Norman Recollet Health Centre: Aboriginal Health Accces Centre

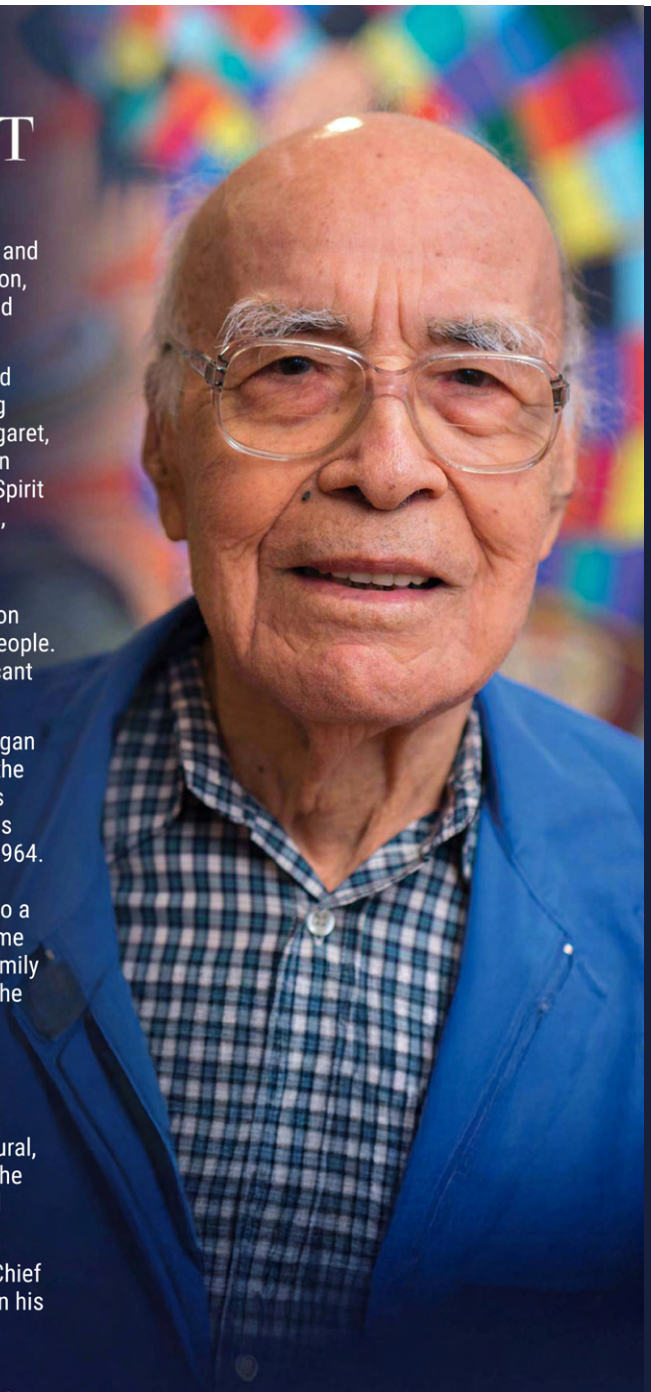
Newsletter

(705) 858-7700 190 Loonway Road

In loving memory of

NORMAN RECOLLET

July 8, 1927–January 11, 2019



Norman will be fondly remembered as a wise, loving, kind and humorous man of 91 years of age. Norman was a proud son, brother, husband, father, grandfather, great grandfather and Uncle (5 Generational Uncle).

Norman was born in 1927 on the Wiikwemkoong Unceeded Territory. He was the only surviving child of Annie Wakegijig and Alex Recollet. His siblings were: Philip, Bella, Eli, Margaret, Sam, Stella and Isadore. Norman married his wife Muriel in 1957 and shared a life together until she passed into the Spirit World in 2012. Muriel gifted Norman with her two children, Eddy and Carol (both predeceased) who gifted them with grandchildren and great-grandchildren.

Norman was a silent warrior who fought for the reclamation and protection of the inherent rights of the Anishinaabe people. Norman remained a humble man regardless of his significant contributions and accomplishments as a warrior.

Norman was a defender of the land and the people. He began his duty as land protector as a water guide to campers in the waters of Killarney at the young age of 14. He continued his journey as defender of lands and resources when he and his wife Muriel returned home to Wahnapitae First Nation in 1964. His vision was for the preservation and protection of our traditional territory. They built Post Creek Campground into a business and maintained it for many years. Norman became a friend to many and created an ever-growing extended family with his campers. He was instrumental in the process of the Wahnapitae First Nation land claim.

He had much pride in the work he engaged in. He was a lumberjack and served in the USA Army - 82nd Airborn Regiment. He was very proud to be an Iron Worker and member of the International Association of Bridge, Structural, Ornamental and Reinforcing Iron Workers. He worked on the Mackinaw Bridge, as well as other bridges in Saginaw and Kalamazoo, Michigan.

In July of 1972, Norman was elected the first Customary Chief of Wahnapitae First Nation and devoted 28 years of duty in his role as Chief.

In 1979, one of his most prominent movements was his journey to England alongside of other First Nation leaders to meet the Queen. This journey was successful in ensuring the rights of First Nations were preserved and entrenched in the Canadian Constitution.

The township of Recollet located near Wawa, Ontario, was named after Norman with a certificate and the map of the township. The document was dated in 1974 from the Government of Ontario in recognition of the valuable controbution to the development of the region. His name appears on all official maps, records and documents of the Province of Ontario since June 27, 1974.

In 2012, Norman was recognized by the Wahnapitae First Nation with the health centre created in his name "Norman Recollet Health Centre".

NORMAN WAS A CULTURAL TREASURE, FULL OF KNOWLEDGE AND WILLINGNESS TO SHARE THOSE TEACHINGS WITH EVERYONE HE KNEW. HE WAS SO AUTHENTIC IN HIS TRUTH THAT IT GESTURED YOU TO BE AUTHENTIC IN YOUR PURSUIT OF KNOWLEDGE, TRUTH AND TO UPHOLD YOUR INDIVIDUAL INTEGRITY IN THE COLLECTIVE DUTY TO THE PRESERVATION OF THE ANISHINAABE WAY OF BEING AND LIVING. HIS CONTRIBUTIONS WERE IMMEASURABLE, HIS REPUTATION IMMENSE, HIS HUMILITY LEGENDARY.

Norman Recollet Health Centre AHAC: Programming

The NRHC focuses on family and community health offering primary health care, clinical services, health examinations, immunizations, chronic disease management and more:

- **Bloodwork (phlebotomy),**
- **Comprehensive assessments,**
- **Corticosteriod injection,**
- **Diagnosis,**
- **Diagnostic tests and referrals,**
- **Dressing, wound care and suturing,**
- **Immunizations,**
- **Injections (B-12, allergy shots),**
- **Minor procedures,**
- **Naloxone training and distribution,**
- **Nebulizer treatments,**
- **Nexplanon birth control implants,**
- **Pap smear and testing,**
- **Physical exams and check ups,**
- **Social work therapy (mental health and wellness services by telephone or in person),**
- **Specialist and provider referrals,**
- **Drivers exams,**
- **E-consultations (virtual),**
- **OTN telemedicine,**
- **Forms,**
- **Insurance document assistance,**
- **Medical notes,**
- **WSIB form assistance,**
- **Home and community care services,**
- **Diabetes care,**
- **Health information sessions,**
- **Oral hygiene items and information,**
- **Personal support workers,**
- **Well baby examinations,**
- **Massage therapy, acupuncture,**
- **Dolphin therapy,**
- **Foot care,**
- **Medical transportation**

Norman Recollet Health Clinic

Monday

9 AM - 4 PM - By appointment only

Tuesday

9AM - 12 PM - By appointment only
1 - 4 PM - Walk-ins welcome

Wednesday

9 AM - 11 AM - lab/blood clinic
1 PM - 4 PM by appointment,
4-5:30 PM are for pre-booked patients only.

Thursday

9 AM - 11:30 AM - Phone & Virtual Appts
(1–4 PM: only RN services are available).

Closed daily from 12 - 1 PM for lunch Phones open Mon, Wed, and Thu, 9 AM - 12 PM and 1 - 4 PM (no calls after 4). Phones open Tues, 9 AM - 10:30 AM and 1 - 4 PM. Wednesdays 4 - 5:30 PM are for pre-booked patients only. Thursdays 9 AM - 4 PM: only RN services are available.

Nurturing Your Little Eater: A Guide to Introducing Solid Foods

Starting solids is a major milestone, not just for your baby's nutrition, but also for their development and curiosity. While every child follows their own timeline, this guide (adapted from HBHC principles) provides a roadmap to help you navigate this exciting new chapter with confidence.

Is Your Baby Ready?

Age is just a number, but development is the real key. Most babies are ready to explore solid foods around 6 months. Look for these "ready-to-eat" signs:

Physical Strength: They can sit up independently and have strong head control.

Coordination: They can bring objects or food directly to their mouth.

Curiosity: They watch you eat with interest or reach for your plate.

Communication: They turn their head away or close their mouth when they are full or uninterested.

Building a Strong Foundation: Best First Foods

Iron is critical for brain development at this stage. When starting out, prioritize iron-rich foods to replenish your baby's natural stores.

Top Choices: Meat, poultry, fish, eggs, beans, lentils, tofu, and iron-fortified cereals.

Textures: Don't feel limited to thin liquids! You can offer foods that are puréed, mashed, minced, lumpy, or even soft finger foods.

Progression of Flavors & Textures

As your baby grows, so should their menu. Here is a general timeline for introducing variety:

Around 6 Months

Iron-rich staples: minced meats, eggs, beans, and fortified cereals.

After 6 Months

Grains: Toast strips, pasta, cereals. Produce: Soft-cooked veggies and mashed ripe fruits. Dairy: Full-fat yogurt, cottage cheese, or shredded cheese.

9–12 Months

Milk: You may introduce whole cow's milk (3.25%) if you are not breastfeeding.

12+ Months

Balance: Transition to regular family meals. Limit cow's milk to 25 oz (750 mL) daily.

Navigating Allergens and Safety

The old advice to wait years before introducing allergens has changed. Experts now suggest introducing common allergens like peanuts, eggs, and soy around 6 months. **Pro Tip:** Introduce one new allergen at a time and wait 1–2 days before trying another. This makes it easier to spot a reaction. If the food is tolerated, keep it in their diet weekly to maintain tolerance.

Safety First: Preventing Choking

To keep mealtime safe, always supervise your baby while they eat. Ensure they are sitting upright and never lying down.

- **Prep:** Cook hard vegetables until soft, grate hard fruits, and slice round items (like grapes or cherry tomatoes) lengthwise.
- **Spread:** Nut butters should be spread very thinly on toast; never give a spoonful of nut butter alone.
- **Avoid:** Under age one, never give honey (due to botulism risk). Avoid whole nuts, popcorn, and hard candies.

How Much is Enough?
Feeding is a partnership. Your job is to provide the food; your baby's job is to decide how much to eat.

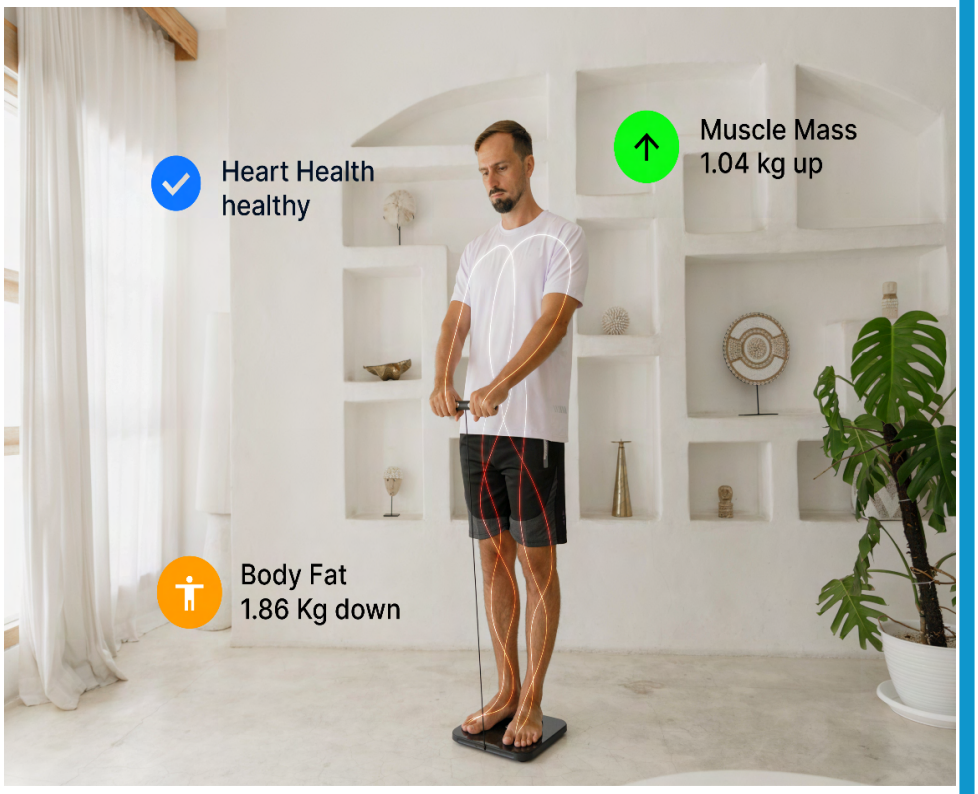
- **Start Small:** 1–2 teaspoons is plenty for a first "meal."
- **Respect the "No":** Never pressure or coax your baby to finish a bowl. Follow their hunger cues.
- **Hydration:** Once solids start, offer small sips of water from an open cup. Limit juice to no more than 4 oz (125 mL) per day, or skip it entirely in favor of whole fruit.

Growing Skills: Feeding Milestones
6–9 Months: Your baby begins finger-feeding and starts using a cup with help.

9–12 Months: They may try to use a spoon (it will be messy!) and start eating at regular family meal times.

12–24 Months: Self-feeding improves significantly. This is a period of exploration where they may develop strong preferences, keep offering a variety of textures!

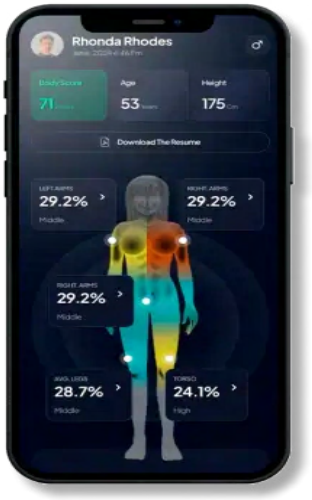
ASK ABOUT THE NEW HUMEHEALTH



MONITOR MORE THAN YOUR WEIGHT

(THURSDAY MORNING BE A PART OF OUR COMMUNITY WEIGHT IN)

PRECISE ACCURACY EASY TO INSTALL & USE



SCAN ME

Dolphin Therapy

MPS Therapy-Integrative Pain Management Techniques

Microcurrent Point Stimulation (MPS) Therapy is the world's first integrative therapy developed exclusively to sympathetically DE-Regulate the ANS and fight chronic pain. The theoretical underpinnings of MPS Therapy are based on combining the "therapeutic pearls" of acupuncture, osteopathy, integrative dentistry, neural therapy with modern neurology and microcurrent.

How Does it Work?

The MPS device locates and applies concentrated DC microcurrent to therapeutically active points (acupuncture & trigger) for the purpose of relaxing muscles, calming the nervous system and releasing endorphins, the body's natural painkillers. The device is engineered to detect and treat these active points with great scientific precision & potency, providing stimulation of all three systems at once, nervous, muscular and endocrine.

It is designed for the novice in mind, so there is no prior knowledge of acupuncture or medical anatomy required to apply the device to MPS protocols. (However, educational courses are available for those who wish to master this potent therapy).

Call to book today.

(705) 858-7700

Full Body Vibration Plate

With whole-body vibration, you stand, sit on a machine with a vibrating sensation. As the machine vibrates, it transmits energy to your body, forcing your muscles to contract and relax dozens of times each second. It may also help improve your strength, flexibility, and circulation, and boost your bone mass.

Foot Care, Massage & Accupuncture

With Sue Chartrand

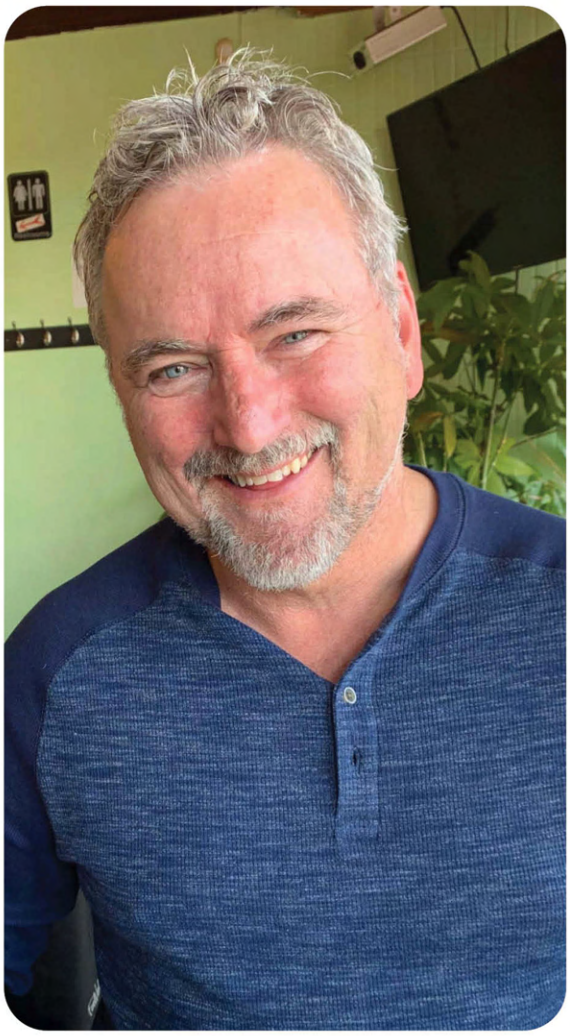
I am a Registered Nurse with over 30 years of experience in healthcare and a Registered Massage Therapist with over 10 years of experience in massage therapy. I provide client-centred care that supports comfort, function, and overall well-being. For the past nine years, I have specialized in diabetic foot care, focusing on health maintenance, prevention of complications, and client education. I also have additional training in acupuncture (3 years) and neurostimulation for pain management (2 years), which I incorporate as appropriate and within my scopes of practice. My approach is respectful, individualized, and grounded in clinical experience. I am committed to providing safe, ethical, and culturally respectful care in partnership with the community.

Call to book today.

(705) 858-7700

Individual and Family Therapy and Counselling

With Kevin McPhee at the NRHC: Aboriginal Health Access Centre

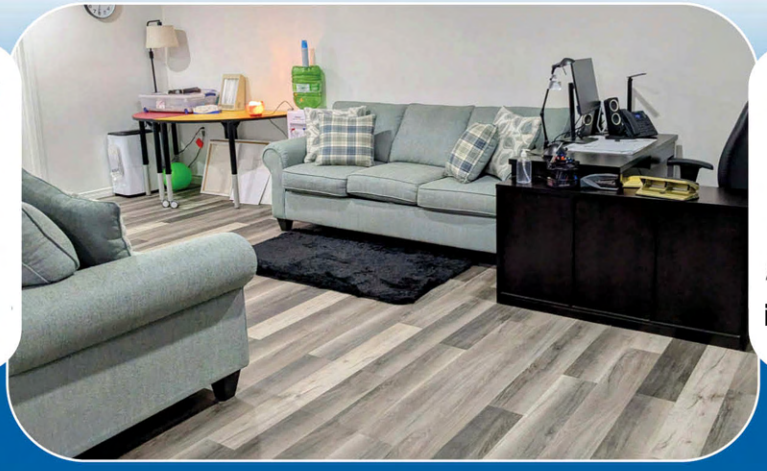


With 40 years of experience as a therapist, I have dedicated my career to supporting individuals and families through diverse and complex challenges. My professional journey includes 30 years in pediatric psychiatric settings and a deep, ongoing commitment to working with First Nations communities since 1989.

In 2002, I completed a postgraduate specialization in family and couples therapy, which remains a cornerstone of my international practice. Beyond clinical work, I have shared my expertise as an instructor at the college, university, and medical school levels, and I frequently serve as an expert witness for the courts regarding parenting and parent-child relationships. I remain incredibly passionate about this field and am truly honored to bring my global experience to your local community. I look forward to the opportunity to work alongside you and support your well-being.

Available Upcoming Appointment Dates:

- November 4 & 5
- November 18 & 19
- December 2 & 3
- December 16 & 17



Call to book today. (705) 858-7700

Shkagamik-Kwe
HEALTH CENTRE

Traditional Healer

If you would like to see a Traditional Healer you can self-refer to Shkagamik-Kwe health Centre if you Identify as First Nation, Métis of Inuit. If you require assistance, the Norman Recollet Health Centre is happy to help, and can refer on your behalf with your consent.

Address: 161 Applegrove Street
Sudbury, ON P3C 1N2
Phone: 705-675-1596

HEALTHY HEARTS WORD SEARCH

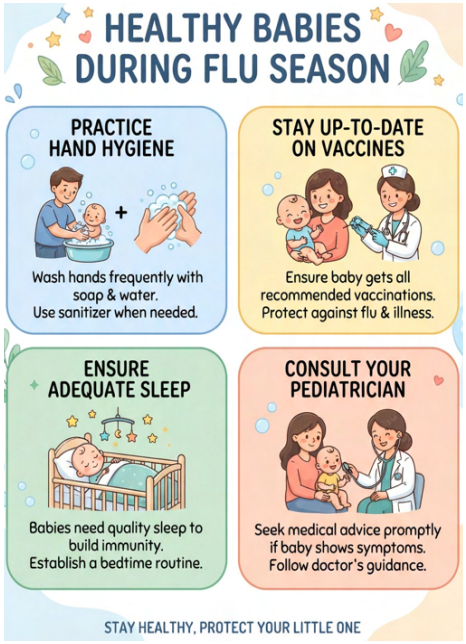
B R P M U H K V J V V L L S F U C S L O Z C E A C
R F W M L T H Y D R A T I O N I X Y G J J J N Z M
I K N Z F Y H T W Z Y B T S Z T T Y E K Y G E L Q
W A N U T R I T I O N P Z H W W V N P J S B R E N
K D A A O O T S N W E H U C F A P B E M J Y G K Y
G A S C J E I K I Q F W E Z P M L E M S R E Y K E
S S T H T J T Z R W W J B U G L J K K H S I J T V
L F G X Q I B G J E X E R C I S E G I T T M O M J
E R W R S O V Q J Y K U N L F F J M K N U B C U V
E Q E I G E P E K R V Q V O D O I I K L G G U I W
P X J I Z L B K U Z A J F F H N H N M D U X M Z V
F V P A H M V U T U R E G L S B T H U P W H D V Z
B V Q F K D W E L L N E S S D C E M X G J S M U Y
T M F T Q G U R V W S L G X M Q V Q C J P G M P L
N D E E P O B B G I L H F E G D A S T R E N G T H

EXERCISE **NUTRITION** **HYDRATION** **SLEEP** **ENERGY**
FITNESS **WALKING** **ACTIVE** **STRENGTH** **WELLNESS**

Pulmonary Hypertension Awareness

Pulmonary Hypertension (PH) is a severe, progressive condition characterized by high blood pressure in the arteries of the lungs. Unlike typical systemic high blood pressure, PH specifically affects the blood vessels that supply the lungs, causing them to become thick, stiff, or narrow. This forces the right side of the heart to work significantly harder to pump blood through the lungs, eventually leading to heart strain, enlargement, and potential heart failure if left unmanaged.

Because early symptoms, such as shortness of breath, fatigue, dizziness, chest pressure, and swollen ankles frequently mimic common conditions like asthma, COPD, or general physical fatigue, PH often goes undiagnosed for months or even years. Raising public awareness is vital for early detection, which dramatically improves treatment outcomes and quality of life. Modern therapeutic options, including specialized medications, oxygen therapy, and lifestyle adjustments, can slow disease progression and relieve symptoms. Increased awareness empowers patients to recognize early warning signs, advocate for timely medical evaluations, and support ongoing research toward improved treatments and an eventual cure.



Information

Giveaways

Swag Bags

NORMAN RECOLLET HEALTH CENTRE

ANNUAL Diabetes Day Event

SUNDAY, NOVEMBER 8 MDG 10AM-2PM

Please RSVP by Tuesday, November 3.

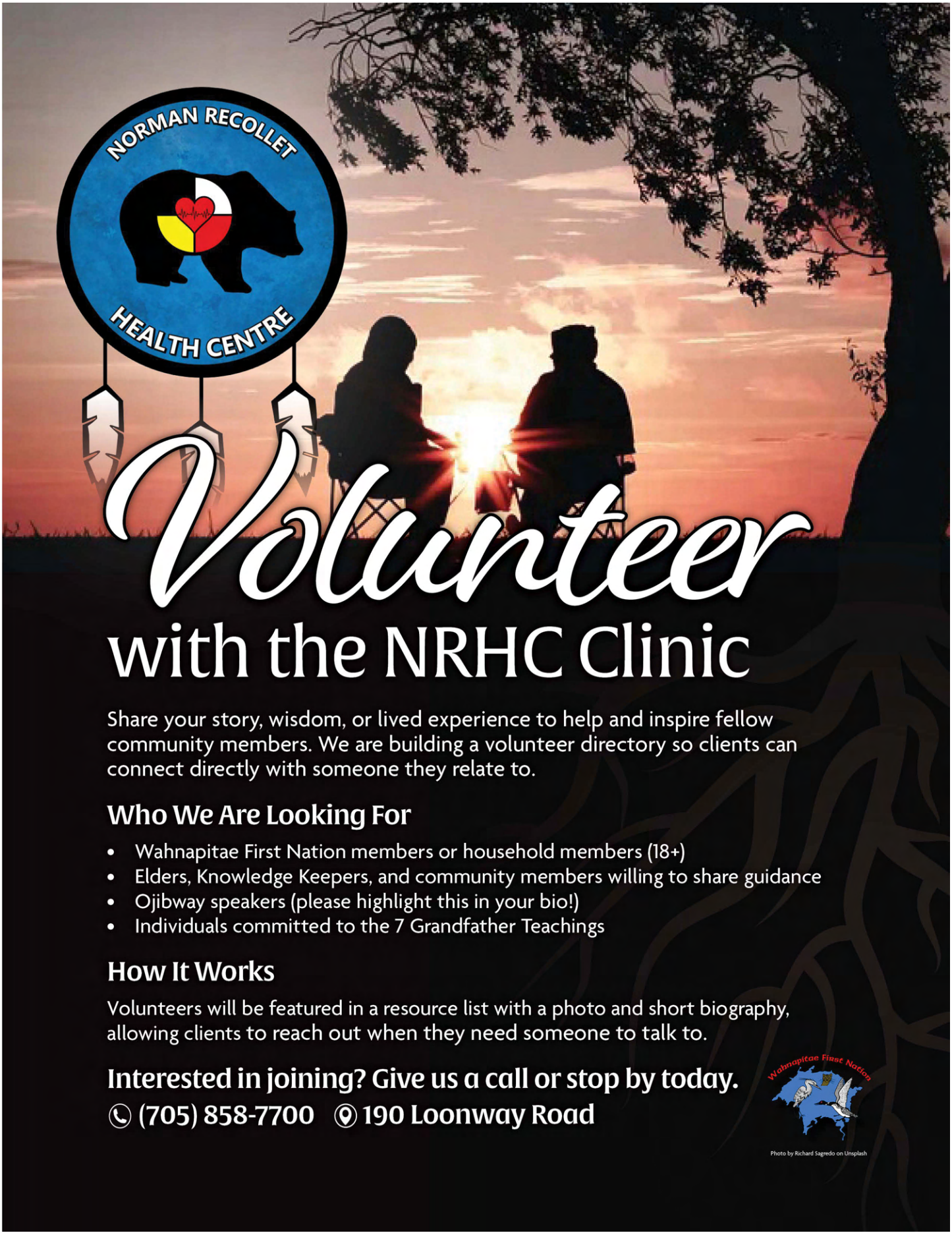
Heather.Roy@wahnapitaefn.com (705) 858-0610

Alison.Sabzali@wahnapitaefn.com (705) 858-7700

The Norman Recollet Health Centre and Wellness Department invites community members to attend our Annual Diabetes Day, a gathering focused on education, prevention, wellness, and support for those living with diabetes and their families.

This annual event offers an opportunity to learn about diabetes management, healthy lifestyle choices, and local health resources while connecting with others in a supportive and welcoming environment. Through shared learning and community connection, we can work together toward improved health and wellness. All community members are welcome. Miigwech. We look forward to seeing you there.

Wahnapitae First Nation


NORMAN RECOLLET
HEALTH CENTRE
Volunteer
with the NRHC Clinic
Share your story, wisdom, or lived experience to help and inspire fellow community members. We are building a volunteer directory so clients can connect directly with someone they relate to.
Who We Are Looking For
• Wahnapitae First Nation members or household members (18+)
• Elders, Knowledge Keepers, and community members willing to share guidance
• Ojibway speakers (please highlight this in your bio!)
• Individuals committed to the 7 Grandfather Teachings
How It Works
Volunteers will be featured in a resource list with a photo and short biography, allowing clients to reach out when they need someone to talk to.
Interested in joining? Give us a call or stop by today.
(705) 858-7700 190 Loonway Road
Wahnapitae First Nation
Photo by Richard Sagredo on Unsplash

Traditional Medicines & Teachings for Members

Liquid Smudge • *A smokeless alternative to burning medicines when you are in situations, such as an office or building where burning is not permissible or desireable.*

Minagin Salve • *provides fast relief and promotes healing for cuts, rashes, infections, eczema, and sore joints. Safe for all ages — even pets — it's your go-to natural remedy whenever you need quick, effective care.*

Five Thieves Oil • *Supports immune system, clear nasal and sinus congestion, and promotes respiratory and heart health — all while boosting energy and lifting your mood naturally.*

Lavender Salve • *A natural anti-inflammatory, antibacterial, antifungal, and antioxidant remedy that soothes pain, supports skin repair, speeds up wound healing, and encourages deep relaxation and calm.*

Cedar Oil • *Remedy to reduce inflammation, combat harmful bacteria, and relieve pain, this blend also supports nervous system balance by enhancing relaxation, easing stress, and improving sleep quality.*

Bath & Foot Soaks • *Natural ingredients and epsom salts warm your bones, calm stress, release toxins, promote relaxation and soothe skin irritations.*

Indian Aspirin • *Helps to soothe aches and pains as well as cold and flu symptoms.*

Available FREE for members, contact Line or Lori today.

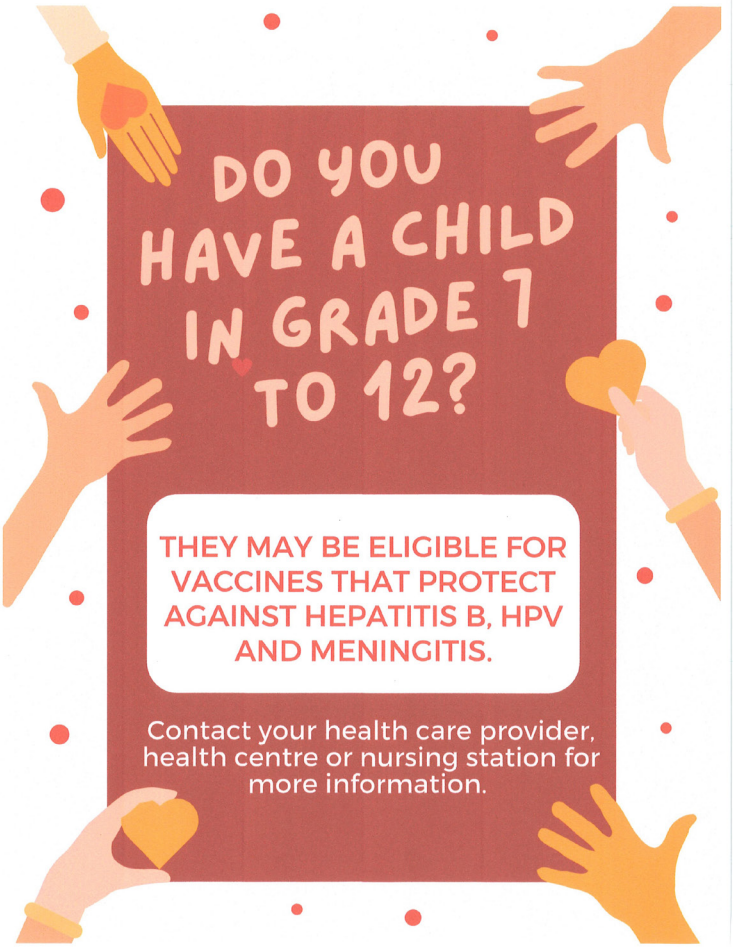
line.baillargeon@wahnapitaefn.com *lori.corbiere@wahnapitaefn.com*

(705) 858-7700

NRHC Clinic Awarded with Primer Stage of Accreditation

The Norman Recollet Health Centre is proud to announce that our Wellness and Clinical teams have been awarded the Accreditation Primer Award by Accreditation Canada! This achievement represents more than four years of hard work, dedication, collaboration, and commitment to providing high-quality health care services to our community. Throughout this journey, our teams have worked together through staff engagement sessions, focusing on understanding accreditation standards, meeting the required criteria, and developing practices that can be maintained over time. Accreditation Canada has continued to support us through education, resources, and guidance, including opportunities to align standards with culture. We have also benefited from the expertise of an accreditation consultant who has worked alongside our team for over two years.During the week of September 7, two Accreditation Canada surveyors visited our community. They met with members of our leadership and management teams, as well as our health staff, t o d iscuss a nd r eview our progress toward meeting the accreditation standards. It was an honour to welcome them into our community, and our staff appreciated the respectful and supportive approach throughout the visit. On October 9, we were very pleased to receive confirmation from the Accreditation Decision Committee that the Norman Recollet Health Centre had been awarded the Primer Award! This is a huge milestone and a wonderful recognition to the hard work and perseverance of everyone involved. Our journey does not end here. The next stage will be the Qmentum accreditation process, which will introduce additional standards and is expected to take approximately two years to complete. We remain committed to continuous learning, improvement, and strengthening the quality of care and services we provide. Achieving this milestone creates opportunities for the future of our organization and community, including supporting future growth, funding opportunities, and infrastructure development. Most importantly, it reflects our commitment to providing safe, high-quality, culturally respectful health care and strengthening the services available to our community. We would like to recognize and thank our Wellness and Clinical teams, leadership, management, consultant, Accreditation Canada, and everyone who has contributed to this journey. This achievement belongs to all of us, and we look forward to continuing this important work together for the health and well-being of our community.

Miigwech,
Rebecca Foreshew, Clinical Services Director
Lydia Iserhoff, Health Director



Wahnapitae First Nation

NORMAN RECOLLET HEALTH CENTRE

Engagement & Planning Session

Health, Wellness & Spiritual Services

Thursday, November 26

1 PM - 3 PM AND 5 PM - 8 PM

MDG - 259 Taighwenini Trail Rd.

Open to everyone.

HBHC Health Promotion

Mino Bimaadiziwin

Clinical & Urgent Care

For medical needs that cannot be handled by the NRHC Nurse Practitioner:

- **Health Sciences North (HSN)** – Main Hospital | Phone: (705) 523-7100 Location: 41 Ramsey Lake Rd, Sudbury - Indigenous Health Team: You can request an Indigenous Patient Navigator to assist with advocacy and cultural support during a hospital stay.

Walk-In Care

- **Northwood Medical Clinic**: 93 Notre Dame Ave W, Azilda (closest to the area) or 1280 Lasalle Blvd, Sudbury.
- **Lasalle All Day Walk-In**: (705) 222-9038 (1813 Lasalle Blvd).

Mental Health & Addictions Culturally-Specific Support (Indigenous Focused):

- **Shkagamik-Kwe Health Centre (SKHC) | Location: 151 Applegrove St, Sudbury Phone: (705) 675-1596** Focus: Core mental health services using a "Two-Eyed Seeing" approach (Traditional & Western). Programs: Art/Craft drop-ins, Men's support groups, "Mindful Way" workshops, and traditional medicine walks.
- **Aboriginal Peoples' Alliance of Northern Ontario (APANO) | Phone: (705) 670-9252** Focus: Community wellness and advocacy for Indigenous people living off-reserve. Services: Case management, advocacy, and access to traditional healing practices.
- **Indigenous Patient Navigators (Health Sciences North)** Focus: Helping patients navigate the hospital system while ensuring cultural needs are met. Access: You can request a navigator by emailing indigenoushealth@hsnsudbury.ca or asking any nurse at the hospital.

Youth & Family-Specific Supports:

For younger community members or families dealing with complex dynamics, these specialized services are available:

- **Compass (Boussole/Akii-Izhinoogan) | Phone: 1-800-815-7126** Focus: The lead agency for child and youth mental health services in Sudbury. Services: Intensive support, family counseling, and youth justice programs.
- **N'Swakamok Native Friendship Centre – Youth Programs | Phone: (705) 674-2128** Focus: Cultural identity as a tool for wellness. Programs: Akwe:go (ages 7–12) and Wasa-Nabin (ages 13–18). They also offer the "I Am a Kind Man" youth initiative.
- **Kids Help Phone (Indigenous Support) | Text FIRSTNATIONS to 686868** to connect with a crisis responder specifically trained in Indigenous cultural safety.

Specialized Addiction & Trauma

Services for addiction or long-term trauma:

- **N'Swakamok Addiction and Mental Health Programs | Phone: (705) 674-2128 (Ask for the Addiction worker).** Services: One-on-one addiction counseling, treatment referrals, and "Healing the Circle" groups.
- **Farmer & Associates (Indigenous Counselling) | Phone: 1-226-797-5583** Focus: Trauma-informed counseling that is often covered by NIHB (Non-Insured Health Benefits) for those with a status card. Services: Virtual and in-person sessions focusing on grief, loss, and residential school trauma.
- **Northern Initiative for Social Action (NISA) | Phone: (705) 222-6472** Focus: A peer-run organization where every staff member has "lived experience" with mental health challenges.

Specialized Crisis Help for Women

- **Talk4Healing | Call/Text: 1-855-554-4325** Services: A 24/7 helpline specifically for Indigenous women across Ontario. They offer support in 14 different languages.
- **Voices for Women (Sudbury Sexual Assault Centre) | Crisis Line: (705) 675-1344** Services: Provides counseling and support for survivors of sexual violence.

Community Policing Trafficking Awareness:

- **Anishinabek Police Service (APS) | CALL 911**