

April 2020

## Noojimo'iwewin, We Heal

Volume3, Issue 4



### Let Us Find Peace Fear and Anxiety HAS TO GO!

#### Inside this issue:

#### *Together We Heal*

Our community is in need of healing. Recovery from drugs, alcohol are possible and people are making effort to recover EVERYDAY! This newsletter will help us stay connected, promote healthy lifestyles, inform community on events, and encourage those still struggling.

Please come visit us at the Noojimo'iwewin Center! The Noojimo'iwewin (We Heal) Center is a safe and comfortable place for people to come to socialize, get support in developing and maintaining

recovery, and wellness in a welcoming, accepting atmosphere.

Services provided:

- ◇ Socialization
- ◇ Peer support
- ◇ Cultural Activities
- ◇ Monthly Sober Feasts/Meals
- ◇ Recreation
- ◇ Groups/Talking Circles
- ◇ Job Coaching/Life Skills
- ◇ Helping Finding Medical/Dental Services
- ◇ Help finding Housing

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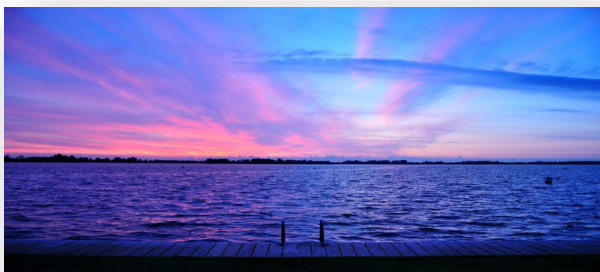
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*I will lie down and sleep  
in peace, for you alone,  
O LORD, make me  
dwell in safety.  
Psalm 4:8*

The Noojimo'iwewin Center is currently CLOSED to the public at this time. We know that this is an inconvenience to many and we sincerely apologize. We want to offer our direct services of support through phone calls and if you are in need of one please do not hesitate to call one of us.

To reach us directly please call :

Ed Metelica, Peer Support

Sarah Nevins, Peer Support

Sonia Reyes-Buffalo, Outreach Specialist

Cassie McCrow, Project Director

(715) 779-3508

If you need to speak with a Mental Health Provider or AODA provider please call Patsy Gordon at (715) 779-3741

# RECOVERY MEETINGS ONLINE

## *Red Cliff-Bayfield-Washburn-Iron River*

Below is a list of local recovery meetings that have been scheduled online through Zoom teleconferencing services. They are taking place at the same time as the in-person meetings were scheduled.

- You will need a WiFi connection to access these meetings by smartphone, tablet or computer.
- There is a meeting link, ID, and password (below) for each specific meeting. If you don't have Zoom installed on your device you'll be instructed when you use the meeting link.
- Each meeting is limited to 40 minutes and it's suggested to mute yourself when not talking to cut down on background noise.

### **Bayfield Monday Night AA Group (Little Sand Bay)**

7PM, Monday night

Link: <https://zoom.us/j/9955440480> or call (312)626-6799

Meeting ID: 955 544 0480 No password required

### **Iron River Tuesday Night AA (Northern Lakes Alano Club)**

7PM, Tuesday night

Link: <https://us04web.zoom.us/j/991759179?pwd=TE1HNFF2WDRrZmdrQ2lvL3FudU51QT09>

Meeting ID: 991 759 179 Password: 416786

### **Red Cliff Wednesday Night Wellbriety**

6PM, Wednesday Night

Link: <https://us04web.zoom.us/j/745466870?pwd=Y3pXeW5aV3FpNFQ3eW15a2tLWXFidz09>

Meeting ID: 745 466 870 Password: 004580

### **Washburn Friday Night AA Group**

7PM Friday Night

Link: <https://zoom.us/j/679698038?pwd=WStpNEFjbZpemF6bjBuS2JCd0JCdz09>

Use Link or call (312) 626-6799 Meeting ID: 679 698 038

Password: 107048

### **Red Cliff Friday Night AA Group**

6PM Friday Night

Link: <https://us04web.zoom.us/j/3366659454>

Meeting ID: 336 665 9454

## 5 Fun Things to do During Quarantine By: Sonia Reyes-Buffalo

### 1. Clean the places in the house that just took way to long!

You know that closet that is stacked to the top with random stuff? Yeah that one, pull it out and get rid of the senseless stuff you don't need, and organize the stuff you would like to keep! You will feel better afterwards .... Trust me!

### 2. Try some new healthier delicious new recipes!

You now have the time to incorporate healthier food options in your diet, try adding food like broccoli, kale, turmeric, fruit, citrus and nuts to boost your immune system! Or if you don't have health issues do a healthy fast!

### 3. Try out some DYI face masks!

The internet is loaded with awesome soothing face masks that can treat various skin problems. The ingredients are house hold items and always super easy and fun to put on!

### 4. Take a Virtual Museum Tour online!

Check out these websites to explore different museums around the world:

<https://britishmuseum.withgoogle.com/>

<https://artsandculture.google.com/partner/musee-dorsay-paris?hl=en>

<https://artsandculture.google.com/entity/pergamon/m05tcm?hl=en>

### 5. Make a music video or do karaoke

You should select your songs, decide on a script or choreographed dance if you're making a video, or just sing and dance your heart out. Costumes and props make this extremely fun and allow you to be more immersed in the music.

*Join Us For An*

**ONLINE  
ALL RECOVERY  
MEETING**

**MONDAYS &  
THURSDAYS  
STARTING AT  
1:00 PM CST**

THIS MEETING IS OPEN TO ANYONE SEEKING OR LIVING IN RECOVERY AND THOSE WHO SUPPORT RECOVERY. ALL RECOVERY MEETINGS ARE MEANT TO SUPPORT ALL PATHWAYS OF RECOVERY. USE THIS GROUP TO CHECK IN AND TO SHARE YOUR STRUGGLES OR SUCCESSES!

This meeting is powered by Webex. Please follow the site below to join the meeting:

<https://uwmadison.webex.com/uwmadison/j.php?MTID=m16b01deef1b4e1d66432f7c5772e51b>





## Finding Peace in Ourselves By: Cassie McCrow



We are in stressful times right now but there are some things we can do to help ourselves and our families cope better and feel better. Here are some tips:

- **BREATHE:** The simple act of breathing can have a calming influence. One great way is breathing with your stomach. Just imagine the air you are breathing in filling your stomach - let it puff out! Feel it full of life-giving air, then let it out slowly through your mouth. Another good technique is noticing your breath by saying, 'I am breathing in' when you breathe in and 'I am breathing out' when you breathe out. It might seem too simple or silly, but it works!
- **PRACTICE MINDFULNESS:** Mindfulness helps bring you out of your anxious thoughts and back into your body and the present moment. Here are two easy methods: "3×3" works by taking in your surroundings and noticing three things you hear, three things you feel and three things you see. Another is to look around you and notice something that starts with an A, a B, a C, etc. until you've completed the alphabet.
- **Learn "TLC":** TLC stands for "Talk to a Friend, Look for the Silver Lining, and Change the Channel." If you are feeling anxious, you can **talk** to a friend/parent/elder/counselor/teacher, then **look** for the silver lining (no matter how bad things are, there is always something good that you can notice) and then **change the channel** – which means find a positive distraction such as taking a walk, taking a shower, or doing a mindful breathing exercise.

## Finding Peace in Ourselves By: Cassie McCrow continued...

- **DEMONSTRATE "RID":** One suggestion is to **RID** yourself of anxiety by first "**Renaming** your thought" – remind yourself that you're just having an anxious thought. Then **Insist** that **YOU** are in charge (not your anxious thought). Anxiety plays tricks on us and what we worry about rarely comes true. Then **Defy** your anxiety by facing your fear and you will overcome it.
- **PRACTICE GRATITUDE:** Being grateful helps to reframe your thoughts. Studies show that people who engage in the habit of expressing gratitude are more likely to be happy and healthy. Gratitude exercises can be as simple as offering Asemaa and a thank you prayer, thinking of three things for which you're grateful, sending a quick thank-you text to a friend, or jotting down a couple reasons why you feel lucky.
- **SET ASIDE QUIET TIME:** Find a few minutes of alone time each day to relax, stretch or listen to music to reduce negative emotional states. Consider planning a weekly workout schedule. Thirty minutes of aerobic exercise 3-5 times a week can help the mind and body handle stress.
- **ASK FOR HELP:** It's okay to ask for help – for stress, mental health or addiction issues. Find out about local health programs, mental health services, and resources available in your community. Sometimes just asking a friend if you can vent to them for a moment will give you a way of letting some stress go.



## Forever, A Poem By: Renee Topping

# Forever

Through my time in isolation,  
I' ve found it' s but a demonstration;  
In self-discipline and strength of will-  
To see if I can just stay still.  
I cry, it feels like torture...more  
As I recall this feeling from once before  
Time is perceived such as is space  
It' ll all end in no time;  
We' ll be back at first base.  
So I take a deep breath and just allow  
Myself to exist in the here and now.  
A prisoner at home, it could be much worse  
So I count my blessings. This is not a curse  
Alice: "How long is forever?"  
White Rabbit: "sometimes just one second"



## WHAT PARENTS NEED TO KNOW ABOUT

# KNOW METH



### WHAT IS IT?

Methamphetamine (Meth) is a highly addictive stimulant drug that can be made from common household items. Wisconsin's main source of meth is being trafficked from Minneapolis and St. Paul, Minnesota to northwestern Wisconsin.

### WHAT DOES IT LOOK LIKE?

Meth can be found in the form of pills or a white or cloudy powder, while crystal meth is similar to clear glass shards or shiny blueish white rocks.

### WHAT ARE THE COMMON STREET NAMES?

Meth, Chalk, Crank, Crystal, Glass, Ice, Up, Speed,  
Shards

### HOW IS IT USED?

Meth is taken orally, smoked, snorted, or dissolved in water or alcohol and injected. Smoking and injecting the drug are the quickest ways to access the brain.

### WHY DOES IT APPEAL TO PEOPLE?

By smoking or injecting meth, a person experiences an intense "rush" that lasts only a few minutes; however, meth highs are known for being long lasting. Meth is described as being highly pleasurable and can produce

Learn more at:

**KnowMethWi.org**



# WHAT PARENTS NEED TO KNOW ABOUT

# KNOW METH

## WHAT ARE THE SIGNS OF USE?

- Agitation
- Chest pain
- Dilated pupils
- Elevated body temperature and heavy sweating
- Excited speech
- High blood pressure
- Hyperactivity
- Irregular heartbeat
- Loss of appetite
- Nausea, vomiting, and/or diarrhea
- Shortness of breath
- Anxiety
- Confusion
- Hallucinations and delusions
- Insomnia
- Memory loss
- Meth mouth (severe tooth decay)
- Mood disturbances
- Paranoia
- Skin sores (delusions of insects crawling under the skin can lead to scratching obsessively)
- Violent behavior
- Weight loss
- Repetitive behavior (such as compulsively cleaning, grooming, or disassembling or assembling objects)
- Change in academic scores

## WHAT CAN YOU DO TO HELP?

- Talk to your children and family members about the risk and dangers of meth use
  - Get involved in your local KNOW METH Campaign
  - Get involved in your local coalition
  - Monitor the use of pseudoephedrine (cold medicine) in your home
  - Refuse to purchase pseudoephedrine for another person
  - To find recovery resources in your area:  
[www.recovery.org](http://www.recovery.org)
  - SAMHSA Treatment Services Locator:  
1-800-662-HELP (4357)  
[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)
  - Visit: [www.knowmethwi.org](http://www.knowmethwi.org)
- If you see suspicious activity, report it to law

## THE GOALS OF KNOW METH ARE TO:

- Raise awareness of methamphetamine use in Wisconsin
- Communicate the risks and dangers of use
- Get Wisconsin residents to take action

Marshfield Clinic Health System, Northwoods Coalition, and Alliance for Wisconsin Youth in partnership with the Wisconsin Department of Justice are committed to preventing and reducing methamphetamine use in Wisconsin through KNOW METH. Together we can help prevent methamphetamine use and addiction.



# HOW TO SPOT METH USE IN THE WORKPLACE

# KNOW METH™



## SPOTTING SIGNS OF METH USE IN

**More than 70% of all individuals who abuse substances in the USA hold down at least one job, and confidential studies have revealed that 25% of American workers between the ages of 18 and 34 will use illegal drugs at some point over**

- Burn marks on fingers or mouth
- Constant talking
- Decreased appetite and unhealthy weight loss
- Dilated pupils even when outside or in a bright room
- Excessive sweating that is not from heat or physical activity
- Jerky, erratic movements, twitching, facial tics, animated or exaggerated mannerisms
- Obsessively picking at hair or skin
- Psychotic Behavior (i.e. paranoia, hallucinations, violence)
- Unusual or foul body odor (some may smell like ammonia)



## HARD-HIT INDUSTRIES AND OCCUPATIONS

- Construction
- Manufacturing
- Mining
- Retail and sales
- Food services
- Certain sectors of transportation
- White collar jobs

Source: U.S. Department of Justice & U.S. Department of Labor

Learn more at:

**KnowMethWi.org**



# HOW TO SPOT METH USE

# KNOW METH™

## EMPLOYEES WHO ABUSE SUBSTANCES

Miss 10 workdays for every 1 workday missed by their colleagues

- Are only about 2/3 as productive as the average worker
- Are 5 times more likely to cause accidents in the workplace that injure themselves or others
- Are 5 times more likely to ask for worker's compensation at some point
- Accrue employer-covered healthcare costs that are 3 times higher than the average employee



## THE ROLE OF A SUPPORTIVE

- Employers should allow leave of absences for a person to seek help
- Employers should have a written drug and alcohol policy in place
- Policies should be supportive rather than threatening
- SAMHSA Treatment Services Locator  
1-800-622-HELP (4357)  
[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)
- To find recovery resources in your area:  
[www.recovery.org](http://www.recovery.org)
- Visit: [www.knowmethwi.org](http://www.knowmethwi.org)

When employers are supportive, not only will it make a person more likely to come forward, but it will also make co-workers feel more comfortable getting involved if they know their friend and colleague will not be facing automatic termination if the truth is revealed.

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Learn more at:

**KnowMethWi.org**



## Foods That Boost Your Immune System!

They say we are what we eat and there is no question that good nutrition helps us to feel good and fight off disease. Here are some tasty foods to help your body stay healthy!

### Maple Syrup

Many nutrients are naturally found in pure maple syrup, including zinc, potassium, manganese, thiamine, calcium, iron, magnesium, and riboflavin. One study found maple syrup to contain 24 different natural antioxidants and anti-inflammatory compounds. Zinc is not only beneficial to heart health, but it is also an antioxidant. It is involved in important bodily functions such as cellular growth and regeneration. Just a 1/4 cup serving of maple syrup provides 41% of your daily requirement of zinc. A 1/4 cup of maple syrup also provides 100% of your daily requirement of manganese, which is linked to HDL, or good cholesterol, and also known for its ability to improve overall mental stability.

### Manoomin (Wild Rice)

The health benefits of Wild rice are such that it helps in optimizing digestion, boosts the immunity, promotes growth and repair helps in improving bone strength, prevents birth defects, helps in weight loss, prevents chronic diseases, natural treatment for Osteoporosis, helps to protect the heart, helps in preventing aging, is a super food for those in gluten free diet and helps in preventing macular degeneration.

Nutrients present in just one cup of wild rice are: 0.5 milligrams of manganese, 2.2 milligrams of zinc, 52.5 milligrams of magnesium, 134 milligrams of phosphorus, 2.1 milligrams

of niacin, 0.2 milligrams of vitamin B6, 42.6 micrograms of folate, 0.2 milligrams of copper, 0.1 milligrams of riboflavin, 0.1 milligrams of thiamine, 1 milligram of iron and 166 milligrams of potassium.

### Citrus Fruits

It is common knowledge vitamin C provided by citrus fruits such as oranges, lemons, limes, grapefruit, tangerines, and clementine contains antioxidants that can help prevent a cold before it happens. Those who believe vitamin C does fight the common cold believe it can reduce the symptoms by almost twenty-five percent by using one to eight grams. Some other foods containing high levels of vitamin C include sweet potatoes, bell peppers, papaya, tomatoes, broccoli, Brussel sprouts, and butternut squash.

### Garlic

Garlic is known for its wide range of health benefits such as strengthening the immune system and preventing heart disease, high blood pressure, and high cholesterol. It is also said to fight off free radicals that cause cancer. Individuals who use garlic on a regular basis have stronger immune systems, suffer from fewer colds per year, and have less severe symptoms that do not last as long as those who do not cook with garlic.



## Ginger

There are many benefits to adding ginger to a diet. It is known to protect the body against bacteria, reduce inflammation like arthritis, asthma, nausea and irritable bowel syndrome (IBS), and can regulate the immune system. It is also widely used to fight both cold and flu infections. However, there has been no scientific evidence to back these claims. To make an excellent immune-boosting tea, boil water, peel fresh ginger and turmeric, and cut two slices of lemon. Add ginger, turmeric, and lemon to the boiled water and allow it to steep for five minutes or so. For antibacterial properties and to sweeten it, add a teaspoon of honey. You can use dried ginger and turmeric if fresh is not available.

## Sweet Potatoes and Yams

Health benefits from sweet potatoes are plenty and include promoting healthy weight loss, boosting the immune system, improving digestion, treating inflammation, and relieving symptoms of asthma and bronchitis.

One sweet potato has about one hundred and twelve calories, zero percent of the daily value of fats and cholesterol, and plenty of vitamins and minerals that help boost an immune system. In just one sweet potato there is three-hundred and sixty-nine percent of the daily value of vitamin A, which is extremely beneficial to the immune system and skin health.

## Teas

Anishinaabeg have always used teas as medicine. As well as being a comforting warm drink, many wild plants have medicinal properties. Traditional teas that help immunity include cedar tea, wintergreen tea, echinacea tea and swamp (Labrador) tea, to name just a few. It has also been found that people who drink a few cups of

regular store-bought green or black tea every day tend to get sick less than those who do not, due to the many nutritional benefits teas provide. L-theanine, an amino acid present in both black and green tea, contributes to a boost in the immune system. Each tea is unique and has its own health benefits. Most teas fight off bacterial, fungal, and viral infections that cause diseases and illnesses like influenza. To further increase their immune-boosting power add honey, lemon, ginger, or turmeric.

## Mushrooms

Mushrooms are another food promoting a healthy immune system, as they increase the production of white blood cells that fight off infection. More than that, mushrooms are high in B vitamins, fiber, minerals, and protein, and low in calories and carbohydrates, which makes them an excellent addition to any healthy diet.

Due to the high level of anti-inflammatories and antioxidants, mushrooms are thought to destroy cancer-causing free radical cells, and also lower inflammation that can be the cause of many other diseases. They also help alkalize the body, which improves immunity and balance an individual's pH level, which is crucial for good health because the disease cannot grow in an alkaline environment.

## Eat well, Be well!

Sources:

[www.healthprep.com](http://www.healthprep.com)

[www.healthline.com](http://www.healthline.com)

[www.acadianmaple.com](http://www.acadianmaple.com)

[www.lybrate.com](http://www.lybrate.com)

## How can we help?

Here at the Noojimo'iwewin Center we want to be available to help you with your needs and find the resources you need to sustain sobriety and a healthy lifestyle.

### REASONS WE ARE HERE

- When you get out of the hospital, treatment, halfway house, or jail, our door is open.
- We have been there and we can relate.
- Peer to Peer recovery works!
- To help recovering addicts and alcoholics feel at home and feel safe.
- We are available when others are not.
- To help those in recovery re-engage and get involved with our community and help the next alcoholic or addict get recovery.
- When you don't have anything to do come and be here, we have great things to keep you busy!
- Build new relationships/friends!
- We want to show you life can still be fun without drugs and alcohol!
- We want our community to volunteer and let us help you keep motivated and on track!
- You are valued and loved here, we also need your help creating something beautiful.
- We have 12-Step and recovery groups available!

# **Noojimo'iwewin *We Heal***

**If you have any questions or concerns please  
call us at (715)779-3707**

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