



tipaachimuwin

Issue No. 8

Pimuhteheu Staff Newsletter



Holiday message from Dr. Rob Carlin, new interim Head of Public Health Department

Respect, honesty, loving, caring and sharing

What do these words have common? They are the Cree values listed in the Eeyou Nation Vision Statement on Health and Social Services from 1999. I posted it on my bulletin board when I first started working for the Public Health “Module” in 2001. It is a reminder of what the people that I work for expect from me and the Cree Health Board. When I think back to all of the changes over the past ten years, I am really amazed by what has been accomplished by members of the Department. It is a source of inspiration for me and others who hear about our Department. It is something that we shouldn’t forget.

For the past 11 years, I have worked on a very specific file in public health - infectious disease prevention. This is very different from my work during the rest of my week working in a downtown community clinic (or CLSC) where I also teach Family Medicine. In Family Medicine, we are taught to look at the whole person and not just the disease as well as respond to the needs of the community. I hope to bring more of this perspective to my public health work in the coming years, while maintaining a focus on our community based interventions.

I am sincerely looking forward to working with the rest of the department in the New Year with this broad focus in mind. As mentioned in Dr Robinson’s December letter, we plan to look at what we have accomplished so far, and then, where we will be heading in the coming years. It will be a chance to incorporate ideas and priorities identified through Bimutidah Shdiyimuwn and Maamuu Nakaahetaau, while maintaining essential and existing public health programs.

I must be honest and say that I had never thought that I would be Public Health Director. It was not part of my life plan. What changed my mind? Why did I decide to take on this role? It was because of the potential of the people in our department and what we could accomplish together, both in 2013 and in the future.

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REVEALED!**

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CREE LESSON #4



creehealth.org

Holiday message from the Chair



**Bella M. Petawabano,
Chairperson, Cree Board
of Health and Social
Services of James Bay**

Across Eeyou Istchee, as we prepare our homes and communities to celebrate Christmas, we are expressing *chiyaameihtamuun* and our desire for a healthy holiday season. Christmas is a time to meet with all the people we love and care about.

It is also a time to think about those people who still need our compassion and support, those struggling with health problems and other challenges related to their well being; and to think of those who have parted from us, and the loved ones they left behind.

Let us honour Christmas by embracing all of our loved ones, including those we may have forgotten we loved, as we celebrate our families and our Cree communities.

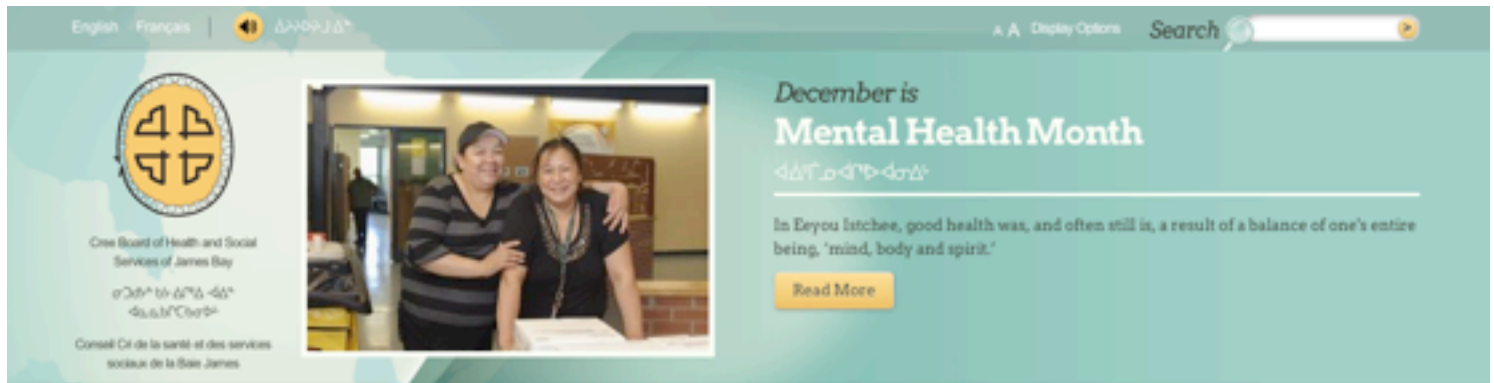
I wish everyone a safe, healthy and joyous Christmas.



D'un bout à l'autre d'Eeyou Istchee, au moment où nous préparons nos maisons et nos communautés à célébrer Noël, nous souhaitons exprimer *chiyaameihtamuun* et notre désir de connaître une période des fêtes en santé. Noël est l'occasion de passer du temps avec toutes les personnes que nous aimons et pour lesquelles nous avons de l'affection. C'est également le temps de penser à ces gens qui ont toujours besoin de notre compassion et de notre soutien, à ceux qui éprouvent des problèmes de santé et d'autres soucis en lien avec leur bien-être, à ceux qui nous ont quittés et à leurs proches qui sont restés derrière eux. Honorons l'esprit de Noël en chérissant tous nos êtres chers, incluant ceux que nous avons peut-être oublié que nous aimions, au moment où nous nous apprêtons à célébrer nos familles et nos communautés crie.

Je souhaite à tous et à toutes un Noël tout en sécurité, en santé et en joie.

Corporate Services unveils new CHB website



On Friday, December 14 the new Cree Health Board website went online. This is a site we can truly be proud of. The site represents the whole organization, with information about local and regional health and social services, public health, governance, research and recruitment. Here are some fun facts about the new Creehealth.org:

State of the art language functionality

It's trilingual: English/French/Cree. The French web address is www.santeterrescrites.org. The site integrates the Cree language in a way that is truly useful to the Cree speaker – short phrases in Cree syllabics, combined with audio files playable on the page, with no plugins required. No other Cree entity has attempted this.

News-driven

The information is always fresh and new. The site puts the spotlight on everything that is vibrant and dynamic about our organization. News Alerts are Twitter-like status updates that can be published by any community or department across the organization. All the Community Stories from the public health

website have been imported to the new site and translated into French, so they can reach a new audience. Jill Torrie and Tracy Wysote (SERC Team) have added a huge amount of new research material to the Library over the last few months, compared to what was on the previous website. It's easy to find what you're looking for on the new site thanks to a powerful and fast search engine.

Tip: You can subscribe to news Alerts on your phone: On a Blackberry, go to "Social Feeds" and add the feed: <http://www.creehealth.org/news/latest-alerts/rss>.

Implements technical best practices

The site complies with Quebec's new accessibility legislation. For example, the colours are selected with colour blind users in mind. The site is built on the very secure and widely used Open Source platform Drupal 7. The site is hosted in Ottawa, and is totally independent of the IT infrastructure of the CBHSSJB. Because it is open source, running costs are low, less than \$3,500 / year.

**PHD Calendar: <http://goo.gl/U3R5Y>
Community Events: <http://goo.gl/Kxs8T>
Corporate Calendar: <http://bit.ly/WhEOCu>**

A vintage color photograph of four children standing in a row against a light green wall. From left to right: a girl in a white long-sleeved dress with a cartoon character on the front; a girl in a blue patterned dress with a red tie; a boy in a white short-sleeved shirt and pants; and a girl in a red and white plaid dress. A yellow star is placed in the top left corner of the photo.



Admin Tech, Mistissini

(left to right): Jeanette, Natalie,
Clifford, Kyla



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Cree Lesson 4

Wayiwiimikan Piisim

Wayiwiimikan Piisim • January is Quit Smoking Month