

## ***SUCCESS STORY: THE HUNT FOR TRADITIONAL FOOD***

Catherine Helik reports

## ***WHAT IS OCCUPATIONAL THERAPY?***

Allied Health reports

## ***ALSO:***

### **PAGE 2**

Message from  
Dr. Rob Carlin



### **PAGE 8**

AFN recognizes  
CHB fire  
communications



### **PAGE 7**

Employee  
Drop-In Dates



**April is Oral Health Month**



## Message from Dr. Rob Carlin

Wachiya. Hi. Kwey. Bonjour.

### Editor

Iain Cook

### Contributors this month

Dr. Rob Carlin

Catherine Helik

Allied Health team

Catherine Godin

Katherine Morrow

Front cover photo:  
Kenyon Awashish (Sol Awashish's  
grandson), on his first pair of  
snowshoes, made by a Cree elder in  
Mistissini.

Have something to contribute to  
*tipaachimuwin*? Contact Iain Cook  
([icook@ssss.gouv.qc.ca](mailto:icook@ssss.gouv.qc.ca)) or  
514-220-5649

The public health director working for the Cree Board of Health and Social Services of James Bay is appointed by the Board.

I was appointed as interim public health director for the region starting on January 3, 2013. In 2013, this involved travelling to the region and elsewhere in Quebec for a total of 10 1/2 weeks including 6 1/2 weeks working within Eeyou Istchee. At the last Board, my contract was renewed.

Although it is a full time responsibility, I have promised to dedicate 2 1/2 days per week along with 6 weeks based in the region as part of my continued interim mandate.

I look forward to continuing to work with everyone within Pimuiteheu, the CBHSSJB, and Eeyou Istchee with the goal of contributing to Miyupimaatisiwin in the region.

Dr Rob Carlin

interim Head of Public Health





# The hunt for traditional food

by Catherine Helik, BSc (NutrSc)

*The Traditional Food Program is growing. In March, the Public Health Department received approval from MAPAQ (Ministère de l'Agriculture, des Pêcheries et d'Alimentation du Québec) for the addition of five more establishments to the program (Chisasibi and Mistissini MSDCs, Mistissini youth rehab centre, and group homes in Mistissini and Chisasibi).*

Jonathan Linton, born September 24, 1994, grew up and still lives in Mistissini. He is the son of Harriet (Matoush) Linton (Community Health Representative) and Paul Linton (Assistant Director of Public Health for Chishaayiyuu). Jonathan played hockey for the Cree Nation Bears in the Bantam and Midget leagues from 13 to 18 years old.

As a young boy growing up in Mistissini, Jonathan would spend every lunch hour during the school year at Jumshoom's (grandfather) house while he was alive. "They would only serve traditional food during lunch. Gookumm (grandmother) would always leave out the onions because she knew that I don't like onions."

In November, 2013 Jonathan decided that while he was hunting caribou for his family he would also provide some to the Traditional Food Program at the Chisasibi Hospital. Jonathan was able to donate over 15 kg of caribou meat. In February, 2014 Jonathan returned from caribou hunting again, and this time he was able to donate over 80 kg of caribou meat to the Chisasibi Hospital. It is with deep gratitude that the Traditional Food Program would like to recognize and extend its heartfelt thanks to Jonathan Linton for his personal efforts in the continuation and sustainability of the Traditional Food Program.

I spent some time with Jonathan to find out about his experience as a hunter.

## What inspired you to contribute to the Traditional Food Program?

I figured that the old people are tired of eating hospital food 'cause I would be bored of hospital food too if I had to stay in the hospital. It is good to feed them Traditional Food instead of white man food {food from the land instead of from the farm}.

## Who were your primary influences in your life when it came to hunting?

I had several male influences for hunting - Jumshoom, my dad Paul Linton, and my older bro. Jumshoom told me that "I should feed the people that cannot hunt for themselves, never ask for money, and if you feed people, in time, good things will come your way."

## What is it that you enjoy about hunting?

It is fun to hunt, it keeps me in shape, and it helps to control my blood sugar better as I am moving around, I have to make a fire to keep warm, and there is no junk food around. When I am in the bush there are no problems, no stress, no cars, no tv, no technology, but just being quiet in the bush.

## When did you start hunting?

I would hunt every year with Jumshoom during Goose Break when I was growing up. I used to also hunt with my dad, my older brother Lawrence, cousins, or with friends, but now I prefer to hunt alone. I



love to be out in the bush enjoying the peace and quiet by myself.

## Any final thoughts?

I am already out there hunting, why not do it for others who cannot do it for themselves.

*The Traditional Food Program has existed at the Chisasibi Hospital since 2001. A special dispensation was awarded to the hospital from MAPAQ.*

*The following game meats are currently a part of the Traditional Food Program: caribou, fur-bearing animals (beaver, muskrat, hare, and porcupine), aquatic and terrestrial birds (ptarmigan, goose, and duck). Fish, Labrador Tea, and berries have always been a part of the program.*

*The Traditional Food Program promotes 'Miyupimaatisiun' which can be interpreted as 'being alive well' that draws from the Cree culture, but is not necessarily related to health or wellness. Thus, one can be unhealthy, but still be 'alive well'. Therefore, Traditional Food plays an important role in Miyupimaatisiun for the Cree people.*

*Any donation of traditional food is greatly appreciated by the Chronic and Acute Care Patients of the Chisasibi Hospital. Traditional food is extremely nutritious, it evokes childhood memories, and it is comfort food for the Cree people. When a person is staying in hospital and he or she may be far from their own community and family support, traditional food helps with their healing process, patients like it, it plays a role in their holistic treatment at the hospital, and Miyupimaatisiun.*

# Allied Health: Occupational Therapy

## What is Occupational Therapy?

by Allied Health

Occupational therapy helps to solve the problems that interfere with your ability to do the things that are important to you. It can also prevent a problem or minimize its effects.

When an injury, illness, disability or other problem limits your ability to:

- Take care of yourself,
- Participate in paid or unpaid work, or
- Enjoy your leisure time, e.g. hobbies, sports, spending time with family,

then you may want to learn some new skills for the job of living from an occupational therapist.

Occupational therapists believe that occupations (activities) describe who you are and how you feel about yourself. If you are unable to do the things you want, or need to do, to live and enjoy your life, your general well-being may be affected.

We are lucky to have to have many occupational therapists working and living in the communities of Eeyou Istchee. They can help people of all ages who have these difficulties:

- Children with developmental delay - fine motor skills, sensory issues, perceptual assessment, play skills, participating in school activities

- Musculo-skeletal and neurological conditions causing difficulties with daily activities - OT's can do activities to improve a person's function or offer adaptive measures, like technical aids to adapt to new condition and reach maximal autonomy

- Positioning - wheelchair, bed mattresses, cushion...for comfort/wound prevention

- Difficulties with mobility and transfers - toilet, bath, car, lift, wheelchair

- Mental Health - Occupation assessment/ intervention plan (setting goals, coping, medication compliance, budgeting, self-esteem, occupational schedules, interest)

People needing intervention to be safe at home by recommending home adaptations (wheelchair ramps, equipment) or additional services to maintain safety and autonomy.

OT's also do education & prevention for all conditions mentioned above to patients, caregivers, home care workers, community members.

Here is the CHB team of Occupational Therapists (OTs):

Virginie Lubino (Chisasibi), Martine Bergeron (Wemindji/Eastmain), Luc Joannis (Waskaganish), Joanie Venne (Waswanipi), Anne Nitschkie and Marjolaine Ménard-Belanger (Mistissini)

Don't hesitate to ask them questions on the services they provide or on what it takes if you want to pursue OT as a career.

Watch a YouTube video showing two OT students from McGill doing their field work in Mistissini, summer 2012: <http://www.youtube.com/watch?v=W1doAjRJPqk>



This article is the second in a 4-part series looking at Allied Health's fields of expertise.

# Quick Links

## Summary of Health Canada's Strategy Against Tuberculosis for First Nations On-Reserve

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Health Canada's Strategy Against Tuberculosis for First Nations On-Reserve has been developed to fight tuberculosis (TB) in First Nation communities. These are the people served by Health Canada's TB prevention and control services, either through funding to communities or health authorities that provide the services, or through services provided directly by Health Canada personnel.

[http://www.hc-sc.gc.ca/fniah-spnia/pubs/diseases-maladies/\\_tuberculos/tuberculos-strateg/index-eng.php](http://www.hc-sc.gc.ca/fniah-spnia/pubs/diseases-maladies/_tuberculos/tuberculos-strateg/index-eng.php)

## World Happiness Report 2013

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Report ranks the happiest countries, with Northern Europe in the lead, and calls on policy makers to make happiness a key measure and target of development

[http://unsdsn.org/wp-content/uploads/2014/02/WorldHappinessReport2013\\_online.pdf](http://unsdsn.org/wp-content/uploads/2014/02/WorldHappinessReport2013_online.pdf)

## PEI asks residents how to improve health (similar to Eeyou Atawin Initiative)

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With worse health indicators than Canada as a whole, plus rising levels of alcoholism and child obesity, Prince Edward Island has turned to residents for suggestions on how to improve its public health programs and policies.

<http://www.cmaj.ca/content/early/2014/03/17/cmaj.109-4746>

## Online course: Skills Enhancement for Public Health

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Online course developed by the Public Health Agency of Canada in collaboration with the National Public Health Institute of Quebec to improve skills in public health.

<https://skillsonline.ca/shared/lars/scheduleRegistrationFees.html>

Modules en ligne développés par l'Agence de la santé publique du Canada, en collaboration avec l'Institut national de santé publique du Québec visant l'amélioration des compétences en santé publique.

<https://skillsonline.ca/shared/lars/calendrierInscriptionFrais.html>



This year's Oral Health Month poster campaign is a result of close cooperation between oral health team and Dany Gauthier, breastfeeding program officer ([creebreastfeeding.com](http://creebreastfeeding.com)).



Conseil Cri de la santé et des services sociaux de la Baie James  
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Cree Board of Health and Social Services of James Bay

## April is Oral Health Month!

**Did you know...**

**breastfeeding helps your baby develop:**

- **strong face and mouth muscles**
- **well-developed jaw bones, to help the teeth grow in straight**

Paahpihkwei!  
Keep smiling!  
Garde ton sourire!



# Come to the Employee Drop-In

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

Public Health Management (standing invitation for Pimuhtheu managers)	Time	Employee Drop In
Friday, April 4	9-10:45	10:45-11
Friday, May 9	9-10:45	10:45-11
Friday, May 16	9-10:45	10:45-11
Friday, May 23	9-10:45	10:45-11
Friday, May 30	9-10:45	10:45-11
Friday, June 20	9-10:45	10:45-11
Thursday, June 26	9-10:45	10:45-11

## Employee Drop-In (update on Management Meeting)

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

Face-to-face management meetings  
in Mississauga:

April 7-11  
June 2-6

## Mystery Photo of the Month. What's going on here?



This photo from the early 1960s shows a couple standing in their home, now the site of the Montreal office (277 rue Duke). Buildings in this neighbourhood were demolished in the mid-1960s to make room for the Bonaventure Expressway as part of the Expo 67 preparations.

Thanks to Catherine Godin for sending this mystery photo.

# Eeyou Istchee Regional Recreation Events Calendar

All these events are communications 'openings'; opportunities to reach specific target audiences (for example, setting up information tables).

## April 2014

April 3-6, 2014	Challenge Cup Hockey Tournament	Wemindji
April 4-6, 2014	Senior & Minor Basketball Tournament	Ouje-Bougoumou
April 10-13, 2014	CREE Minor Hockey & Broomball Tournament	Val d'Or
April 17-20, 2014	Senior Hockey & Broomball Tournament	Waswanipi
April 17-20, 2014	Washaw Sibi Senior Hockey & Broomball Tournament	Amos
April 25-27, 2014	Minor Hockey and Broomball Tournament	Waswanipi



### ***Success Story: Assembly of First Nations asks for advice following successful emergency communications campaign during forest fire emergency response***

by Katherine Morrow

#### **Did you know?**

Last summer's emergency communications campaign involved old media technology (bush radio) working hand-in-hand with new media technology (social media - Facebook, Twitter).

In March, the CHB was invited to participate in an Assembly of First Nations (AFN) roundtable dialogue on Technology and First Nations Emergency Response. Jason Coonishish (Coordinator of Pre-Hospital Services and Emergency Measures) and Katherine Morrow (Communications Coordinator) attended the video teleconference. They were asked to speak about our use of social media to support and enhance emergency response systems, and the challenges of using technology to support emergency response in First Nations communities.



### **Video Literacy Workshop for community development to be held in Mistissini**

This free video workshop is open to anyone interested in video-making, from concept to storyboarding to filming and editing. This workshop is aimed at community leaders with an interest in developing skills for community development, and educators who want to learn how to produce videos for use in their programs.

The workshop takes place April 10-11. For more information, contact Nian Matoush, 418-770-7659.



Full summary of the March 18-20 Board of Directors Meeting in Montreal: <http://creehealth.org/library/online/board-directors-meeting-summaries>



### **April is Oral Health Month**

Poor oral health can affect a person's quality of life. Oral pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes. These oral health problems can reduce a person's quality of life by affecting their physical, mental and social well-being.