



# Maadjitawin—a new beginning

## *Booshoo,*

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### Something to think about:

There is positive and negative energy not only within the world but within us. When we put out negative energy we also draw it back into us. It does no good and harms only ourselves.

Positive energy brings positive back into our lives. The trick it seems to living a good life, if you can call it a trick, is to not get drawn into the negative energy but surround ourselves in the positive. Be with positive people and believe positive thoughts and life will move as it should.

Zhaa Aankwad Kwe miinawa Carrienne Agawa dishnikaaz. MichigeeN dodem. Waaskinigaa doongeba. My spirit name is Yellow Cloud Woman and I am from the Turtle Clan. I come from the Land of the Birch trees known as Birch Island, located near Manitoulin Island. I am Pottawaatami.

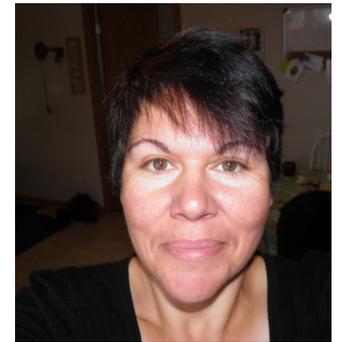
I was hired in January of this year as the Social Services Supervisor. I carry with me Western knowledge but most importantly knowledge/teachings about our culture and the traditions we carry as a people.

I have two teenaged children, who from the moment they

were born, have taught me more about myself and the teachings than I could have ever imagined.

I am a survivor of many things and breast cancer is one of them. I was gifted with Cancer and have used that gift to help others and to truly live my life.

I am a certified fitness instructor, zumba instructor, and a long distance runner. I believe in order to be whole we must balance not only the mental, spiritual and emotional aspects of our beings but the physical part as well. Often we forget this aspect when dealing with mental health yet we need this piece for the overall balance of



our beings. When we are sad it is not just the emotion we experience in our mind; we feel it also in our body.

A few of the services I offer are: counseling, advocacy around child welfare, traditional teachings around mental health and addictions, and fitness for overall well-being.

You can contact me at 229-1836 x606 or by email at [carrienne.agawa@picriver.com](mailto:carrienne.agawa@picriver.com).

## *Our First Newsletter!!!*

What an exciting time it is! Summer is upon us and with that comes more socializing, physical activity, and more time out in the sun. Children will soon be finished school and vying for their parent's time and attention. It can be a challenge to figure out what to do for the kids and yourself during the summer.

In the newsletters to come you will find tools, teachings and events that you can use within your life. You

will also find information about our Social Services team and the services we offer.

We plan on publishing this newsletter quarterly with the seasons and welcome any ideas/suggestions on topics that you may want to know more about.

There will also be a section in the newsletter that will be dedicated to community members who want to submit an article/writings or teachings. If you wish to

submit something, please email me at: [carrienne.agawa@picriver.com](mailto:carrienne.agawa@picriver.com)

We hope you enjoy this newsletter. You may also find information about our events/happenings on facebook by looking up and liking Pic River First Nation Social Services.

Baamaapii GaaWaabimin



## Tove Desmoulin, Family Support Worker

In August it will be 10 years since I landed in Canada and met the wonderful people of Pic River First Nation for the first time and my husband-to-be.

I have been working as the Family Support Worker at the Health Centre for six years and I have learned a lot, especially that each day is never the same.

I work with the Social Services team which consists of Carriane Agawa, Social Services Supervisor, Nicole Desmoulin, Recreation Coordinator and Joyce Harasym, Addictions Worker. Together we work towards a holistic approach in the area of Social Services.

I also work with partners such as Dilico in the areas of Mental Health and Addiction Services. Through partnering with Dilico we have been offering Triple P Parenting program-

ming, the Structured Relapse Prevention program and the Girl Spoken program (for female aboriginal high school students). We are now in the process of planning other programs in conjunction with other agencies.

I am available for one-on-one counseling or if you just want to visit and talk about issues around parenting and healthy living. If you can't come to the office, call and we can arrange for home visits in advance.

Other services I provide are:

- One-on-one parenting training
- School programming (Second Step)
- Friendly visits to elders and shut-ins.
- As the Band Rep I accompany Dilico on home visits to

advocate for the client, child and community.

- Referrals to other services, agencies or programs.

Starting June 18, the 50+ group will meet only once every Tuesday at 1:15pm at my place (19 Bear Paw Trail), Clinic board room, park or beach depending on what is agreed upon. After Labour Day we will go back to Tuesdays and Thursdays at the Youth Centre.

I will be doing presentations at the Day Camp during the summer, home visits, workshops and a girl's 4 day camp outing at Lake Helen (in July).

Other groups and activities/ events starting in late summer are :a Women's Group, Men's Group, Youth Club, and Community Yard Sale with a Fashion Show. More info will be posted on the community channel.



## Fetal Alcohol Spectrum Disorder (FASD)

### What is FASD?

- The term is used to describe the mental and physical birth defects caused by the fetus being exposed to alcohol in the womb.
- This term covers the various forms of damage to the fetus caused by a mother drinking during pregnancy.

### Signs and symptoms.

#### Babies:

- Irritability
- Weak suck

- Problems eating and sleeping
- Delayed development
- Poor motor control.
- Tremors
- Failure to thrive

#### Preschool.

- Hyperactivity
- Attention problems
- Difficulty understanding what they see and hear
- Language problems
- Poor coordination

#### School age.

- Hyperactivity
- Attention deficit disorder
- Learning disabilities
- Language problems
- Poor impulse control
- Problems with math and numbers
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"let us put our minds together and see what life we will make for our children" Sitting Bull

## Joyce Harasym, Addictions Worker

I have recently been hired as the Addictions Worker and look forward to working with the community of Pic River.

Addiction has touched my life and has been a part of my life since I was 11 years old and because of my experiences I have moved in the direction of helping people who are struggling with addiction. I started my career as a Paramedic and was one for approximately 17 years. Because of my personal

experiences, I decided to go back to school to learn more about addictions and to work within that area.

I currently live in Marathon and have lived there for 21 years, have a husband and two grown sons, a daughter –in-law and 3 beautiful grandchildren. Some of the services I provide are:

- Referrals to treatment centers
- Counseling on addictions
- Life skills
- Positive living
- Intake, screening and assessments
- Client advocacy
- Crisis intervention
- Workshops/series on addiction issues



## What is a “Dry Drunk?”

A Dry Drunk is a condition NOT a person.

A Dry Drunk is described as someone who fits one of two definitions:

1. The person has given up the substance, but they have not made any internal or emotional changes. Their attitudes and behavior remain the same with the only difference being that the substance is gone.
2. The person has stopped using a substance and is on a path to recovery, but then slowly returns to chaotic and unrealistic thinking.

Dry Drunk behavior can also be the beginning of someone relapsing. It is a feeling of restlessness, irritability, and discontentment.

Some common attributes of a Dry Drunk are:

- Grandiosity or being self centered
- Impulsive
- Judgmental (being judgmental of others is a low self-esteem generator)
- Complacent (become disinterested in recovery)
- Restless, irritable, discontentment
- Bored, dissatisfied, easily distracted
- A feeling of listlessness, dullness, nothing excites us anymore
- Recall the good old days, but forget about the pain and shame of our using
- We think we can just have one (magical thinking)
- We are not thinking about improving our thoughts at this time
- We become unfulfilled and yearn to be satisfied and over compensate with eating/other addictions

Your attitude affects how you think and how you behave. Some of the destructive patterns and actions that can result from Dry Drunk thinking are:

If you would like to learn more about “Dry Drunk” symptoms and coping skills, or if you would like more resources or information on this topic, please give me a call at 229-1836 ext. 604 or drop in and see me at Pic River Health Center.

Additional information you may want to check out in regards to the topic of dry drunk is: <http://addictionrecoverybasics.com/what-is-a-dry-drunk/>

**“When temptation comes, I don’t say “yes” and I don’t say “no”. I say “later”. I just keep walking the Red Road—down the middle. When you’re in the middle, you don’t go to either extreme. You allow both sides to exist.”**  
Ehanamani, Lakota



## Nicole Desmoulin, Recreation Coordinator

Greetings from Recreation!

Boozhoo, as many of you know, my name is Nicole Desmoulin. I work here at the youth centre, as the Rec coordinator. When I'm not at the centre or working evenings, you can find me out walking my dogs or enjoying a relaxing, calm canoe ride. I'm a fan of the great outdoors, camping and exploring Mother Nature's

at its' finest. As the weather gets warmer and summer approaches, the youth and I will be outdoors more enjoying lots of baseball, soccer and volleyball.

I hope the community will take the time to join us, perhaps in a friendly game of baseball, volleyball, bocce ball, and maybe a hike or two. We are slowly trying to involve and wel-

come all ages into our evening and weekend programming. The recreation calendar can be seen at the band office, outside the recreation center, at the health center and online at the Social Services facebook page. If you want or need any more information on volunteering or suggested programming, feel free to drop a message nicole@picriver.com or call 229-3699.

## Why is Physical Activity Important for all Ages?

### Being physically active can help you:

- Increase your chances of living longer
  - Feel better about yourself
  - Decrease your chances of becoming depressed
  - Sleep well at night
  - Move around more easily
  - Have stronger muscles and bones
  - Stay at or get to a healthy weight
  - Be with friends or meet new people
- Enjoy yourself and have fun

### When you are *not* physically active, you are more likely to:

- Get heart disease
- Get type 2 diabetes
- Have high blood pressure
- Have high blood cholesterol
- Have a stroke

Physical activity and nutrition work together for better health.

Being active increases the amount of calories burned. As people age their metabolism slows, so maintaining energy balance requires moving more and eating less.

### Some types of physical activity are especially beneficial:

- *Aerobic activities* make you breathe harder and make your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity. Vigorous activities take more effort than moderate ones. For **moderate activities**, you can talk while you do them, but you can't sing. For **vigorous activities**, you can only say a few words without stopping to catch your breath.
- *Muscle-strengthening activities* make your muscles stronger. These include activities like push-ups and lifting weights. It is important to work all the different parts of the body - your legs,

hips, back, chest, stomach, shoulders, and arms.

- *Bone-strengthening activities* make your bones stronger. Bone strengthening activities, like jumping, are especially important for children and adolescents. These activities produce a force on the bones that promotes bone growth and strength.

*Balance and stretching activities* enhance physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, martial arts, and t'ai chi

Within our community there are fitness instructors that offer various exercise programs. Tammi Shaw offers Yoga and Urban Poling, and Carrienne Agawa facilitates a Boot Camp, Aerobics, Zumba and a beginners running group. Check the Pic River Health site on facebook for more details.

"Avoiding danger is no safer in the long run than outright exposure...life is either a daring adventure or nothing" Helen Keller