

# News from Your Patient Library

Summer 2021

Sharing  
Medicine

## Maad'ookiing Mshkiki

Sharing Medicine  
By Ashley Migwans and Lisa Cunningham

is an online and social media initiative that focuses on First Nations, Inuit and Métis perspectives and knowledge sharing on COVID-19 vaccines. It unpacks biomedicine, traditional knowledges and healing practices through oral storytelling and visualizations to support First Nations, Inuit and Métis in making informed decisions about the COVID-19 vaccines.

Ashley Migwans, Program Coordinator for Indigenous Health at UHN and co-lead of the project, partnered with several local and homeland health and community organizations to create educational resources that incorporated Indigenous worldviews, knowledges and practices to help explain topics about the COVID-19 vaccines.

Maad'ookiing Mshkiki has a video series called Fireside Chats. Indigenous health professionals, Traditional Practitioners and trusted community members discuss a variety of topics related to COVID-19 vaccines, such as: vaccine hesitancy, what is in the vaccine, possible side effects, intersections between biomedicine and traditional knowledges and medicine, how to boost your immune system, and pregnancy and the vaccine.

You can watch the videos on the [YouTube Channel: Maad'ookiing Mshkiki -Sharing Medicine](#)

The UHN COVID-19 Vaccine page has information on who can get a COVID-19 vaccine and how to register. The Indigenous Voices section of the webpage lists the locations in Toronto where First Nations, Inuit and Métis people can get a vaccine, as well as a helpful resource to help register (Call Auntie Hotline, [tkarontovaccines.com](http://tkarontovaccines.com)).

### Where to Find Maad'ookiing Mshkiki Sharing Medicine

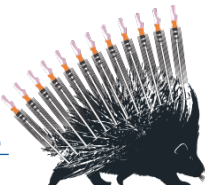
 [UHN Indigenous Voices](#)

 [Maad'ookiing Mshkiki—Sharing Medicine](#)

 [@SharingMedicine](#)

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**Scout**  
The Porcupine  
Oshkaabewis  
(helper)

### June is National Indigenous History Month National Indigenous Peoples Day

June 21<sup>st</sup>

There are many local and national celebratory events offered virtually throughout the month of June. Visit the websites of Indigenous organizations to find more information.

Also, look for announcements about events from the Indigenous Health Program at UHN!

### Maad'ookiing Mshkiki | Sharing Medicine

#### Traditional Wellness Practices for Supporting Immune Function

In our teachings, medicine bundles play an important role in health and well-being. Our **immune bundle** includes our ways of knowing, being, seeing and doing in an effort to stay healthy. We invite you to incorporate what is possible and to practice self-compassion daily.



#SharingMedicine

### Maad'ookiing Mshkiki | Sharing Medicine

#### MOVEMENT Spend time outdoors

It can sometimes feel isolating. Try to go outside at least once per day. There are many opportunities to connect to the natural environment around you. Walk near a body of water, stand at the base of a tree, listen to the sounds of the birds and try to remember your connection to all of creation.

**Bonus:** the immune-boosting effects of Vitamin-D.

#SharingMedicine

# UHN Patient & Family Learning Centres

have collected reliable, Indigenous specific health information on COVID-19:

**Indigenous specific COVID-19 Resources**

<http://bit.ly/PFLC-COVID-Indigenous>

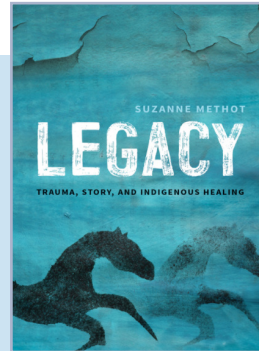
**COVID-19 resources in Indigenous languages**

<http://bit.ly/PFLC-Indigenous-Languages>

## E-books on Indigenous health and wellness

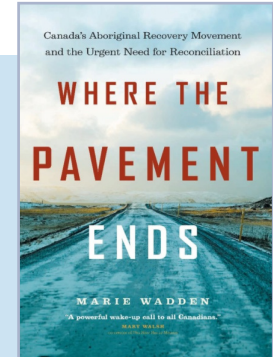
The Patient & Family Learning Centres have e-books on Indigenous health. Get instant access to the books at

<https://uhnpatient.overdrive.com/> using the campaign code **uhnsummer21** (in June) or **uhnfall21** (from July to September).



[Legacy: Trauma, Story and Indigenous Healing](#)

By Suzanne Methot



[Where the Pavement Ends](#)

By Marie Wadden

## Community Resources

**Anishnawbe Health Toronto**

[www.aht.ca](http://www.aht.ca)

A fully accredited health centre, combining Western and Traditional approaches to healthcare.

**Talk Tobacco from Smokers Helpline**

<http://bit.ly/Talk-Tobacco>

Information about the dangers of commercial tobacco and support to quit smoking.

**Shkaabe Makwa – CAMH**

<http://bit.ly/shkaabemakwa>

Connecting Indigenous people with informed mental health service providers from across the Province

**IDHC – Indigenous Diabetes Health Circle**

[www.IDHC.life](http://www.IDHC.life)

Diabetes information for Indigenous people and a list of upcoming foot care clinics.

June is  
**PRIDE MONTH**

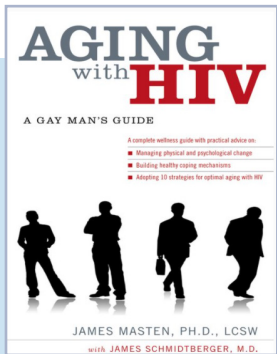
**LGBTQ2S+ Pride** is celebrated every June. The letters in the acronym stand for Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, 2-Spirited, "+" a range of sexual and gender identities. Sometimes people include I for intersex.

The Patient & Family Learning Centres offer a safe and positive space free from the fear of discrimination or judgement for patients, families, caregivers and staff at UHN.

Our team of trained information specialists can help you find the information to support your health and wellness needs.

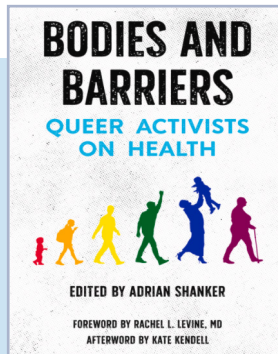
## Resources from the Patient and Family Learning Centres

Use campaign codes **uhnsummer21** (June) or **uhnfall21** (July to September) to get instant access these e-books at <https://uhnpatient.overdrive.com/>



### [Aging with HIV: A Gay Man's Guide](#)

By James Masten and James Schmidtberger



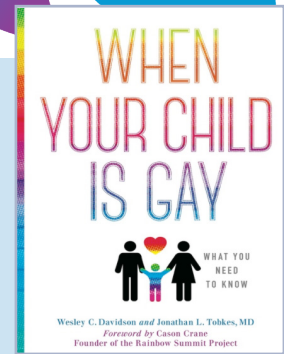
### [Bodies and Barriers: Queer Activists on Health](#)

By Adrian Shanker and Rachel L. Levine



### [Health Issues When You're Transgender](#)

By Susan Meyer



### [When Your Child is Gay](#)

By Wesley C. Davidson and Jonathan L. Tobkes

## Community Resources

### **Rainbow Health Service Provider Directory**

<http://bit.ly/Rainbow-Health-Directory>

List of health care providers who provide competent and welcoming care to LGBTQ2S+ people in Ontario.

### **Queer and Connected**

<http://bit.ly/queer-and-connected>

Peer-led educational workshops and social groups where youth discuss challenges related to being in the LGBTQI2S+ community

### **The David Kelley Lesbian, Gay, Bisexual, Trans, Queer (LGBTQ+) Counselling Program**

<http://bit.ly/DKS-Counselling>

Professional, short-term, individual, couple and family counselling for lesbian, gay, bisexual, trans or queer people.

## Subscribe to our e-Newsletter

Sign up for our online newsletter to get up-to-date information about our Virtual Health Talks, new resources and other opportunities for patients and families to get involved at UHN:

Go to

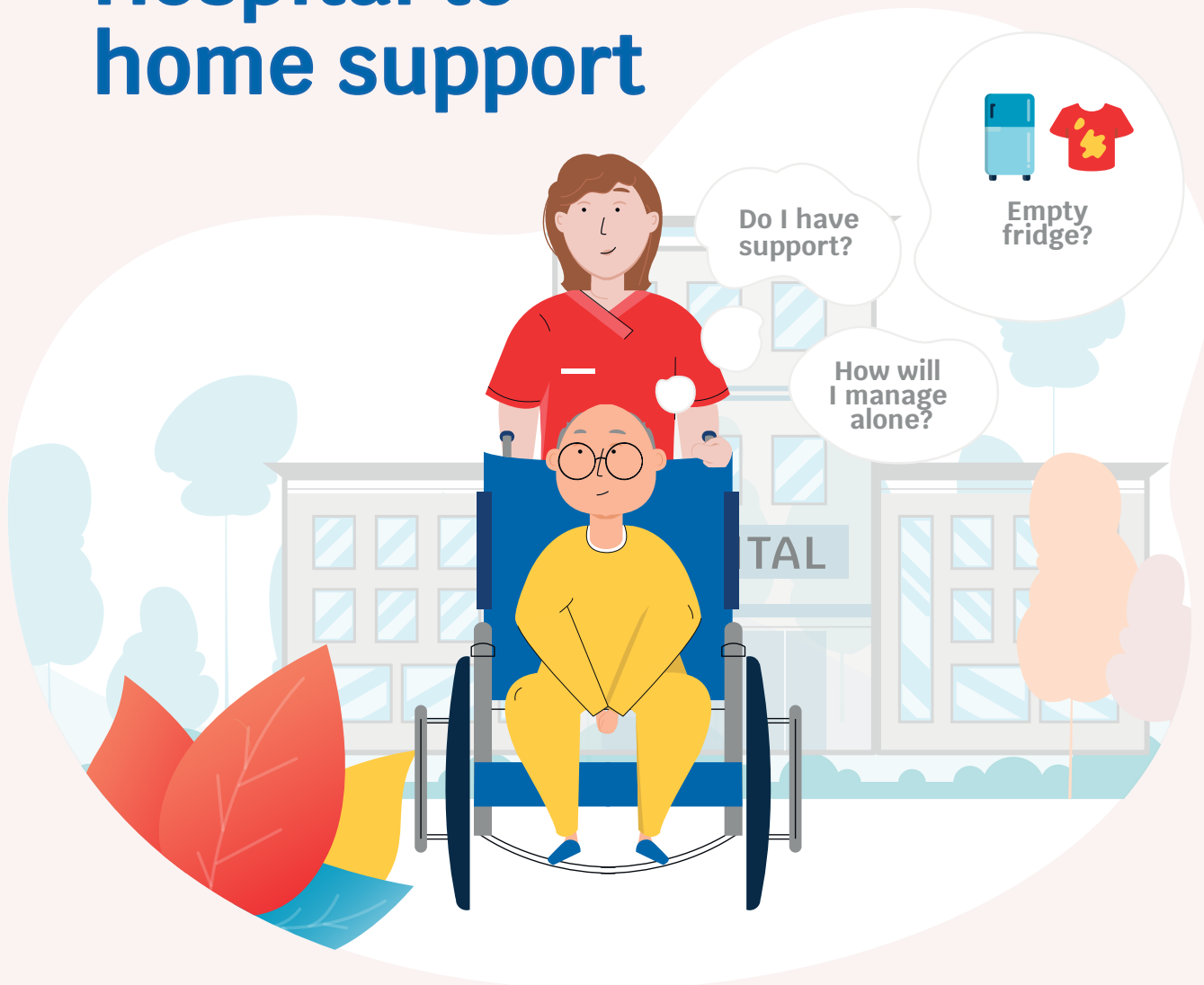
<http://bit.ly/UHNPatientNews>

Or Scan the code



You can unsubscribe at any time.

# Hospital to home support



Recovering from a hospital visit can be overwhelming for a patient and their family members. Our caregivers and registered nurses are here to help patients feel safe and supported on their journey from hospital to home.

## HOSPITAL

- Admittance support
- Bedside companion
- Respite care
- Transportation home

## HOME

- Visiting nurses
- Home & personal support
- Overnight assistance
- Live-in caregiver

## COMMUNITY

- Grocery shopping
- Driver for errands
- Escort for medical appointments