

February 2020

## Noojimo'iwewin, We Heal

Volume3, Issue 2



# Loving our Family

## Addictions and ALL!

### *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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### Open Hours:

Monday— 8am-4:30pm

Tuesday— 8am-4:30pm

Wednesday—8am-8pm

Thursday— 8am-4:30pm

Friday—8am-8pm

Saturday— 10am-6:30pm



 <b>Noojimo'iwewin Center Activities</b> <b>Namebini-Giizis ~ February 2020</b> 37450 Water Tower Rd, Red Cliff Call for more information: 715-779-3508 						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Closed	Open 8 am-4:30pm	Open 8am-4:30pm	Open 8 am-8 pm	Open 8am-4:30pm	Open 8 am-8 pm	Open 10 am –6:30pm
<b>AA = Alcoholics Anonymous</b> <b>Wellbriety = Native 12-step Recovery Meeting</b> <b>NA = Narcotics Anonymous</b>						1 <b>Movies &amp; Popcorn</b> 3 – 6 pm
2 Closed	3 Open 8 am-4:30pm	4 Closed for mtg 8-9:15am 	5 Wellbriety 6:00 –8:00pm	6 NA 10-12	7 AA 6:00 pm	8 Painting the 7 Grandfather Teachings 1 – 4pm All ages welcome!
9 Closed	10 Open 8 am-4:30pm	11 Cooking with Ed! 1-4pm 	12 Wellbriety 6:00 –8:00pm	13 NA 10-12 Back to Basics of Recovery 3-4 pm	14 Niinimoshehiyag Giizhigad (Sweethearts Day) AA 6:00 pm	15 Kids' Valentine's Day Party! All ages Welcome! 1:00-4:00pm
16 Closed	17 Open 8 am-4:30pm	18 Winter Feast Sobriety Potluck 5:00 pm 	19 Bear Fat Rendering at Mishomis Wellness Center 10am –2pm Wellbriety 6 –8 pm	20 NA 10-12 Back to Basics of Recovery 3-4 pm	21 AA 6:00 pm	22 Cookies & Cocoa 1 – 4pm
23 Closed	24 Open 8 am-4:30pm	25 Knitting Class 1 –4pm	26 Closed for mtg 1:45–3:15pm Wellbriety 6:00 –8:00pm	27 NA 10-12	28 AA 6:00 pm	29 Sharing Circle 3 –5 pm

## Groups/Meetings Available

**Wellbriety Wednesdays 6-8pm:** The Wellbriety Movement is an interconnected web spreading across our Native Nations carrying the message of cultural knowledge about recovery for individuals, families and communities. The web is a live entity that was born out of the work that White Bison created after the Elders told about a healing time that has come. We start with smudging and a prayer, read the daily meditation, then read from the White Bison book, and choose a topic to discuss.

### Alcoholics Anonymous Fridays 6pm:

OPEN meeting- Topic Meeting

**Narcotics Anonymous Tuesdays 11-12pm:**  
OPEN meeting- Topic meeting

**Back to Basics of Recovery Thursdays 3 – 4pm** Working the 12 steps open meeting.

## AL-ANON, Support for the Family and Friends

### How does Al-Anon work?

There is no magic formula that enables you to help someone stop—or cut back—on his or her drinking. Alcoholism is a complex problem, with many related issues. But Al-Anon can help you learn how to cope with the challenges of someone else's drinking.

It may be that you could help matters by changing some of your own behaviors that make things worse. It may be possible for you to find a healthier way to respond to these challenges. Again, there are no easy answers. But Al-Anon meetings offer the opportunity to learn from the experiences of others who have faced similar problems.

While simple problems may have simple solutions, the solution to complex problems is more difficult to explain. Al-Anon simplifies a complex problem by suggesting a "One Day at a Time" approach, which takes things one step at a

time.

At every Al-Anon meeting, you can hear people explain how Al-Anon worked for them. That may be the best place to start to learn about Al-Anon—One Day at a Time.

Al-Anon members come to understand problem drinking as a family illness that affects everyone in the family. By listening to Al-Anon members speak at Al-Anon meetings, you can hear how they came to understand their own role in this family illness. This insight put them in a better position to play a positive role in the family's future.

Some research shows that when problem drinkers enter a recovery program, their chances for success are improved when they are supported by family members who are in a family recovery program such as Al-Anon.

<https://al-anon.org/newcomers/how-can-i-help-my/>



**Has your life been affected by, or are you worried about someone who is has a problem with drinking or using drugs?**

## **Al-Anon meetings can help!**

**Al-Anon members come together to share their experiences and learn coping skills from others who have similar experiences.**

*The Noojimo'iwewin Center* wants to hear from people who would like to be part of an Al-Anon group in Red Cliff. Please call Cas-sie at 715-779-3707 ext. 2450 or stop in at 37450 Water Tower Rd. to let us know you are interested and which days or times would work for you. Miigwech.

## A Letter to Parents, By: Sonia Reyes-Buffalo

"Dear Mom and Dad,

I wanted to write this letter to you because I know your worried about me. I know I have not made the best decisions in my life and they have caused you many heartaches. I really am trying to make better ones but what has happened to me has made it really difficult to do so. The pain I feel inside is unbearable at times and the drug use helps. I wish you could understand what it feels like to rely on them to make all the feelings go away. I never in my childhood woke up one day and wanted this for my life and I just wanted to tell you that this is NOT your fault. You did your best and I am really sorry I put you through so much pain and worry. I want to get help but I do not know how to do it. I want to learn but fear stops me from doing what's right. Please be patient with me, when I need something weigh the cost of my life because enabling me doesn't help. I have a tendency to try and manipulate people to get what I need and I hope you recognize this is something I do out of survival and not to hurt people. The withdrawal sucks and I cant stand it. My body ends up hurting all over the place which causes me to do impulsive things to stop the pain. I don't know if you understand this, but I am begging you to go and research this, there is so much help out there to help me stop this vicious cycle. I know you love me and you will do you best to do this. This may be the hardest thing you do in your lives but I ask you your forgiveness for all the crap I put you through. There are people who can help search them out and find them. I love you Mom and Dad, thank you for loving me."

If you are dealing with a child, sister, brother, parent, or any family member that has an addiction. Here at the Noojimo'iwewin Center we want you to know you are NOT ALONE! There are others that also to understand the anger, sadness, brokenness, and helplessness you may be feeling. Though we cannot always stop our loved ones from using drugs we can do something to strengthen ourselves to keep pursuing hope. As much as our loved ones may hurt us there is always some hope to hold onto. Here at the center we would like for you to stop in, you can tell us anything in confidence, and we can relate and compassionately give you care and comfort. We can't stop what is going on, but we can try and assist you find the resources and help your loved ones need. Please speak up, and don't wait to find help! You are valued and your heart matters to this community.

You don't have to do this ALONE!

## Simpler Posole, Navajo (Hominy Pork Stew)

### INGREDIENTS

- 8 cups hominy or 3 lbs frozen hominy
- 1/2cup mild fresh green chilies, roasted, peeled and chopped or 1/2 cup canned chile
- 1 -3 fresh or canned jalapeno, peeled, seeded, and chopped
- 2 garlic cloves, minced
- 1 onion, chopped
- 1 tomatoes, seeded, and chopped (1 cup) or (10 ounce) can diced tomatoes
- 2 -3 lbs boneless pork roast
- 2 teaspoons dried oregano
- 1/4 cup chopped fresh cilantro (coriander leaves)

### DIRECTIONS

1. Rinse posole in cold water until water runs clear. Soak for several hours or overnight in cold water.
2. Place posole with water to cover in large heavy covered pot or Dutch oven and bring to a boil, reduce heat to low and simmer covered, till posole pops, about 1 hour. If using canned hominy or frozen hominy, omit these steps.
3. Roast the peppers (if fresh) in a paper bag in a 400 degree oven for about 10 minutes, remove, cool and slip skins off easily, chop.
4. Add everything but herbs and salt to Dutch Oven or crockpot and simmer 4 hours or set crockpot on high 4 hours.
5. Remove meat, shred, return to pot, add herbs and salt to taste.
6. Simmer, covered, 1 more hour.
7. Serve as stew or do as we do and spoon on to tortillas and roll up folding one end under burrito style.

## A Poem by: Myra Brooks Welch

### The Touch of the Master's Hand

'Twas battered and scarred,  
And the auctioneer thought it  
hardly worth his while  
To waste his time on the old violin,  
but he held it up with a smile.  
"What am I bid, good people", he cried,  
"Who starts the bidding for me?"  
"One dollar, one dollar, Do I hear two?"  
"Two dollars, who makes it three?"  
"Three dollars once, three dollars twice, going  
for three,"  
But, No,  
From the room far back a gray bearded man  
Came forward and picked up the bow,  
Then wiping the dust from the old violin  
And tightening up the strings,  
He played a melody, pure and sweet  
As sweet as the angel sings.  
The music ceased and the auctioneer  
With a voice that was quiet and low,  
Said "What now am I bid for this old violin?"  
As he held it aloft with its' bow.  
"One thousand, one thousand, Do I hear

two?"

"Two thousand, Who makes it three?"

"Three thousand once, three thousand twice,  
Going and gone", said he.

The audience cheered,

But some of them cried,

"We just don't understand."

"What changed its' worth?"

Swift came the reply.

"The Touch of the Masters Hand."

And many a man with life out of tune

All battered with bourbon and gin

Is auctioned cheap to a thoughtless crowd

Much like that old violin

A mess of pottage, a glass of wine,

A game and he travels on.

He is going once, he is going twice,

He is going and almost gone.

But the Master comes,

And the foolish crowd never can quite  
understand,

The worth of a soul and the change that is  
wrought

By the Touch of the Masters' Hand.

## **Wellbriety**

### **A Native Way of Healing**

It has been shown that 12 Step programs, such as Alcoholics Anonymous (AA), are very effective at helping people get sober, and stay sober, through sharing and listening to others who have experienced addiction and are now in recovery. Millions of people have been helped in this way. Sometimes, however, people are looking for a program that is closer to their personal culture and spirituality - one that speaks a common language of understanding. This is how the Wellbriety Movement came to be. It was designed by and for Native American people who have a different historical experience and different way of understanding than those who developed the AA program. While the 12 steps in Wellbriety are patterned after AA, they encompass many Native cultural components including: Medicine Wheel Teachings, the sacredness of the Circle, Traditional Values ( such as humility, cooperation, group emphasis), Wisdom of the Elders, and the equal importance of healing the emotional, mental, physical and spiritual parts of ourselves and our families and communities.

Culture is a real source of strength to help people heal and the Wellbriety program was designed based on many conversations with Elders from many tribes. The 12 steps are placed in a circle in Wellbriety, and aligned with the Four Directions and the Natural Laws.

Wellbriety incorporates Native culture and spirituality but is open to anyone, regardless of their cultural heritage. Through discussion of the changes that occurred as a result of colonization, and the subsequent historical and intergenerational trauma experienced by Native people, this program can create a better understanding between cultures and a new unity and supportive recovery community as a result.



The book used in Wellbriety is **The Red Road to Wellbriety** by White Bison, Inc. There are also other books available including a study guide and **Meditations with Native American Elders -The Four Seasons** by Don L. Coyhis. You can also find out more information online at <https://whitebison.org> and <http://wellbriety.com>.

The Noojimo'iwewin Center Wellbriety meetings are open to everyone every Wednesday evening at 6:00pm. Please feel free to join us or call for more information: 715-779-3508.

## Alcohol and Drug Abuse Hurts Everyone in the Family

Dependence on alcohol and drugs is our most serious national public health problem. It is prevalent among rich and poor, in all regions of the country, and all ethnic and social groups.

Millions of Americans misuse or are dependent on alcohol or drugs. Most of them have families who suffer the consequences, often serious, of living with this illness. If there is alcohol or drug dependence in your family, remember you are not alone.

Most individuals who abuse alcohol or drugs have jobs and are productive members of society creating a false hope in the family that "it's not that bad."

The problem is that addiction tends to worsen over time, hurting both the addicted person and all the family members. It is especially damaging to young children and adolescents.

People with this illness really may believe that they drink normally or that "everyone" takes drugs. These false beliefs are called denial; this denial is a part of the illness.

### It Doesn't Have to be That Way

Drug or alcohol dependence disorders are medical conditions that can be effectively treated. Millions of Americans and their families are in healthy recovery from this disease.

If someone close to you misuses alcohol or drugs, the first step is to be honest about the problem and to seek help for yourself, your family, and your loved one.

Treatment can occur in a variety of settings, in many different forms, and for different lengths of time. Stopping the alcohol or drug use is the first step to recovery, and most people need help to stop. Often a person with alcohol or drug dependence will need treatment provided by professionals just as with other diseases. Your doctor may be able to guide you. Family Intervention Can Start the Healing

Getting a loved one to agree to accept help, and finding support services for all family members are the first steps toward healing for the addicted person and the entire family.

When an addicted person is reluctant to seek help, sometimes family members, friends, and associates come together out of concern and love, to confront the problem drinker. They strongly urge the person to enter treatment and list the serious consequences of not doing so, such as family breakup or job loss.

This is called "intervention." When carefully prepared and done with the guidance of a competent, trained specialist, the family, friends and associates are usually able to convince their loved one – in a firm and loving manner – that the only choice is to accept help and begin the road to recovery.

People with alcohol or drug dependence problems can and do recover.

Intervention is often the first step.

**For more information visit the websites  
[WWW.SAMHSA.ORG](http://WWW.SAMHSA.ORG)**

Sited:

<https://store.samhsa.gov/system/files/phd1112.pdf>

If You are dealing with a loved one who is struggling with a substance use disorder, here are some websites you can go to that will help you and educate you about how you can help and what this all means. The Noojimo'iwewin Center is safe place to find help also.

- **What is Substance Abuse Treatment**  
<https://store.samhsa.gov/system/files/sma14-4126.pdf>
- **Opioid Overdose Prevention Tool Kit**  
<https://store.samhsa.gov/system/files/safety-advice-for-patients-family-members.pdf>
- **Tips for Teens: Methamphetamines**  
<https://store.samhsa.gov/system/files/pep18-03.pdf>
- **Family Therapy Can Help**  
<https://store.samhsa.gov/system/files/sma13-4784.pdf>
- **How to Deal with a Drug Addicted Family Member**  
<https://addictioneducationociety.org/how-to-deal-with-a-drug-addicted-family/>

For more information please don't hesitate to call:

Noojimo'iwewin Center 715-779-3508

Mishomis Wellness Center 715-779-3741

Red Cliff Community Health Center 715-779-3707

*Noojimo'iwewin*  
*(We Heal) Center*  
**Biboon Wiikwandiwin**  
**Winter Feast**  
**Sobriety Potluck**

Co-sponsored by



**Everyone is welcome!**

**Tuesday February 18, 2020**  
**at 5:00pm**



37450 Water Tower Rd. Red Cliff  
For more info please call: 715-779-3508



## Noojimo'iwewin Center Weekly Activities

Monday: Open 8am – 4:30pm

Tuesday: Arts and Crafts 1 – 4pm

Wednesday: Wellbriety Meeting 6 pm

Thursday: Narcotics Anonymous  
Meeting 10 am

Friday: Alcoholics Anonymous  
Meeting 6 pm

Saturday: Various Activities 1 – 4pm

Sunday: Closed

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YOU ARE NOT  
alone  
— — — — —  
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# Mishomis Wellness Center Calendar



**RED CLIFF MISHOMIS  
WELLNESS CENTER**

**FEBRUARY 2020**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 <b>Superbowl Sunday</b>	3	4 Relapse Grp 10-12	5 MWC Staff Mtg. 8:30 a.m. Building Strengths Grp. 1 to 4 p.m.	6 BHS Grp. 9:15 a.m. to 11:30 a.m.	7	8
9	10 Full Moon Ceremony	11 Relapse Grp. 10-12	12 Building Strengths Grp. 1 to 4 p.m.	13 Relapse Prevention Grp. 10 to 12 p.m.	14 	15
16	17	18 Relapse Grp. 10-12	19 Bear Fat Rendering & Teaching of Medicinal Wrksp. 10 to 2:00 p.m.	20 BHS Grp. 9:15 a.m. to 11:30 a.m.	21	22
23	24	25 Relapse Grp. 10-12	26	27	28	29

**\*\*VRNA Program will be here every Wednesday from 10 a.m. to 12:00 p.m. in the Lower Level Conference Room\*\***

Mishomis Wellness Center is Open Monday through Friday 8:00am-4:30pm

If you want to be apart of any group or activity please call ahead of time

(715)779-3741

## 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

Cassie McCrow, Project Coordinator– Ext. 2450

[cmccrow@redcliffhealth.org](mailto:cmccrow@redcliffhealth.org)

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Sarah Nevins, Certified Peer Specialist—Ext. 2453

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Or call the Noojimo'wewin Directly at  
(715)779-3508

37450 Water Tower Rd.

Red Cliff, WI 54814