



# The Red Eagle

Ne-Chee Friendship Centre Newsletter

*“Serving Indigenous people in the City of Kenora for over 48 Years”*

## In This Issue

- ◆ Staff Recognition p. 2
- ◆ Things to Remember p. 3
- ◆ In the Kitchen p. 4
- ◆ Lifelong Care Program p.5/6
- ◆ Bail Residency p. 7
- ◆ Did you know p. 8
- ◆ Coloring Page p. 9
- ◆ Staff Directory p. 10/11



Tel:(807)468-5440

Fax:(807)468-5340

Email: [officeadmin@nechee.org](mailto:officeadmin@nechee.org)

Website: [www.nechee.org](http://www.nechee.org)

326 2nd St. South, Kenora, ON P9N 1G5



## Manoominike-giizis (Ricing Moon)

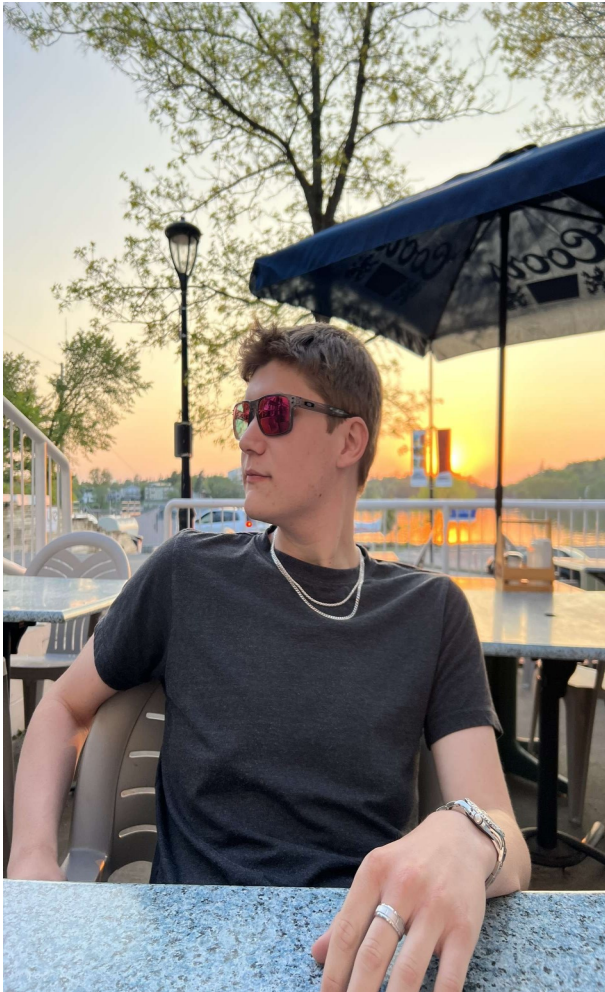


For the Ojibwe, this Moon marked the season to harvest wild rice, an activity with cultural and ritual importance. Also known as the Sturgeon Moon. The sturgeon fish catch will peak during this moon. The Anishinaabeg believe that wild rice (Manoomin) as well as the other three sacred foods, corn, strawberries, and fish were gifts from the creator.

# STAFF RECOGNITION

## Douglas Kardal

### Bail Residency Worker



Hey, I'm Doug. I'm 23 and I work for Ne-Chee through the Bail Residency Program. Here's a little bit about me and my interests.

Some of my bucket list activities involve things like traveling and getting to explore places like Australia, Iceland and even Egypt.

I have quite the extensive list of watched movies, but if I could only pick one to be my favorite, I always go back to the Wolf of Wall Street or Horror Movies. I really don't read much anymore so I'm not really big into books as much as movies, but I would recommend anything from the Game of Thrones books if someone was looking for a good series to read. It's hard to rule out one food as my favorite.

I enjoy cooking and trying new recipes when I have time, but at this moment I'd have to say that Crispy Chicken Fettuccine Alfredo is one of my favorite foods.

When I'm not at work I like to drive around to enjoy the weather and even visit new places.  
Sincerely Douglas Kardal

Doug started working for Ne-Chee Friendship Centre in our Bail Residency Program as one of our Bail Residency Workers on August 28, 2023. Doug has demonstrated his commitment to the position through his strong work ethic, his adaptability, and the compassion he demonstrates when working with the Residents. I have had the pleasure of seeing Doug's growth in this position over the past 3 ½ months that I have been working out of the Bail Residency and have welcomed the opportunity to get to know him. Seeing the way Doug interacts with the Residents and the comradery he has with them, confirms that we made a great hire in him. I look forward to seeing Doug's continued growth and hope he stays as an employee with us for a long time to come. Miigwetch Doug for all the strengths that you bring to your position, the Bail Program and Ne-Chee as a whole.

Patti Fairfield, Executive Director

# ~THINGS TO REMEMBER~

The Ne-Chee Friendship Centre will be closed on Monday August 5th, 2024 in observance of the Civic Holiday. Regular office hours will resume on Tuesday August 6th, 2024 at 9am.

## *Basic Ojibwe Words*

Wild Rice - Manoomin

Corn - Mandaamin

Strawberry - Ode'imin

Fish - Giigoonh

S/He Fishes (with a net)—bagida'waa



## **Weird Holidays that occur in August**

**August 3rd** - Grab some Nuts Day

**August 6th** - National Gossip Day

**August 10th** - National Lazy Day

**August 27th** - National Rock, Paper, Scissors Day

World's Indigenous Peoples Day is held each year on August 9. The day aims to draw attention to the cultures and struggles of Indigenous Peoples around the world and highlight the global movement for Indigenous rights.





# In The Kitchen

## Creamy Chicken Wild Rice Soup

**TOTAL TIME:** Prep: 20 Mins/Cook Time: 1.25hrs Total Time: 1hr 40min  
**YIELDS:** 4 servings



### Ingredients

#### For the Wild Rice

- 3/4C Wild Rice (Dry)
- 3C Water
- 1 Tsp Salt

#### For the Soup

- 1TBSP Vegetable Oil
- 2x 8oz Chicken Breast cut into bite size pieces.
- 2 TBSP Butter
- 1 diced onion
- 2 large carrots diced
- 3 Celery Stalks Diced
- 3 Cloves Minced Garlic
- 1 TSP Salt
- 1/2tsp Black Pepper
- 2TBSP All Purpose Flour
- 3C Chicken Stock
- 1 Cup Heavy Cream

### Directions

- Rinse the wild rice in cool water. Add to a medium sized pot with water. Bring to a boil, add salt and reduce heat to low. Cook wild rice on a low simmer for 45 minutes. If rice is still crunchy, cook an additional 5-10 minutes. Don't over cook, it will continue to cook in the soup.
- While rice is cooking, heat oil in a large pot over medium heat. If you are using pre-cooked chicken, skip to the next step.
- Add chicken to the pot in a single even layer. Cook in batches to not overcrowd, for 1-2 minutes per side. Remove and set aside.
- Reduce heat to Med/Low and melt butter in the pot.
- Mix in onion, carrots, and celery and cook until softened, 5-7 minutes. Add garlic, salt and pepper and cook an additional minute. Stir in flour, making sure to coat vegetables well. Cook 1 minute.
- Stir in Chicken stock slowly. Bring soup to a boil, stir and reduce heat to maintain a gentle simmer. Simmer 15 Minutes, stirring occasionally.
- Add cream, chicken and Wild rice to the pot. Simmer for 5 minutes. Add additional salt and pepper to taste.

Can use precooked wild rice to save time. You want 2-1/4 C cooked rice

If using pre-cooked chicken, add about 5 minutes before soup is done.

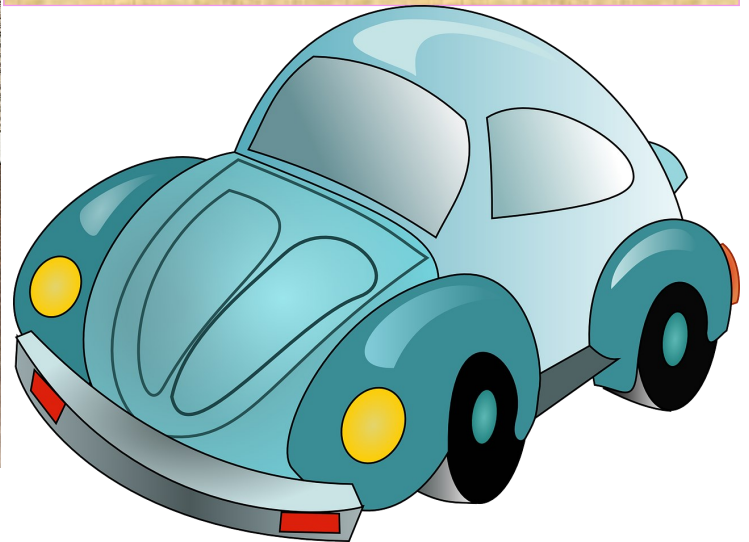
Can store leftovers in the fridge for 4-5 days or in the freezer for up to 3 months

# Lifelong Care Program

If you think you might benefit from this program or if you know someone who might be interested in being a part of this program please call 807-468-5440 Ext. 227 or 228



Here you see LLC Coordinator, Carolyn with Sherry-Ann out on an excursion to Falcon Lake Manitoba.



## About our Program

The Lifelong Care Program provides programming & advocacy for Indigenous people of all ages who have physical disabilities, serious health issues, those who are frail/elderly or looking for socialization.

## Programming Includes:

Weekly exercise/Bingos with lunch/Outdoor seasonal activities/Assistance with medical appointments/Transportation/Referrals to access community based services/Nutritional support/Family support and Friendly visits.

# Lifelong Care Program

If you think you might benefit from this program or if you know someone who might be interested in being a part of this program please call 807-468-5440 Ext. 227 or 228



LLC Clients spent the afternoon with Amy from WNHAC. Here they learned about foot care essentials.

**FOOT CARE**

Proper foot care is a vital component of Diabetes management.

**TOENAIL CLIPPERS**  
It is important to practice regular toenail clipping to avoid overgrowth. Overgrowth of toenails could lead to infection as well as added stress on your feet. It is recommended you trim your nails every 6-8 weeks, though this will vary by individual.

**HEALING FOOT CARE CREAM**  
Applying a dermal healing cream to your heels can eliminate cracked and dry skin. This can decrease the risk of infection.  
\* Avoid moisturizing between the toes, and always use unscented foot creams.

**DIABETIC SOCKS**  
Diabetic specific socks are designed to improve circulation to the calves and feet, as well as keep feet dry & moisture free.

**TIPS:**

- Before practicing any of the above tips, ensure your feet are completely dry. Moisture can lead to infection and bacteria build up
- Always use sterilized tools for trimming nails, & avoid sharing your foot care materials.

OFIC  
Ontario Foot Infection Centre

**FOOT CANADA TRAINING**

## Daily Foot Health Check

Patient: \_\_\_\_\_ Date: \_\_\_\_\_  
Caregiver/Support Worker: \_\_\_\_\_

**Start with clean feet**  
Wash feet with warm, soapy water  
Dry thoroughly, especially between toes  
Do not soak the feet

**While washing and drying check for:**

- ✓ Skin integrity
- ✓ Colour of skin
- ✓ Signs of infection

**Trim and File Toenails**  
If no contraindications trim toenails straight across and not too short  
File rough edges until smooth

**While trimming check for:**

- ✓ Colour of nail
- ✓ Thickness of nail

**Apply lotion, socks & shoes**  
Apply lotion to feet, avoiding between toes  
Choose clean socks and appropriate footwear

**Remember to check for:**

- ✓ Size and Shape
- ✓ Range of Motion
- ✓ Mobility Changes
- ✓ Socks
- ✓ Footwear

**Discussion & Concerns**  
Does the patient have any concerns?

**Ask about:**

- ✓ Recent falls or injuries
- ✓ Sensation
- ✓ Other concerns?

**Green - GO! Provide Care**

- ✓ Skin is warm (not cold, not hot)
- ✓ No cuts, cracks, blisters, blisters, sores or unusual markings on feet or legs
- ✓ No corns or callouses
- ✓ Skin is uniform in colour
- ✓ No swelling in toes, feet or legs
- ✓ Skin is smooth, moist and not itchy
- ✓ No signs of infection (red, warm, odor)
- ✓ No pain with touch or movement
- ✓ No wounds
- ✓ No amputations (10 toes, 2 feet)
- ✓ No skin changes from last check

**Care Plan includes Nail Care**

- ✓ No vascular disease or diabetes
- ✓ Feet on blood-thinners
- ✓ Nails are translucent
- ✓ Nails are not discoloured
- ✓ Skin around nails not inflamed, bleeding or signs of infection (red, warm, odor)
- ✓ Nails are not thickened
- ✓ Nails are not deformed, have ridges or rough edges
- ✓ All 10 nails present
- ✓ No nail changes since last check

**Red - STOP! Report**

- ✗ Discoloration changes
- ✗ Cuts, cracks, blisters, blisters, sores or unusual markings on feet or legs
- ✗ Corns or callouses
- ✗ Skin colour change
- ✗ Swelling in toes, feet or legs
- ✗ Dry, itchy or flaky skin
- ✗ Fungus infection (red, warm, odor)
- ✗ Pain when touched or with movement
- ✗ Open wounds
- ✗ Amputation (toes or feet missing)
- ✗ Changes in skin from last check
- ✗ Care Plan does not include nail care
- ✗ Vascular disease or diabetes
- ✗ On blood thinners
- ✗ Nails are opaque
- ✗ Nails are discoloured
- ✗ Skin around nails is inflamed, bleeding or signs of infection (red, warm, odor)
- ✗ Nails are thickened
- ✗ Nails are deformed, have ridges or rough edges
- ✗ Some nails or part of nails missing
- ✗ Nail changes from last check
- ✗ Toes, feet, ankles, calves or legs are not the same size or have abnormal shape
- ✗ Range of motion or mobility changes from last check
- ✗ Indentations from socks
- ✗ Pressure points on toes, feet, ankles or calves
- ✗ Footwear is difficult to put on
- ✗ Footwear is not supportive
- ✗ Changes in circulation, range of motion, mobility, socks or footwear since last check
- ✗ Recent fall or injury
- ✗ Tingling
- ✗ Numbness
- ✗ Burning sensation
- ✗ Changes in sensation since last check

www.footcanada.ca  
Copyright 2024 - Foot Canada Training

# Bail Residency Fishing Day

Some of the Residents took in a day of fishing. Cass, our Bail Supervision Case Manager, says it was not that successful, other than one Jack fish caught, but fun was had by all that attended. The water was so inviting, that one went for a quick dip before ending the day.



# DID YOU KNOW!

Ne-Chee Friendship Centre currently offers 20 programs that cover from pre-birth to the elderly and everything in between.

We have Justice programs that work out of our main building, courthouse and the Kenora Justice Centre. We offer Community Justice, Restorative Justice, Kizhaay (I'm a Kind Man program), Court work and Circle of Care Case Managers. Reach out to Trish, Rob, Elaine or Elizabeth.

Bail Verification and Supervision is offered at our Bail Residency and in-community. Aden, BVSP Coordinator and Cass, Bail Supervision, work with our Bail Resident Staff , Residents and in-community clients.

We offer EarlyON programming at Ne-Chee's Main building as well as in Sioux Narrows. Contact Ashlynn or Savannah in Kenora or Lauren, in Sioux Narrows. Ne-Chee also has children's programs that offer fun, interaction and cultural activities. Reach out to Rachel if you are between the ages of 7-12 for Akwe:go, & 13-18 for Wasa-Nabin. If you want on the land based activities, and are between the ages of 13-24 reach out to Calisha, Healthy Babies, contact Ashlynn, and Family Support, contact Savannah.

We have our own gym and offer a variety of exercise programs. Reach out to our Healthy Living coordinator Calisha, that will work with you on your workout journey.

If Mental health and Addictions are what you need help with, reach out to Pam M.

Looking for employment , or funding for post secondary school or employment supports? See Dorothy or Natalie in our Employment Centre, they have you covered!

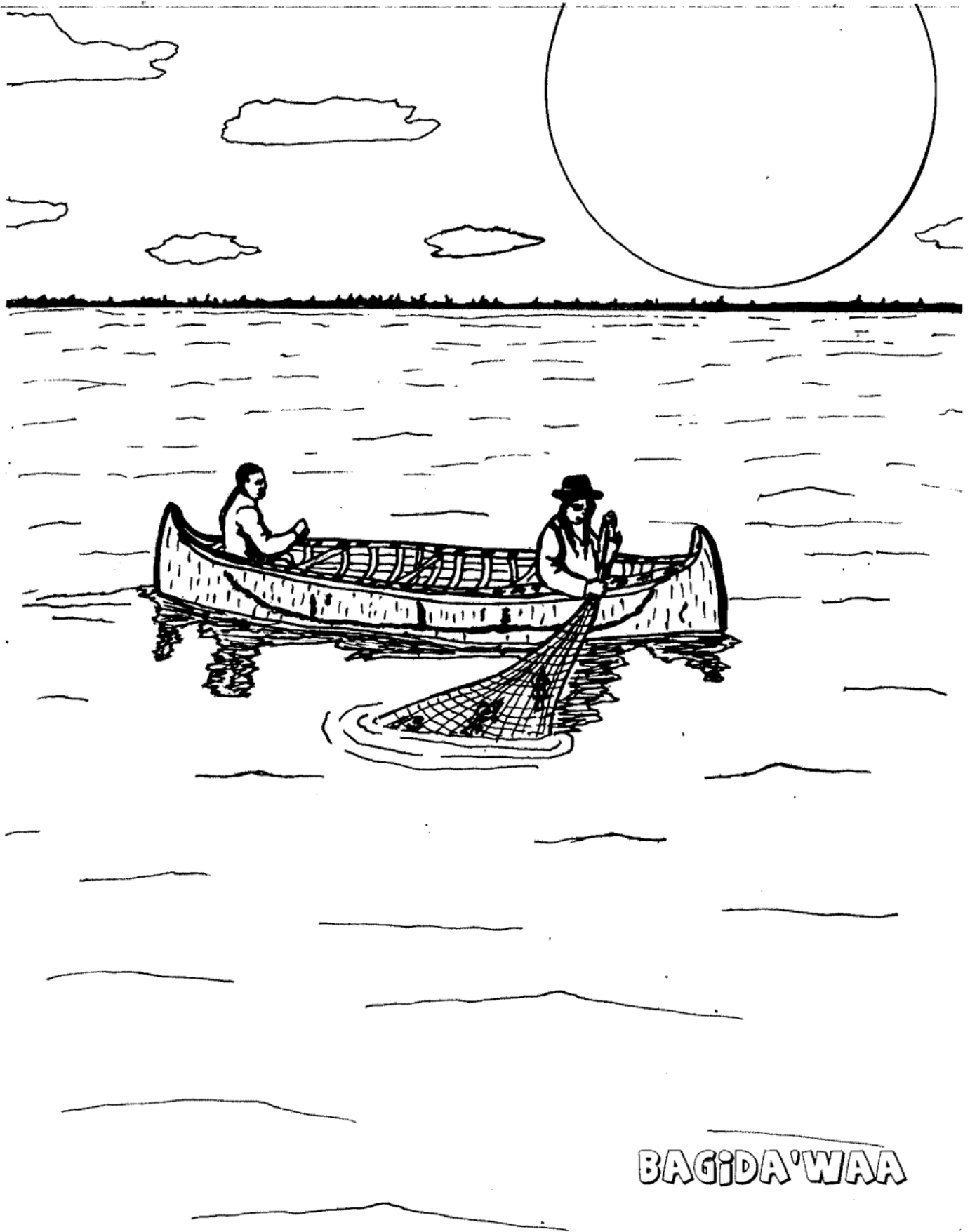
We have our Indigenous Student Success Program that is a partnership with Beaver Brae School. Please reach out to Becky, our Education Counsellor.

If you have physical or emotional disabilities, serious health issues, frail or elderly or require socialization due to isolation and living alone then reach out to our Life Long Care Workers Carolyn and Pamela. They love adventure, fun and the clients enjoy the many activities offered , to keep them active.





COLOR ME



**BAGIDA'WAA**

# Staff Directory



Ne-Chee Friendship Centre

## COURT WORKERS Courthouse # 468-9657

Vacant	Criminal Court worker	criminalcourtwork@nechee.org	
Elaine Kewaquom	Criminal Court worker	criminalcourtwork2@nechee.org	

## JUSTICE PROGRAMS NFC # 468-5440

Trish Therrien	Indigenous Community Justice	communityjustice@nechee.org(464-4371)	Ext. 245
Trish Therrien	Restorative Justice Liaison	RJLiaison@nechee.org (464-0069)	Ext. 245
Robert Laurin	Kizhaay Anishinaabe Niin Coordinator	kizhaayniin@nechee.org	Ext. 246
Vacant (Temp Contract)	Case Manager at Kenora Justice Centre	casemanagerKJC@nechee.org (cell 464-5849 or 470-8222)	
Elizabeth Wilson	Case Manager at Kenora Justice Centre	casemanagerKJC2@nechee.org (cell 456-2754 or 470-8222)	

## BAIL RESIDENCY & BAIL VERIFICATION AND SUPERVISION # 468-4619

Patti Fairfield	Interim BRP/BVSP Manager	aces@nechee.org (407-2482)		
Aden Zacharuk-Lessing	BVSP Coordinator	bailcoordinator@nechee.org (464-3000)		
Cass King	Bail Supervision Case Manager	bailcasemanager@nechee.org(464-1854)		
Cassandra Sinclair	F/T Bail Residency Worker	Shared Work Email bailaftercareworker@nechee.org		
Marcus McArthur	F/T Bail Residency Worker			
Drew Roseborough	F/T Bail Residency Worker			
Douglas Kardal	F/T Bail Residency Worker			
Deanna Beckworth	F/T Bail Residency Worker			
Erin Redsky	F/T Bail Residency Worker			
Joey Stevenson	F/T Bail Residency Worker			
VACANT	F/T Bail Residency Worker			
Catherine Toth	Bail Residency Cook/Life Skills		lifeskills@nechee.org	

## HEALTH PROGRAMS NFC # 468-5440

Carolyn Rodger	Lifelong Care Program	lifelongcare@nechee.org (407-1443)	Ext. 228
Pamela Loeb	Lifelong Care Program	lifelongcare2@nechee.org (407-1442)	Ext. 227
Vacant (Temp Contract)	Indigenous Healing & Wellness Program	healingandwellness@nechee.org	Ext. 226
VACANT	Cultural Resource Program	cultural@nechee.org	Ext. 225
Calisha Sinclair	Urban Aboriginal Healthy Living	uahl.ylp@nechee.org (464-0386)	
Pam MacNaughton	Mental Health & Addictions	MHAddictions@nechee.org (456-2508)	Ext. 253
Vacant	Mental Health & Addictions Assistant		Ext. 253

For information on Ne-Chee Friendship Centre Programs please visit our website at [www.nechee.org](http://www.nechee.org)

# Staff Directory



## CHILDREN and YOUTH PROGRAMS NFC # 468-5440

Rachel McGraw	Akwe:go Children's Program	akwego.wn@nechee.org (464-0482)	Ext. 239
Savannah Morrison	Family Support Program Coordinator	familysupport@nechee.org	Ext. 236
Lauren Hansen	EarlyON Sioux Narrows/Nestor Falls	earlyonsn@nechee.org (807) 276-4425	
Savannah & Ashlynn (Temp)	Indigenous EarlyON Kenora Program	earlyon@nechee.org	Ext. 235
Isabella Renzullo (S.D. Aug. 19)	Indigenous EarlyON Kenora Program	earlyon@nechee.org	Ext. 235
Ashlynn Surovy	Indigenous Healthy Babies Program & Family Support Assistant	healthybabies@nechee.org	Ext. 237
Rachel McGraw	Wasa-Nabin Youth Program	akwego.wn@nechee.org (464-0482)	Ext. 239
Calisha Sinclair	Youth Life Promotion Program	uahl.ylp@nechee.org (464-0386)	

## EMPLOYMENT and EDUCATION NFC # 468-5440

Dorothy Kraynyk	Indigenous Employment & Training Serv.	employmentcounsellor@nechee.org	Ext. 248
Natalie Bonneteau	Indigenous Employment & Training Serv.	employmentcounsellor2@nechee.org	Ext. 247
Becky Gartner	Indigenous Student Success Program	education@nechee.org (464-2163)	

## ADMINISTRATION NFC #468-5440

Patti Fairfield	Executive Director	aces@nechee.org (807) 407-2482	
Brianna Boucha	Human Resources (807) 464-1394	HR@nechee.org	Ext. 222
Aurea Dufresne-Fedus	Finance	finance@nechee.org	Ext. 224
Crystal Page	Office Administrator	OfficeAdmin@nechee.org	Ext. 223
Crystal Page	Administrative Assistant	reception@nechee.org	Ext. 221

## BOARD OF DIRECTORS

Ramona Sawatzky	Chair	Board Email: bod@nechee.org	
VACANT	Vice Chair		
Brandy Armer	Secretary/Treasurer		
Marlene Elder	Board Member		

For NFC Job Postings please see our Website at [www.nechee.org](http://www.nechee.org)

## Our Mission

Ne-Chee Friendship Centre will provide a safe, caring and culturally respectful approach to wholistic health while inspiring a sense of community for all Indigenous People of Kenora.