



SOADI ANNUAL REPORT

FISCAL YEAR 2011/2012



The Southern Ontario Aboriginal Diabetes Initiative is funded by the Ontario Ministry of Health and Long-term Care, for the development, and enhancement of programs and services focusing on the education, prevention, and management of diabetes in Aboriginal communities, both on and off-reserve. The high prevalence of diabetes in Aboriginal society has placed it among the top health priorities.

Our Vision

Through SOADI's continual efforts to eradicate the devastating effects of Diabetes, Aboriginal** peoples will once again enjoy the good health of our ancestors.

SOADI supports Aboriginal communities working to decrease the high incidence of Diabetes and its complications through prevention, intervention and management activities.

In the pursuit of its Vision and Mission, SOADI values:

Respect for autonomy and diversity, Community-based and responsive services,

Wholistic wellness (i.e. physical, spiritual, mental and emotional balance), A spirit of sharing and cooperation, and Personal choice and the right to privacy.

The following are the prioritized strategic objectives of SOADI, for the next five years:

Develop and distribute culturally appropriate education, promotion and prevention resources based on community needs. Advocate, support and promote access to treatment and care options. Establish and maintain appropriate networking, through coordination and recommendation of services. Identify local and regional service needs related to Diabetes, through data collection. Act as a resource for other health and education service providers. Gather share and support relevant Diabetes research.

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Executive Directors and Presidents Message



Dr. Dawn Harvard, SOADI President



Roslynn Baird, Executive Director

Healthy Greetings!

It is with pleasure that we can once again share with you all of the activities of SOADI in the past year in our annual report.

First of all we give sincere thanks to our advisor, Elder, supporter and friend, Grandmother Rene Thomas Hill. Grandmother Rene's teaching are an integral part of SOADI's programs and services, in short, everything we do has a teaching and has come from a teaching that has been shared with us. We continue to strive to provide culturally relevant resource materials and information to the communities that we service.

We would also like to thank our SOADI board of directors for their strong dedication and vision that they so willingly share for the betterment of the health of our people. The partner organizations that sit at our board table have been the strong thread, throughout the years, that continues to drive our prevention and education activities. Many thanks to the Association of Iroquois and Allied Indians, the Union of Ontario Indians, the Ontario Federation of Indian Friendship Centres, The Métis Nation of Ontario, the Independent First Nations, the Ontario Native Women's Association as well as our funder, the Ministry of Health and Long Term Care.

In this report you will find statistical data on our activities and how we are reaching out to communities, partnering with the organizations in our regions as well as the activities of our Foot Care, Youth and Education programs. Our 6 regional Diabetes Prevention Coordinators continue to work towards our mandate to assist Aboriginal organizations to provide education and prevention activities, promote partnerships and sharing and act as a resource for health information.

In this past year our Education program has finalized a very special resource called the "13 Grandmother Moon Teachings" and has been utilizing this cultural curriculum to train front line health workers across our

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region. Again, this unique source of information, teachings, activities and resources was made possible through the teachings of Rene and our Elders.

Our foot care program continues to service large numbers of our community members and provide foot assessments and treatment, subsidies, self-care kits, cultural sensitivity workshops and educational displays across our communities and has received overwhelming positive feedback about the work that the team provides.

Our youth program “Reztore Pride” continues to motivate the youth of our communities to join this healthy movement. The young people in the program are truly an inspiration and we thank them sincerely for sharing their talents so freely.

If was wonderful to see so many front line workers at our 9th annual conference “Planting the Seeds of Health and Wellness” in Ottawa and we look forward to seeing you again at our 10th annual conference in Niagara Falls next year where we address this epidemic of obesity and how it is affecting our children and youth.

We say Nya;Weh, Miigwetch, Merci and thank you to all of our community partners, our board, staff and to all of those people who struggle with Diabetes, you are not alone.... . It is the wisdom of our Elders that will turn around this epidemic of diabetes that we face.

In Unity,

Roslynn Baird, SOADI Executive Director

Dr. Dawn Harvard, SOADI President

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Nya:Weh, Chi Miigwetch, Thank You to our Partners:



the Métis
Nation *of*
Ontario



Grandmother Renee Thomas Hills Message



As the leaves turn color, it is the time of change. So it also has brought change to many of us.

The Year of 2012 is to be the End of the World. The End of the World as we once knew of Chaos. It is to be the time of Well-Being. We are looking for truth.

As an Iroquoian, I have taken back my purpose and that is to be of Peace.

In order to have Peace, one must have Health.

Wellness comes in many forms of being truly alive and at peace with one's self.

As a Mother, Grandmother and a Great-Grandmother, I strive to be a role model to my family and others.

The Creator has proved us with many opportunities of being at Peace.

The Year 2012 has provided the threshold for the Teaching of the Grandmothers to return. With the creative support of SOADI staff, our 13 Grandmothers curriculum has a spinoff of Garden Parties to our communities of the (4) directions.

We were able to create our own Sweetgrass Yoga for all ages. Yes, I am doing Yoga.

Our Reztore Pride, our youth's voices has me excited with their message. Listen to their amazing words in their message. Yes, I am feeling their energy.

We are incorporating our Indigenous Knowledge. Did you know that the gift of Cold Water is a way of life creating wellness? Are you aware of this?

How many of you are taking cold showers? If you are interested, Please contact us and we will be glad to share.

Looking forward to hearing from you.

Grandmother Renee.

Diabetes Prevention Co-Coordinator Reports



Crystal MacDonald – West Central Region

This past year has been one of new horizons for the work I do in West Central Region. I have made many new connections which have proven to be valuable opportunities to share SOADI's vision with our Aboriginal communities.

One very important connection is that with the University of Waterloo – Aboriginal Youth Esteem Conference. It was a great chance to talk to many youth about diabetes and healthy living and see where they are at with their general awareness. Since my initial invitation and attendance in 2010, I have been invited back regularly.

My continued involvement with The Kidney Foundation, my colleague Amanda Lipinski, and two of our local elders in the development of an Aboriginal kidney wellness resource has been a fun and insightful journey. We continue to work toward a final product that will be geared to the Aboriginal community members and serve to promote general kidney wellness as well as increase awareness of kidney problems that can be associated with diabetes and other causes. We are very excited to see the final product!

Once again this year, it was a privilege to be a part of the Six Nations “Dining with Diabetes” committee. A dinner theatre is a very entertaining and effective way of teaching the public about diabetes with a special emphasis on preventative healthy living. It was a real pleasure and loads of fun being onstage with the wonderful service providers in front of the Six Nations community members.

The Ogweho:weh Diabetes Support Group ran once per month in partnership with the Aboriginal Healing and Wellness Strategy program housed within Brantford Native Housing. We focused on a variety of topics including healthy eating, nutrition bingo, physical activity (i.e. strength exercise and yoga) and also stress management. We continue to seek out new ways of keeping the members interested and are currently planning sessions for the upcoming year. I would like to sincerely thank Cynthia Barton, Coordinator of the Aboriginal Healing and Wellness Strategy program for her dedication to the support group and community, and for being a pleasure to work with.

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I continue to sit at the table with the Brant County Diabetes Network and this is by far one of the best things I could have maintained. I have been welcomed, along with SOADI's many awareness and prevention resources. As a worker, it is a relief to have a general knowledge of the many great services in the Brantford, Six Nations and surrounding areas, as well as the wonderful people who bring these services forward.

For the second year in a row, I was invited back to the Laurier University Aboriginal Lacrosse Day. This event is very well attended by youth and is organized by many genuinely caring and supportive individuals who work within the schools or within a community organization which shares the common goal of encouraging good choices. I had the opportunity to speak motivationally to the youth, in which I focused little on diabetes but more so on the importance healthy living, choices and goal setting for overall success in life.

Since the beginning of the year, I have partnered on 'Healthy Food Prep' classes with the FASD Program of the Aboriginal Health Centre. The classes were run twice monthly and were a great success, with a consistent # of participants who made it their priority to attend and take home some great ideas for healthy, easy meals. There is something about standing in a kitchen amongst many good people while talking, laughing and cooking. I would like to sincerely thank Anastasia Blackey (Health Promotion Officer, FASD Program) for being such a great partner in this important service for the community.

This year I was able to accomplish the task of developing a great resource called "Tree of Health and Wellness"; an interactive children's activity which involves learning about how our choices, behavior, and environment (tree roots) have a great impact on our growth, health and over-all well-being (tree growth and vitality). There is special emphasis on 'real' and 'live' foods, and also on the importance of making daily healthy choices to promote good over-all health. This activity is unique and culturally specific, as it gives attention to the concepts of traditional foods, gratitude, good mind and living in balance. These are additional to the standard healthy eating and active living guidelines that the activity also offers. "The Tree of Health and Wellness", as it is appropriately titled, was introduced to promote wellnesses rather than simply 'health'. I would like to give a huge thank you to Awehiyo Thomas, Diabetes Prevention Coordinator Assistant, as it was her vision and craftiness that brought the image of the tree forward and made it possible to be utilized as a learning tool. Nya:weh Awehiyo!

One of my greatest achievements this year was working with the Jamieson Elementary kindergarten class on Six Nations! I delivered the "Me a Healthy Tree" 5-part program to the class over the course of 5 weeks. Each session had a different emphasis and the main element of the program was of course, "The Tree of Health and Wellness". Other elements to the program were: sugar filled drinks, processed and packaged foods, basic food groups, diabetes awareness and also "Come Play with Me", SOADI DVD resource which speaks of the '5 White Gifts', natural law and living in a healthy, balanced way like the animals around us.

Aside from these memorable highlights, of course I continued to regularly visit the Native Horizons Treatment Centre of New Credit which is always such a pleasure. I appreciate this strong partnership and

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look forward to continuing it. I also continue a strong relationship with Cape Croker and Owen Sound, with visits to Guelph and Kitchener as well.

I have made important new connections with Brantford Laurier, 2nd Stage Housing at Six Nations, Tim Horton's Onondaga Camp and Diabetes Hope Foundation. The new program year looks very promising with many new ideas on the rise, continuing partnerships and making new connections.



- Chef Jeremy Barberstock in the SOADI teaching kitchen

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Kathleen Laforme – Urban Horse Shoe Region

It is amazing at how time flies, this past year has been filled with various events and activities!

April started with an Herb Workshop, we discussed various herbs, spices, and oils, and how these can work together for optimum health benefits. We also planted some herbs (basil, parsley, and dill) and each participant got to take them home with them. The goal of this workshop was to learn how easy it is to start gardening, whether it is windowsill, patio or yard planters. From this workshop, the Health Outreach Worker of the Fort Erie Native Friendship Centre, along with a few generous volunteers, created a “Keyhole garden” where the herbs from the workshop were planted. I visited the garden, and it was doing beautifully! They hope to keep this garden going for years to come.

The annual events in the Urban Horseshoe Region are “A Direct Approach to Diabetes”, “Hamilton Aboriginal Diabetes Awareness Day”, and “Celebration of Growth”.

“A Direct Approach to Diabetes” and the “Hamilton Diabetes Awareness Day” are now known as “Health & Wellness Days”. We decided to change the name so that we include all community members and organizations so that they can become healthy and well. Our partners for these two events are the Ontario Native Women’s Associations, the Métis Nation of Ontario and the Fort Erie Native Friendship Centre. Without them, I don’t think we could hold these events free of charge for our community members.

Both of these events are also in partnership with our famous SOADI Foot Care Clinic. After receiving some TLC for their feet, participants always leave feeling relaxed and rejuvenated and take away a lot of new information.

“Celebration of Growth” is an annual event in partnership with the Hamilton Frontline Workers Networking Advocacy Group. We are a team of frontline workers from the Aboriginal Organizations from Hamilton and surrounding area. This event was the 5th annual, where we celebrate the communities’ work they have done in their road to health and well-being. They enjoy a great dinner and social, with a lot of singing and dancing.

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Another event which has become an annual is the Maple Bush Trip. We visit White Meadow Farms in St. Catharines to learn about one of our traditional foods, the gift of Maple Syrup. During the visit, we enjoy a hayride to the bush; walk the trail of the bush where we learn about the process of gathering maple water from our traditional methods, to modern day ways, and how it is made into syrup. We then take the hayride back to the farm where we all enjoy the tastes of this wonderful gift. There is a lot of excitement and sharing about the day as we ride the bus back to SOADI.

I had the opportunity to subsidize the Hamilton Regional Indian Centre's FASD and Child Nutrition Program's "Good Food Box". The Good Food Boxes contain a variety of seasonal fruits and vegetables with a couple recipes pertaining to the produce in the boxes. SOADI subsidized 5 families to receive the good food boxes. This enabled 23 children and adults to enjoy fresh fruits and vegetables for the month of March. I hope to arrange a partnership with the program coordinator to subsidize more good food boxes for families throughout the year.

Being in the Urban Horseshoe Region, I get to network with various organizations, both Aboriginal and mainstream which allows me to meet people from all different nations and backgrounds and I learn a lot from them as we share information through various workshops and activities. I can't wait to continue meeting new people and doing lots of networking in the upcoming year.



- SOADI Staff in Niagara falls

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Carol Loft – Eastern Region

Some of the highlights of the past year are:

I attended the “Sisters in Spirit Vigil” event, which takes place every year, in memory of the Aboriginal babies, girls and women who have been murdered over the years. I will be doing further work with the coordinator to partnership on other initiatives.

I met with the Student Mentor at the Aboriginal Resource Centre, located at Loyalist College. I gave her an overview of SOADI, and the programs we have available. She invited me to drop in for a visit with the students, to answer questions they may have about diabetes and healthy lifestyles.

I worked with children ages 2 to 11, from Daycare, Head Start(s) and summer camps. I had them do an activity, after which we viewed “Come Play with Me” DVD.

I attended the three day A.I.A.I. Elders Conference, which is open to seniors from other reserves. I set up my booth, did a presentation and showed “Come Play with Me” for the participants, which they thoroughly enjoyed.

It was exciting to host SOADI’s annual event in my region! I was involved in the planning stages for “Planting the Seeds of Health & Wellness” event. It included finding a location, to getting speakers, and hiring a caterer, etc. The event went very well, with many positive comments by the participants, from how approachable the SOADI staff was, the interesting speakers, and having the traditional component as part of the day.

I met with the Aboriginal Nurse Practitioner, who works at the Napanee Community Health Centre. I gave her an overview of what SOADI can offer in terms of workshops, resources, support, etc. She invited me to attend the Aboriginal Health Visioning Circle, to share my insights about the development of an Aboriginal Health Program in a non-aboriginal organization.

I met with the Housing Manager at Tipi Moz (Iron Homes). We will be collaborating on a couple of projects, and our first one will be straw bale gardening. This initiative will be offered to the Aboriginal families who reside at the Tipi Moz homes.

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I attended the Women's Health Expo in St. Regis. I set up a booth, did a workshop and was interviewed by their radio station. It was a very productive day, with lots of questions from the participants, and quite a few requests for our resources.

I had the opportunity to attend the 13 moons training at Head Office, and did so from the perspective of a community member rather than a DPC. It was very beneficial as I got new ideas and ways of doing things and learned a great deal more about implementing the cultural aspect of our people.

This month the following comment was made, and I felt it important to include it. She was impressed with our pamphlets and thought they were gorgeous, and the best ones she has ever seen.

After considerable thought, I have made the decision to retire. It wasn't easy and I shed some tears, but concluded it's time for me to leave and begin the next stage of my life journey. It's been awesome working for SOADI, and I've been there through its growing pains, ups and downs and what it is today. I feel privileged to have the opportunity to attend events, meeting some fantastic people in the course of my work, and the warm welcome I received from them. I have grown so much, accumulating knowledge both professionally and personally, which has enriched my life and helped me with personal growth. I have been supported by the SOADI team and I am thankful for that.

Of course, I will always be a part of SOADI, and be involved with them on some level.

Nya:wenkowa



- Grandmother Renee working on bundles at the office



Amanda Lipinski – Toronto Region

Another fiscal year complete. I am now into my third year with SOADI and feel as though I am really growing into this position and expanding on what I can bring to the community. The past year I have been focusing more on the doing, less of the talking. Example being I want to provide people with practical tools they can actually use when working toward wellness in hopes of preventing diabetes. There are four areas I tend to really focus on; healthy eating, being active, taking care of your spirit and smoking cessation. In these areas I like to get the people moving...so having real food examples for them to see and hold, doing yoga, getting fit in the city (taking walks to parks, using stairs to get fit etc.), visualisation techniques and deep breathing to help with stress management and various coping skills to help with those triggers when trying to quit smoking. Obtaining the Yoga certification has been a huge help in getting people up and active and has really caught on in the community. I've been doing yoga with the MNO staff over lunch time which was especially beneficial during the month of March when staff tends to get a little more stressed with yearend duties.

Having more consistent programming is something I have been working toward in the past year; meaning offering a series of wellness workshops surrounding the four elements mentioned above. I already go to Wigwamen on a monthly basis with a diabetes wellness circle for the seniors, I also go into Queen West for their Four Winds program on a monthly basis to provide various wellness activities. I have recently added Sagatay into more consistent programming as I used to visit their program randomly throughout the year, I know go in on a 6 week cycle offering 6 wellness workshops in a row so there is a sense of completion at the end. I've also done this with the Little Embers at Council Fire.

Partnering with other organizations and programs is still a very big part of what I do as it helps with more resources, more people, more money, more space etc.

I have settled in nicely to the new office space (same building one floor up) and it is a bigger space for both me and the MNO which is awesome. However, it is still not big enough to hold workshops etc. so partnering with other programs really helps out. We do have enough space to hold Yoga for the staff at the office which is great (a picture is attached), we practice right in the main foyer.

Thank you very much for being so supportive in the work that we do.

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- Yoga Classes at Metis Nation of Ontario.



- Moccasin Making Workshop and Footcare Teachings at SOADI Head Office

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Barb Whiteye – Western Region

It's been another exciting past year with many events, partnerships and new contacts adding to my list:

- **Deshkan Ziibi Chapter Ontario Native Women's Association**
 - I attended their Annual General Assembly in early March to meet and introduce myself to their 2012 Executive Co-President; we would meet later to further discuss how SOADI could provide services to their Chapter in London. This meeting did occur with the Co-President & 2 Executive members with positive results. Packages were prepared in advance on our roles as DPC's of objectives and activities; snapshot of SOADI'S Youth Coordinator's roles, & SOADI'S 13 Grandmother Moon Diabetes Curriculum pamphlet developed by SOADI's Education Coordinator.
- **Sarnia-Lambton Indian Friendship Centre, Sarnia, ON**
 - I met with the Executive Director & Wasa-Nabin Youth Worker & Akwe:go Children's Program Worker & have been invited on a few occasions to provide services for their programs.
- **CanAm Indian Friendship Centre, Windsor, ON**
 - I will be meeting with the new Health Outreach Worker in the very near future to do some program planning with her.
- **The Lambton-Kent District School Board**
 - I have developed a partnership with the board and will be servicing the schools in the following districts:
 - The Chippewas of Kettle & Stony Point
 - Delaware Nation-Moravian of the Thames
 - Bkejwanong Territory (Walpole Island) &
 - Aamjiwnaang First Nation (Sarnia)

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- Already I was able to provide service to the 250 students attending the Youth Cultural Symposium, 'Sharing our Gifts'. At the SOADI craft display table we had 130 students visit the display to make a 'Beads of Life' bracelet.
 - **Southwest Ontario Aboriginal Health Access Centre (SOAHAC)**
- Partnership is being established with the 'new' SOAHAC Diabetes Prevention Worker for 2 upcoming events she is working on.
- Family Camp Day
- Traditional Fall Food Festival.

More follow-up will be made with contacts at past Health Fairs in my region. Another task I will be working on for the summer is to provide some employment for a summer student.



- Grandmother Renee in her Reztore Pride Clothing

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Kim Lamothe – Central Region

Another year has come and gone in what feels like a blink of an eye. What an amazing year of change, activities and networking within Central Region. The Central Region office was relocated to Peterborough into a larger space that will accommodate many exciting events that are being planned for the new fiscal year.

During this past year I was able to visit many communities and organizations and provide service to them in various capacities such as workshops, displays, resources as well as through various health committees/circles. These networking opportunities and being a member of various health circles is quite valuable not only in the sharing of information but in creating new partnership for future events. Every community is so different and each experience unique and I find it difficult to have to select but a couple of events to highlight over this past fiscal year but chose I must. The two events which I have chosen to highlight are that of Shawanaga First Nation and Christian Island First Nation.

Shawanaga was a very interesting day of activities. I was able to share with those in attendance, the Anishnaabe Approach to Diabetes workshop. It was fairly interactive with props such as eyewear and oven mitts and of course my food experiments and sugar display of beverages and food packages. In the afternoon, Reztore Pride was invited to provide workshops. The three workshops pertaining to poetry/rap/song writing, break dancing and graffiti art were well received. I sat in on the graffiti art break out session and it was wonderful to see a granny right in there with the young ones. She even came outside while the “artwork” was being created. There were no age boundaries that day as everyone was very much involved in their respective workshops on creating a healthy community and lifestyle.

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The Diabetes program within the school at Christian Island was another highlight this past year. The grade four I worked with were so much fun and were very attentive even though it was quite a large class. Each time I went in we did a different topic such as berries, nuts and seeds and the five white gifts. Activities were unique and created for the particular topic such as with the berries section, I set up taste testing centers with various berries and they had to each guess what they were tasting. The second part of this workshop involved the children painting walnuts to mimic strawberries and these could be used as Christmas decorations. The Five white gifts involved coming up with alternatives to using the five white gifts as well as planning and creating healthy meal choices.

Looking back at the past year and all feedback received from evaluations, this upcoming year will be filled with new and exciting activities. I look forward to the New Year and all the knowledge and opportunities that awaits.

Respectfully submitted.



- Central Regions Gardens Harvest

Education Report



Shannon VanEvery - Education Coordinator

The SOADI Education Program is very appreciative and honoured working with many people through networking and various events and trainings to co-create the SOADI 13 Grandmother Moon Diabetes Wellness Curriculum and the SOADI Education Program.

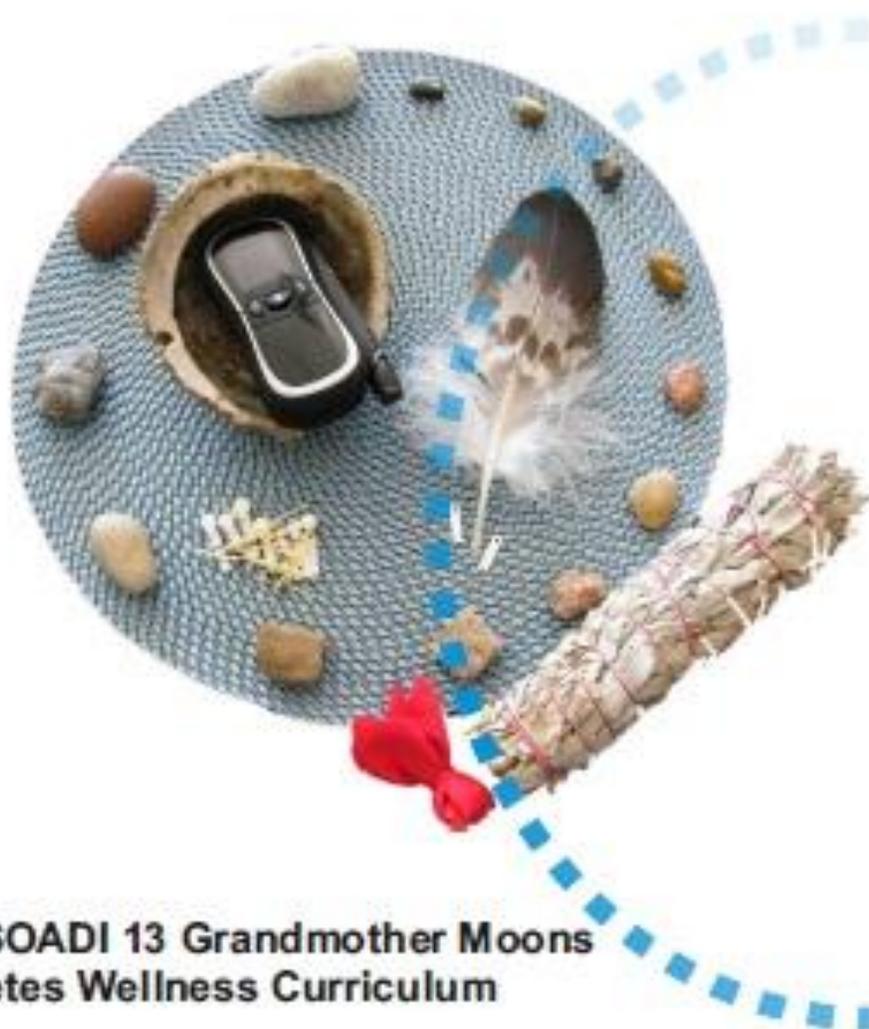
This year was bursting with creation and the Continued development of the SOADI 13 Grandmother Moon Diabetes Wellness Curriculum (13 Moons). It truly has been a year of planting seeds of health and wellness, as SOADI's annual event was named and introduced the launch of the new resource.

The inspiration of Grandmother Moon was a reminder and gift given by Renee Thomas Hill (winter 2010). The seeds planted then were nurtured by SOADI staff, various relationships, partnerships and participants from the original 13 Grandmother Workshop series as it came to a completion.

Along this successful journey the education program expanded the resource library that is in the Bill Messenger Teaching Lodge. The 13 Moon curriculum was further launched with a SOADI staff training and a peer critique for review and effectiveness. This has been proved to be a successful way to train on diabetes wellness with a cultural focus through a fun entertaining hands-on format. Various hands on workshops and focus groups on promoting gardening, cooking and food security with Joseph Hughes have developed into partnerships and the initial stages of SOADI's Diabetes Education Cookbook, remembering the spirit of our food. This nurturing also birthed into the creation and development of an anticipated tour of the 13 Grandmother Moon Diabetes Wellness Workshop/Training to be held in each region while promoting the new updated SOADI Tool kit. A mini needs assessment for yoga instructors in aboriginal Métis and Inuit communities have materialized and the first certification of level 1 and 2 was completed with 10 Instructors. The vision was seen, the seeds were nurtured and established roots; and now it is the time for it to mature and to be offered to the communities. These wonderful steps that had been taken along this journey have also laid a path for the upcoming SOADI Education Program's interactive Website. The initial steps have been to establish a virtual class room to easily navigate activities, videos, power points, and resources, upcoming events etc all which are components for the curriculum intended for frontline workers in Aboriginal, Metis and Inuit communities.

I am very excited and I welcome the spring and what this next trip around the sun has in store.

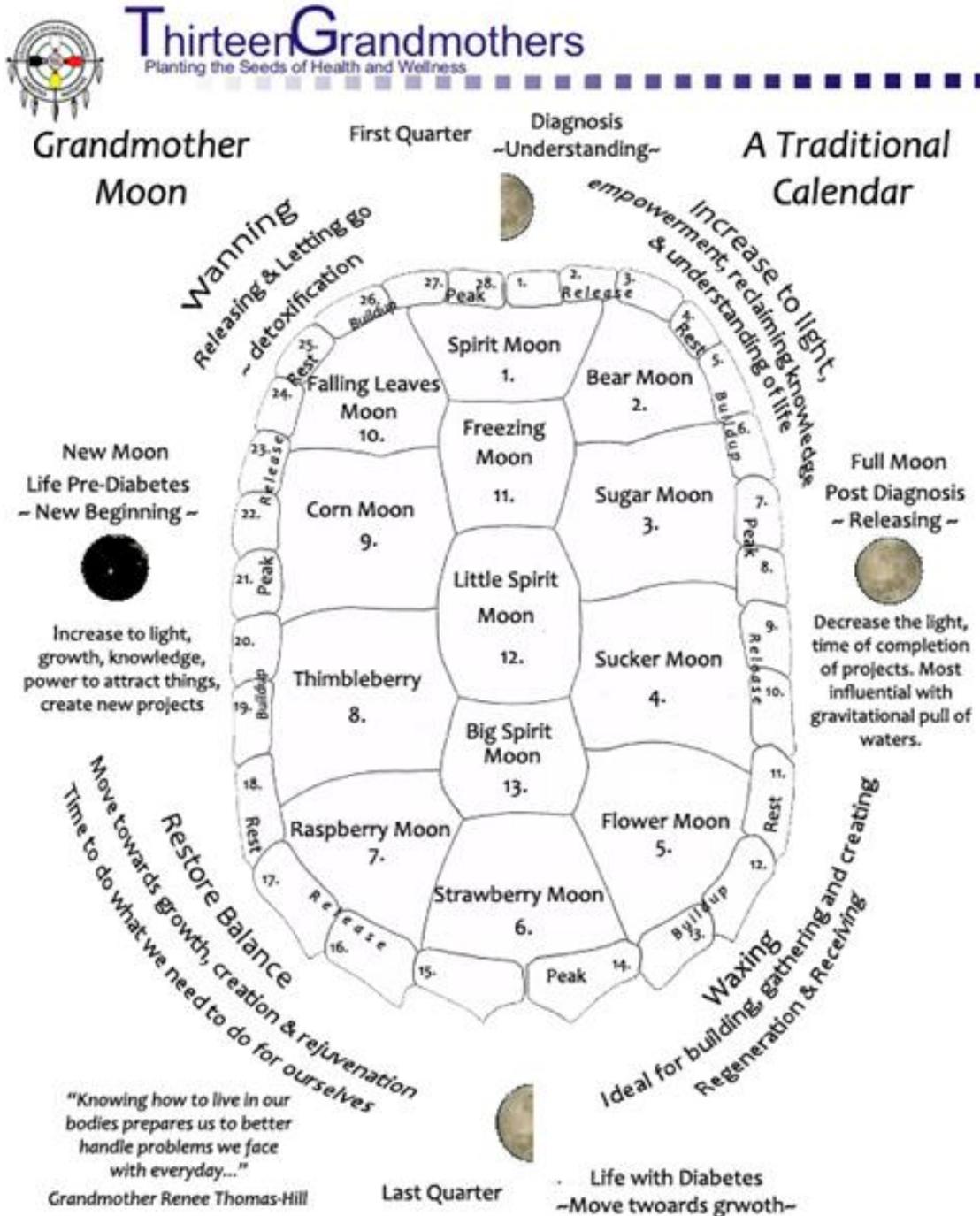
Thirteen Grandmothers
The SOADI Center for Health and Wellness



**The SOADI 13 Grandmother Moons
Diabetes Wellness Curriculum**

- 13 Grandmother Moons Curriculum training manual cover

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- Traditional Teaching from 13 Grandmother Moons Manual

Foot Care Report



Lindsey Cosh – Foot Care Coordinator

SOADI's Foot Care Program throughout the years continues to grow and support many Aboriginal communities. During this sixth year, as we have grown we have continued to honour our wholistic philosophy that supports a continuum of seamless foot care services based on education, screening, treatment, support and data collection. Our purpose has and will always be: To provide foot care services to Aboriginal people that are affected by or at risk of diabetes and its complications. We strive to empower individuals through education, self-care resources, professional assessment and referrals. We have worked hard this year to continue bringing the communities awareness toward self-love. This self-love awareness includes a focus on prevention, intervention and management of diabetes and its complications with foot care.

In this sixth year the Foot Care Program was able to provide; 17 annual foot care events, 20 Outreach display events, 2 educational events, a two day training event, experience great growth with our Subsidy clients, Ongoing clinics, office sites, and service providers as well as develop more resources for the community. The program has also been able to partner and participate with various foot care related initiatives and organizations throughout the year.

Of the 17 annual events 4 locations were areas which were previously un-serviced: Central Region; Parry Sound Native Friendship Centre. Western Region; Muncey KiiKeeWanNiikaan Southwest Healing Lodge, Aamjiwnaang FN, and Oneida FN. The 17 annual events within year sixth serviced 540 participants. From these clinics we have been able to provide referrals for follow up treatment and care options for 79 participants. Our 20 outreach display events across southern Ontario consisted of the program setting up a booth and providing diabetic foot care teachings as well as facilitating educational games to numerous community members who attended the partnered events.

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Our Ongoing and Subsidy Clinics have continued to expand in providing treatment to Aboriginal community members across Southern Ontario. We have continued to manage and maintain our 10 different Ongoing Clinics while adding a new clinic site at our SOADI Head Office. Each Ongoing and Subsidy clinic site has been successful in adding new clients to make an increase of 97 new clients for the Ongoing Subsidy program. During this year with in the Ongoing Subsidy program; 43 diabetes/foot care teachings have been performed by clinic service providers to ensure clients are aware of the effects of diabetes and how to properly care for themselves. The program was also able to provide various Ongoing clinics with a number of lotion, foot files, and pumice stones which not only helped to reduce the dry dead skin for many clients, it encouraged them in taking better care of their feet which also increased their confidence in self care management. Our Subsidy clinic sites have also grown throughout this year; by 6 more sites across southern Ontario to serve our community better by creating greater and closer access to foot care.

The amount of our Foot Care Program's service providers (Podiatrists, Chiropodists, Foot Care Nurses, and Reflexologists) continues to grow with the popularity of the program. When comparing the amount of service providers that we were working with last year compared to this year we have grown from 76 to 86 service providers. We continue to network and partner with more service providers in every region in order to better serve our Aboriginal Community.

During this fiscal year many partnerships have been created and maintained both locally and nationally. With many of the networks maintained throughout the year, the goal remained the same; to share information and utilize each other's strength to educate and deliver diabetes/foot care information to the community. Some of the networks made and or maintained during this year are: Brock AEC, Bioped, Nike Inc, CAWC, HNHB LHIN, Ontario Society of Chiropody, Diabetes Regional Coordinating Centre in the Champlain LHIN, The Kidney Foundation, Grey Bruce Health Services, Sanofi Aventis, MNO of the Oshawa, Owen Sound and Midland area, North Hamilton Community Health Centre, Feet First Program, CDA, ADI, SOAHAC, Ontario Native Women Association, McArthur Medical supply, Biochem Canada Inc, Landpharmaceuticals, Four Direction Medical Supply, and Ontario Society for health and fitness,

There have been a number of new foot care resources created, implemented and reformatted for effective dissemination to the surrounding community.

One of the resources that has been finalized and prepared for mass dissemination is our Program's Foot Care Bingo. It will be given to every Ongoing clinic location as well as be available to everyone who wishes to order it from our SOADI Head Office.

The program has also completed its first Foot Care Jeopardy and will begin working on the formatting for mass dissemination to the community for next fiscal year.

With great assistance from the Foot Care Programs Advisory we have been able to remain current, efficient, and appropriate when creating, delivering, and implementing foot care information for our community members. The advisory seat is compiled of; 2 SOADI board members, an advisor from the foot care medical community, an advisor from the foot care traditional medical community, at least one cultural advisor, and SOADI's Executive Director. The advisory was able to meet and discuss new important resources that

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needed to be added into our Self Care Resource Kit. Some of these items that will be implemented next fiscal year are: first aid kits, foot files, and bristle brushes to keep the nails clean.

Along with the 17 Annual Foot Care events the program was able to provide unique foot care related events to the community:

In the spring of 2012 the Foot Care Program organized and co-hosted a two day moccasin making workshop. Marion Martin, an elder from the Six Nations community came out and provided traditional teachings on how to make moccasins and the historical aspect of them in our community. The Foot Care Program also provided a presentation and teachings on proper foot care and wear. Participants learned about protecting their feet both in and out of the home as well as prevention practices to avoid diabetic foot complications. Overall everyone was happy with the new knowledge and skills they received and very much enjoyed the two days. Since this event many requests have come in for more moccasin making workshops in the surrounding community, and we will look at servicing these requests in the new fiscal year.

The Foot Care Program embarked on a unique 1 day Leather/wood burning workshop in March that involved the 7 Grandfather Teachings regarding diabetic foot care. This day was led by a certified Aboriginal Art teacher as well as the Program Coordinator. Participants learned from the teachings different safety practices and guidelines when caring for their feet. Some of the topics that were presented to the participants were: diabetes prevention, how to care for the feet, how to live healthy with diabetes, what shoes to buy, how to check the feet, the importance and how to manage diabetes, who should be in the care circle when living healthy with diabetes, and self-care tips while in between professional care visits. Participants were relaxed and stated that the act of burning the teachings into wood and or leather was very therapeutic and allowed a peaceful learning environment. All the participants enjoyed the day and expressed gratitude for all the teachings in regards to diabetes/foot care prevention and management as well as the art of wood burning.

In late March the Foot Care program coordinated a 2 day service provider training event. As per request from many service providers and the foot care advisory, Aboriginal cultural sensitivity was the focus of this event. The theme for this event was "Bridging the Gap" and it was filled with presentations and teachings on complete client care and understanding cultural differences. Speakers and presentations consisted of: SOADI Foot Care, Nike, Four Directions Medical Supply Company, SOADI Education Program, client compliance by wound care nurse; Pat Coutts, CAWC overview and launch of new pep talk resource, moon cycle and relation to Aboriginal people by SOADI Elder; Grandmother Renee Thomas-Hill, alternative Aboriginal care options, positive strategies to enable a client to adhere to the recommended treatment plan, and activities such as power of breath and words, body scan technology, and level of intimacy regarding foot care and Aboriginal people. Both days were filled with stimulating talks and discussions regarding strategies to gain a proactive client while being understanding of the clients profile and cultural background. All the participants learned about Aboriginal client services and how SOADI supports our community. Everyone went home with various SOADI resources and Foot Cares Program's Package and Manual. The training was very well received by the participants and it was highly recommended to provide more training initiatives such as this on an annual basis. Many connections and referrals were made as well as a greater

SOADI ANNUAL REPORT 2011/2012

understanding of Aboriginal cultural sensitivity. This event was successful in attaining its goal of training our foot care service providers on Aboriginal cultural sensitivity as well as any new diabetic medicines and care options. Overall everyone viewed this event as a positive learning experience with their expectations met.

Within the next fiscal year we hope to strengthen our Ongoing Program by increasing the number of clinics within southern Ontario. We also look forward in creating and disseminating more resources as well as providing more proper fitting shoes to the community members in need. We will strive to provide more preventative education, referrals, and treatment care options to our Aboriginal community members. This program has grown and expanded greatly within southern Ontario, and continues to become more efficient and effective when networking with various partners to empower, educate and provide care to our community. The need for more permanent staff still remains due to such growth and popularity of this program. This program has saved limbs and continues to change lives; we have never experienced an amputation with any of our clients, we have only ever prevented them and will carry this record forward. We will continue to teach and care for our community members so they can in turn care for each other and themselves.



- London Foot Care Clinic

Youth Report



John Henhawk - Youth Coordinator

Over the year of 2011 many great developments have taken place for Reztore Pride. One of the developments is the Reztore Pride workshops. It was important to start doing the different workshops (rap/poetry/spoken word, b-girl/b-boy, visual art, beat boxing, and basic beat production) because they provided a platform for youth to express what they know about diabetes and how they feel about it. I realized while doing the workshops that it worked best to talk to participants about diabetes in a very informal way. When I tried starting out Reztore workshops with an 'informal conversation' about diabetes with the participants I found that it kept the participants better engaged and interested. I also found that most of the important information about diabetes would come from the participants as opposed to it coming from a DPC. I believe that getting the information from the participants gave them a sense of ownership and empowerment in the workshop. The Reztore Pride workshops are a great way to provide the youth with a platform to express them about diabetes and educate the community. One way the youth have been educating the community members through the visual art workshops is by creating a canvass the represents visually what they wish to express to the community about diabetes. The canvass that is created by the youth is usually kept with the community that it was created in.

Another great development of Reztore Pride is the clothing line. In 2011 Reztore Pride has developed hats, track suits, basketball jerseys, sweaters, and a line of t-shirts. The clothing line is a way for the youth to represent Reztore Pride and promote diabetes awareness. All of the clothing is being used as incentives for the shows/workshops for youth to participate. The Reztore t-shirt line is being designed by visual artists (Gilda Monreal, Rob Woolley, Brad Ladouceur, and Nyle Johnston) who have expressed visually onto a t-shirt to help push the message for Reztore Pride.

The second album release is another development for Reztore Pride. The album will have 15 different artists from various regions in southern Ontario. All of the songs on the album will push the message of healthy living and diabetes awareness. Once the album is complete the songs will be available free download off of the reztore pride website. The album is being mastered by Adrian Harjo and Jonathan Garlow. A video will

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be developed from one of the new songs from the album to help promote diabetes awareness to the community.

Overall Reztore Pride has been making great connections with youth to help fight the diabetes struggle. We now have 37 artists working to help Reztore Pride push the message and I believe we will have more artists join our cause in this New Year.



- Youths' learning about sugar content in drinks at Hamilton Powwow

Program Development Coordinators Report



Mitch Baird – Program Development Coordinator

I have worked for SOADI for almost five years now and each year brings exciting things to our organization we can share with our communities. This year we developed a series of initiatives to help raise awareness of health issues. I worked on completing Yoga teacher training and working on our new Yoga Video, Sweet Grass Yoga, attending the Paleo FX conference learning about the Ancestral health movement, and using our social media site on Facebook to give people daily articles about health issues.

I have been practicing Yoga myself for several years ago to help heal a hockey injury. After it helped me so much I decided it would be beneficial to begin doing classes for the staff here at the office just following videos. We all enjoy our yoga at the office as a nice break in the day so I began to look into teacher training for myself and see if I could begin to bring yoga to our communities. I took Level 1 and 2 teachers training at the Yoga Centre of Niagara along with our Toronto DPC Amanda Lipinski and we both managed to pass our exams. So far I have taught many classes in several different communities and we are getting many more requests to teach. With such an interest we began to see if other front line health workers would be interested in learning to instruct in Yoga and we have already started 10 teachers on their way to level 2. This interest in Yoga has really taken off and we have recently completed our Sweet grass Yoga Video to give out to community members. Take a look for it at this upcoming annual event where it will be launched.

This year, besides learning so much about Yoga, I began to read and study quite a bit more about how our ancestors lived from speaking to Grandmother Renee and Grandfather Walter about traditional health. One of the great things about working at SOADI is how much I can learn about how superior our body systems were in the past. Our immune systems could fight off so many illnesses and our ability to perform tasks as running and jumping was on par with many Olympic athletes today. But something changed and now our community suffers from so many illnesses I was getting more curious every day to see what was the cause and it kept leading me back to foods. I began reading several books by Lorne Courdain, Robb Wolf and Mark Simmons who are pioneers in the field of Ancestral Health and the success they have with people with health issues was nothing short of remarkable. They talk about getting back to eating traditional food of our hunter/gatherers ancestors to achieve optimal health and how we need to get back to those foods in order to live a healthy life. After reading so much I was able to attend a conference called Paleo FX to hear these

SOADI ANNUAL REPORT 2011/2012

and many more doctors and health workers and just regular people speak about how changing their health choices to traditional ones has had a major impact on their health. It is an idea we need to get out to our communities anyway we can. And one of the best ways to reach our communities is with social media websites like Facebook.

We started posting articles on www.facebook.com/soadihealth when Facebook made company pages available its reach into our organizations demographics is quite amazing. We began to do some small targeted advertising to our communities and had an awesome reaction to the articles about traditional health. We can also advertise events and other organizations we are partnering with. So far over five thousand people like our page a million people have read our articles about health and now we are beginning to post videos we create in house about healthy recipes. This really is the future of communicating to our people in need of health information and has been successful in getting traditional ideas about health out there.

I look forward to another year of success in learning more about the health issues that are in our communities and how we can spread the information to help us regain the health we have temporarily misplaced.



- SOADI Information Booth

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SOADI Stats

Diabetes Prevention Coordinators

DPC Event Evaluation fiscal Year 2012

DPC Events april 1st 2011 March 31st 2012

Numbers Attending

61,864

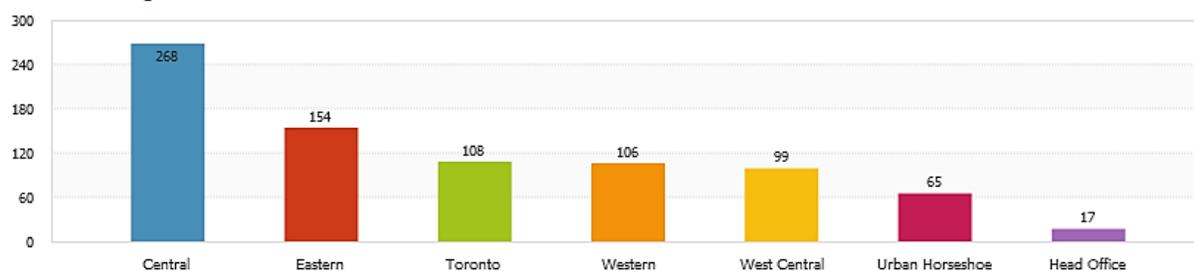
Number

Numbers Served

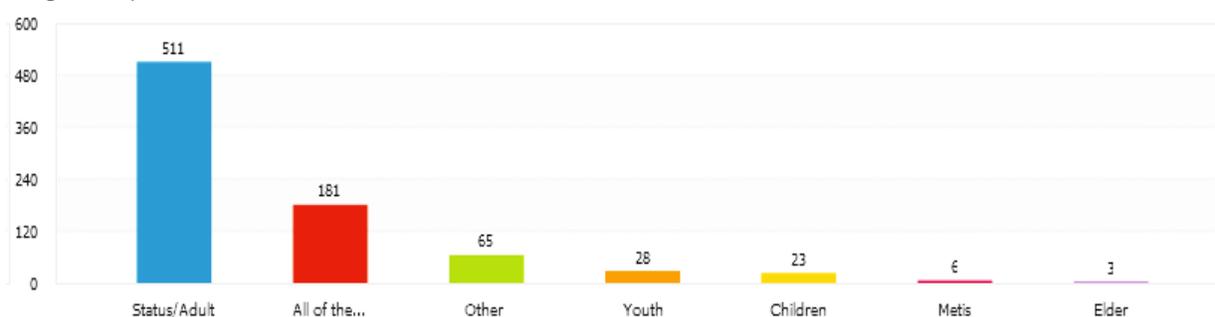
17,089

Number

Events Per Region



Target Groups

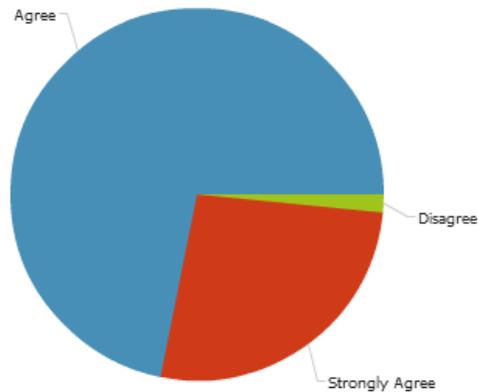


SOADI ANNUAL REPORT 2011/2012

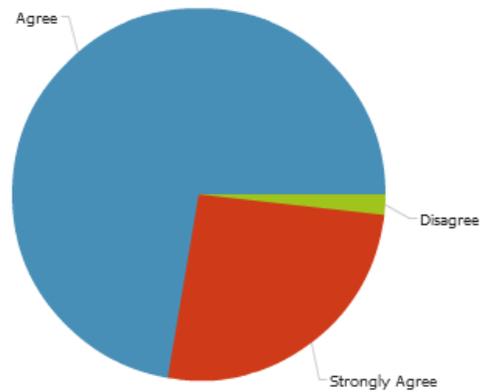
Event Pie Charts

The following 2 pie charts show the DPC evaluations on whether event they attended were successful or not.

Was Event Worth Doing Again Percentages?



Was This Event Successful Percentages?



Full Report available at: <https://soadi.wufoo.eu/reports/dpc-event-evaluation-fiscal-year-2012/>



- Amanda Lipinski (second from back right) and Mitch Baird (Back row Far Left) SOADI Staff Certified YES Level 2 Yoga Instructors at graduation with other students and Teacher Cheryl Gordon, (Back Row Far Right)

SOADI ANNUAL REPORT 2011/2012

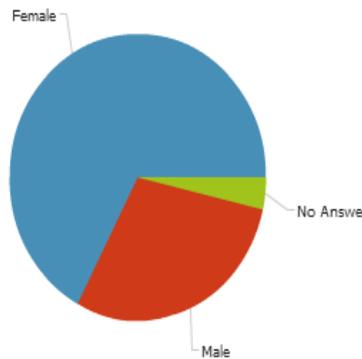
DPC Community Evaluations

SOADI DPC Evaluations Fiscal 2012

Entries dated april 1st 2011 to march 31st 2012

Entries
2,534
Number

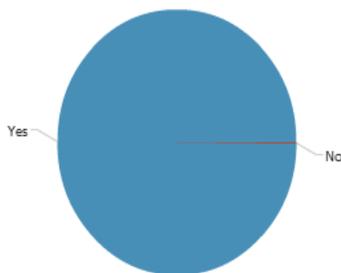
Gender



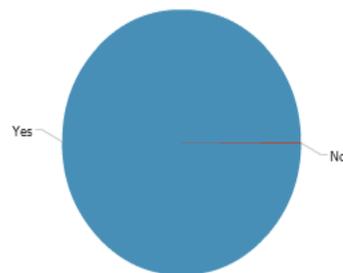
Are you living with Diabetes?



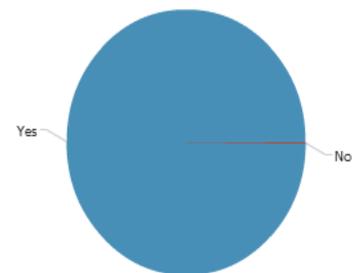
Was Information Easy to Understand?



Was Speaker Easy To Understand?



Was Information Useful?



Full Report available at - <https://soadi.wufoo.eu/reports/soadi-dpc-evaluations-fiscal-2012/>

SOADI ANNUAL REPORT 2011/2012

Foot Care Data Reports

Footcare Event Summary Fiscal 2012

April 1st 2011 to March 31st 2012

People Seen

522

Number

Number of People at Events

1,247

Number

Number of Prescriptions

13

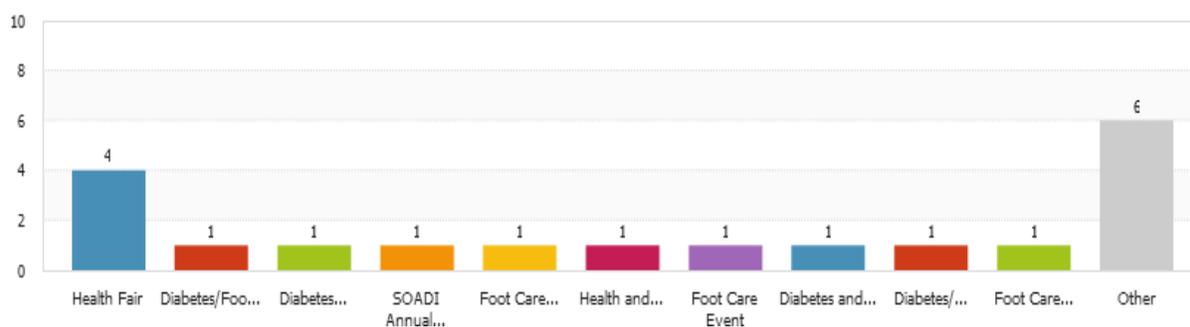
Number

Number of referrals

110

Number

Type of Event



Event Location

Choices	Percentage	Count
SOADI Head Office	15.79%	3
Hamilton (Ukrainian Cultural Centre)	5.26%	1
Barrie Native Friendship Centre	5.26%	1
Niagara Regional Native Centre	5.26%	1
Queen West Toronto	5.26%	1
Aamjivnaang Pow wow Grounds- Samia	5.26%	1
Parry Sound Native Friendship Centre	5.26%	1
Other [View]	52.63%	10
Total		19

Full report available at : <https://soadi.wufoo.eu/reports/footcare-event-summary-fiscal-2012/>

SOADI ANNUAL REPORT 2011/2012

Ongoing Clinic Report Fiscal year 2012

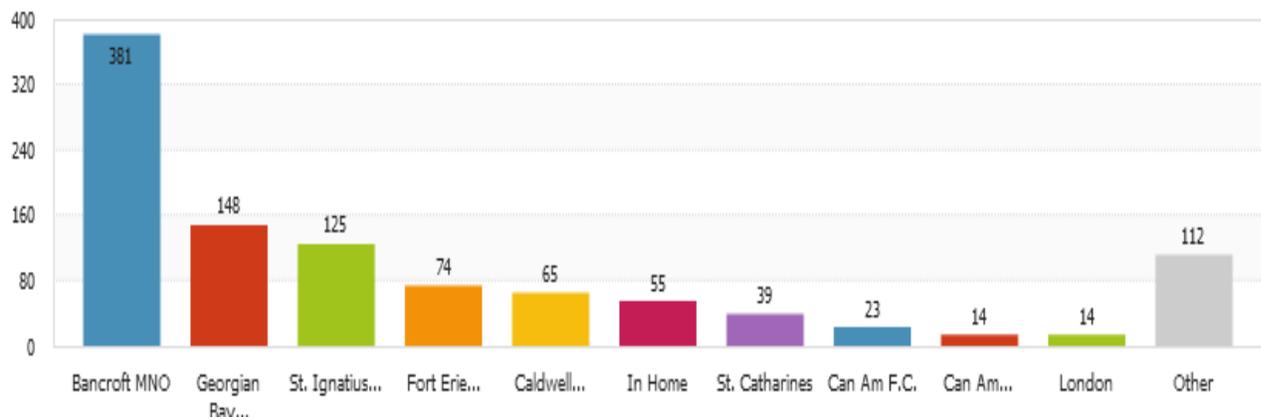
Fiscal year April 1st 2011 to March 31st 2012

Number of Entries

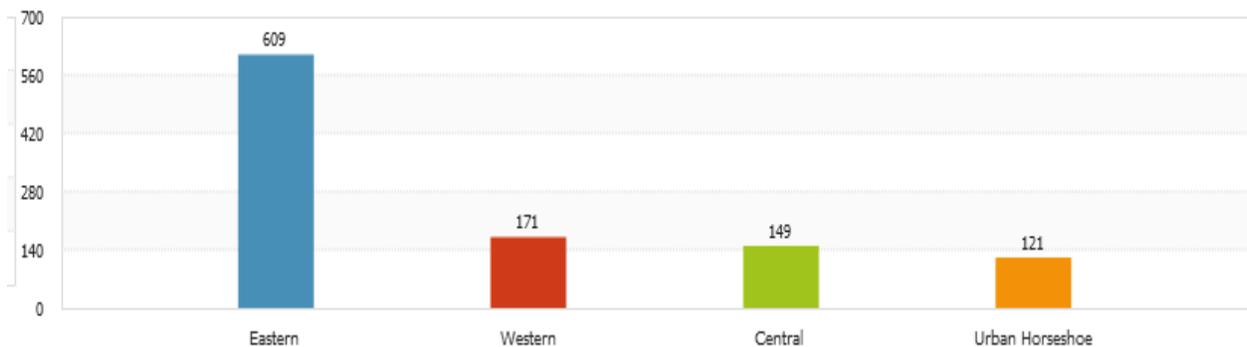
2536

Number

Clinic Location



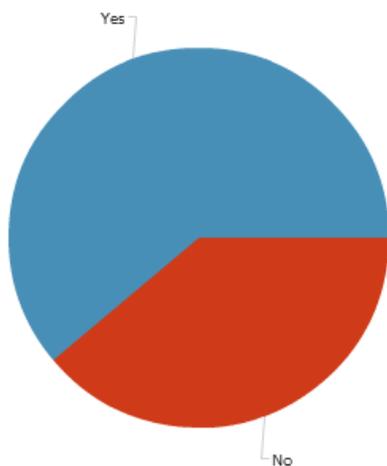
Region



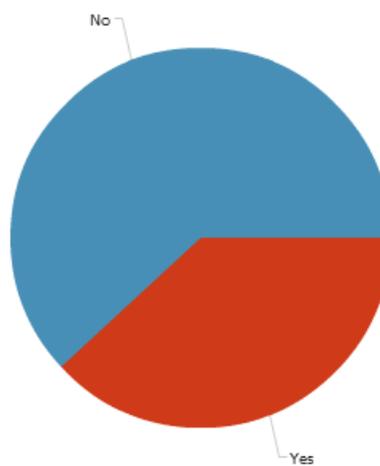
SOADI ANNUAL REPORT 2011/2012

Ongoing clinic report cont....

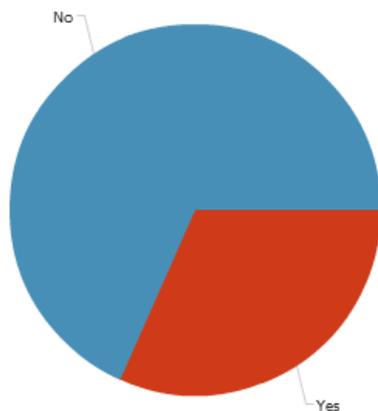
Diabetic?



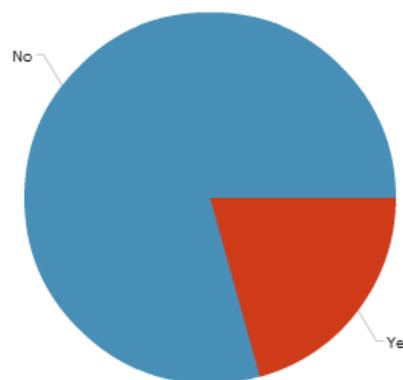
Neuropathy?



Pre Diabetic?



Periferal vascular disease



Full Report available at : <https://soadi.wufoo.eu/reports/ongoing-clinic-report-fiscal-year-2012/>

SOADI ANNUAL REPORT 2011/2012

Foot Care Community Evaluations

Foot Care Evaluations fiscal 2012

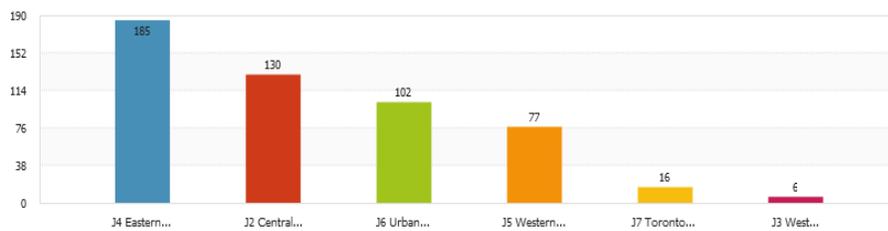
April 1st 2011 to March 31st 2012

Export Data

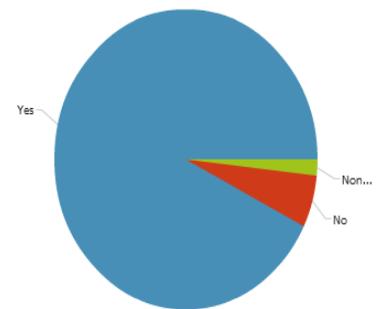
Location of Clinic

Choices	Percentage	Count
Ottawa SOADI Annual Event	11.05%	57
Bancroft	10.08%	52
Oneida Community Centre	8.33%	43
Fort Erie	7.36%	38
Hamilton	7.36%	38
Christian Island	6.99%	36
Barrie Native Friendship Centre	6.78%	35
Other	42.05%	217
Total		516

Region



Do Your Know More about you footcare needs



Full report available at : <https://soadi.wufoo.eu/reports/foot-care-evaluations-fiscal-2012/>

SOADI ANNUAL REPORT 2011/2012

Youth Report

Youth Event Report fiscal Year 2012

April 1st 2011, march 31st 2012

Number Served

1,581

Number

Number Attending

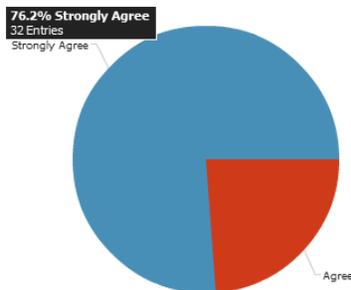
2,416

Number

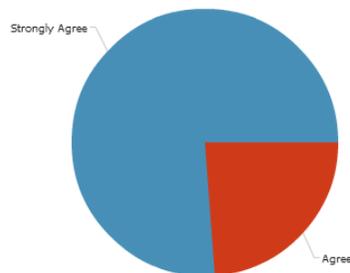
Location

Choices	Percentage	Count
blacklight recording studio - 1650 dundas east, mississauga	12.20%	5
1600 Attawandaron Road, London, ON - Museum of Archaeology	7.32%	3
Wasse-Abin High School	4.88%	2
Ottawa	4.88%	2
SOADI head office	4.88%	2
Shawana Recreation Centre	4.88%	2
Six Nations Community Hall	2.44%	1
Other [View]	58.54%	24
Total		41
<i>Unanswered</i>		<i>1</i>

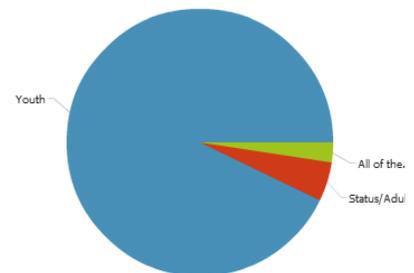
Was This Event Successful?



Was This Event Worth Doing Again?



Target Group



Full Report Available at : <https://soadi.wufoo.eu/reports/youth-event-report-fiscal-year-2012/>

SOADI ANNUAL REPORT 2011/2012

Education Report

Education Evaluation Fiscal Year 2012

Education Events Year 2012 - April 1st 2011 to March 31st 2012

Numbers Attending

547

Number

Numbers Serviced

274

Number

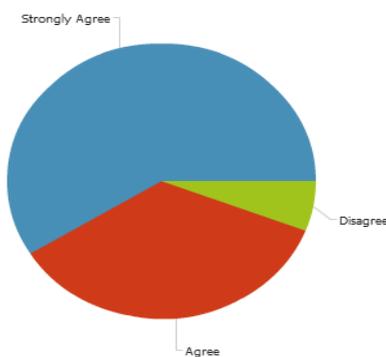
Event Types

Choices	Percentage	Count
SOADI Display	11.76%	2
Advisory	11.76%	2
CANAB	11.76%	2
Health Conference	11.76%	2
Request for service	5.00%	1
Interviewed	5.00%	1
Aboriginal Diabetes Conference	5.00%	1
Other [View]	35.29%	6
Total		17

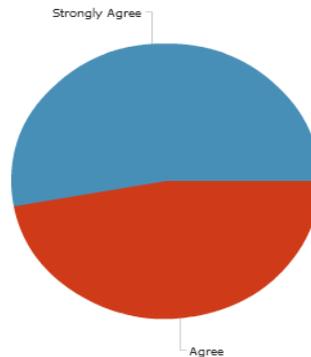
Event Pie Charts

The following 2 pie charts show the DPC evaluations on whether event they attended were successful or not.

Was Event Worth Doing Again Percentages?



Was This Event Successful Percentages?



Full Report Available at : <https://soadi.wufoo.eu/reports/education-evaluation-fiscal-year-2012/>

SOADI ANNUAL REPORT 2011/2012

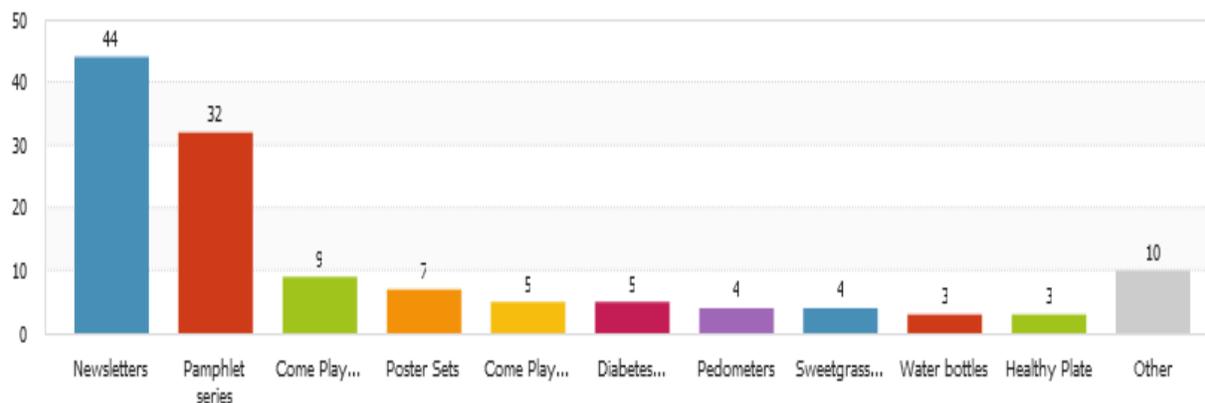
SOADI Resource Report

Resource Summary Fiscal year

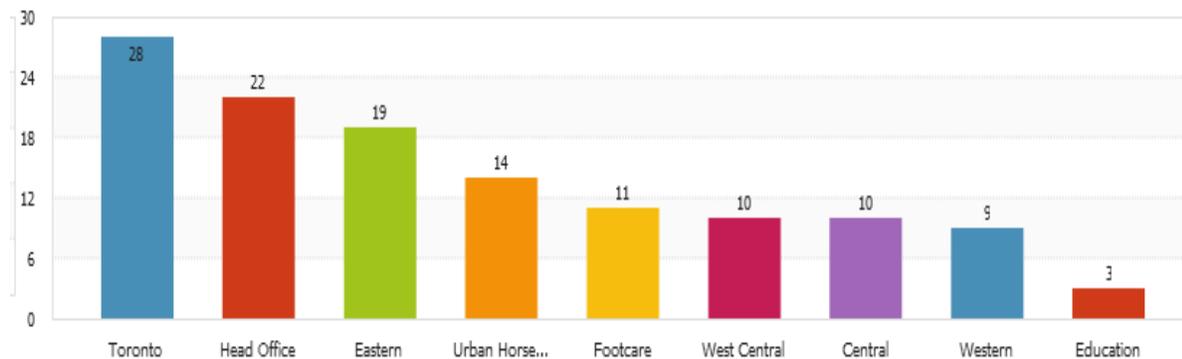
2011 fiscal year

**Number Of Resources
Given Out**
10,569
Number

Number of requests for each resource



Resource Requests Per Region



Full Report Available at : <https://soadi.wufoo.eu/reports/resource-summary-fiscal-year/>

SOADI ANNUAL REPORT 2011/2012

Social Media and Web Report

Facebook Page Likes and demographic information for www.facebook.com/soadihealth

All dates and times are in Pacific Time

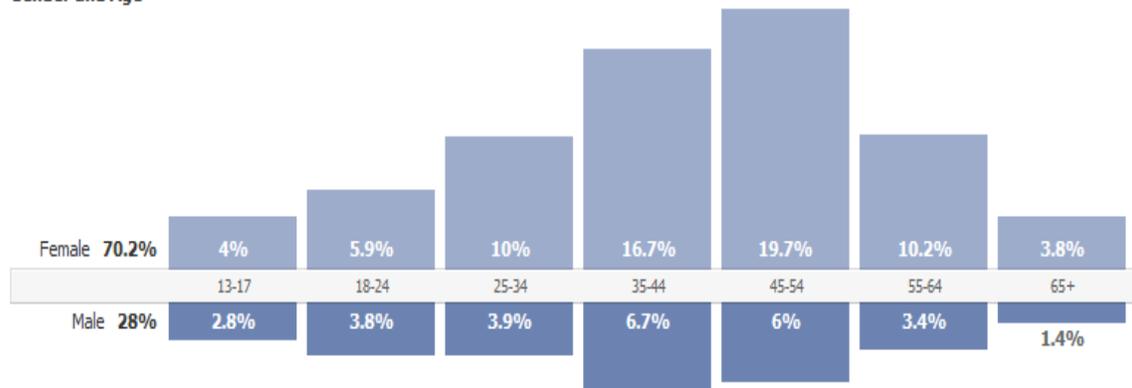
[Export Data](#) ⌵

Total Likes? **4,660** ↑0.19% Friends of Fans? **1,494,683** ↑0.42% People Talking About This? **203** ↑170.67% Weekly Total Reach? **4,481** ↓-27.97% Total Subscribes **--**

People Who Like Your Page (Demographics and Location)

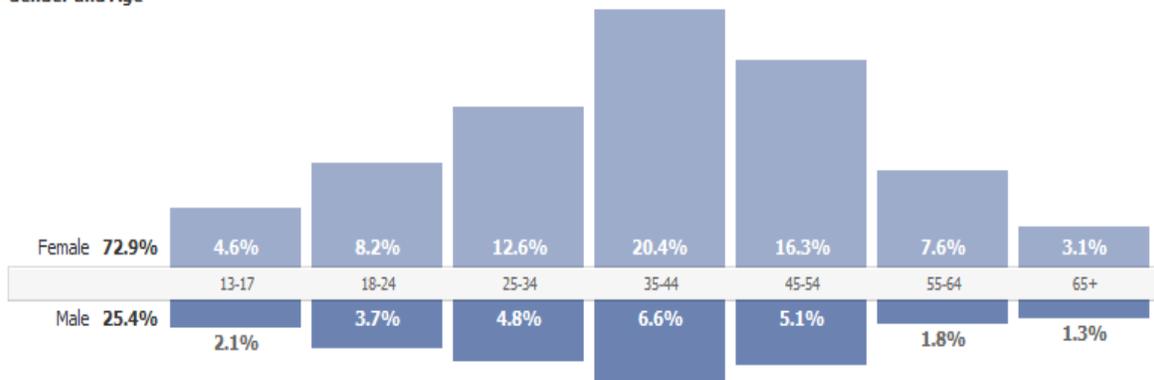
[See Likes](#)

Gender and Age?



Who You Reached (Demographics and Location)

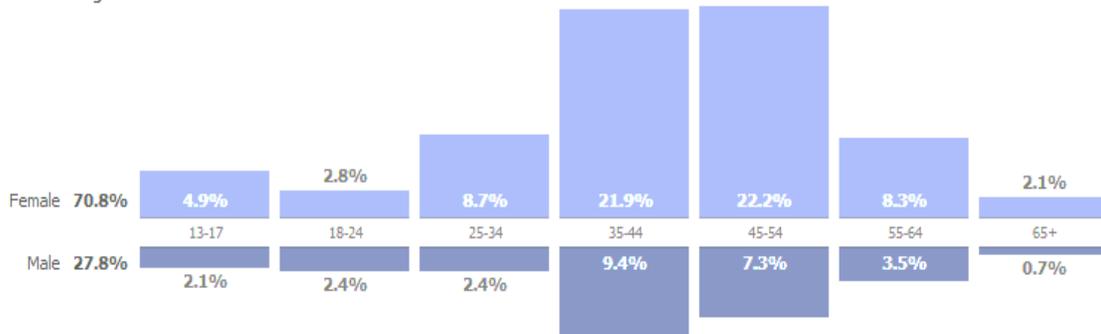
Gender and Age?



SOADI ANNUAL REPORT 2011/2012

Who Is Talking About Your Page (Demographics and Location)

Gender and Age?



Website traffic for SOADI.ca

2,540 people visited this site

Visits: 4,846

Unique Visitors: 2,540

Pageviews: 7,340

Pages / Visit: 1.51

Avg. Visit Duration: 00:02:27

Bounce Rate: 70.43%

% New Visits: 49.07%



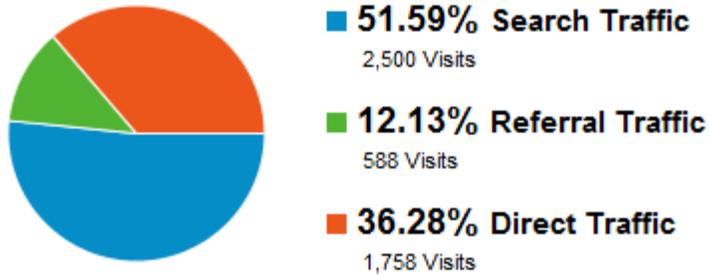
■ **50.95% Returning Visitor**
 2,469 Visits
■ **49.05% New Visitor**
 2,377 Visits

Country / Territory	Visits	% Visits
1. Canada	4,596	94.84%
2. United States	116	2.39%
3. Brazil	36	0.74%
4. India	13	0.27%
5. Australia	10	0.21%
6. (not set)	6	0.12%
7. United Kingdom	4	0.08%
8. Iran	4	0.08%
9. Italy	4	0.08%
10. Mexico	4	0.08%

[view full report](#)

SOADI ANNUAL REPORT 2011/2012

4,846 people visited this site



Traffic via Google search keywords to reach our site

Keyword	Visits	% Visits
1. soadi	1,262	50.48%
2. soadi.ca	203	8.12%
3. southern ontario aboriginal diabetes initiative	182	7.28%
4. southern ontario diabetes initiative	71	2.84%
5. www.soadi.ca	61	2.44%
6. soadi.wufoo.com/forms/soadi-event-information	59	2.36%
7. soadi.ca	49	1.96%
8. aboriginal diabetes initiative	44	1.76%
9. aboriginal diabetes	30	1.20%
10. soadi diabetes	26	1.04%

 **Pageviews: 7,340**

 **Unique Pageviews: 5,134**

 **Avg. Time on Page: 00:04:45**

 **Bounce Rate: 70.43%**

 **% Exit: 66.02%**

Contact Information

SOUTHERN ONTARIO ABORIGINAL DIABETES INITIATIVE

Board of Directors

Ontario Native Women's Association (ONWA)

Dawn Harvard, President

380 Ray Blvd., Thunder Bay, ON, P7B 4E6, Fax: 807-623-1104

Tel: 1-800-667-0816, Fax: 1-905-342-9835

Email: mharvard@sympatico.ca

Ontario Native Women's Association

Wendy Sturgeon /Alternate

108 Garrison Road, Fort Erie, ON L2A 1N9

Tel: 905-871-8770; Fax: 905-871-9262

Email: treasureronwa@gmail.com

Union of Ontario Indians

Carol Taylor, Vice-President

RR#1 Lakefield, ON K0L 2H0

Email: cataylor@georginaisland.com

Métis Nation of Ontario (MNO)

Tammy Wintle, Treasurer/Secretary

46 King St. Upper, Unit 201, Welland, ON, L3B 3H9

Tel: 905-735-1112, Fax: 905-735-1161

Email: wellandltc@metisnation.org

SOADI ANNUAL REPORT 2011/2012

Ontario Federation of Indian Friendship Centre's (OFIFC)

Angel Maracle, Alternate

219 Front Street, East

Tel: 416-956-7575

Email: amaracle@ofifc.org

Association of Iroquois & Allied Indians (AIAI)

Carolyn Doxtator,

387 Princess Avenue, London, ON, N6B 2A7

Tel: 519-434-2761, Fax: 519-679-1653

Email: cdoxtator@aiai.on.ca

Independent First Nations (IFN)

Lyndia Jones,

R.R. #1, Nobel, ON, P0G 1G0

Tel: 705-366-5663, Fax: 705-366-9300

Email: lyndia.ifnhealth@hughes.net

ELDER

Renee Thomas-Hill, Grandmother

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Email: grandmotherrenee@soadi.ca

SOADI ANNUAL REPORT 2011/2012

SOADI STAFF

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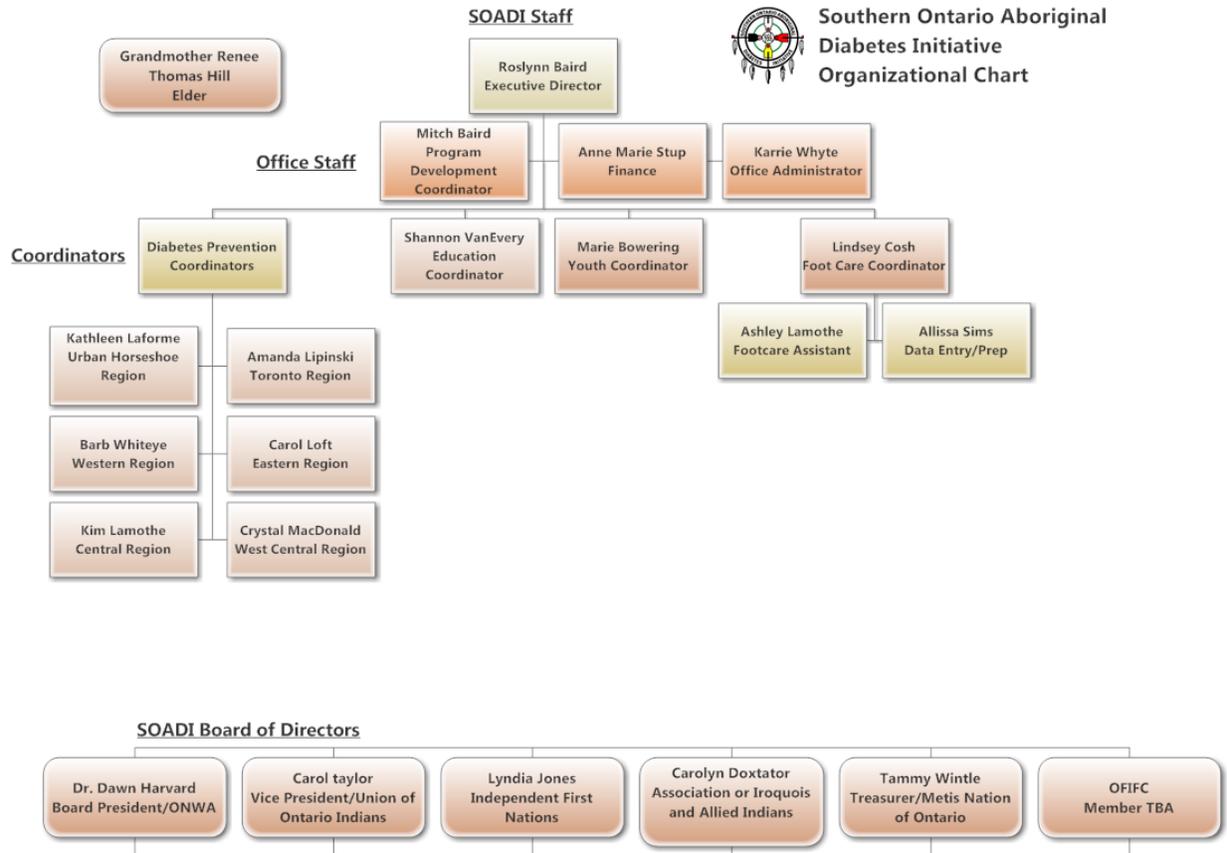
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Organizational Chart



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Nya:Weh, Chi Miigwetch, Thank You Carol on your retirement.



- Carol at one of many events



- SOADI Staff in 2006 from L-R, Kathleen Laforme, Roslynn Baird, Bill Messeger, Carol Loft, Mary Pheasant, Georgia Baum, Peggy Monague, and Barb Whiteye

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Nya: Weh, Chi Miigwetch for another wonderful year!



- Grandmother Renee at Queens Park