

# tipaachimuwin

Issue 22 • August 2014

[creehealth.org/pim-news](http://creehealth.org/pim-news)

## **2014 CREE GOVERNMENT AGA: CHB MAKES PLANS TO ATTEND**

Katherine Morrow reports

## **DO YOU KNOW HEALTH MATTERS?**

Amy German reports

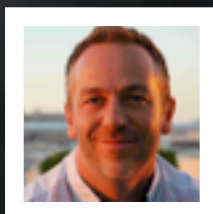
## **DIABETES TEAM LAUNCHES FACEBOOK PAGE**

Catherine Gaudin reports

## **ALSO:**

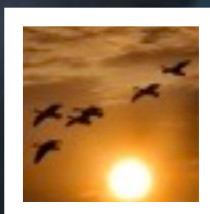
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Message from  
Dr. Rob Carlin



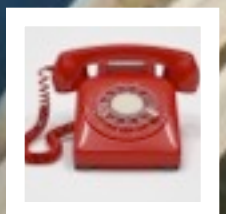
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Comings and  
goings.



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Employee  
Drop-In Dates



**August is Reproductive and  
Sexual Health Month**

**Editor**

Iain Cook

**Contributors this month**

Dr. Rob Carlin

Katherine Morrow

Amy German

Catherine Gaudin

Cover Photo by Allen Cooper

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

# Message from Dr. Rob Carlin

Wachiya. Hi. Kwey. Bonjour.

This month's Newsletter highlights different possibilities for professional development. It is important for all of us to look at how we can maintain and improve our skills in order to satisfy the requirements of our job at the CBHSSJB. And, sometimes professional development is necessary to maintain professional licenses.

Ultimately, it is so that we can work to improve the health of the population. Fortunately, there are a variety of options available for accessing continuing education. For public health, there are a variety of online training modules and courses. Often, these are organized so that you can network with other public health professionals working in similar settings.

I recently participated in one of the Public Health Agency of Canada's Skills Online courses: Introduction to Evaluation. It provided an overview of different evaluation methods with references to more detailed literature that I will be able to consult at a later date. It highlighted for me



that evaluation is an essential and integral part of all of our programming. An equally valuable part of this online experience was the chance to hear about what is being done in other communities and areas in order to be exposed to new ideas.

I would encourage people to consider participating in these skill building or review courses (or their equivalent).

Dr Rob Carlin  
interim Head of Public Health



by Katherine Morrow

*The 2014 Cree Regional Annual General Assembly will take place in Waswanipi from August 5 to 7. The AGA will be held in the Waswanipi Youth Centre, with evening entertainment at the cultural village down the river.*

Various departments of the Cree Health Board plan to be in Waswanipi for the 3-day meeting, including Corporate Services, Human Resources, Pimuchteheu/Public Health, and Nishiiyuu. The local CMC is also expected to participate.

#### Office of the Chair/Executive Director/Corporate Services

Bella Petawabano and Mabel Herodier will co-present the CBHSSJB annual report and financial statements. Printed copies of the Annual Report will be distributed.

Labrador tea will be served at the information table. Lanyards and tote bags will be distributed as well.

#### Pimuchteheu/Public Health

Monday-Wednesday: Sol's walk to raise awareness of liyuu Ihtaawin/ healthy communities

A handout explaining what is liyuu Ihtaawin (IAMP) will be distributed at the information table, along with a pamphlet with results of the evaluation of the CLE-CE high school educational program.

This table will be staffed by Reggie Tomatuk, David DyckFehderau and Joshua Loon.

#### Nishiiyuu

Nishiiyuu will have a display including a slide show of traditional activities. This table will be staffed by Harriet Petawabano Trapper.

#### Human Resources

The HR table will be staffed by Jessica Moar and Stephanie Tetreault. They will also give away CHB promotional items.

**A message from Sol Awashish:**

**"On Aug. 2, I'll start walking**

**from Chapais to Waswanipi. This stretch is only 89 kilometers. I'll get to Waswanipi on Aug. 6. I would like people to join me in my Chapais-to-Waswanipi Walk. You can join anywhere during the walk. Please join me. The theme of this walk is "Working Together to Build Healthy Communities"**

**Interested in joining Sol on his walk? Contact him at [sawashish@gmail.com](mailto:sawashish@gmail.com) or message him on Facebook.**



# Health Matters: Monthly health column in The Nation magazine

by Amy German, The Nation

*Health Matters is a monthly column in The Nation magazine that addresses health and wellness issues in a conversational, easy-to-read format.*



I started up this column a few years back because we simply felt that covering health issues that were relevant to our readership throughout Eeyou Istchee would not only make for wonderful content but also be helpful as the magazine is a wonderful vehicle for informing the people.

While at times we may choose to cover subjects that are in the media or are timed with a particular health issue that is relevant because of an ongoing health campaign at that time (e.g. diabetes stories during November) we also would like to welcome suggestions from those at the CBHSSJB. If there is a particular issue that you feel that our readers would benefit from reading a story about, such as a health innovation, a new treatment option, a success story about a person from one of the communities who may be a good interview, or simply a topic that you may feel would be of interest to our readers, please get in touch with me to tell me all about it.

The purpose of this column is to provide a space for health news and information to be transmitted in a thought provoking, yet easily digestible format with the hope that these stories will engage the reader and even possibly get them talking about some health issues that could be pertinent to them or someone they love. Our hope is to simply plant seeds for discussion but never under any circumstance replace any kind of

conversation that should take place between a health care provider and patient.

The kinds of suggestions we are looking for are issues that we can turn around into a 1-2 page story. These are the types of issues we have covered in the recent past: health success profiles, innovations in birth control drugs/ devices, new diabetes information (statistics and information), new colorectal cancer screening tests, emergency preparedness, healthy pregnancies, depression/suicide, diabetes/ cardiovascular health.

If you have a topic that you feel may be of interest to us or have someone you think would make a wonderful interview, please feel free contact me with your ideas at [amy.german@gmail.com](mailto:amy.german@gmail.com). Stories that we can make a go of will appear in the Nation Magazine.



**Dr. Oliver Lasry presents research on traumatic brain injuries to Pimuchtehu personnel**

On July 31 Dr. Lasry presented the results of his Masters research project,

*Traumatic Brain Injuries in Eeyou Istchee: A preliminary epidemiological analysis and insights for prevention.* The conversation which followed the presentation will help Oliver refine his recommendations coming out of his research. The final research results will be shared more-widely in the fall.



## Professional development opportunities: conferences and training

### Challenging Health Inequities: Indigenous Health Conference

November 20-21, 2014 | Toronto, Ontario

<http://www.cpd.utoronto.ca/indigenoushealth/>

### Public Health Agency of Canada Skills Online

Self-directed modules can be taken at any time. Registration for facilitated modules ends August 17. Course dates: September 8 to November 2.

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

### Deuxième édition du Colloque en santé publique vétérinaire

Changements Globaux et Zoonoses: Défis présents et futurs

le 5 septembre 2014 | St-Hyacinthe, Québec

L'accès au colloque est gratuit, mais le nombre de places est limité. Pour vous inscrire, veuillez communiquer avec Liliane Fortin ([liliane.fortin@umontreal.ca](mailto:liliane.fortin@umontreal.ca)) ou par téléphone au 514-345-8521, poste 8386

### 2014 Canadian Immunization Conference

December 2-4, 2014 | Ottawa, Ontario  
The Conference Organizing Committee is accepting submissions for abstracts to be presented at the 2014 Canadian Immunization Conference. Deadline for submissions is Wednesday, August 13.

[Detailed information on the submission guidelines and criteria](#)

[Online registration is open](#)

### 5th Conference on Recent Advances in the Prevention and Management of Childhood and Adolescent Obesity

Time to Focus on Strengths: Addressing Obesity in Indigenous Youth

September 23-26, 2014 | Winnipeg, MB

<http://interprofessional.ubc.ca/Obesity2014/default.asp>

### 18es Journées annuelles de santé publique (JASP)

November 24-26, 2014 | Québec City, Québec

Detailed programs will be available in early September, along with online registration. In the meantime, you can review the schedule and save the date for topics that interest you: <http://jasp.inspq.qc.ca/programme-en-un-coup-doeil.aspx>.

Simultaneous translation from French to English and from English to French will be provided for the plenary sessions and some targeted activities.

### Public Health 2015

May 25-28, 2015 | Vancouver, BC

<http://conference.cpha.ca>

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### Did you know?

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To attend a conference outside of Québec, you must first obtain the permission of your manager. Then, you must prepare a *Request to participate in an event outside of the Department* and submit it to the Executive Director for approval. If you are travelling outside Canada, you must also prepare a Board Briefing Sheet and request permission from the Board of Directors. There is no guarantee your request will be granted.

After the conference, you must write a written report for the newsletter, to share the information with your colleagues.

## PIMUHTEHEU NEWS

### Kwey Joshua Loon

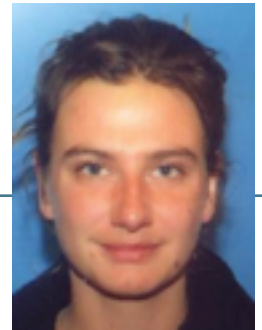
Joshua Loon is the newly-hired Communications Technician, a part-time, Status 5 position in SERC Team. Iain Cook will be supervising his work. His first project will be to learn about Pimuhthehu Department, by interviewing managers and staff about their work. These interviews will be translated into Cree and posted on the [creehealth.org](http://creehealth.org) website.



Joshua comes to us from CBC North, where he co-hosted *Wunschgaoug*, the early morning show, and contributed to *Eyou Dipajimoon*, the noon show. He is from Mistissini. Joshua loves hunting and fishing, but mostly he enjoys being a new, first-time father.

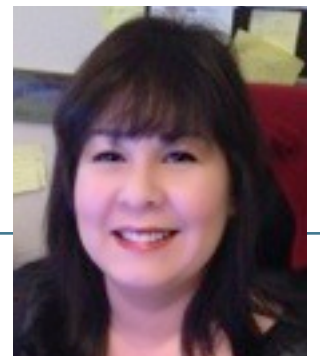
### Kwey Ariane Adam-Poupart

Ariane Adam-Poupart is the new Environmental health program officer, replacing Laura Atikesse until the end of October. Ariane obtained an Undergraduate degree in Biology at the University of Quebec in Montreal, a postgraduate degree in environmental health and disasters management and a Masters degree in environmental and occupational health from the University of Montreal. Ariane worked as an environmental health specialist at Health Canada from 2009-2012. Since 2011 she has been pursuing a Ph.D. degree in Public Health at the University of Montreal with a specialization in toxicology and risk assessment. Her doctoral work is mainly focused on the potential effects of climate change on occupational health and safety in Quebec. You may reach her at [ariane.apoupart@gmail.com](mailto:ariane.apoupart@gmail.com).



### Kwey Victoria Crowe

Victoria will be replacing Karina Provost as Montreal office receptionist, from August 4 to 15.



## Come to the Employee Drop-In

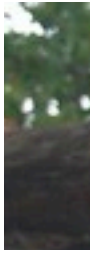
Date	Time	Format	Drop-In
Friday, August 1	9-10:45	Telephone	10:45-11
Friday, August 15	9-10:45	Telephone	10:45-11
Friday, August 29	9-10:45	Telephone	10:45-11
September 9-12 Pimuchteheu Management Face-to-Face, Val d'Or			
Friday, September 12	9-10:45	Telephone	10:45-11
September 16-18, Board Meeting, Gatineau			
Friday, September 26	9-10:45	Telephone	10:45-11
Friday, October 3 (Pimuchteheu )	9-10:45	Telephone	10:45-11
Friday, October 10	9-10:45	Telephone	10:45-11
November 12-13 Pimuchteheu Management Face-to-Face, Montréal			
Friday, November 21	9-10:45	Telephone	10:45-11
Friday, December 5	9-10:45	Telephone	10:45-11
December 9-11, Board Meeting, Montréal			
Friday, December 19	9-10:45	Telephone	10:45-11

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

Call-in number: 1-877-534-8688

Conference ID: 2101030#

The highlights of the latest meeting of the Board of Directors are available for download using the following link:  
<http://creehealth.org/board-directors/board-meetings>



## Welcome and long life to *Cree Nation living well with diabetes*

by Catherine Gaudin,  
Diabetes PPRO

A brand new Facebook page was launched on July 7th, and is

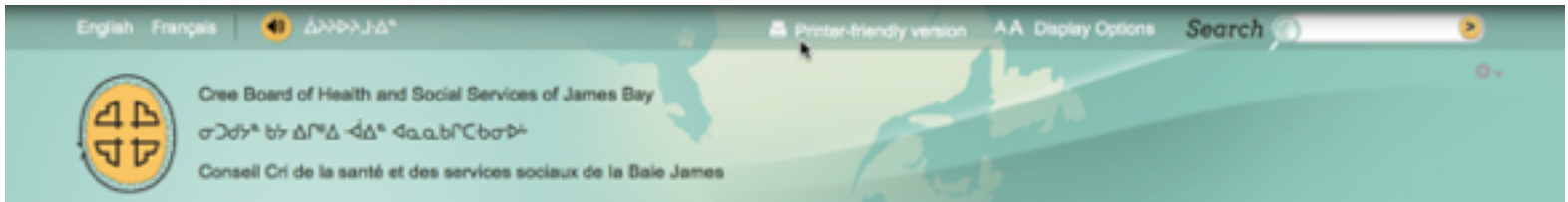
administered by four members of the Chishaayyuu team: H el ene Porada, Catherine Godin, Jonathan Linton and Monique Lalibert e.

The goals of the page are:

- to inform and support people living with diabetes;
- to promote healthy eating and active living practices;
- to create a strong family and community support.

We hope this page will grow as a useful and fun place for exchange on diabetes. Everyone is welcome to share activities, stories and worries, questions, pics and videos.

Let's create a dynamic family and a strong community support around diabetes. Visit *Cree Nation living well with diabetes* at <https://www.facebook.com/creenationdiabetes>



What's new on [creehealth.org](http://creehealth.org)?

[Quebec Health Survey awareness campaign tools](#)

[Job Postings](#)

[Youth Protection](#)

[Employee Resources](#)

[CE-CLE program receives positive reviews in the second stage of its evaluation](#)

[Uranium and radon: A public health perspective](#)





### **Mystery photo of the month**

Who is this, what is the occasion, and who in the Mistissini office is filled with pride?