

tipaachimuwin

Issue 17 • February 2014

creehealth.org/pim-news

SCHOOL HEALTH SURVEY

Josée Quesnel reports

LET'S GET WINTERACTIVE

Wally Rabbitskin reports

IMPROVING THE CANCER JOURNEY

Jill Torrie reports

WHAT IS THE IAMP?

David DyckFehderau reports

ALSO:

PAGE 2

Message from
Dr. Rob Carlin



PAGE 8

Comings and
goings.



PAGE 9

Employee
Drop-In Dates



February is Heart Health Month

Editor

Iain Cook

Contributors this month

Dr. Rob Carlin

Josée Quesnel

France Lemae

Wally Rabbitskin

Jill Torrie

David DyckFehderau

Cover Photo

Wally Rabbitskin and Reshawn Matoush get WinterActive in Mississini.

Editor's Note: In the January edition, there was a news item announcing Nancy Bobbish becoming the new AED Administrative Resources. She did not accept this position and decided to stay on with Goldcorp.

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

Message from Dr. Rob Carlin

Wachiya. Hi. Kwey. Bonjour.

It is no secret that I love winter (and cross country skiing). Yesterday, as I was walking to work in the snow, I realized how enjoying the winter has and could contribute to my own Miyupimaatisiun.

The photos in this week's issue of Tipaachimuwin illustrate that Eeyou Istchee is blessed with a long and beautiful winter season. It also reminds us how we can enjoy this season in different ways such participating traditional outdoor activities or walking to work or getting involved in community events.

Perhaps we could all pause for a moment to reflect on how we can individually and as a group ensure that we are all getting our minimum of 2 1/2 hours of physical activity each week.



Dr Rob Carlin

interim Head of Public Health

Tan e ihtiyān high school survey



photo: Youth Fusion Waswanipi

Tan e ihtiyān: Eeyou Istchee high school survey

by Josée Quesnel

From November 5th to 21st, the Public Health Department, in collaboration with the Institut de la statistique du Québec (ISQ) and Cree School Board, conducted a youth survey on the topic of healthy lifestyle. The survey asked questions about alcohol use, drugs use, tobacco use, physical activities and nutrition.

All of the high school classes in the region from Secondary 1 to Secondary 5 were visited by Mae Lafrance, Marcellin Gangbe, and Josée Quesnel. In some communities the team was joined by Melanie Gagnon (research agent from the ISQ).

In all we had 1016 questionnaires completed by the high school students of Eeyou Istchee. The data collected is presently being compiled by the ISQ and we are expecting preliminary results by this summer.

These results should be of great value for the work we do in public health, as it will provide updated information in regards to an important age group in Eeyou Istchee.

We want to take this opportunity to acknowledge the support we had in this project from: the Cree School Board, their regional resources and community schools; Cree regional radio (JBCCS), and Taria Matoush, Uschiniichisu Team manager, for providing radio announcements in Cree to notify the population about the project; our communication officer Iain

Cook for updating our community visits on creehealth.org.

Special thanks to Karina Provost and Pauline Rabbitskin for taking care of all of our travel and accommodation arrangements.

Special acknowledgment is also directed to our CHB management, especially our Executive Director Mabel Herodier, our AED-Pimuteheu Laura Bearskin, our Public Health Director Rob Carlin who approved and funded the survey, and our tireless SERC Team manager Jill Torrie who successfully led the process.

Looking forward to sharing these results soon....

Photos from high school survey



Mélanie Gagnon and Mae Lafrance strike a pose.



Walk to Work Day.



The flight home.



photos: Josée Quesnel



Let's get WinterActive!

by Wally Rabbitskin

WinterActive is a regional program of community-organized physical activities. The Public Health Department partners with local organizations to make this annual event possible.

This year, the Mistissini Walk-a-thon to km 8 'Murray's Lodge' takes place Saturdays from January 25 to March 29

The start time is between 9 and 10 am. The arrival time is between noon and 12:30 pm. A light snack will be served to early arrivals. The main lunch will be served at 11:30.

What to do when you participate:

- Have a good breakfast before the walk
- Carry a small snack (eg. juice, fruit, chew bar, cookie or sandwich)
- If you are diabetic, carry your glucometer

During the walk, if you feel trembling, shaky, hungry, or have problems concentrating:

- talk to someone in your walk how you feel
- if you are diabetic, check your blood sugar level
- drink your juice or eat your snack
- if your next meal is more than one hour away, eat a small snack even if you feel ok or your blood sugar is back to normal
- contact the security patrol if you don't feel good

This event is sponsored by the Mistissini Community Wellness Division, the Cree Health Board, and the Shashaaupweyihutaa Committee





Eeyou Istchee plan to improve the cancer journey

Developing a coordinated cancer plan for Eeyou Istchee

by Jill Torrie

Since last summer, the CBHSSJB and Nunavik Regional Board of Health and Social Services have partnered to develop a three-year plan for improving the cancer journey for patients and their families in the north.

With strong encouragement from the Ministry's Direction québécoise de cancerologie, the two regions applied for a planning grant from the Canadian Partnership Against Cancer (CPAC) to develop the proposal for the three-year project and to document what is happening at present. The proposal was submitted on November 15 and accepted on December 16. The report on the

state of the situation was submitted on January 31. The formal contract is presently being worked out.

Five people from Public Health in Eeyou Istchee have taken on the project: Ann Marie Awashish, Anne Foro, Marcellin Gangbè (statistical report), Pierre Lejeune (statistical report) and Jill Torrie. Ann and Anne were hired to develop the project for each region and between October and January, they interviewed over 100 people in the two regions.

Over the next three years the project plans to make improvements in the following areas:

- to offer culturally adapted services to Eeyou patients
- to improve service coordination throughout the corridor of services

- to structure and develop the local service offer for follow-up, rehabilitation and palliative care

Already the project has made connections with the newly forming Cree Language Commission and hopes to work on developing a comprehensive lexicon for the CBHSSJB as a first start in developing recognition, training and on-going support for the many people who interpret to and from Cree for the CBHSSJB.

In the past year, Ann Marie Awashish has been delivering an intercultural training to new nurses arriving to work for the CBHSSJB and, in collaboration with HR, we hope to expand this and formalize it for all professionals coming into the territory for the first time.



Building on the Maamuu Nakaahehtau Campaign

Iiyuu Ahtaawin Miyupimaatisiin Planning (IAMP) Initiative

by David DyckFehderau

Work is underway to create an Eeyou Istchee Strategic Plan for Miyupimaatisiin through the collaboration of all Cree communities and entities.

The Iiyuu Ahtaawin Miyupimaatisiin Planning (IAMP) provides a community-driven framework of development, consultation, integration, and approval among the regional and local entities and groups. The objectives of the framework are to support the development of community-led and community-owned miyupimaatisiin plans and to support the alignment of regional entities' work plans with community health priorities as necessary conditions to then facilitate the creation of an Eeyou Istchee Plan for Miyupimaatisiin. The IAMP framework and supports will help to:

- Create and maintain a consortium of regional and local partners dedicated to the goal
- Distribute information (both verbally and written) across the regional and local partners for better transparency and collaboration

- Develop comprehensive Miyupimaatisiin plans in each community
- Align regional work plans to better support community health priorities
- Provide various training workshops and organize gatherings to build community capacity and provide forums for discussion and consensus

The structure supporting this region-wide initiative comes from the Cree Health Board. The Board of Directors has passed various resolutions ensuring that the initiative has leadership, staffing, and funding to do the work. Through the efforts of all Cree Health Board departments and in collaboration with the Cree Policy on Social Wellness Task Force, the IAMP began in December 2013. However, the success of the initiative relies on regional and local entities and groups partnering together in a collaborative effort to figure out how to better secure miyupimaatisiin for all Eeyouch/Enough.

Why at this point in time is an Eeyou Istchee Strategic Plan for Miyupimaatisiin needed? Today, the health status of Crees in Eeyou Istchee is relatively positive in some ways, particularly compared to other Aboriginal groups across Canada. However, we are nonetheless experiencing an epidemic of chronic diseases, and difficult underlying social

issues remain unresolved and, in some cases, are worsening.

On the bright side, the health and social efforts of the various regional and local entities and groups have expanded and matured to the point where a strategic Miyupimaatisiin plan for Eeyou Istchee is possible, and needed. Such planning would have regional and local levels strategize how and where to best position themselves based on their strengths, how to collaborate in better ways, and on how to make the best use of resources to address the determinants of health for our people.

In an effort to keep the region informed about the process, various social media, such as a web site and a facebook account, will be set up. How to access this media will be published in following newsletters, accompanied by regular updates.

PIMUHTEHEU NEWS

Kwey Louise Desnoyers

Louise Desnoyer joins the Awash Team as the interim Dental Advisor-Dental Health, replacing Felix Girard for a period of one year. She has been working as a replacement dentist for the Cree Health Board, on a part time basis from 2005-2009, and permanent dentist in Eastmain from 2009-2014.



She also worked and covered the communities of Wemindji, Waswanipi, Mistissini, and Oujé-Bougoumou. She has both academic and professional experience in dentistry and dental hygiene, and has taught in a Cegep and at McGill for many years. Her knowledge and understanding of the territory and people within the region will be an asset to our team's mission and goals.



Kwey Patrice Larivée

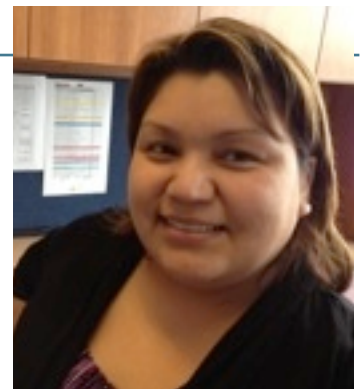
Patrice Larivée is the new NC (Nurse Counsellor) for Sexual Health.

Previously, Patrice was head nurse at the Nemaska CMC.

Au revoir Agnes Petawabano

Agnes Petawabano, PPRO - Youth Programming will no longer be working with us. She has returned to school to work towards obtaining her nursing permit.

We wish her good luck in her future endeavours.



Come to the Employee Drop-In

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

Public Health Management (standing invitation for Pimuhthehu managers)	Time	Employee Drop In
Thursday, February 6	9-10:45	10:45-11
February 10-14 - Public Health Department Meeting		
Friday, February 21	9-10:45	10:45-11
Friday, February 28	9-10:45	10:45-11
Friday, March 7	9-10:45	10:45-11
Friday, March 21	9-10:45	10:45-11
Friday, March 28	9-10:45	10:45-11
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:

February 10-14 (part of Department Meeting)

April 7-11

June 2-6

Photo of the Month



got snow?

by Jill Torrie



February is Heart Health Month

Keeping your heart healthy – for life!