



**National
Indigenous
Diabetes
Association**

**Association
nationale
autochtone
du diabète**

Summer 2020 Newsletter

**T.E.N
(TRUTH EMPOWERING NATIONS)
DIGITAL HUB**

**GOD'S LAKE FIRST NATION
COVID-19 QUARANTINE
SOCIAL MEDIA ACTIVITIES**

**INDIGENOUS DIABETES
HEALTH CIRCLE
PROGRAMMING DURING COVID-19**

**MB FNIHB NUTRITIONISTS
COMMUNITY NUTRITION
CONNECTIONS NEWSLETTER**



FEATURES

- 04 T.E.N Truth Empowering Nations Digital Hub**
by Tia Kennedy
- 05 God's Lake First Nation COVID-19 Quarantine Social Media Activities**
by Robert Ogemow
- 06 Indigenous Diabetes Health Circle Programming During COVID-19**
by Kathleen LaForme
- 08 Manitoba Region FNIHB Nutritionists' Community Nutrition Connections Newsletter**
by MB FNIHB Nutritionists
- 15 Sample of NIDA's Gifts From Our Relations Booklet**

NIDA newsletters are distributed on a bi-monthly basis. The next newsletter will be September 21, 2020, with submission deadline of September 11, 2020. We welcome submissions related to all things related to wellness of First Nations, Inuit and Métis Peoples.

Please send submissions to
executivedirector@nada.ca

Cover photo by Brendon Ehinger, taken from NIDA's Gifts from Our Relations booklet. Inside cover photo by Thomas Lardeau on Unsplash.

Message from the Executive Director

Happy Summer!

On behalf of the National Indigenous Diabetes Association Board of Directors and staff, we wish everyone good health and hope you are all doing well through these interesting times.

We have some great submissions this newsletter. The crew at Truth Empowering Nations has shared about their digital hub and support for Indigenous youth. Our colleague Robert Ogemow has shared with us what his community has done in social media activities during COVID-19 quarantine. Indigenous Diabetes Health Circle has been creating a lot of online content during the quarantine and have shared that with us. Our nutritionist friends at the FNIHB Manitoba Regional office have started a newsletter called "Community Nutrition Connections", which they have shared with us and is included in its entirety. Lastly, we have included a sample page from our new booklet featuring original/traditional foods of Turtle Island, titled "Gifts From Our Relations". An English PDF is available online at [Original Foods Guide](#) and print versions should be available soon.

We welcome submissions related to all things related to wellness of First Nations, Inuit and Métis Peoples... diabetes and healthy-living, Aboriginal Diabetes Initiative, seasonal recipes, seasonal physical activity, kids' activities, eye care, physical activity, foot care, mental health, food sovereignty, food security, nutrition, research, community and personal success stories with diabetes management and prevention.

We would like to sincerely thank all our contributors for sharing the included articles with our readers!

All my relations,
Jeff LaPlante
Executive Director

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T.E.N (Truth Empowering Nations) Digital Hub

The T.E.N *(Truth Empowering Nations)* project intent is to provide self-awareness, self-growth and self-expression through various Indigenous cultures, teachings, ceremonies and genres of music, arts and dance.



This program is for marginalized, Indigenous youth; teaching them about emotions, triggers, and feelings, providing support while they work through their struggles, and obstacles in life.

T.E.N aims to impact mental health, the justice, child welfare and educational systems with innovative methods and teachings that promote prevention, healing, change and growth. We empower youth to walk more balanced paths mentally, emotionally, physically and spiritually. Creating more mindful leaders and pillars in our communities. Through donations and fundraising we are able to give back to people within the community by donating art kits, garden kits, and more.

The T.E.N Project teaches the Indigenous youth through 4 core principles:

- * Awareness: to be self-aware of our history and strengths by understanding the many different dangers and supports in Society.
- * Culture: to re-root to traditional roles, responsibilities, utilizing Indigenous teachings, medicines, and ceremonies.
- * Empowerment: to practice mindfulness

grounding, healing while growing mentally, emotionally, physically and Spiritually.

- * Resilience: to increase self-love, esteem and acceptance while decreasing vulnerability and becoming leaders in our families and communities.

There are various challenges available for the youth to participate in and to enter in draws for different prizes like v-bucks, cash, gift-cards, gift baskets and more. We invite youth from all walks of life to contact us info.yotuni@gmail.com if they want to share a video. The TEN Digital Hub is based on Indigenous ways and storytelling through digital outlets.

Our priority is to have a space for the Indigenous youth, bringing back our Indigenous teachings, language and cultures, as well as creating a safe and inclusive space where we can all share, learn and grow together physically, mentally, emotionally and spiritually, all around the world.

We will be starting our online summer camp July 10th and look forward to empowering our youth during this time.

Our goal is to keep youth connected, and in some cases reconnect them, with culture and teachings on how to heal. T.E.N. acts as a connection for youth to their family, to their roots, and to their community.

You can visit our website at truthempoweringnations.com, like us on YouTube and Facebook at Yotuni CI or follow us on Instagram [@yotuni.ci](https://www.instagram.com/yotuni.ci)



submitted by Tia Kennedy

God's Lake First Nation Covid Quarantine Social Media Activities

During the Covid Quarantine various Health Staff organizations held various activities through online social media to keep everyone busy and to keep their spirits up. The turnout was very positive and people were very creative. Hats off to all Health Staff that were involved with the activities and the participants. Great job.

The videos that were taped can be seen on our health website <https://www.facebook.com/groups/157614060931801/>

Once we were allowed back to work, we continued trying to host little activities following the guidelines that the Pandemic Committee had set in place.

As soon as the snow disappeared gardeners picked up seeds at our Office and came to borrow our tiller. This year I hope it becomes a nice harvest for everyone despite the late start.



submitted by Robert Ogemow

IDHC Programming During COVID-19

The Indigenous Diabetes Health Circle is continuing to promote diabetes awareness, education, management, and resources for our Indigenous Communities.

Since COVID-19 hit, we've had to adapt and be creative in reaching our communities to promote healthy living and diabetes wellness.

Like many organizations we've turned to the internet with virtual presentations and created videos and webinars for outreach, from a fitness series, cooking demo's, importance of connecting to our culture, taking care of our feet and much more.

We aim to encourage holistic healthy living for all around wellness, type 2 diabetes prevention, and good diabetes management. Feel free to 'like' and 'share' our page for your clients and community members to gain access to the info and knowledge that is being shared.

Please visit our Indigenous Diabetes Health Circle Facebook page <https://www.facebook.com/IDHCHealth> which is continually updated with numerous resources from IDHC and other sources pertaining to holistic health and wellness from an Indigenous perspective.

Our most recent webinar was really creative and innovative – **Virtual Reality & Diabetes: Men's Health**

Here are some of the links to our YouTube videos for quick access and sharing:

[Wellness Time Capsule - Cody McGregor, May 2020](#)

[Family Nutrition Journal - Cody McGregor, April 2020](#)

[Eco Scavenger Hunt - Cody McGregor, May 2020](#)



Wellness Time Capsule by Cody McGregor

[Dorothy Tayler - Balanced Self Care in Traditional Knowledge](#)



Webinar 2 Balanced Self Care in Traditional Knowledge

[Video 1: Agadon'he' Introduction](#)



Agadon'he' Video 3 Everyday Stretches for Muscles

IDHC Programming During COVID-19

[Video 2: Warm-Up Movements](#)

[Video 3: Everyday Stretches for the Muscles](#)

[Video 4: Upper Body Strength Level 1](#)

[Video 5: Lower Body Strength Level 1](#)

[Video 6: Core Strength Level 1](#)

[Corn Bread, Laura's Cooking Kitchen](#)

[Homemade Hummus](#)

[Granola Bars, Laura's Cooking Kitchen](#)

[Spaghetti Squash Fritters, Laura's Cooking Kitchen](#)



Chef Laura Lenson's Spaghetti Squash Fritters

[Banana Pancakes, Laura's Cooking Kitchen](#)

[Serbian Cabbage, Laura's Cooking Kitchen](#)

[Cheesy Chicken & Broccoli Casserole, Laura's Cooking Kitchen](#)

[Chickpea Curry, Laura's Cooking Kitchen](#)

[Building a Cold Frame - Lindsey Cosh, May 2020](#)

[Diabetes and Your Feet WEBINAR - IDHC May 7 2020](#)



Building a Cold Frame Presented by Lindsey Cosh

[Reflections on Land, Air, Water & Sun - LAWS, NIDAD May 2020](#) (In honour of National Indigenous Diabetes Awareness Day 2020)

<https://www.facebook.com/IDHCHealth/videos/3263456667047183/>

You can also search and subscribe to our [YouTube channel](#), and check out our website at www.idhc.life



JUNE 2020

COMMUNITY NUTRITION CONNECTIONS

BROUGHT TO YOU BY THE FIRST NATIONS AND INUIT HEALTH BRANCH MANITOBA REGION'S NUTRITIONISTS



Alfred's garden, a community success story.



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

Brought to you by the First Nations and Inuit Health Branch Manitoba Region's Nutritionists



Welcome to the first edition of our Manitoba Region Nutrition Newsletter. This quarterly newsletter will provide community workers with nutrition information, ideas on how to teach nutrition in communities, healthy and tasty recipes and most importantly, community success stories. If you have a community success story that you would like to share in this newsletter, please email it to Brigitte Pereira at: brigitte.pereira@canada.ca.

We wish you a healthy and safe summer!

Sincerely,

The FNIHB Manitoba Region Nutritionists: Jessica Almeida, Lora Montebruno-Myco, Natalie Wowk-Slukynsky and Brigitte Pereira



Jessica Almeida



Lora Montebruno-Myco



Natalie Wowk-Slukynsky



Brigitte Pereira



Community Success Story

PINAYMOOTANG'S COMMUNITY GARDENS

Alfred Pruden has been working as Pinaymootang's ADI worker for the past 15 years. He has also been gardening since then, with much success! However, due to COVID-19 everything is different this year, including how Alfred runs his ADI program and specifically his community gardening project.

To encourage community members to continue to garden, but while still respecting the socially distancing guidelines, Alfred put together 80 gardening packages for community members. His gardening packages included seeds, labels and instructions on how to plant the seeds. He then left them at the front of the health centre (behind a plexiglass) and called community members encouraging them to pick up a package.

Alfred is expecting to see approximately 100 community gardens in Pinaymootang this year. Many community members will use the gardening packages that Alfred put together, but there are also community members who no longer need his support, which is great news to Alfred. Some community members are buying their own tillers and other gardening tools, allowing them to have bigger and nicer gardens.

Alfred also promotes traditional medicines such as chaga and muskeg tea. He teaches community members how, where and when to pick the medicines, as well as how to prepare the medicines for use, all while socially distancing!



Alfred Pruden Pinaymootang's ADI Worker



Alfred's garden in past years.

Be active as a family this summer!



- As a family agree to be active together.
- Come up with a list of activities that you would like to do.
- Have everyone, kids too, provide their suggestions for activities.
- Plan to do one activity on that list as a family every week.
- If you cannot do one activity weekly, start by doing one activity each month.

Tips to start a community garden

- Talk to and learn from Elders about gardening.
- Find people who are interested in learning to grow gardens.
- Host a community gardening workshop using local resources to share knowledge about gardening.
- Each gardener can teach another person about gardening.
- Get support from Chief and Council.
- Involve youth in your gardening project.
- Ask your local store to sell gardening supplies.

The Basic Garden Manual for Northern Manitoba provides detailed information on when, where and how to garden in Manitoba. For a copy of this manual, visit:

[The Basic Gardening Manual for Northern Manitoba.](#)



Do you need support with starting a food security project in your community?

Karen Flett is Manitoba's First Nation Food Security Coordinator. She works for Four Arrows Regional Health Authority's Kimeechiminan (Our Food) Program, and provides support and advice to all Manitoba First Nations communities and tribal councils. Karen can provide training and share knowledge around starting or maintaining community gardens and raising chickens.

You can contact Karen by calling: (431) 338-3045 or emailing her at: kflett@fourarrowsrha.org.



Nutrition for our immune system

Good nutrition plays an important role in supporting our immune system. Although it is too soon to link COVID-19 with specific foods or nutrients, we do know that vegetables and fruit provide nutrients like beta-carotene, vitamin C, and vitamin E. These nutrients can boost our immune function and support the body's natural immune response.

Canada's Food Guide recommends filling half your plate with vegetables and fruit, but this can be challenging for families due to high costs, lack of availability of fresh produce, and food aversions.

Summer is a perfect time to commit to eating more vegetables and fruit. Not only are seasonal vegetables and fruit more flavourful, they tend to cost less and are easier to find in local stores.



Remember that fruits and vegetables lose vitamin C when heated or stored for long periods of time. To get the most nutrients, eat them as soon as possible after shopping and consider steaming or microwaving vegetables for short periods of time to limit nutrient loss.

FACTS ABOUT VITAMIN C

Vitamin C, or ascorbic acid, is a water-soluble vitamin found naturally in vegetables and fruit. Our bodies do not naturally produce or store vitamin C for later use. This makes it important to include foods rich in vitamin C every day to stay healthy. According to a 2010 study, Manitoba First Nations men and smokers of both sexes have low intakes of vitamin C.

Why is vitamin C needed?

- Vitamin C is important for the growth and repair of tissues in all parts of the body.
- It is also important for the healing of wounds and cuts, and protects you from bruising.
- It keeps your gums healthy.
- It helps in the absorption of iron from plant foods.
- It acts as an antioxidant, which can protect you from developing cancer, heart disease and arthritis.



Did you know that strawberries...

- Grow in Manitoba and are the first fruit to ripen each summer.
- Come from perennial plants, which means they grow back year after year .
- Are an excellent source of vitamin C and a good source of fibre, folate, potassium, and many other vitamins and minerals.
- Are very rich in antioxidants, which may benefit the heart.
- Can be stored in the refrigerator for 1-2 days. Strawberries should only be hulled and rinsed under water when you are ready to eat them. Rinsing them ahead of times speeds up spoiling.
- Can be frozen by placing them in a single layer on a baking sheet, freezing them until firm and transferring them to a sealed bag.

Pick your own strawberries! Strawberry picking is a fun and educational activity for the whole family, and eating Manitoba strawberries straight from the farm helps support local farmers. To find a farm near your house visit: [Prairie Fruit Growers Association](#).

Recipe Corner

STRAWBERRY SUMMER SALAD

INGREDIENTS:

8 cups of lettuce, washed
½ red onion, thinly sliced
2 cups strawberries, washed and sliced
1/3 cup pecan pieces (or walnut pieces)

DIRECTIONS:

1. Place the lettuce, onion, strawberries and pecans in a large bowl.
2. For the salad dressing, mix the vinegar, mustard, syrup, salt and pepper in a small bowl.
3. Gradually whisk in the oil, until creamy. Pour over the salad and serve.

You can make this recipe your own by choosing different types of nuts, vinegar, onion or salad leaf.

INGREDIENTS FOR THE DRESSING:

2 Tablespoons balsamic vinegar (or other vinegar)
2 Tablespoons Dijon mustard
2 Tablespoons maple syrup or honey
1/4 teaspoon salt, ½ teaspoon pepper
6 Tablespoons olive oil

STRAWBERRY BANANA SMOOTHIE

DIRECTIONS:

Place 2 cups of fresh or frozen strawberries, 1 cup of milk, 1 banana and 1 cup of ice in a blender and pulse until smooth. Serve immediately. Make this recipe your own by choosing different fruit.



Educational Activities

Are you looking for ways to teach nutrition in your community? Try these activities!

Test your vitamin C knowledge! Match the two columns (answers are at the bottom of the page).

| | |
|--|--|
| 1 Vitamin C is an antioxidant | A must come from the foods you eat everyday. |
| 2 Vitamin C is an essential nutrient. An essential nutrient | B because the absorption of iron from plant foods (such as grains and vegetables) is helped by vitamin C. |
| 3 Another name for vitamin C is | C is a nutrient that your body needs, but cannot make. |
| 4 It is a good idea to combine vitamin C-rich foods with iron-rich plant foods in the same meal. For example, combining black beans and salsa or spinach salad with strawberries | D helps you lessen vitamin C losses when cooking. |
| 5 Steaming or microwaving vegetables for a short time | E fighting harmful substances in the body, which may help prevent or delay certain cancers and heart disease, and promote healthy aging. |
| 6 Vitamin C cannot be stored in your body for later use and | F ascorbic acid. |

DID YOU GET YOUR VITAMIN C TODAY?

Ask participants to consider their own eating habits by writing down what they ate yesterday for breakfast, lunch, supper and snacks.

Ask them to identify how many foods they had that contained vitamin C.

Discuss the importance of vitamin C and give them ideas on how they can choose foods to meet their daily needs.

For more educational nutrition resources to help you teach nutrition in your community, visit the Manitoba First Nations Diabetes Leadership Council website at: www.mfndlc.ca.

GRANT OPPORTUNITY

The Government of Canada has a Local Food and Infrastructure Fund available to support people experiencing food insecurity in Canada because of COVID-19. The following link provides details on how to apply for this funding. [Local Food and Infrastructure Fund](#).

Answers to the test your vitamin C activity: 1-E; 2-C; 3-F; 4-B; 5-D; 6-A



SEAWEED

SEAWEED IS HIGH IN:

FIBRE FOLATE IODINE IRON

MAGNESIUM PROTEIN

Seaweeds are full of nutrients and all types contain a rich supply of minerals, such as magnesium, iodine and iron as well as some vitamins including B-vitamins. Seaweed is also low in calories and fat while being high in fibre.

Seaweed (also called algae) has been an important coastal food for thousands of years. There are many types of seaweed that look and taste different, and offer different nutrients. There are three main types of seaweed: red laver, giant kelp, and dulse. Seaweed has been used to help with indigestion. There are no poisonous seaweeds in the Pacific Northwest, however some have a rather terrible flavour. Red lavers were the most commonly eaten seaweeds along the West Coast of Canada and were used traditionally by almost all coastal Peoples.

Photo by: Jessie Toynbee

28



Seaweeds are plants that have adapted to tolerate salt-water, and they are almost always found growing in shallow waters just off shore where land meets sea.



PREPARATION

Seaweed can be dried for long-term use by laying in the full sun for 4-10 hours, being sure to bring the seaweed in at night so it does not absorb dew.

The large, textured fronds of Giant Kelp are often used by herring as a spawning surface in the Spring. About two days after spawning, the spawned eggs on kelp can be harvested at low tide from canoes. The fronds are usually eaten together with the spawn.

Red Laver seaweed was prepared in many different ways. This included making 'cakes' which were then boiled or used in soups and stews. It was also toasted in individual sheets on a rack over the fire.



THE HARVEST

Collect seaweed from clean waters in early spring to early summer. Red lavers were harvested during their young growing stage in the Spring, usually around May. Older plants are too tough to be eaten.

It is helpful to get information about water quality from locals in the area or ecology and health departments. Always cut seaweed with scissors, this allows the plant to be able to grow again.



TEACHING

Carrier and Tsilhqot'in peoples have reportedly used it as a medicine for when one has a swollen neck due to an enlarged thyroid gland. We now know that seaweed is helpful for thyroid health due to its iodine content.

PICKLED BULL KELP

INGREDIENTS:

- 4 cups bull kelp stripes – fresh, with outer skin peeled off, cut into rings
- 1 tbsp mixed pickling spice
- 8 cloves garlic
- 1 japapeno pepper, thinly sliced (or use 1 tsp red pepper flakes)
- 1 cup white vinegar
- 1 cup sugar

DIRECTIONS:

1. Peel and slicing the bull kelp stripe into ½ inch rings.
2. Soak the bull kelp rings in fresh water for 3 days, changing the water several times per day.
3. On the fourth day, put spices into a cheesecloth bag and simmer in white vinegar and sugar for 5 minutes. Remove, then bring to a boil.
4. Put kelp, garlic, and jalapeno into sterilized jars.
5. Pour boiling syrup over top.
6. Put the lids on loosely and then process jars in a boiling water bath for 10 minutes to sterilize.
7. The kelp is best if left to stand for a week.

Source: Barb Beasley Camus – West Coast Cooking nuu-chah-nulth style Cookbook



MOBILE FRIENDLY

GAIN INFORMATION ON THE GO

NADA.CA