

tipaachimuwin

Issue No. 17

Pimuhteheu Staff Newsletter

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CREE LESSON #14



creehealth.org

Report from the Eeyou Istchee Housing Symposium by Dr. Elizabeth Robinson

Housing quality and accessibility are important determinants of health status. Poor housing conditions such as mold, lack of safe drinking water, and overcrowding have been associated with increased risk of morbidity from infectious disease, chronic illness, injuries, poor nutrition, and mental disorders. - National Collaborating Centre for Aboriginal Health

The 2 main problems with housing in Eeyou Istchee – from the point of view of the CRA regional housing office and each of the Cree First Nations housing departments are:

Not enough dwellings. The housing people say they only have the money to build 20 houses per year in the whole region for the next few years, whereas previously they used to build 80. The solution that is being put forward is to encourage private housing for people who have full time jobs. The CNCs will provide a lot for free and some financial assistance. The housing "backlog" is said to be 3000 units – it was 2000 in 2000. The CMHC standard is that 25% of disposable income should go to housing. Most people pay a lot less.

People don't pay their rent, even though the average rent is only \$316 per house. For example, in one community, in 2002, only 11% paid rent. After doing surveys on why people don't pay rent, and implementing education programs, the housing department succeeded in increasing this proportion to 40% in 2005, but it has been stable since. Without this rental income, the CNCs cannot hire people to do the inspection and maintenance. Part of the reason people don't pay rent is that sometimes the CNCs don't sent out notices.

For the full report, contact
[Dr. Elizabeth Robinson](#)



Dr Elizabeth Robinson and Reggie Tomatuk

SOME STATISTICS ON HOUSING FROM THE CREE BOARD OF HEALTH

The 2006 Statistics Canada census data shows that:

There are 3,225 private dwellings in Eeyou Istchee, 360 (11.2%) of these being owned, the rest is either rented or band housing. The proportion of the total housing in need of major repairs runs at 30.5% compared to 7.7% in Quebec;

Households are constituted of multiple families at a much higher rate than what is observed in the province (16.6% vs 0.8%);

Single-parent families form 30% of all families with children (Similar to 28% in the rest of Quebec- but in EI many of these single-parent families would be living with other families in a multiple-family household.)

The average number of persons per household is about double the number in Quebec (4.4 vs 2.3);

The number of persons per room is also much higher (0.7 vs 0.4);

Even if the number of rooms in a dwelling is about the same (6.0 vs 5.8), the number of rooms being used as bedrooms is also higher (3.4 vs 2.5).



***Tan e ihtiyān* survey on health issues**

Marcellin Gangbe (Surveillance, SERC) and Uschiniichisuu team members are working with the Cree School Board and the Institut de la statistique du Québec to give the *Tan e ihtiyān* survey on health issues to all the secondary school students in Eeyou Istchee.

The *Tan e ihtiyān* survey asks specific questions about such things as diet, physical activity, drug and alcohol consumption, and similar issues that affect the health and wellbeing of young people in Eeyou Istchee.

Radio Q&A with Bella Petawabano, Chair of the CBHSSJB

Meeting of the Board of Directors, October 22-23, 2013.

Q. Welcome, Bella, what's the news from the Board meeting?

A. This was a very special meeting for me because of my connection to Eastmain. We were present for the opening of the CMC in Eastmain, and also for the local celebration of the 35th Anniversary of the Cree Health Board. The new CMC is similar to other new CMCs we are building in every community, such as the one in Nemaska that had its grand opening a few weeks ago. It is a beautiful new building with lots of room. The CMC has a mural by Oliver Moses and stained glass art by Kenneth Cheezo. It also has a circular room made of wood. This is a space for reflection, healing and talking with elders. The room even has a separate ventilation system so that smudging can be permitted. So the CMC is not just a "clinic". This is a Miyupimaatisiun centre - a place where we can give support to families in a Cree way, respecting our values and traditions.

The 35th Anniversary was celebrated with a wonderful feast and dancing in the new arena/sports complex.

Q. What else did you talk about at the meeting?

A. We passed a very important resolution on mental health services. This is an area of great concern to the Board. We need to improve mental health services, especially to children and youth. In the last year, we have had 3 suicides... We will be allocating more money for services like counselors in the communities. Equally important – we are looking at how to fix problems with the way services are organized. We are committed to improving and strengthening this area of our services.

Q. You mentioned suicides. What can people do if they are worried that a friend or family member is depressed, maybe even suicidal?

If someone is saying or doing things that are worrying, pay attention to them. Don't be afraid to ask the person what's going on, listen to them without judging, and do something to keep them safe. Go to the clinic and talk to a nurse or CHR. There is a suicide hotline in Quebec, available 24-7: 1-866-277-3553. As a friend or family member you can also call that number if you are worried about someone.

Q. I hear you made a decision about where to build the new Chisasibi Hospital?

A. Yes. We looked at many different spots, in collaboration with the Cree Nation of Chisasibi, and we found what we believe is the best place. It is on the south side of Chisasibi Highway, in an area that has not been developed yet. We presented this recommendation to the Chief and Council and to the community at a public meeting in October, and so far, everyone agrees that this is the best place.

The next step is to start drawing up the plans for the hospital. It's a big project that will take a few years to complete.

I would also like to mention that Chisasibi has a new full-time doctor, Dr. Marie-Lea Truchon.

Q. When's the next Board meeting?

A. Our next meeting will be in Montreal in December.

I look forward to these chats and I'm happy to be able to share information with our communities, about the important matters discussed at the Board. People can find more information on our website, www.creehealth.org, just click on "About Us" and follow the link to the Board of Directors.

Opening of new CMC in Eastmain



photos: Katherine Morro



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

Wachiya. Kwey. Hi. Bonjour.

I had the opportunity this week to attend numerous presentations on the evolution of Cree governance since the negotiation of the James Bay and Northern Quebec Agreement. I was also reminded of another piece of history while reviewing some planning documents for the CBHSSJB. It is relevant to **all** of our work. It is a vision statement crafted for the CBHSSJB that came from the Cree Special General Assembly on Health and Social Services held in Oujé-Bougoumou on 16–19 February 1999. They developed and approved the following Eeyou Nation of Eeyou Istchee Vision Statement regarding the development of community wellness:

- (a) **Holistic Approach:** Health and social development touch on all program areas.
- (b) **Nation Building:** As opposed to simple decentralization of services that affect us in common.
- (c) **Capacity Building:** Improving our ability to solve our health and social problems ourselves.
- (d) **Traditional Values and Practices:** Moving beyond the Western medical model, incorporating traditional healing and care-giving practices, basing programming on Cree family and cultural values.
- (e) **Economic Viability:** Adequate resources must be available to sustain the system.
- (f) **Sustainability:** Promote a healthy environment that supports the continued reliance on renewable resources that is key to our social and economic well-being.
- (g) **Balance:** Crees need to be balanced “Mentally. Spiritually. Physically. Emotionally”.
- (h) **Control and Empowerment:** Crees need to take charge of their social welfare and health, exercising total jurisdiction as a nation.
- (i) **Responsibility and Accountability:** Cree agencies will be responsible and accountable to a strong Cree Nation government.

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

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

Cree Health Radio Show FAQ

What is the Cree Health Radio Show?

The Cree Health Radio Show is a Cree-language radio program produced in partnership



Freddie Dixon

with JBCCS (the Cree Regional Radio Network). The show, hosted by Freddie Dixon, is broadcast from Mistissini on JBCCS to all 9 communities the first Thursday of the month at 3pm, and repeated weekly at that

time for the rest of the month.

What does this show have to do with my work?

Radio is the best way to inform Eeyouch about Cree health and well-being (miyupimaatisiun) in a culturally appropriate way. Radio is an oral medium; Cree culture is an oral culture. If you want to communicate to the population, you need to use radio.

Sounds good, but I don't speak Cree. What now?

Your role will be to give the show's producer (Iain Cook) the name and contact information of a Cree speaker who can talk about the issue, health campaign, research result, etc. Then, your job will be to prepare a FAQ (Frequently Asked Questions) document which will be used by the JBCCS radio host and person who will be interviewed.

What's a FAQ?

You're reading one right now.

The FAQ (Frequently Asked Questions), a plain language document, is given to the radio host who uses it to ask questions in a simple interview format. This way, there are no surprise questions, and the answers have already been prepared.

Does this cost money? I haven't budgeted for radio in my operational planning.

No. All regional radio programming (including public service announcements) is paid for under the SERC communications budget.

I'm still not sure when I should use radio. Can you give specific examples?

Sure. The November show is made up of the following segments:

- Mistissini CHR Helen Iserhoff is interviewed about the fall immunization campaign. Marcel Brisson (Immunization PPRO) and Iain Cook worked together to prepare a FAQ.
- Annie Bearskin, head of the Eeyou Awash Foundation is interviewed about new research results about CE and CLE in Eeyou Istchee. Valorie Gosselin worked with Annie to prepare the FAQ, and the interview was recorded at the Chisasibi radio station.
- Bella M. Petawabano is interviewed to give an update on the latest Board activities. Katherine Morrow prepared the FAQ.

OK, I'm convinced. I want to get something on the radio show. What do I do?

Contact Iain Cook and let the fun begin!

What's Going On?

CBHSSJB Annual Report tabled at the Quebec National Assembly

by Katherine Morrow, Coordinator of Communications

The Annual Report of the CBHSSJB for the year 2012-2013 is now available on our website: <http://www.creehealth.org/annual-reports>

Bella Petawabano and Mabel Herodier presented the report at the AGA of the Grand Council of the Crees in August, and it has now been tabled in the National Assembly of Quebec. This means we are free to distribute it more widely online and in print.



This year, for the first time, the full report was published in French as well as English. Both versions include sections in Cree. I hope that the French edition will help our partners in other regions to understand the Cree Health Board better.

There was a limited internal distribution in August (mainly to the Board and managers). Now, we will be sending more copies to the different departments over the coming weeks.

If you download the report from the website, please be aware it is over 80 pages long, before printing it.

Thank you to everyone who contributed to this year's report, especially Dr. Vanessa Gervais whose outstanding photographs from Chisasibi/Fort George area provided the inspiration for the graphic design. Other photographers included Harriet Petawabano Trapper, Alexandre Claude from Youth Fusion Waswanipi, Gaston Cooper, Maggie Etapp, Sam W. Gull, Dr. Carole Laforest, Mae Lafrance, Simon Leslie (Voyageur School, Mistissini), Alison Scott (who also did the graphic design) and Reggie Tomatuk. A big thanks also to Martine Vaillancourt from Pimuchtehu, who helped organize the statistics this year.

The annual report is a huge collective effort, involving almost everyone in the organization. I think we can all be proud of this year's report, but the real foundation is the hard work being done in every community, all year round, to keep good records and to track and monitor indicators.



Kwey Dr. Anne Andermann

Anne is returning to her position as Public Health Physician following her maternity leave.

Winter is coming. Be prepared.

Change your tires ✓

Chop wood ✓

Get the flu vaccine ✓



Parents: Children and youth between the ages of 2 and 17 will receive the flu vaccine with a nasal spray, not a needle.

Protect yourself against the flu. Get vaccinated!

Each fall, the MSSS renews its vaccination program against influenza to protect the most vulnerable who suffer complications from the flu. In Region 18, the vaccine is provided free to everyone, but specifically targets high-risk individuals :

Adults aged 60 and over;

People with chronic disease;

Children 6 to 23 months;

Healthy pregnant (2nd and 3rd trimester) women;

People looking after the groups above along with babies under 6 months;

Health workers.

The vaccination campaign against seasonal flu will officially begin on November 1, 2013. To know where and when you can get vaccinated , check at your local CMC (Community Miyupimaatisiun Centre).



CPHA is accepting submissions for abstracts to be presented at Public Health 2014. Abstracts may be presented in the form of an Oral, Poster or Animated Poster presentation. Each individual may submit a maximum of two abstracts as Presenting

Author. If you wish to submit two abstracts, please contact the CPHA Conference Department

<http://www.cpha.ca/en/conferences/conf2014/submissions/callabstracts.aspx>

What's Going On?



17th Annual JASP in Montreal, November 25 - 27

<http://jasp.inspq.qc.ca/english/at-a-glance.aspx%20Act/index.asp>

Of particular interest to Pimuhtheu Staff:

Aboriginal women at the heart of egalitarian social Northern development Tuesday, November 26

This session features a presentation by Bella M. Petawabano: Historical and legal perspective on the development of the North and the rights of Aboriginal women.

<http://jasp.inspq.qc.ca/english/aboriginal-women-at-the-heart-of-egalitarian-social-northern-development.aspx>

Cree Health Radio Show

Broadcast the first Thursday of each month at 3 pm on JBCCS

Repeat broadcast every Thursday at 3 pm and available online via <http://creehealthradio.com>

Balance Newsletter for November now available for download

Making nutrition work for any work scenario

<http://www.shepellfgi.com/EN-CA/Employees%20and%20Families/Wellness%20Articles/Balancing>

Employee Assistance Program

For immediate and confidential assistance 24/7/365
1 866 833-7690



Cree Nation Fitness, Health and Wellness Symposium, Wemindji, November 26-28

The Symposium will help to promote physical fitness and healthy lifestyle of the Crees with hope of creating renewed strategies and plans that will reflect on fitness, health and wellness as well as to establish a coalition team that help monitor and evaluate the strategic plans stemming from the Symposium.

More info: Wally Rabbitskin, Physical Activity PPRO

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.

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

Public Health Management	Pimuhteheu Management	Time	Employee Drop In
Wednesday, November 6		9-10:30	10:30-10:45
	Wednesday, November 27	9-10:30	10:30-10:45
Wednesday, December 4		9-10:30	10:30-10:45
	Wednesday, December 4	9-10:30	10:30-10:45
	Wednesday, December 18	9-10:30	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#

Cree Lesson 14

Fall Terms

Miikunaachewaakun
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Feather like frost flakes

Maskautin Piisim (November)

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The time where the shoreline starts to form ice. Small lakes will start to freeze and then larger ones.

Ushaashuuwin

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Fresh fallen snow