programs, Education information, Employment & Training Learning Centre Internet access for email, job searches and employment & learning opportunities.

#### **Diabetes Prevention & Awareness**

Community feasts and activities each month (usually on the 3rd Thursdays of the month), newsletters, program on diabetes in partnership with service providers locally, provincially and federally. [www.inuitdiabetes.ca](http://www.inuitdiabetes.ca)

#### **Counselling Services**

Women's Healing Circle, Annual Inuit Women's Retreat, Assists with N#'s for beneficiaries, Legal support, Monthly legal clinic for community members helps with finding lawyers, assists in court, etc. Helps people with Social Services Medical Referrals, Application assistance to get I.D.cards, Translation support with appointments, Helps find Housing & Shelters, Crisis intervention and short-term counselling & Workshops. The counselling program serves as a liaison between community members and community resources. Weekly food bank services for community members.

#### **Youth Program**

Daily Recreation, cultural and educational activities for 13-25 year old.

#### **Mamisarvik Healing Centre**

Trauma and Addictions services and Sessional programming for clients. Stabilization assistance and Housing support. Continuing care support.

#### **Life in Balance**

#### **Eating Healthy & Being Active**

By Following a healthy lifestyle & Increasing your physical activity, You can help prevent Type 2 Diabetes! and it's health complications!

A financial contribution for this Newsletter was made by the Aboriginal Diabetes Initiative Health Canada



## 5 Weight-loss Myth Busters

You can find weight-loss advice at every turn - but what's true and what's not? Let's explore 5 common myths about weight-loss.

### Myth 1

Men are better at dieting than women.

**Fact:** Men have greater amounts of lean body mass, so they have a higher metabolism and burn more calories, even when they are resting. Men also tend to exercise more frequently than women, which contributes to greater weight-loss success. Women tend to have better knowledge of nutrition and increased awareness of emotional triggers for eating.

**Best plan for success:** Pair up with a partner (M-F) who is also looking to shed pounds. Your combined strengths will lead you to better success.

### Myth 2

Eating slowly helps you consume less food.

**Fact:** How fast we eat our food has not shown to affect how much we eat. The sense of “fullness” varies from person to person, some being able to sense they are full in as little as 15-20, however some are slower to sense their fullness - up to an hour or more!

**Best plan for success:** Plan your meal with portions that satisfy, and are within recommended portions by the Canada Food Guide. Eat at a rate that maximized YOUR enjoyment of food.

### Myth 3

Drinking a glass of water before a meal helps fill you up so you eat less at mealtime.

**Fact:** Although it's important to drink enough water, don't count on it to curb your appetite.

**Best plan for success:** It has been shown that meals that contain a lot of water (soup, stews etc...) tend to fill you so you eat less throughout the entire meal.

### Myth 4

Carbs are fattening

**Fact:** Everyone is different, and cutting carbs from your meal will result in initial weight loss, however studies have shown that the loss may be due to the cut in portion sizes of some carbohydrate rich foods, such as bagels and muffins. When people return to their “regular” eating habits of these foods their weight will again reflect their consumption.

**Best plan for success:** Everyone has individual and specific dietary needs. Talk to your health care provider to develop a meal and exercise plan that meets your unique needs.

### Myth 5

Eating late at night packs on the pounds

**Fact:** Scientists have found that eating at night rather than during the day has little, if any impact on our weight. The extra pounds are evident if we continue to eat into the night - beyond our recommended daily intake.

**Best plan for success:** If you enjoy a snack in the evening, plan your eating during the day, check your portions and ensure that you have portions remaining for the evening snack from your recommended daily intake of foods.

Source: BHG - diabetic living

### Eating Well with Canada's Food Guide

#### First Nations, Inuit and Métis

A range of evidence helped to shape the revised Food Guide. Nutrient standards and the prevention of chronic disease were key scientific inputs.

This reference guide can be customized to meet your individual needs. When making your meal plan, discuss your unique and individual needs with your health care provider to develop a plan that is specifically tailored to you.

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>





## A Generation in Peril!!!

### Recent report from the Heart and Stroke foundation sites “A generation in Peril”

The health issues of today foreshadow the health crises of tomorrow. And one of the most significant issues we face today is the threat that obesity poses to our children.

The alarming fact is that childhood obesity rates in Canada have tripled over the past 15 years, and today 28 per cent of children in Ontario are overweight or obese. Not only are today's children at risk, but this alarming trend also signals an imminent health crisis as these children become adults.

**The magnitude of this emerging health crisis is irrefutable. The health risks to overweight and obese children include heart disease, high blood pressure and Type 2 diabetes.**

Even now, health practitioners are seeing these diseases and their symptoms in children and youth long before these adult diseases are typically diagnosed.



#### Consider these facts:

- More than half of Canadian children between the ages of five and 17 aren't active enough to support optimal health and development.

**Children need to be active 60 to 90 minutes a day, most days of the week.**

- Less than 50% of Canadian children walk to school.
- Only 25% of children are meeting Canada's Food Guide recommendations for servings of grain products per day.
- Only 50% of kids are getting the minimum number of servings of vegetables and fruit per day.
- all children are spending too much time in front of screens.

Getting Ontario's children healthy and active is a responsibility we all share. Our society's well-being is inextricably linked to the health of future generations.

**Healthy eating and increased physical activity are the best solutions to the growing epidemic of childhood obesity**

Making a change for your kids  
Look around your community.  
What does it need to get kids more active and healthier?  
Speak out on their behalf - and start to create change.

#### Facts and Tips

- Parents may live longer than their children
- 28% of kids in Ontario are overweight or obese, and it's not their fault
- Kids have 3 times greater risk of high blood pressure than kids 20 years ago
- Parents care more about their children's school grades than heart disease
- If we stop obesity there will be 1.8 billion dollars saved in health care expenses
- Only 1 out of 10 kids is fit
- 9 out of 10 parents THINK their kids are fit
- Inactivity makes kids decades older
- Too much screen time means game over for our children's health
- Healthy foods feed my whole body
- Build a child a sidewalk and they will walk to school
- School cafeterias need an urgent health check
- Everyone needs to help - Parents, teachers, industry & political
- We should all get in the game
- Healthy living is smart, kids school grades reflect their health
- Let the TV eat by it's self, kids are better off eating with their families
- Race with your kids and leave the car at home.
- Eat well, get active and live longer
- All kids have a right to grow up healthy

For more information and the full report visit:

[www.heartandstroke.on.ca](http://www.heartandstroke.on.ca)







**IFRC Pre-Post Natal Program & CAPC program**

The pre-post natal program and the CAPC program continues to run four (4) days per week.



**Mondays** we will be holding a parenting program where parents will have the opportunity to discuss ideas and topics of their choosing.

**Tuesdays** nutritional lunch, educational workshops - enjoy a nutritional lunch with other expectant mothers, and new moms while educational workshops are given to address some basics of childcare, health and development;

**Wednesday's** we will be offering parent relief from 12:00 to 3:00 PM

**Thursdays** community kitchen - an open opportunity to participate in the creation of a healthy meal, bringing home the knowledge and tools to recreate this; We will also be holding sewing classes from noon to 3:00PM.

**Fridays** infant massage & Blood Pressure and Blood Sugar health check with one on one counselling - learn to massage your baby and understand the benefits your baby gets from this sensory massage;

**Health Care Services**



Blood pressure, blood sugar checks & referrals, fetal heart monitoring, health assessment & consultations, herbal medicine, infant and adult weight monitoring, lymphatic drainage, and wellness checks are available at the Inuit Family Resource Centre. Call Mary or Eva 749-4500 ext 31, 29 or email [prepostnatal@ontarioinuit.ca](mailto:prepostnatal@ontarioinuit.ca), [familyservices@ontarioinuit.ca](mailto:familyservices@ontarioinuit.ca) for more information, to book an appointment time, or for walk-in clinic hours.



**IFRC CAPC Program**

The Community Action Program for Children (CAPC) is regularly open five days per week, Monday to Friday. Programs and services offered include access visits, advocating for parents, book and toy lending kits, child development programming, community kitchen, cultural crafts, parent and child reading & craft activities, individual and family supports, moms and tots, parent relief, parenting workshops, groups, and special Saturday events. Call Iga, Eva at 613-749-4500 ext 30, 29 or email [familyservices@ontarioinuit.ca](mailto:familyservices@ontarioinuit.ca).



**IFRC Drop-in**

The drop-in at IFRC is open from 9:30 AM to 12:00 noon. IFRC will only be open for participants of programs from 1:00 to 4:30PM. We would ask that you please utilize TI's other facilities during our program time. Please note that the Employment and training lab is open daily for services and individuals are welcome to drop by and use their services.

**Community Feast & Gathering!**

The community feasts continue throught the winter. The December feast will be held on the 18th. From Noon to 2 PM. Our Elders will be served first, then individual will be served on a first come first served basis. This is a time for community, sharing, and family enjoyment.

\*\*\* **Reminder** \*\*\*

The feast is a gathering of families. With respect to each other and to our families we would like to remind people that *those who are under the influence of alcohol or substances will not be served and will be asked to leave the facility.* **We appreciate your cooperation in making this experience a positive one for all involved.**



**Looking for individuals between the ages of 15 & 29!!!**

During the past 3 months the youth have done a lot of fun and exciting activities such as; Youth hip hop dance classes which began September 23rd up until November 25th. During these times the youth have learned 3 routines

and had an opportunity to perform in front of a crowd. It kept them fed, active and out of trouble.



Two of the youth who attend the youth program got to perform some throat singing at the Parliament Hill Senate Chambers. We demonstrated drum dancing at the Canadian Armory for the World Diabetes Day. Inuit youth held a key position the “sogo active” presentation, an event to launch the Olympic torch bearing selections. This event was held at the Odawa Native Friendship Center where youth did a demonstration on Inuit games, drum dancing and throat singing. If you are interested in being considered to carry the Olympic torch log on to: <http://www.sogoactive.com/youth/index.jsf> for more information. On November 25th the Ottawa Chief of police Vern White was a guest speaker. Chief White spoke to us, motivational speaking for youth.

**Community Support**

Do you need help to get your N# (Non insured health benefits number) or your membership for beneficiaries (Nunavut, Nunatsiavut) or are you completing community-service hours and would like some help? Call us at 613-747-2225 or visit us at 301 Savard Ave.

**JANUARY 2009**

January 2009 will see the start of new youth programs and events. Some the activities that have been confirmed are: tea time with our elders, Inuit mural creation for the Canadian Diabetes Association, culture learning activities such as throat singing and drumming, martial arts. We are planning a special outing every 2nd Saturday with alternative Saturday's for in-house activities.



**Inuit Cultural Programming beginning in January 2009**

Effective January 6, 2009 the Cultural program will be holding an elders tea each Tuesday, beginning at 1:00PM. Elders, including Susie Singorie will be leading this program and share her Inuit knowledge. All ages are welcome to attend. Sewing classes will begin on January 7th and will be held each Wednesday and Friday from 1:00 - 4:00PM. This program will run from January to March 2009 with Malachi Kigutaq as instructor, sharing her knowledge of patterns and materials used for traditional clothing. Single parents and their children are invited to attend each Saturday from 1:00-8:00. For more information please contact Julia Kimmaliardjuk at 613-747-2225- ext 14

**Mamisarvik means “A place of healing.”**

**Exciting Times for  
Tungasuvvingat Inuit’s  
Mamisarvik Healing Centre**

TI has purchased a new, expanded facility for Mamisarvik, the nationally recognized and respected, Inuit-specific, mental health and addiction treatment program in Ottawa. The program will be moving into the former Larga Baffin site on Russell Rd., near Elmvale Shopping Centre, during the spring of 2009.

Mamisarvik guides Inuit men and women 18 years and older to healthier lifestyles by helping them overcome dependency on drugs and alcohol and by nurturing recovery from physical, sexual and emotional abuse. The holistic program in Ottawa assists Inuit (both locally and nationally) in a culturally and linguistically appropriate setting. It also focuses on the legacy of residential schools and forced relocation in a safe, caring and confidential environment.



Mamisarvik’s Pigiarnik House residence has been sold to the John Howard Society, which serves men involved in the justice system. Funds from the sale will go toward renovations at T.I.’s other facilities including the new Mamisarvik location, which will include the addition of new second-stage housing for those who have completed treatment at Mamisarvik or another treatment centre.



One building at the new site is expected to include 12 beds in the intensive, residential treatment program. The duplex next door will be renovated to provide 10 to 12 beds for single women and men for supported living following intensive treatment.

Mamisarvik’s next eight-week treatment cycle is scheduled to begin in late January, 2009. It will be a day treatment cycle for Ottawa clients and the next residential treatment cycle will be conducted in the new location this spring.



Plans are underway for Mamisarvik pre-treatment and continuing-care groups and Mamisarvik’s stabilization worker, Gordon Johnson, is collaborating with TI’s Employment Resource Centre in facilitating a new weekly group involved with setting goals (including employment and training) and removing obstacles to achieving them.





**Mamisarvik means “A place of healing.”**

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“A place of healing.”**

If you are feeling sick and tired of feeling sick and tired because of issues arising from trauma and addiction, Mamisarvik Healing Centre can help you transform your life.

Mamisarvik believes in a flexible, bio-psycho-social model of treatment in which individuals can and will become responsible for their own recovery. Harm reduction and abstinence are among the many choices offered.

A complete course of intensive treatment followed by continuing care may span two to three years, depending on individual needs. The Mamisarvik staff, guided by director Pam Stellick and coordinator Ginette Chouinard, is predominantly Inuit and has steadily grown to 17 dedicated workers, who are there to walk with the individual throughout the personal healing process.



If you want to set new goals and make the changes necessary to reach them, Mamisarvik offers both eight-week residential and day-treatment programs.

Twenty-four-hour supervision is provided by staff sensitive to the needs of recovering people.



Clients learn to love themselves and create unforgettable lifetime bonds with others through group and individual therapy.

The entry process begins with screening and completion of the application package to collect information on clients’ immediate needs. Then a professional, comprehensive, standardized 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 and identifies barriers and readiness for change. Some clients may require individual counselling alone.

Case management begins with individual counselling sessions, followed by pre-treatment group and individual sessions to prepare the foundation for the eight-week intensive residential and day programs.



Group therapy and individual counselling are the main engines of the intensive treatment programs and are provided in both Inuktitut and English by an experienced, committed, non-judgmental staff.

Also featured during intensive treatment are the assigning of a primary worker for each client, the involvement of elders, powerful Inuit history, a three-day therapeutic wilderness retreat at beautiful Gracefield, Que., on the Trans-Canada Trail and a full-time cook providing nutritious meals that includes Inuit country food. Primary workers provide case-management services, individual counselling and help implement continuing-care plans.



**Mamisarvik means “A place of healing.”**

Trauma and addiction therapy, assertiveness training, yoga and art therapy are other important elements of treatment. Therapeutic cultural, recreational, self-support and life-skills activities are scheduled in the community during evenings and weekends. There is always plenty of fun and laughter, as well as healing work and tears.



Individual continuing-care plans (which include relapse prevention) are developed during intensive treatment to help clients build the capacity to continually expand the development of healthier lifestyles.



That development is then further enhanced and supported by on-going, individual and group counselling sessions facilitated by a continuing-care counsellor, following the completion of intensive treatment.

Mamisarvik staff members are also dedicated to the areas of stabilization, community support, Ontario Works and housing. Family and couples counselling also are available.

Recent additions to the staff include sessional residential counselors Juliet Kotierk and Bernie Putulik. Meeka Papatsie is the new Resolution Health Support Worker, providing support for former residential school students and their families in the community and in the Mamisarvik program.

Mamisarvik offers four intensive, eight-week, treatment cycles each year and has served more than 300 Inuit during 18 cycles since the program began in 2003.

A telephone call to intake and assessment worker Eva Lucassie at 613-563-3546, ext. 11, or an e-mail to her at [intake@ontarioinuit.ca](mailto:intake@ontarioinuit.ca) is all it takes to launch your healing journey at any time.

The Mamisarvik Healing Centre team wishes you all a happy and safe holiday season and all the best for 2009!



*Seasons Greetings*

Written by: Rick Mayoh  
MHC Continuing Care Counsellor



