

Norman Recollet Health Centre:
Aboriginal Health Access Centre
Newsletter



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 Unceded 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 Wahnapiatae 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 Wahnapiatae First Nation land claim.

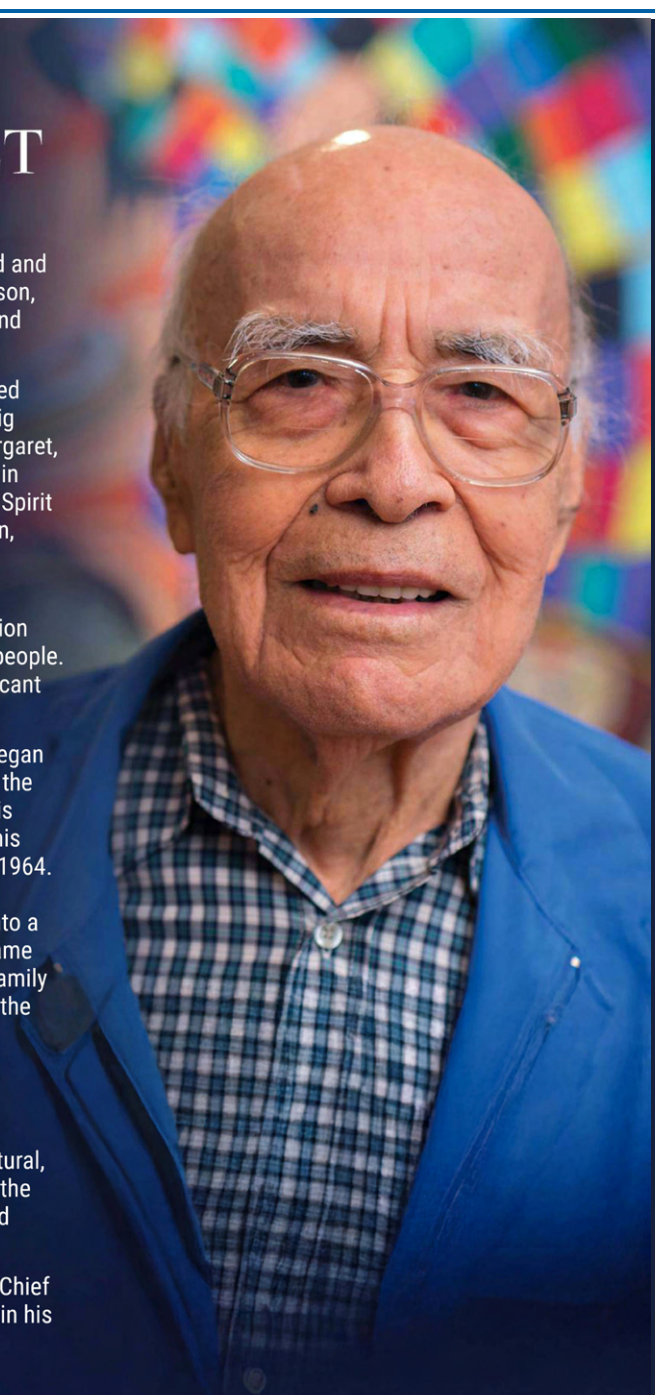
He had much pride in the work he engaged in. He was a lumberjack and served in the USA Army - 82nd Airborne Regiment. He was very proud to be an Iron Worker and member of the International Association of Bridge, Structural, Ornamental and Reinforcing Iron Workers. He worked on the Mackinaw Bridge, as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

In July of 1972, Norman was elected the first Customary Chief of Wahnapiatae 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 contribution 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 Wahnapiatae First Nation with the health centre created in his name "Norman Recollet Health Centre".

A portrait of Norman Recollet, an elderly man with glasses, wearing a blue jacket over a checkered shirt. The background is a colorful, blurred pattern of small flags or confetti.

**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,
- Corticosteroid 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 - 12 PM - Phone & Virtual Appts
(1-4 PM: only RN services are available).

*Closed daily from 12 - 1 PM for lunch.
Phones open Mon–Thu, 9 AM - 12 PM and
1 - 4 PM (no calls answered after 4 PM).*



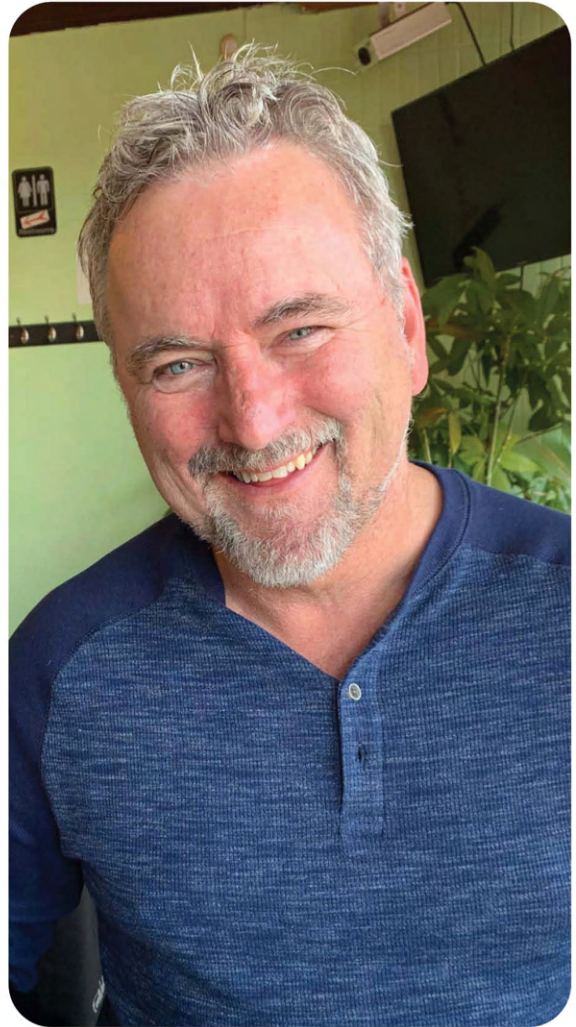


Individual and Family Therapy and Counselling

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:

- **Wednesday, May 6**
- **Thursday, May 7**
- **Wednesday, May 20**
- **Thursday, May 21**



family therapy



individual therapy

Call to book today. ☎ (705) 858-7700



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

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**

Dolphin Therapy Scar, Pain & Stress Management



Chronic pain, stress management and scar therapy combining acupuncture with segmental and dermal therapy.

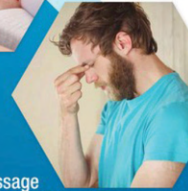
**Free for all members, available at the NRHC Clinic!
Call to book an appointment today!**



Migraines



Menstrual Cramps



Stress

15X+

Stress reduction as compared to 1 hour massage

Want to know more? Visit dolphinmps.ca

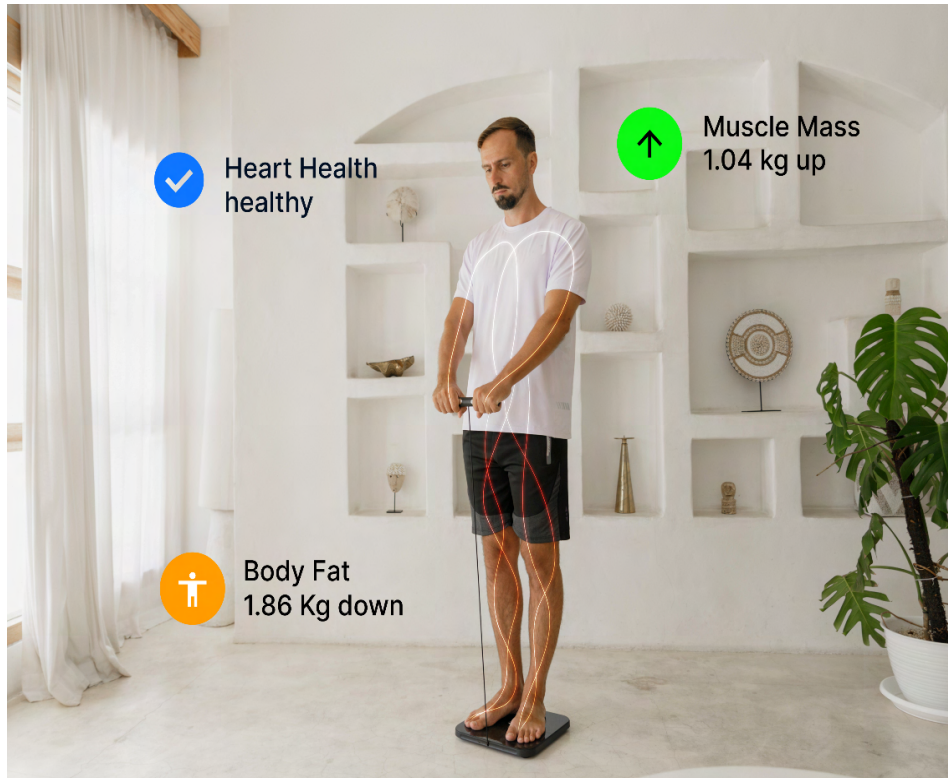
& More!

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.

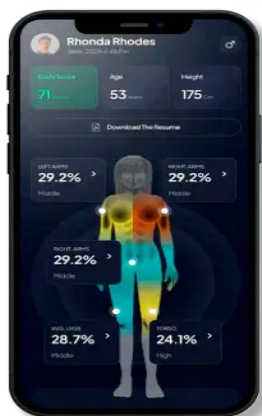
ASK ABOUT THE NEW HUMEHEALTH



MONITOR MORE THAN YOUR WEIGHT

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

PRECISE ACCURACY EASY TO INSTALL & USE





Over time, the immune system becomes less efficient and more confused.

How This Can Make You Feel Sick

Chronic stress is associated with “sickness behavior,” a cluster of physical and cognitive symptoms, including:

- Persistent fatigue
- Brain fog or difficulty concentrating
- Low motivation or mood changes
- Increased susceptibility to colds and infections
- Health Conditions Linked to Chronic Stress
- Ongoing stress may contribute to or worsen:
- Frequent infections and slower recovery
- Delayed wound healing
- Chronic inflammatory conditions
- Autoimmune diseases (new or worsening)
- Allergies (new onset or increased severity)

Why the Body Gets Stuck

When stressors don’t resolve, the body cycles continuously between stress activation and shutdown attempts. This constant push-pull:

- Disrupts normal immune regulation
- Exhausts physical and mental energy reserves
- Increases vulnerability to illness over time

Key Takeaways

- Stress is not inherently bad, duration matters
- Acute stress can be protective; chronic stress is damaging
- Long-term stress weakens immune defenses and promotes inflammation
- Managing stress is not optional, it is part of maintaining physical health

Recommended Actions

- Identify sources of chronic stress early
- Prioritize stress-reduction strategies (sleep, movement, relaxation, social support)
- Seek professional help when stress becomes persistent or overwhelming

Bottom Line: Stress doesn’t just affect mental well-being, it directly influences immune health. Managing chronic stress is a critical step in preventing illness and maintaining long-term health.

The Big Picture: What Is Stress?

Stress is the body’s natural response to perceived threats or demands. When stressed, the brain signals the release of hormones (including cortisol and adrenaline) that prepare the body to react quickly, often called the “fight or flight” response.

Short-Term Stress: Sometimes Helpful

In the short term (acute stress), this response can actually support immune function:

- Heart rate and breathing increase, delivering oxygen faster
- Immune cells are rapidly mobilized to areas likely to encounter injury or infection (such as skin)
- The body becomes temporarily more alert and reactive.

This response is designed to protect you during brief challenges.

When Stress Becomes a Problem

Stress becomes harmful when it is prolonged or constant, for example, ongoing work pressure, financial strain, caregiving, or unresolved emotional stress. This is known as chronic stress, and the body is not designed to stay in this state for long periods.

Impact on the Immune System

When stress continues:

- The immune system’s ability to respond effectively declines
- The body shifts from helpful inflammation to chronic inflammation
- Anti-inflammatory processes are repeatedly activated to counter stress, creating imbalance.

Mental Wellness in Indigenous Families

In many Indigenous cultures, wellness is holistic, it includes the mind, body, heart, and spirit, and is supported by strong relationships with family, community, ancestors, and land. Children's mental wellness grows when they feel safe, seen, and connected.

Honour Feelings and Emotions

- All feelings are welcome; emotions carry messages
- Encourage children to name what they feel in their own way (words, stories, drawings)
- Listen with patience and respect, children learn healing through being heard

Keep Routines While Allowing Flexibility

- Daily rhythms (sleep, meals, learning, play) help children feel secure
- Cultural activities, ceremonies, and time with Elders are important parts of routine
- Balance structure with understanding and compassion

Support Rest and Sleep

- Rest supports emotional balance and learning
- Create calm evenings with stories, songs, or quiet time
- Limit screens before bed when possible

Encourage Play, Movement, and Time on the Land

- Play helps children release stress and express feelings
- Time outdoors, on the land, near water, or in nature, supports grounding and calm
- Movement strengthens both body and spirit

Share Healthy Ways to Cope

- Teach simple, gentle strategies:
- Deep breathing or quiet moments
- Drawing, drumming, singing, or storytelling
- Spending time with trusted family members or Elders
- Taking breaks when emotions feel big

Protect Connection and Identity

- Teach children about who they are and where they come from

- Encourage pride in culture, language, and traditions
- Strong identity supports strong mental wellness

When a Child May Need Extra Support

Reach out for help if you notice:

- Ongoing sadness, worry, or anger
- Withdrawal from family or activities
- Big changes in sleep, eating, or behavior
- Frequent stomachaches or headaches
- Difficulty coping with daily life

Seeking help honours care for your child and your family.

Reaching Out for Support

- Connect with trusted family members, Elders, or community helpers
- Speak with teachers, school counselors, or health care providers, NRHC
- Indigenous-led and culturally safe mental health services can offer support

Remember

You don't have to do this alone. Community, culture, and connection are sources of strength.

Mental Health WORD SEARCH

Balance
Breathe
Growth
Healing
Hope
Mindful

Positive
Resilience
Selfcare
Sleep
Support
Therapy



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



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.



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.

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!

Youth Support



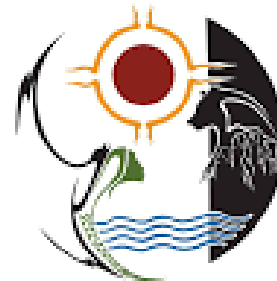
Developmental Support



Parenting Support



**For questions or more information
please contact us today.**



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 or 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

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**

