

# Restoration and Rest Tis the Season to be Jolly

## 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

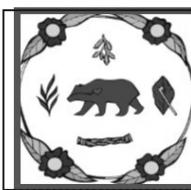
recovery, and wellness in a welcoming, accepting atmosphere.

### 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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## Noojimo'iwewin Center Activities

### Manidoo-Giizisoohns ~ December 2019



37450 Water Tower Rd, Red Cliff Call for more information: 715-779-3508

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Closed	Open 8 am-8 pm	Open 8am-4:30pm	Open 8 am-8 pm	Open 8am-4:30pm	Open 8 am-8 pm	Open 10 am-6:30pm
1 Closed	2 Sharing Circle 5-7pm	3 Closed for mtg 8-9:15am Hair Cuts 10am-12:30pm	4 Wellbriety 6:00-8:00pm	5 NA 10-12 Cooking with Ed! 1-4pm	6 AA 6:00 pm	7 Dreamcatcher Making 1-4pm
8 Closed	9 Sharing Circle 5-7pm	10 Closed All Day for Staff Training	11 Wellbriety 6:00-8:00pm	12 NA 10-12 Men's Group 2:00-3:00pm	13 Closed 8:00-11:30am for staff training AA 6:00 pm	14 Christmas Ornament Making 1-4pm
15 Closed	16 Sharing Circle 5-7pm	17 Sobriety Potluck 5:00 pm	18 Cookies with Cops Cookie Baking 1:00-4:00pm Wellbriety 6:00-8:00pm	19 NA 10-12 Cookies with Cops Cookie Baking 1:00-4:00pm	20 Cookie Sale Fundraiser at Clinic 1-4pm AA 6:00	21 Movies & Popcorn 3-6 pm
22 Closed	23 Sharing Circle 5-7pm	24 Cookies & Cocoa 1-4pm	25 Closed For Christmas Day Holiday	26 NA 10-12 Men's Group 2:00-3:00pm	27 AA 6:00 pm	28 Game Day All ages! 1:00-4:00pm
29 Closed	30 Sharing Circle 5-7pm	31 Family New Year's Eve Party! All are welcome! 8pm-12:15am	1 Closed	<b>AA = Alcoholics Anonymous</b> <b>Wellbriety = Native 12-step Recovery Meeting</b> <b>NA = Narcotics Anonymous</b>		

## Groups/Meetings Available

**Sharing Circle Mondays 5-7pm:** is an opportunity to share in a confidential and safe environment. We open the circle with smudging ceremony and prayer.

We usually have a topic but open the circle to individuals an opportunity to share from their hearts. Basic rules are no cross talk and when the person is speaking, they hold a sacred item, feather, stone, talking stick and the participants listen without judgement or feedback.

**Wellbriety Wednesdays 6-8pms:** 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:**

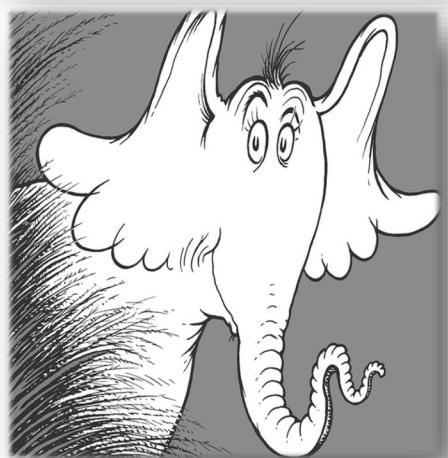
OPEN meeting- Topic Meeting

**Narcotics Anonymous Tuesdays 11-12pm:**

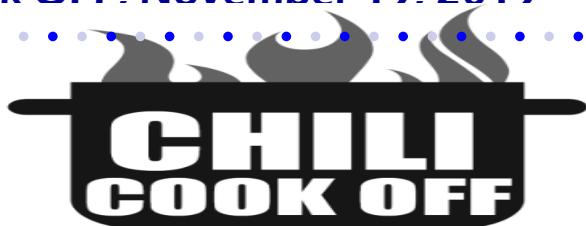
OPEN meeting- Topic meeting

# Red Cliff Community Health Fair!

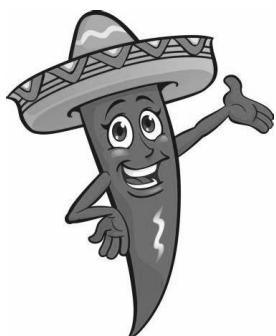
On November 13th, 2019 the Red Cliff Community Health Center had its annual Health Fair! Our theme this year was Dr. Seuss! The Behavioral Health Departments hallway was Horton Hears a Who. We had a lot of fun dressing up and decorating for the community! Over 170 people showed up, this was a great year to celebrate our health! We hope you all enjoyed it as much as the staff did!



# 1st Annual Chili Cook OFF, November 19, 2019



On November 19, 2019, the Noojimo’iwewin center kicked off their first ever Chili Cookoff!!! We had 4 entries from the community and of course the staff made some of their delicious renditions of winter chili! The spicy chili warmed you up really quick and helped fight off the winter chills! Here are some pictures for you to enjoy! Hope to see you guys next year!



## Cranberry Chicken

Yield: 2 -3 servings

Total Time:

30 mins

One Pan Cranberry Chicken. Juicy chicken with a sticky cranberry glaze. Sweet, tangy and ready in only 30 minutes!

### Ingredients

#### For the Chicken

- 1 1/4 pounds boneless skinless chicken thighs
- 1/2 teaspoon kosher salt

1/4 teaspoon fresh ground black pepper

#### For the Cranberry Glaze

- 2 tablespoons olive oil — divided
- 3 tablespoons minced shallot
- 12 ounces cranberries — rinsed, fresh or frozen and thawed
- 3/4 cup water
- 1/3 cup apple cider vinegar
- 1 tablespoon honey
- 3/4 teaspoon ground ginger
- 1/2 teaspoon kosher salt
- 1/4 teaspoon allspice

1-2 tablespoons chopped fresh thyme — for serving

#### Instructions

1. Remove the chicken from the refrigerator and place on a plate or tray. Sprinkle with salt and pepper and let come to room temperature while you prepare the glaze.
2. In a large, deep skillet, heat 1 tablespoon olive oil over medium high. Add the shallot and sauté

until fragrant and beginning to brown, about 2 minutes. Add the cranberries, water, cider vinegar, and honey. Cook until the berries soften and begin to lose their shape, 5-8 minutes. Stir often so that the berries cook on all sides and much of the liquid cooks away. Once soft, roughly smash the berries with the back of a wooden spoon so that they burst, then stir in the ginger, salt, and allspice. The mixture will be very thick.

Transfer the cranberry glaze to a bowl. With a paper towel, carefully wipe the skillet clean, then heat the remaining

1 tablespoon olive oil over medium high. Once hot and shimmering, add the chicken thighs in a single layer, seasoning-side down. Let the chicken cook for 5-7 minutes undisturbed, until the first side is golden brown and does not stick to the pan. For the best browning, try not to move the chicken around in the pan as it cooks. Flip the chicken over, then cook it an additional 4-6 minutes, until the juices run clear and a meat thermometer inserted in the center reads 165 degrees F. Transfer the chicken to a serving plate and spoon the cranberry glaze over the top. Let rest 5 minutes, sprinkle with chopped fresh thyme, and serve with extra cranberry glaze for dipping.



*All text and images © Erin / WellPlated.com*

*Cassie's note: you can substitute pieces of raw or cooked leftover turkey, pork or ham in this recipe! You can also substitute canned cranberry sauce for the glaze — just warm it up in a skillet with the seasonings listed above!*

## Take As Much As You Need By: Ed Metelica

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If you struggle with alcoholism, drug dependency, or some other form of addiction, you know all too well the urges and cravings that drive your habit. Addiction tells you that something is wrong, that you need something outside of yourself to make you well, something to fill the sense of deficiency you carry inside. These feelings are often tied to deep emotional trauma, anxiety, depression, or pain held in the body that has never fully been acknowledged. But what if you could learn to relax into awareness and accept the difficult thoughts, emotions, and sensations that make you feel like you need to do something—anything—to change your experience?

Relaxation is an essential part of self-care, which is a critical but often overlooked component of preventing relapse. Self-care and relaxation works on the principle of taking as much as one needs, instead of struggling to cope with less. This includes meeting basic needs, like eating well and getting a healthy amount of sleep, as well as finding time to unwind and have fun. Many on the pathway to recovery have previously struggled with poor self-care practices, which can contribute to destructive habits. I knew I needed help when someone once asked me what I enjoy doing and I literally could not respond. For so long, I believed I had no choice but to run myself into the ground, that I had to put off attending to my needs. Those in the process of recovery often must learn how to incorporate self-care into their daily lives to improve their quality of life and help prevent the possibility of relapse. An easy way to assess if you're currently struggling with self-care is with a simple acronym, HALT: Hungry, Angry, Lonely and Tired. The presence of any of these feelings can indicate that it is time to focus on self-care.

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While some people may feel good with a basic combination of a good night's sleep and regular meals, others may need to give themselves the permission to have fun, to be kind to themselves, and to make time for their own needs and interests. Prioritizing relaxation includes accepting the importance of self-care and creates a strong foundation for recovery to build upon.

What makes a relaxing, enjoyable moment is up to the specific preferences of the individual, so it's important to be open and creative in defining them and working them into a daily schedule. However, even a few brief moments a day can create major shifts in mood and help foster a general sense of contentment and serenity.

As the strength of your ability to relax grows so will your endurance and ability to cope with more of life's stresses. This is KEY to growth in recovery. But it doesn't happen instantly: you have to build on it. So to start, when it comes to rest and relaxation: take as much as you need instead of struggling to cope with less.



## Restoration and Rest By: Sonia Reyes-Buffalo

After drugs and alcohol ruined every part of my life, I was left to pick up the pieces. I was devasted but extremely grateful I was not in my active death sentence. I ruined every part of my life I could remember. There were times I couldn't even brush my hair with out being so upset with the person in the mirror. I would cry and scream in anger at what my addiction made me do to myself, to my son, and to my family. I could not believe how far it went and the measures I took to be so selfish. I do not make any excuses for my behavior and definitely don't regret any of it because I wouldn't be who I am today if I didn't do the horrible things I did. I learned that who I used to be was necessary to be the strong person I am today, not many get to say that because their shame and guilt holds them captive. I have been set free from addiction, the guilt of my behavior, and the shame I felt through the trauma. Then, it was horrifying to think about it; now, I can think about it and see how God's glory shines through me. I was given a second chance at life and I take no credit for the miraculous events that occurred to get me where I am today. It was purely the supernatural love of God that brought me to a place of surrender. I was so lost and empty living life the way I

wanted to live, finally I gave up and allowed God to take my life over. I gave up all my rights and rested for the first time in my short life. The rest I want to talk about is not the nap we took after eating all that turkey last month. No, this rest I want to share with you is a spiritual rest that is found in knowing that God has a plan for our lives, a beautiful purpose, and He is the God who has an abundance of **EVERYTHING** we need.

Through my faith in Christ I have found such a peace that satisfies my spiritual soul, and tis the season to celebrate the birth of my Savior I would think its appropriate to share with you a piece of my journey that involves forgiveness and healing. My restoration began with forgiving myself, that was the hardest, I literally was so disgusted and angry writing out a letter of apologies to MYSELF. Who in the world apologizes to themselves, I was thinking? Well there I was in treatment writing this like 10-page letter of all the crap I could remember that I allowed to wreck me inside. That was the beginning and since then I have been sporadically coming across heart pains when the Spirit of God shows me. Forgiving my natural Father, forgiving my Sisters, my Mother, old friends. All these things acts of forgiveness HURT bad to

## Restoration and Rest By: Sonia Reyes-Buffalo, continued.

deal with them, but once I cried them out, talked with someone, and released them, this whole process got me to a place of rest and peace. Usually these acts of forgiveness are left avoided because of how bad they hurt, but trust me they need to be dealt with. Recently the Lord has brought me through some serious labor pains, I have been forgiving the men and relationships I have had in the past. All the times people have left me and abandoned me, these things are difficult to deal with, but my point is that if we want restoration and PEACE we must deal with these things. I truly believe that if I don't clean out the gunk in my heart, I won't be able to loves others with the same love God has given me. And that is my main goal here, to loves others as I love myself and love God. Thank God I have a friend in Him to walk me through these steps, God has given me the courage, strength, and He has given me extremely nonjudgmental friends! These heart wounds affect everything we have influence on, and through these wounds I have learned a valuable lesson. Above all else, guard your heart, for everything you do flows from it (Proverbs 4:23).

My heart is healing and in this place of offense; a place of rest I find peace. I put my guards down for God to come in

and do heart surgery to heal the wounds of the past. God's flame of LOVE comes in and heals my weary soul. I choose to learn from God and find my rest in Him removing any burden on my shoulders and trusting Him the maker of the universe to help me carry this load. The heavy load life throws at us, I simply surrender to His feet. This Christmas Holiday I pray that God helps you deal with the hurts in your hearts, and gives you JOY, PEACE, and Good CHEER to spend with your families and friends.

Merry Christmas and Happy New Year! If you need someone to help you deal with these hurts or process anything, or just need a place to come and feel safe we are here at the Noojimo'iwewin Center and you are more than welcome here!

Hope to see you soon!



Noojimo'iwewin  
(We Heal) Center  
Manidoo-Giizisoohns  
(December)

Holiday Party

Sobriety Potluck!

**Everyone is welcome!**

**Tuesday December 17, 2019**

Co-sponsored by



**at 5:00pm**



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



**NOOJIMO'IWEWIN  
PRESENTS:  
NEW YEAR'S EVE  
PARTY**

**DEC. 31ST.  
8PM-12:15AM**

**Come Join us for some SOBER  
FUN!!!**

**Games-Music for all Ages!**

**Food and Drinks!**

**Midnight Ball Drop!**

Any questions or concerns call Sonia Reyes-Buffalo (715) 779-3707 ext. 2452

37450 Water Tower Rd. Bayfield, WI 54814

# Noojimo'iwewin



## Center

37450 Water Tower Rd.  
Red Cliff, WI 54814  
(715) 779-3508

## Weekly Meetings

Mon.

6pm: Talking Circle

Tue.

8am-4:30pm: Arts  
and Crafts

Wed.

6pm: Wellbriety

Thur.

11am: Narcotics  
Anonymous

Fri.

6pm: Alcoholics  
Anonymous

**YOU ARE NOT ALONE**



# Red Cliff Comprehensive Community Service

## WHAT IS CCS

Comprehensive Community Services is a voluntary program that provides services to children and adults who have mental health or substance abuse issues. Services are individual-

ized offering an array of Red Cliff Tribal and Bayfield County services. Services are client directed, recovery oriented and strengths based.

The Red Cliff CCS program provides services to Red Cliff Tribal members and Red Cliff Community Members within reservation boundaries and Bayfield County. Services are covered by Medical Assistance through Wisconsin's Comprehensive Community Services. Services are not time limited. It is the vision of CCS to support, participants to achieve maximum independence, ultimately resulting in discharge from CCS. Individualized criteria will identify what circumstance discharged should occur.

*On any journey,  
we must find  
out where we  
are before we  
can plan the  
first step...*



### CCS Eligibility

- Red Cliff Community Member
- Eligible Medical Assistance
- Mental health and/or AODA Diagnoses
- Prescription by Physician
- Have a need for psychosocial rehabilitation services
- Eligible as determined by a Wisconsin Functional Screen



Growth is never by mere chance; It is the result of forces working together

**Red Cliff CCS Program contact information:**  
**Mishomis Wellness Center at 715-779-3741 Ext: 2405 or 2406**



**SEVEN  
ANISHINAABE  
VALUES:**

**LOVE**  
**RESPECT**  
**COURAGE**  
**HONESTY**  
**WISDOM**  
**HUMILITY**  
**TRUTH**



*Family-centered,  
Strength based,  
Community based;  
and Unconditional  
Care*

## **IMPROVING THE LIVES OF CHILDREN AND FAMILIES WITH COMPLEX NEEDS WHO ARE INVOLVED WITH MULTIPLE AGENCIES.**

*"CST Wraparound" has become common shorthand for flexibility and comprehensiveness of service delivery, as well as for approaches that are intended to help keep children and youth in the community.*

### **RED CLIFF CST: COORDINATED SERVICE TEAM**

Coordinated Services Team (CST) centers its decision-making around the family team. The team supports the child, family and each other throughout the process. Both planning and interventions rest on the combined skills and flexible resources of this diversified, committed group of individuals. The strengths and resources of the child, family, natural supports, and most likely to meet the identified needs of the family.

❖ CST is voluntary



Referral Eligibility:

- Red Cliff Community member
- Mental Health
- Special Education
- Juvenile Justice
- Child Protective Services
- Alcohol or Other Drug Abuse Services

- Other interventions have not been successful or are difficult over time: persistent obstacles to service access: and/or there is a need for service coordination
- Children at risk for out-of-home placement
- Parent(s) are willing to be involved in the CST team process

For more information you can contact the:  
**Mishomis Wellness Center, North Bradum Rd., Bayfield WI 54814**

**(715)-779-3741 Ext. 2406 CST Intake Coordinator**  
*Hours/days of operation: 8:00 A.M to 4:30 P.M  
Monday to Friday*

# Mishomis Wellness Center Calendar



## RED CLIFF MISHOMIS WELLNESS CENTER CALENDAR

### DECEMBER 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		2	3 Relapse Prevention Grp. 10-12	4 MWC Staff Mtg 8:30 a.m. Building Strengths Grp 1-4	5 Bayfield School 9-11:30	6
8		9	10 Relapse Prevention Grp. 10-12	11 Building Strengths Grp 1-4	12	13 Cultural Teachings Richard Morrison 10-2
15		16	17 Relapse Prevention Grp. 10-12	18 Building Strengths Grp 1-4	19 Bayfield School 9-11:30	20 KIDS XMAS PARTY 11:30 - 3:00 p.m.
22		23	24 Christmas Eve 	25 <b>HOLIDAY</b> 	26	27
29		30	31 Relapse Prevention Grp. 			McKenzie—DVR here Every Other Wednesday

\*\* VRNA Program will be here every Wednesday from 10-2 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 – Ext. 2450**

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

**Midge Montano– Ext. 2321**

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

**Sonia Reyes-Buffalo– Ext. 2452**

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**Ed Metelica—Ex.t 2451**

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**Sarah Nevins - Ext. 2453**

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

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

**37450 Water Tower Rd.**

**Red Cliff, WI 54814**