

tipaachimuwin

Issue No. 10

Pimuhteheu Staff Newsletter

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CREE LESSON #7



creehealth.org

Good Eats:

CHB adopts new Nutrition Policy

by Catherine Godin

The CHB has recently adopted its own Nutrition Policy, as mandated by the Quebec Ministry of Health and Social Services.

The goal of this policy is to ensure that the CHB provides culturally appropriate, nutritious, safe, tasty and attractive food in its food service establishments and during activities it organizes or funds.

The policy will apply to the Chisasibi Hospital, MSDCs, CMCs, group homes, reception centres, home and community care program, public health and administrative offices, as well as during all meetings, trainings and conferences organized or funded by the CHB.

How will this translate within our public health offices and activities?

The policy should be seen as a tool to guide our decisions regarding the food to be served in our offices and activities. That means that all meals and snacks served during our meetings and trainings are tasty and nutritious. It also means that the Public Health team will encourage and support the people who receive funding from us to serve meals and snacks that respect the policy.

We expect Pimuhteheu to be a model for other departments, as this will be an opportunity to promote healthy lifestyles within our organization.

Creating this policy was a long journey during which many of you provided valuable inputs and comments. We thank you for supporting this policy by ensuring its application within our offices and activities.

[link to policy on CHB website](#)



Message from Dr. Rob Carlin, interim Head of Public Health

Meechum.

A photo in this month's newsletter highlights the importance of this topic in our public health work.

As a follow-up to nutrition month, our April newsletter provides a link to the Cree Health Board's nutrition policy. I decided to see how my office snacks measured up to the Cree Health Board Nutrition Policy. I looked at whether my snacks were based on 'Eating Well with Canada's Food Guide – First Nations, Inuit and Metis' as well as their environmental impact. The

challenge over the coming months and years is to see how we can incorporate the recommendations of this policy as passed by the Cree Health Board into our regular public health activities and meetings. The other challenge is to communicate this policy within the Cree Health Board as a whole.

One of the policy's appendices (Protocol Concerning Waterfowl and Land Birds to Beneficiaries) explains the procedure for serving Nisk and other birds within Chisasibi Hospital. It reminds us that many people will plan to take holidays towards the end of the month of April (Nisk Piisim). So, I would like to take a moment to wish you a happy Goose Break. I would also like to welcome Paula Rickard, who will be replacing Laura Bearskin as AED–Pimuhteheu for the next few months.

Reminders: Annual Reports are due by the end of the week and they should be submitted to your manager/assistant director.

We will continue to have employee drop-ins after each scheduled management meeting. The schedule for April to June is in this newsletter.

Also, if there is information that you want to share with the Department, remember that Tipaachimuwin is published each month and [is available online](#). Contact [Iain Cook](#), if you have anything to share.



A double celebration on April 5: Mistissini CMC opens and CBHSSJB turns 35

The Mistissini CMC will be officially opened at a ribbon-cutting ceremony on Friday, April 5. Community members are invited to an Open House at the new CMC from 2–4 pm.

Cree Health Board employees in Mistissini and their families are invited to a feast that night at the Sports Complex to celebrate the 35th anniversary of the organization. Employees with 20 and 25 years of service will be recognized and honored.

PHD Calendar: <http://goo.gl/U3R5Y>
Manager Travel Calendar: <http://goo.gl/MJSDT>
Corporate Calendar: <http://bit.ly/WhEOCu>



1st Regional Conference on Residential Schools held in Val d'Or

by Pauline Bobbish

The theme of this conference, held March 5–7 was “Miiniwaachitaataau Pimaatasiwin” – Healing Life

The conference goals were to create awareness of the residential schools experience and the impacts of intergenerational trauma, and to document information to be used in providing a framework in the design of programs to address individual and community needs in supporting survivors and their families.

Guest speakers and invited participants told their stories about their experiences in residential school. Trained Resolution Health Support Workers were on hand and were kept very busy providing support to participants who were emotionally triggered by some of the personal testimony.

Response to the workshops was very positive. Attendees reported a better understanding how the effects of Indian Residential Schools experiences underlie family life and parenting issues and can be witnessed in some of the most damaging social interactions in many communities to this day.

The Regional Mental Health Department is planning future regional conferences and exploring ways to facilitate local community activities on Indian Residential Schools. In partnership with Health Canada the Department is also providing support programs for Indian Residential School survivors and their family members.

For more information on mental health services and accessing counseling services please call the Regional Mental Health program at 819 855-9013 / 819 855 7777 or check the CBHSSJB website: <http://www.creehealth.org/health-topics/mental-health>.

Information on the Indian Residential Schools Resolution Health Support Program: <http://creehealth.org/sites/default/files/IRSRHSP%20Brochure.pdf>

Detailed information on the Indian Residential Schools Resolution Health Support Program can be found on the Health Canada website: <http://www.hc-sc.gc.ca/fniah-spnia/services/indiresident/irs-pi-eng.php>

Read the text of CHB Chair Bella M. Petawabano's opening remarks: <http://creehealth.org/news/community-stories/regional-conference-residential-schools>

Come to the Employee Drop-In

Want to know what is happening at Public Health Management Meetings? For an update, come to the Employee Drop-In, which follows each Management Meeting.

The Communications Drop-In (peer review of communications projects) takes place every Wednesday at 11 am.

Date of PH Management	Time	Format	Employee Drop In
Wednesday, April 10	9-10:15	Telephone	10:30-10:45
Wednesday, April 17	9-10:15	Telephone	10:30-10:45
Wednesday, May 01	9:30-10:15	Telephone	10:30-10:45
Wednesday, May 15	9-10:15	Telephone	10:30-10:45
Wednesday, May 22	9-10:15	Telephone	10:30-10:45
Wednesday, May 29	9-10:15	Face to Face in Mistissini or Telephone	10:30-10:45
Wednesday, June 05	9-10:15	Telephone	10:30-10:45
Wednesday, June 12	9-10:15	Telephone	10:30-10:45
Wednesday, June 19	9-10:15	Telephone	10:30-10:45
Wednesday, June 26	9-10:15	Telephone	10:30-10:45

Employee Drop-In (update on Management Meeting)

Call-in number is 1-877-534-8688
Conference ID: 2101030#

Communications Drop-In (Peer Review of communications projects)

Call-in number is 1-877-534-8688
Conference ID: 2101030#



Diabetes Continuing Medical Education (CME) Day planned for May 31

The next Diabetes CME Day will take place on Friday, May 31. It will be based in Montreal, and webcast to any communities that are interested. The sessions are geared for the physicians, and all healthcare workers (nurses, nutritionists, CHRs) are welcome.

The CHB does not provide any transportation or lodging expenses for the session as it is available in

each community via webcast. If you would like to join, either in person in Montreal or in your community via webcast, please let Dr. David Dannenbaum know in advance.

You will need to check with your local director or local head of your program to ensure you can participate, even via webcast. [Link to program](#)

Please RSVP to Dr. David Dannenbaum if you plan to attend in Montreal or via webcast from your community or home.

ddannenbaum@ssss.gouv.qc.ca

Tel: 514 861 2352 local 74224

Looking for previous newsletters? <http://bit.ly/WX4T7W>

ID these buildings!



Hint: We've come a long way!

Kwey!

Please welcome Anne Foro to the SERC team on a full-time basis.



Dr. Anne Foro has been hired as the epidemiologist working on the SERC team. Since January, Anne has been working Status 5 on the climate change project. We're very pleased that Anne decided to apply to for the epidemiologist position and to join us on a full-time basis.

She will be moving to Mistissini as soon as housing is organised.



QUÉBEC NATIONAL EVENT

APRIL 24–27, 2013

MONTREAL | QUEEN ELIZABETH HOTEL

INFO: <http://www.myrobust.com/websites/montreal/index.php?p=668>

Sign an E-petition so that the native peoples history be included in the high school history curriculum. Pétition pour que le programme d'histoire secondaire inclus l'histoire des peuples autochtones.

<https://www.assnat.qc.ca/fr/exprimez-votre-opinion/petition/Petition-3651/index.html>

Cultural Psychiatry Day 2013

An Interactive Videoconference on Aboriginal Mental Health Resilience and Empowering Models of Care

Wednesday, April 10, 13:30 to 17:00

Keynote Presentations:

Dr. Laurence J. Kirmayer, McGill University

Dr. Myles Blank, University of British Columbia

Murray Nielsen, Anishnawabe Health Toronto

Please RSVP with Andie (antonella.clerici@mail.mcgill.ca)

Location: Jewish General Hospital, E-711 (pavilion E, room 711)

Registration is from 13:00 to 13:30

« Implantation des IPS de première ligne au Québec: Modèle, défis et promesses »

Conférencier invité :

Damien Contandriopoulos, Ph.D.

Date : Jeudi 11 avril 2013, de 12h00 à 13h30

Lieu : Direction de santé publique de l'ASSS de Montréal 1301, rue Sherbrooke Est — Amphithéâtre

Pour tous - Gratuit.

Inscription : irioux@santepub-mtl.qc.ca

Pour bénéficier de la visioconférence, faites-en la demande AVANT le 3 avril 2013.

