

tipaachimuwin

Issue No. 16

Pimuhteheu Staff Newsletter

In this Issue:

NOT A BORING BOARD

**ALLIED HEALTH TEAM
MEETING**

**MESSAGE FROM DR.
ROB CARLIN**

**PREVENTING CANCER
AND IMPROVING
SERVICES TO PEOPLE
WITH CANCER**

WHAT'S GOING ON?

**MISTISSINI PHONE
EXTENSIONS**

DROP-IN INFO

CREE LESSON #13

Not a Boring Board

by Katherine Morrow, Corporate Communications

The Board of Directors met in Quebec City September 18-20, following two days of governance training. A lot of routine business is processed by the Board, for example spending over \$100,000, management-level nominations, etc., but they are also a forum for reflection and discussion among the Board, the executives, and members of the Council of Chishaayiyuu, who sit in on the discussions. Paul Linton delivered one of the best and most thought-provoking presentations, when he shared the results of the Nutritious Food Basket research project. The elders reacted strongly to the presentation with a commentary about the decline of hunting/fishing/trapping skills, but they also talked about the core Cree value of sharing food, which applies to store-bought food as well as Eeyou meechum.

Through a Resolution, Public Health obtained the Board's approval to proceed with lobbying outside the Cree Health Board, making this an important milestone in the project's life cycle. Getting a spot on the Board agenda is not easy, and it's something that needs to be planned months in advance. The key to success is preparation – a well written Briefing Sheet/Resolution is very important. Equally important is presenting the issue in a way that is relevant to the Board members. Board members are not health specialists. They examine the issues from a community or regional perspective. "How is this relevant to my community?" "Is this in the best interests of the Cree nation?" "Will it make a difference for patients?" These are the big-picture questions they will be asking. Board meetings are multi-day marathons with a packed agenda, so short presentations with lots of real-life examples are much preferred. Do not read your slides unless you want to annoy the Board members by wasting their time!

The Chair Bella Petawabano is extremely committed to making people aware of what is being discussed by the Board. After every meeting, Iain Cook coordinates a radio interview for Bella on JBCCS. Highlights of the discussions are also being posted on the website within a couple of weeks of every meeting. Visit <http://creehealth.org/board-directors/board-meetings>

The next meeting will take place in Eastmain, October 22-23, 2013.



creehealth.org



Meet the Allied Health Team

Front row: Jacques Barrette (Psychoeducator, Chisasibi), Nora Abibsi (Physiotherapist, Waswanipi), Cindy Cavanagh (Psychoeducator, Waskaganish), Sophy Lu (Speech-Language Pathologist, Mistissini/Inland), Manon Circé (Physiotherapist, Oujé-Bougoumou), Mylène Haché (Physiotherapist/project leader, Waskaganish), Isabelle Fontaine (Physiotherapist, Chisasibi),

Back row: Virginie Lubino (Occupational Therapist, Chisasibi), Paul Ntakirutmana (Psychoeducator, Mistissini), Martine Bergeron (Occupational Therapist, Wemindji/Eastmain), Lisebeth Dodon (Psychoeducator, Oujé-Bougoumou), Rachel Cadotte (Physiotherapist, Chisasibi), Anne Nitschkie (Occupational Therapist, Mistissini), Sophie Lollier (Psychoeducator, Waswanipi), Adelina Feo (OT, Director Allied Health), Lise Dion (Physiotherapist, Wemindji), Shaiman Gibeault (at the back, Physiotherapist, Waskaganish), Louise Roy (Physical Rehab Therapist, Mistissini)

Allied Health Team Meets in Mistissini

by Adelina Feo

From September 23 to 27, the whole rehabilitation team had the pleasure of coming to Mistissini for our annual meeting. We welcomed three new additions to the team and finally put faces on the voices and emails we have been getting all year, Rachel Thibeault, professor from the University of Ottawa, joined us on our first day and guided our reflection on what it means to do community-based rehab, how to develop peer support groups and develop resilience in ourselves and our clients. The team also worked on developing culturally appropriate tools, uniformizing our various forms and questionnaires and sharing knowledge and best-practices. Luc Joanisse joined us by Skype to explain the functioning of the new FASD Diagnostic and Intervention clinic. Iain Cook visited us to start a conversation on how to get our messages out there to reach the needs of the community. So a week full of learning, sharing and developing new resources in rehab for the territory. Thanks to Mistissini for welcoming us!"



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

Wachiya. Kwey. Hi. Bonjour.

The Nutritious Food Basket project, summarized in this month's Pimuhteheu newsletter, is an important reminder of our need as a public health department to work on the 'upstream' social determinants of health. This often involves working with other regional entities and partners and it also requires that we communicate information properly using appropriate administrative tools and processes. In the case of communicating with the board members of the Cree Health Board, this requires a well written

briefing sheet and resolution. However, there are other administrative processes that are equally important to the success and development of projects in our department. This includes providing an annual report at the end of each financial year, updating out operational and action plans prior to each financial year, and providing an activity report to your manager every three months. This information is used to update the upper management of the Cree Health Board and, in turn, our funding partners. So, a small reminder that it is time update your manager of your activities.

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

Preventing cancer and improving services to people with cancer

by Jill Torrie

The Public Health Department has joined forces with the Nunavik Regional Board of Health and Social Services (in partnership with the Ministry of Health and Social Services) to apply for \$100,000 from the Canadian Partnership Against Cancer. This money was set aside for Québec within the Partnership's First Nations, Inuit and Métis Cancer Control Initiative. Its purpose is to develop a baseline assessment of the current state of cancer related activities in our two regions and to develop regional action plans for the next three years. The action plans have to be submitted by mid November and the baseline assessment by mid January 2014.

Anne Foro and Ann Marie Awashish from the Public Health Department will be responsible for developing the plans and baseline assessments for both regions. They are working with Dr. Rob Carlin and Jill Torrie from our Public Health Department along with Yoan Girard and Dr. Marie-Claude René from the Department of Planning in Region 17. Marcellin Gangbè and Pierre Lejeune from our Public Health Department are working with Hamado Zoungrana from Region 17's Public Health Department to bring up-to-date all the statistics on numbers of people with cancer, their use of medical transport and their stays in hospital for each region.

To complete the work on the state of the situation in each region, the team will carry out some interviews and focus groups with patients and their families, health care providers in the region, community support services, and other health service partners outside of the regions.

In mid-November, we will present our proposal for a three-year plan to improve services for each of our regions. If the Canadian Partnership Against Cancer finds our proposal acceptable for financing, we will use the money to improve how services are delivered to and coordinated for people with cancer and their families. At the same time, this planning will help us to complete the Cree Health Board's Regional Action Plan for preventing cancer and improving services for people with cancer in line with Québec's Action Plan.

The Partnership is an independent organization funded by the federal government to accelerate action on cancer control for all Canadians. The Partnership works with cancer experts, charitable organizations, governments, cancer agencies, national health organizations, patients, survivors and others to implement Canada's cancer control strategy.



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.

This day will provide participants with a better grasp of the anticipated impacts of Northern Quebec development on the health and well-being of communities, from the perspective of Aboriginal women. The solutions that these Aboriginal women are proposing to make this an egalitarian social project will be examined. The day is intended for those involved in public health at various levels of intervention surrounding Northern development, as well as Aboriginal organizations and communities. <http://jasp.inspq.qc.ca/english/aboriginal-women-at-the-heart-of-egalitarian-social-northern-development.aspx>

17th Annual Cree Regional Addictions Awareness Conference Communities Coming Together for Healing 'Nishiyuu Way'

October 20 - 25, Neosweskau Complex, Mistissini

Info:

Elizabeth Ashamock, Mistissini
418 923 - 2332 extension 232

Irene House, Chisasibi
819 855 - 3150 extension 249

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>

La communication au cœur de la e-santé. Opportunités et enjeux pour les patients, les professionnels de la santé et les organisations

Organisé conjointement par l'UQÀM et l'Université de Montréal, ce colloque vise à faire le point sur les usages de la e-santé au Québec, au Canada et dans divers pays. La rencontre aura lieu les 3 et 4 octobre 2013, à l'UQÀM. http://blogsgrms.com/internetsante/wp-content/uploads/2013/09/e_Sante2013.pdf

What's Going On?

Balance Newsletter for October now available for download

<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



Honouring Partnership: Promoting Engagement and Sensitivity in Aboriginal Health Research

The QAEP (Quality Assurance and Education Program) is pleased to announce their upcoming fall symposium: "Honouring Partnership: Promoting Engagement and Sensitivity in Aboriginal Health Research."

The QAEP has set up this symposium to be interactive, drawing together expert members from Aboriginal, as well as and MUHC and McGill University research communities to discuss a wide range of ethical issues.

This event is available through Télésanté RUIS McGill . Computers must have H323 videoconferencing. Those interested should forward an IP address and location, including room number to: QAEP@muhc.mcgill.ca

TO REGISTER FOR THE SYMPOSIUM VISIT: <http://muhc.ca/form/qaep-registration-form-2013>

The poster features a central image of a person standing on a large rock in a body of water, silhouetted against a bright sunset or sunrise. The text is arranged around this central image. At the top left, the title 'Honouring Partnership: Promoting Engagement and Sensitivity in Aboriginal Health Research' is written in white. To the right, the date 'October 4, 2013' and 'Half-day Symposium' are listed, followed by the location 'Montreal General Hospital, 1650 Cedar Avenue, Livingston Hall - L6 500' and the time '8:30am - 12:30pm'. Below the title, the keynote speaker 'Dr. Malcolm King, Scientific Director, CIHR Institute of Aboriginal Peoples' Health' is mentioned. An 'Expert Panel' is listed with four members: Dr. Ann Macaulay, Ms. Minnie Grey, Dr. Ian Mosby, and Dr. Dick Menzies. On the right side, a paragraph explains that members of the MUHC and McGill University research communities are interested in conducting health research with Aboriginal communities, but are unfamiliar/unacquainted with its critical ethical issues. It states that this interactive event will be a starting point for a discussion on enhancing the protection and well-being of Aboriginal people in health research. At the bottom left, it says 'Télésanté RUIS McGill available' and provides the contact 'QAEP@muhc.mcgill.ca'. At the bottom right, it says 'REGISTER HERE:' and provides the URL 'http://bit.ly/regForm'. The bottom of the poster features several logos: Centre universitaire de santé McGill, McGill University Health Centre, McGill, Faculty of Medicine, CCP, and First Peoples' House / La Maison des Peuples Autochtones, along with a logo for SKILLSETS.

What's Going On?



National Collaborating Centres for Aboriginal Health (NCCAHA) October newsletter

The NCCAHA is one of six National Collaborating Centres (NCCs) working together to promote and improve the use of scientific research and other knowledge to strengthen public health practices and policies in Canada. They identify knowledge gaps, foster networks and translate existing knowledge to produce and exchange relevant, accessible, and evidence-informed products with practitioners, policy makers and researchers.

"I am pleased to share another quarterly update on our recent activities at the NCCAHA. We have published several new reports and fact sheets on topics such as oral health, pathways to health, and an overview to Aboriginal health in Canada. We hope you enjoy, learn from, and share our new materials. As usual, our newsletter also provides a summary of recent resources and upcoming events relevant to First Nations, Inuit, and Métis peoples' health. I invite you to enjoy this newsletter and to visit the full stories and download the documents from our website." – Dr. Margo Greenwood, Academic Leader, National Collaborating Centre for Aboriginal Health

<http://archive.constantcontact.com/fs192/1102372299827/archive/1115069796973.html>

Communications Drop-In Turns 7, Grows Up

The weekly Communications Drop-In, started 7 years ago for public health workers to informally share their communications projects and ideas, is expanding to include projects from outside of public health.

This expansion will be facilitated by Katherine Morrow, CHB Corporate Communications. "I'm excited at the prospect of spreading the conversation about health communications to the wider organization. I see this as a simple way to improve internal communications within the CHB."

The meeting format will remain the same. Participants are invited to share their ideas, works-in-progress with their peers for evaluation and feedback.

The Communications Drop-In takes place each Wednesday morning at 11am. Call-in number is 1-877-534-8688; conference ID: 2101030#

New phone numbers for Mistissini

Name	Title	Extensions
Mary Petawabano	Administrator Officer II	42350
Pauline Rabbitskin	Administrator Officer II	42368
Jacqueline Voyageur	Administrative Technician	42351
William Merriman	Administrative Technician (Interim)	42352
David English	Documentation Technicain (Interim)	42369
Wally Rabbitskin	Program Officer- Physical Activity	42365
Catherine Godin	Program Offficer-Diabetes Educator	42364
Paul Linton	Director of Chishayiyuu Team	42363
Taria Matoush	Director of Uschiniichisuu Team	42362
Cecilia Ariano	Nursing Trainer Instructor	42360
Malika Hallouche	Program Officer -Dental Health	42902
Paul Shecapio	Prevention Technician/occupational Health	42357
Jocelytne Cloutier	Occupational Health Coordinator	42356
Vacant	Prevention Technician/occupational Health	42358
Lucy Leclerc	Program Officer -Prenatal Nutritionist	42366
Dany Gauthier	Program Officer- Breastfeeding	42367
Veronique Doutreloux	Nurse -Mental Program	42361
Chantal Vinet	Program Officer -Nutritionist	42370
Maria MacLeod	Program Officer- Youth Programming	42355
Marcel Brisson	Nurse Counsellor-Awash Team	42371
Anne Foro	Program officer/Surveillance and Research	42354
Marcellin Gangbe	Program officer/Surveillance and Research	42353

Public Health Office

203 Mistissini Boulevard

[Tel:418-923-3355 \(Direct Line\)](tel:418-923-3355)

418-923-2204 (Automated line)

Fax: 418-923-2564

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	Pimuhthehu Management	Time	Employee Drop In
Wednesday, October 9		9-10:30	10:30-10:45
	Wednesday, October 23	9-10:30	10:30-10:45
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
"Mini-Department" Meeting Chishaayyuu Programs December 2-6 in Mistissini			
	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 13

Fall Terms

Pinaaschiiu
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Leaves fall from trees.

Atihkamekw Piisim (October)
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The time where the white fish spawns. The fish is harvested and used for bait.

Emichiskaashich
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Snow is barely covering the ground; plants and leaves are still showing