

tipaachimuwin

Issue No. 11

Pimuhteheu Staff Newsletter

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Mistissini Community

Miyupimaatsiun Centre (CMC) opens

by Katherine Morrow, Corporate Communications Coordinator

The new 4,717 m² building will house the Mistissini Community Miyupimaatsiun Centre (CMC). Miyupimaatsiun means 'being alive well,' which conveys the Cree understanding of health as a holistic state that encompasses physical and emotional wellness.

The expanded services in the new CMC will decrease wait times and lead to a better quality of service for Cree patients, and clients and staff of the Regional Hospital Centre in Chibougamau should also benefit from the expansion of capacity in Mistissini.

The healthcare team saw over 25,000 clinical visits last year, and over 3,000 patients were evacuated from Mistissini, mainly to the Chibougamau Hospital 88 km away – a hardship for patients and their families which also results in increased costs.

One in four adults in Mistissini has diabetes, and one of the most welcome fixtures of the new building is a haemodialysis unit. Until now, patients needing these treatments had to make the round trip from Mistissini to Chibougamau several times a week.

Visitors to the new building will notice many design features that reflect the integration of Cree culture and values into the daily practice of medicine in Eeyou Istchee. The most striking example is the cedar room, an organic space inside the building set aside for traditional practices, reflection and healing under the guidance of Cree elders.



creehealth.org



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

This month's Newsletter features the opening of a beautiful new Cree Miyupimaatisiun Centre. The construction of this new building aims to improve the delivery of health care to the population and support Miyupimaatisiun. It is quite a change from 1965!

However, we also know that the environment that we build around us in our communities is a determinant of Miyupimaatisiun. This "built environment" can influence people's level of physical activity, their safety when traveling, the quality of indoor and outdoor air, and their

opportunities for social interaction and recreation.

Our environmental group within public health supports measures to improve indoor air quality in public buildings and homes within the region. This has involved addressing mold issues in the past and encouraging measures aimed at their prevention.

Our surveillance group helps to put together information on this built environment to inform decision makers on issues such as housing. And, those working in our healthy community lifestyles support and encourage developing and maintaining these environments that support Miyupimaatisiun.

I hope that Goose Break has helped contribute to your own Miyupimaatisiun and that you have renewed energy to implement your operational plans over the coming months.

We will continue to have employee drop-ins after each scheduled management meeting. The schedule for May 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.

Members of the Pimuhteheu Staff would like to extend our condolences to William Merriman, whose mother passed April 13, and Catherine Godin, whose mother passed April 22.

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



Sugar Shack 2013



Local elders Sidney and Diana Loon, along with Billy and Maryann Voyageur, showed Pimuchtehu staff how to cook moose meat and make bannock on the stick. In exchange they learned about making maple taffy on the snow. The meal was just as great with potluck dishes prepared by the staff on the theme of Sugar Shack menu. Thanks to Josée Quesnel for taking the initiative to organize this event.



Mistissini CMC Opening

Plain Writing for Health Professionals

Q: Is plain language about “dumbing down” a text?

A: No, the primary goal of plain language is to organize and present information in a way that is easy to read for your intended audience.

If your audience consists of medical professionals, it's okay to include terminology they will understand. By doing so, you show that you respect your audience's knowledge, level of education and literacy skills.

On the other hand, if your audience is the public—and if you are aware of Canada's 2003 adult literacy statistics—you will start with the same kind of respect and you will make the text easy to read—at a Grade 8 level instead of a University degree level.

Your document is in plain language when your target audience understands it.

CPHA is offering a workshop on Plain Writing for Health Professionals, to be held before its 2013 National Conference in Ottawa.

This three-hour event will take you to the next level of clear and effective writing. You will be engaged in learning and doing to help you:

Clarify why plain writing matters to all the audiences you communicate with, and especially to adults with low literacy skills;

Apply plain writing principles right away.

Plain Language Writing: Frequently Asked Questions

<http://www.cpha.ca/en/pls/faq.aspx>

Plain Language Writing: CPHA workshop

<http://www.cpha.ca/en/conferences/conf2013/pre.aspx#3>



Kwey Agnes Petawabano Pelletier!

I just got hired as the program officer under Uschiniichisuu. My main goal is to educate youth about STI risks and on preventing and giving awareness of STI's and to develop youth clinic programs in our communities. I recently graduated from nursing from CEGEP de St Felicien (Chibougamau) in June 2012. I also hold a certificate in administration from University of Quebec Abitibi Temescamique.

My highlighted work experience is when I worked for the Cree Nation of Mistissini in Community Wellness. For a couple of years, I coordinated various projects on health issues affecting the community. This was under the Brighter Futures program and Mental Health programs funded by Health Canada. Each year we developed several community health projects and events for the community. I also worked at CHRD as employment officer before my nursing studies. With my work experience and education, I have gained insight into what our community needs and also ways of helping our communities. I look forward in working with you in Public Health and to empower our youth with knowledge to help them make good choices in their lives. See you around!

Mistissini Clinic, through the years...



Mistissini Cree Health Board employees with 25+ years of service

Annie Trapper
Paul Iserhoff
Elizabeth Iserhoff
Harriet Gunner
Shirley-Ann Shecapio
Beatrice Petawabano
Mary Rabbitskin
Hattie Coonishish
Charlotte Gunner
Suzanne Ally

Mistissini Cree Health Board employees with 20+ years of service

Elizabeth Blacksmith
Martin Nyles
Gladys Gagnon
Helen Iserhoff
Demerise Mianscum
Annie Bosum
Sally Mianscum
Sally Coonishish
Rose Trapper
Charlotte Gilpin
William Longchap

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, 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#

Quebec Government releases Action Plan on Domestic Violence

The 2012-2017 Quebec Government Action Plan on domestic violence will enable us to intensify our efforts in order to ensure the safety and protection of victims of domestic violence and the children exposed to it, and meet the needs of violent spouses in terms of assistance and support. In addition, it will help meet the needs of Aboriginal populations and populations vulnerable to domestic violence, including elderly women, women with a disability, immigrant women, women from cultural communities, lesbian, gay, bisexual, transsexual and transgender women as well as male victims of domestic violence.

The action plan includes 135 commitments. Out of this number, 35 commitments specifically address Aboriginal people and are adapted to their reality.

The development of this action plan was made possible thanks to the participation of representatives from all the organizations that took part in the consultations, including the Cree Regional Authority and Cree Women of Eeyou Istchee Association.

Download the PDF: http://www.scf.gouv.qc.ca/fileadmin/publications/Violence/Plan_d_action_2012-2017_version_anglaise.pdf

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

What's Going On?

You can now find the dates and locations of Board, Special Board, Administrative and Audit Committee meetings on the Creehealth calendar:

<http://www.creehealth.org/working-here/calendar>

Corporate Services plan to use the website to share more information related to Board meetings, such as agenda items and highlights. This is a first step in that direction.

Sign a National Assembly e-petition to guarantee a compulsory weekly minimum of 120 minutes of physical education and health for students in preschool and elementary school and a minimum of 150 minutes for students in high school. Pétition pour que le gouvernement garanti un minimum obligatoire hebdomadaire de 120 minutes d'éducation physique et à la santé aux élèves du préscolaire et du primaire, et de 150 minutes aux jeunes du secondaire.

<https://www.assnat.qc.ca/en/exprimez-votre-opinion/petition/Petition-3711/index.html> (English)

<https://www.assnat.qc.ca/fr/exprimez-votre-opinion/petition/Petition-3711/index.html>

(Français)

Need to build momentum for a public health intervention or policy? Maybe you need a champion!

Using public health champions as an advocacy strategy may be particularly valuable for complex public health interventions that require sustained support. The Family Health International's (2010) "Engaging Innovative Advocates as Public Health Champions" research brief provides a 4-page overview of this strategy, including specific case examples from international reproductive health organizations.

For more info, check out: Engaging public health champions <<http://dev.nccmt.ca/registry/view/eng/91.html>>

Globalization and Mental Health

Kwame McKenzie of the University of Toronto shares his thoughts about mental health issues surrounding globalization. In a globalized economy, city centres swell as populations move from rural to urban spaces to better access opportunities, especially in low income countries. In tandem with higher urbanization there is an increased prevalence of depression, schizophrenia, anxiety disorders, and poverty, which presents a pressing mental health issue in a time of rapid social change. Stressing the link of mental well being to economic prosperity, Dr. McKenzie advocates for a public health approach where the causes of mental health problems are addressed directly, as a better alternative to increasing services, which he feels is "a solution" but not "the solution". Dr. McKenzie was interviewed during the Advanced Studies Institute conference on Global Mental Health.

[Watch the video podcast here. \(http://blogs.mcgill.ca/tcpsych/2013/04/10/kwame-mckenzie-globalization-and-mental-health/\)](http://blogs.mcgill.ca/tcpsych/2013/04/10/kwame-mckenzie-globalization-and-mental-health/)

Kwey!

The Nutrition Team is happy to welcome 3 nutrition interns in Public Health for the summer from Université Laval in Québec. They are really eager to come up, learn about the people and work in collaboration with them. They arrive mid-May. Chantal Vinet will be returning from her studies at the end of May to rejoin the Nutrition Team on a full-time basis.



L-R: Stéphanie Sicard-Thibodeau, Audrée-Anne Dumas, Geneviève Masson

7 communities sign up for dog vaccination program for rabies

by Dr. Kianoush Dehghani

This year 7 communities have agreed to join the MAPAQ (Ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec) dog vaccination program. The following communities have joined the program: Whapmagoostui (week of June 17), Waskaganish, Eastmain, Wemindji, Chisasibi (week of October 6), Oujé-Bougoumou and Waswanipi (sometime in August).

I thank Reggie Tomatuk for his collaboration and follow-up, and Dr. Rob Carlin for providing us with letter drafts.

Cree Lesson

Mwaakw Piisim (May)

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The time when the loon arrives in this area. Later, the black ducks arrive and other ducks. Flocks have not arrived yet.

Eating

Miyuu miichisuu

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Enjoy your meal

Nisiweyein

ᓄᓐᓇᓄᓐ ᓄᓐᓇᓄᓐ

I'm hungry

Nihpaahkutaatan

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I'm thirsty

Wiikan uu

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This tastes good