

Nüsaachewan



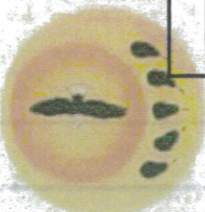
2019

WAASEGIZHIG NANAANDAWE'IYEWIGAMIG COMMUNITY CALENDAR

Niisachewan, November 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					NEED AN APPOINTMENT ASAP? Same or next day appointment available @ WHHAC 467-8770	
3 WEEK 4	4	5 DES Provider NP-TB, CN-CDM	6 EWW - LL	7	WEEKLY SWEATS AT WNHAC HEALING LODGE EVERYONE WELCOME 6:00	
10 WEEK 1	11	12 NP-TB	13 Planning Meeting EWW-LL	14	Counselling appointments available with therapist Tues./Wed @WNHAC 467-8770 -NEW- *Walk in counselling Tuesdays from 5-7*	
17 WEEK 2	18	19 DES Provider NP-TB, EWW - LL CN- CDM, HP - NA Well Baby	20	21 HP Lunch and Learn		22
24 WEEK 3	25	26 NP-TB	27 EWW-LL FC - Marion <i>Foot Care Day</i>	28	29	30

NP - Nurse Practitioner	Tracy	DH - Dental Hygienist	Janice
DES - Diabetes Education Services	Patric and Kyle	Cultural Coordinator	Roy
EWT - Emotional Wellness Therapist	Rachelle	HP - Health Promoters	Brianna and Nicole
FCN - Foot Care Nurse	Marilyn	HCN - Health Coach Navigator	Cheryl
CNCC - Clinic Nurse Care Coordinator	Cynthia		
EWW - Emotional Wellness Worker	Leana		



Ogimawabitong

Kenora Chiefs Advisory

The Kenora Chiefs Advisory is an alliance of independent, participating First Nations and has been incorporated and in operation since 1995.

We provide programs and services to the First Nations in the fields of health, education and social services in a holistic traditional way that ensures the survivals of the Anishinabe way for present and future generations.

Mandate

Our mandate is to provide programs and services for the Member Nations in the field of health, education and social services in a holistic and cultural way ensuring the survival and strengthening of the Anishinabe Way in the present and future generations.

Mission Statement

Kenora Chiefs Advisory is committed and dedicated to providing culturally appropriate health and social services which address the needs and enhance the well-being and capacity of community members in our affiliated First Nations.

CONTACT US:

Amanda Boucha, RSSW

Tobacco Reduction Coordinator

Phone: 1.807.467.8144

Extension: 3924

Toll-free: 1.855.367.2600

Fax: 1.807.467.2656

Email: amanda.boucha@kenorachiefs.ca

Location:

240 Veterans Drive, 3rd Floor

Kenora, Ontario

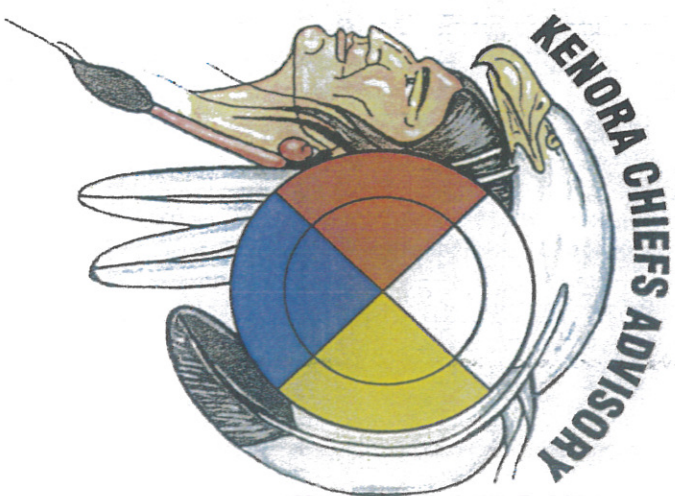
P9N 3Y5

FINND US:

www.facebook.com/kenorachiefs



OGIMAAWABITONG



**Tobacco
Reduction**

Tobacco Reduction Program

Education and awareness of smoking cessation will be available in the following nine First Nations:

subpeeschousewagong Netum Anishinabek
Naotkamewanning First Nation
Northwest Angle #33 First Nation
Animke Wa zhing #37 First Nation
Ochichagwe' Babigo' Ining Ojibway Nation
Obashkaandagaang First Nation
Shoal Lake #40 First Nation
Wabaseemoong Independent Nations
Wauzhushk Onigum Nation



Services

Counselling
Tobacco Cessation Programs
Public Education
Presentations



Program Goals

- ◆ Support those who wish to reduce their commercial tobacco use
- ◆ Learn about Traditional vs commercial Tobacco use
- ◆ Promote smoking less
- ◆ Encourage Smoke-free homes
- ◆ Create a commercial tobacco control strategy
- ◆ Develop a commercial tobacco reduction strategy





Indigenous Services Canada Services aux Autochtones Canada

Indigenous Services
First Nations and Inuit Health Branch
Thunder Bay
981 Balmoral Street
Thunder Bay, Ontario
P7B 0A6

MEMORANDUM

To: Health Centres - Thunder Bay Area
From: Shelley Hakala, A/Manager – NIHB Medical Transportation
Date:
Subject: Prior Approvals

Due to the large volume of Medical Transportation Applications arriving at times within a day or two of the Client's scheduled appointments, it has become necessary to implement a time line for the NIHB unit to accept applications for Approval.

This was originally implemented on June 18, 2012, but we are still seeing a very high number of non-urgent applications being sent in within days of the appointment.

All applications need to be submitted at least 10 days prior to the scheduled appointment.

It is important that the clients are made aware of this, as they will need to produce the referral information to the Health Centre clerks in a timely manner to meet this request. The exception of course is in cases of emergency situations. NIHB Medical Transportation applications should NOT be received for non-urgent appointments the day before appointments or a few days before the appointment as this will result in them becoming post approvals.

In these cases, client or the band will have to pay for the expenses and submit for reimbursement.

If you require any further information or clarification, please feel free to contact myself with further questions or clarification.

Respectfully,

CHR office

Shelley Hakala
A/Manager, Non-Insured Health Benefits, Medical Transportation

LANGUAGE BOWLS

TRIAL RUN

When: Thursday November 14, 2019

Where: Niisachewan Gym

With: Early Years – Joannie, Rhonda

Time: 6 – 7pm

LIGHT SNACKS PROVIDED FROM KCA - RTP

Niisaachewan Drumming & Singing Culture Program

Drumming & Singing Drum Group practice will take place
once a week, 2 hour sessions.

Learn Drumming & Singing Drum Group Style.

Open for both Men and Ladies.

Starting: Thursday, November 14th, 2019

**6 pm to 8 pm. Every Thursday @ the New
Niisaachewan Gym. (Band Office)**

Please contact Wayne Henry for more info 548 5876 or FB
msg.



Community Kitchen

Date: Tuesday November 19th

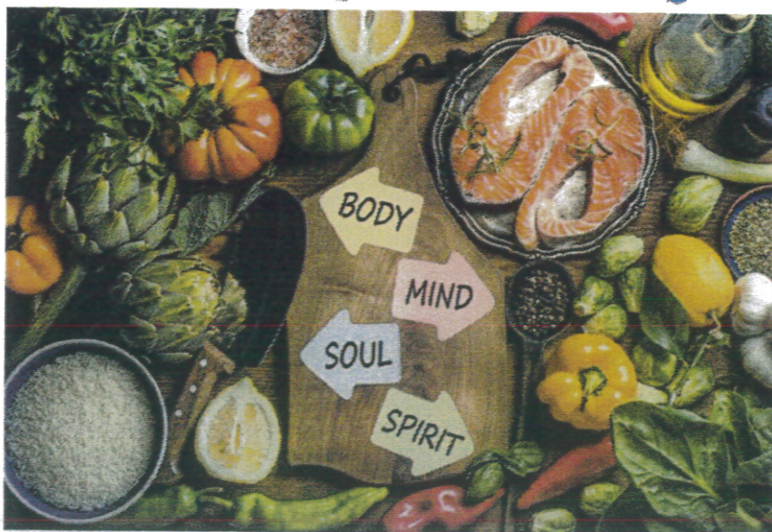
Time: 11:00am

Place: 7 Generations Adult Education classroom upstairs in Firehall building

Everyone is welcome!

Come join us in preparing tasty food. You will have the opportunity to ask questions to a Registered Dietitian.

For more information contact Karen at 548-4918 or karenc@7generations.org





Well Baby Clinic

Where: HBHC Office –Fire Hall

When: Tuesday November 19, 2019

With: Nicole Anderson & Brianna Skead –
WNNHAC

Topic: Postpartum & Depression

Time: 11am – 1pm

With light snacks

Gift Cards! Gift Cards! Gift Cards!



Lunch & Learn

Postpartum & Depression

When: Thursday November 21, 2019

Where: HBHC Office – Fire Hall

Who: NWHAC Staff

Time: 11 – 2pm

Light Snacks Provided!

Gift Card Prizes! Gift Card Prizes!

**Niisaachewan Anishinaabe Nation
Christmas Party – TBD**

For All Youth

This year the youth will be able to select your choice of gift
Up to the amount of \$ 50.00 and please note that when you are
selecting that it be one gift that can be wrapped not two that add up to
\$50.00. Thank you

Name: _____

Age: _____

Select gifts	Store Name	Select priority

Please make sure each individual fills out one form per child by:

November 22, 2019

**PLEASE NOTE THAT IF THEY ARE NOT IN BY
THIS DATE YOUR CHILD WILL RECEIVE A
GIFT CARD**

Please submit to: Lorraine Kabestra Health Director
If you have any questions please call 548-5876 ext. 255

Meegwetch!

STI

BINGO

YOUTH 8+

FRIDAY, NOVEMBER 22, 2019
AT THE BAND OFFICE 10AM-1PM



WIN
PRIZES!

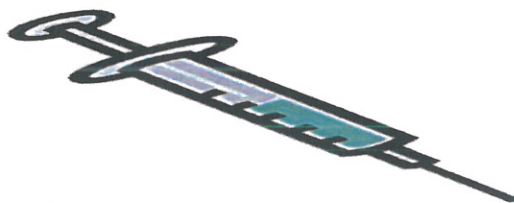
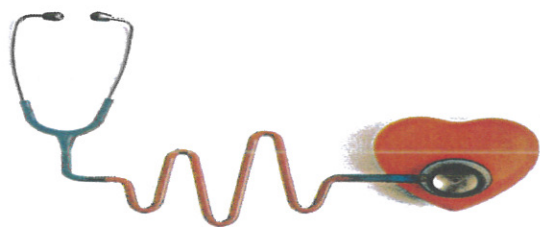
Public Health Clinic

November 25th, 2019

Starting at 10 am – 3 pm

Flu Shots still available.

Come in and check your immunization record (yellow card)



To make an appointment or for more **info** please call the CHR @ Band Office 548 5876. Miigwetch!!

Foot Care Clinic

Next Clinic: **Wed, Nov 27, 2019**

10 am to 3 pm Be advised clinic schedule subject to change



Advanced Foot Care

Please call CHR to schedule an appointment 548-5876,
Miigwetch

NIIWIN WENDAANIMOK PARTNERSHIP



FEAST FOR TWINNING PROJECT

Inviting all community members of Shoal Lake 40,
Niisaachewan, Washagamis Bay, and Wauzhushk Onigum
to feast the ongoing process of discussions for the
twinning of the Trans-Canada Highway at the
Roundhouse, Pow Wow Island, Wauzhushk Onigum,
on **Sunday, November 24th, 2019 at 10:00 AM**

For more information, please contact

Terry Skead at (807)407-5603 or tjskead@hotmail.com

CHRISTMAS BAKING

**Date: Monday November 25th—
Thursday November 28th, 2019**

Its that time of year, lets get together and do some Christmas baking. Early Years children, children, youth, Parents/Guardians, Elders

Time:

Monday Nov 25th 10-2pm

**Tuesday Nov 26th 4:30 -
8pm**

**Wednesday Nov 27 10-
2pm**

**Thursday Nov 28th 4:30—
8pm**

Please contact Rhonda and Joannie
548-6351

For further information

Everything provided



Welcome Students

WINTER LEARNING FUN HAS BEGUN



Your Niisaachewan Adult Education Classroom

Now open upstairs in Fire Hall

10 am-3pm Tuesday, Wednesday, Thursday (unless posted)

Complete your grade 12 or upgrade in preparation for post secondary

Call 548-4918 or email karenc@7generations.org



Canada's
food guide

Eat well. Live well.

Healthy eating is more than the foods you eat



Be mindful of your eating habits



Cook more often



Enjoy your food



Eat meals with others



Use food labels



Limit foods high in sodium,
sugars or saturated fat



Be aware of food marketing

Discover your food guide at

Canada.ca/FoodGuide



OCHIICHAGWE'BABIGO'INING OJIBWAY NATION

R.R. #1, Dalles Road, Kenora, Ontario P9N 3W7

Phone (807) 548-5876 Fax (807) 548-2337

Toll Free 1-888-767-4960

Ochiichagwe'babigo'ining Health Medical Transportation Service

Medical Van runs Monday to Friday 9 am to 3 pm
**(Community members must give Medical
driver 24 hour notice).**

Reminder, Medical Transportation is not a 24/7
Service, Medical Van does not run after hours
or on weekends including statutory holidays.

If you are having a medical emergency **Dial 911** immediately.

For more information please contact the CHR or Health Manager @ the Band office, Miigwetch.



Upcoming School Bus Meeting

Please Note:

There will be having a meeting with the parents and students of the primary grades bus (Gr. Jk – Gr. 6) coming up soon.

Time & Date to be announced.



This meeting is mandatory for parents of student who ride the primary school bus. Supper will be provided, and draws will happen as well. Thanks

Niisaachewan Anishinabe Nation Health Office Scheduled Clinics



All clinics subject to be (Postponed or Cancelation).

WNHAC - Foot Care Clinic

Twice a Month at Band Office (**Wednesdays**) 10 AM to 2 PM Please call the CHR @ 548- 5876 to Schedule an appointment.

WNHAC Nurse Practitioner Clinic

Every **Tuesday** at Band office 10 AM to 2 PM Please call the CHR @ 548- 5876 to Schedule an appointment.

WNHAC Diabetes Clinic

Twice a Month (**Wednesdays**) 10 AM to 2 PM Please call the CHR @ 548- 5876 to Schedule an appointment.

Health Canada - Public Health Nurse Clinic (Immunization)

Mondays (3 Mondays a Month) 9:30 AM to 2 PM Please call Health Office @ 548- 5876 to Schedule an appointment.

Please Phone to schedule an appointment. Band/Health Office # 807 548 5876

All clinics subject to be (Postponed or Cancelation).

😊 M I I G W E T C H 😊

Creating an
All Nations Health Care System
for the Kenora Region



The All Nations Health Partners are a coalition of leaders in Indigenous and mainstream health services in the Kenora Region.

We are working to improve the health system to focus on people first and better serve the unique needs of our northern communities. We are developing a regionally specific, culturally appropriate and responsive health system for all nations.

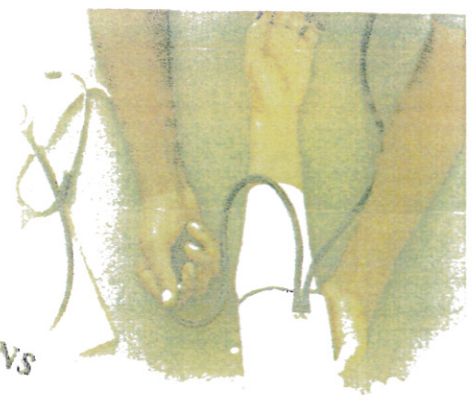
Our approach is collaborative and holistic, rooted in both traditional healing practices and the best aspects of the modern health system.

"For over a decade, much work by our Chiefs, our Elders, and our youth have guided and directed a clear message for our partnerships to focus on a holistic approach to healthcare. Kenora Chiefs Advisory is proud to be moving forward with the All Nations Health Partners in transforming the health care system in our homeland. Working together, we aim to deliver culturally appropriate health care services from hospital to home no matter who you are or where you live in the region. What we see now is the beginning of our vision coming true."

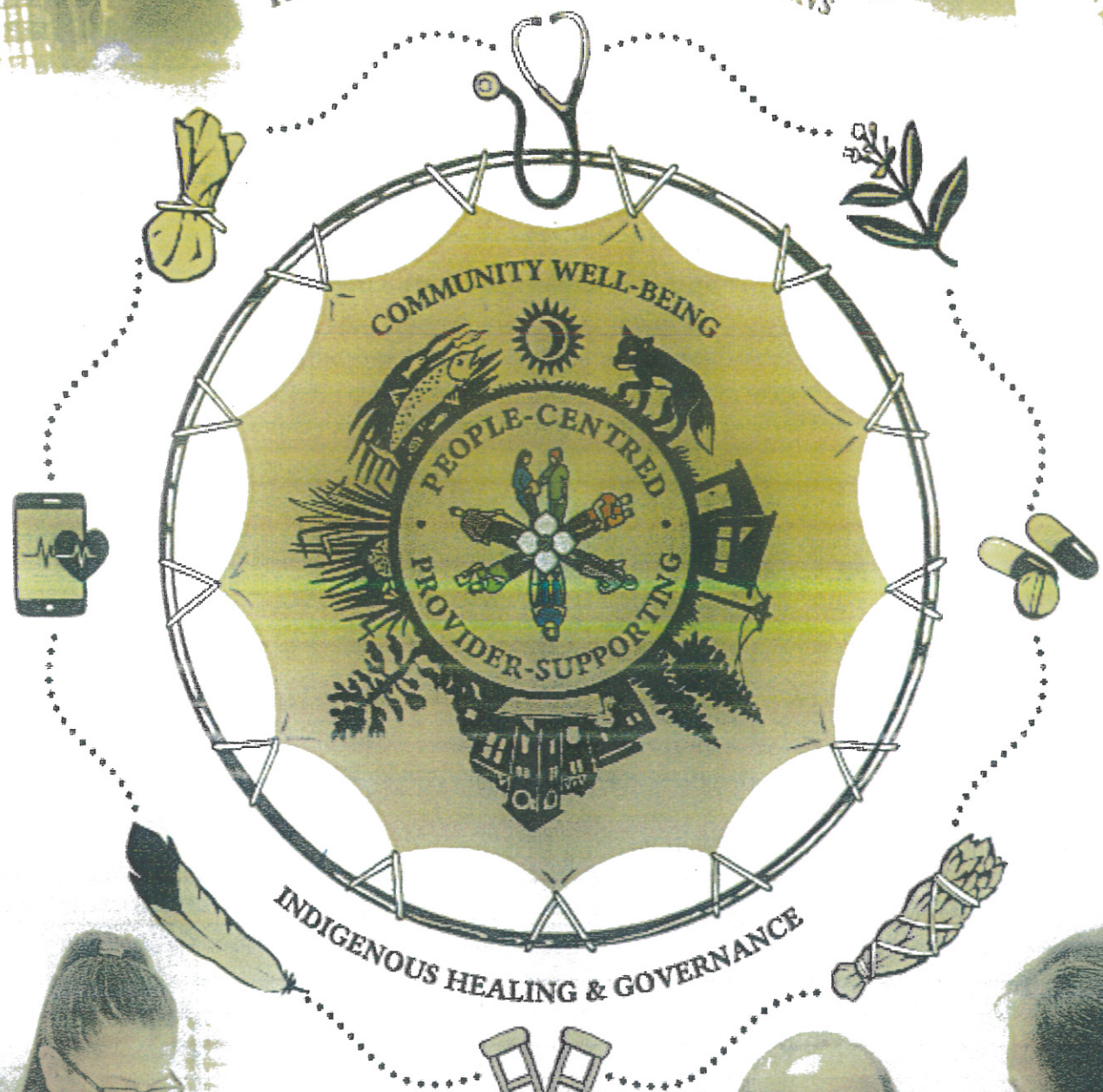
- Chief Lorraine Cobiness, Kenora Chiefs Advisory Board President



Photo by Tim Armstrong

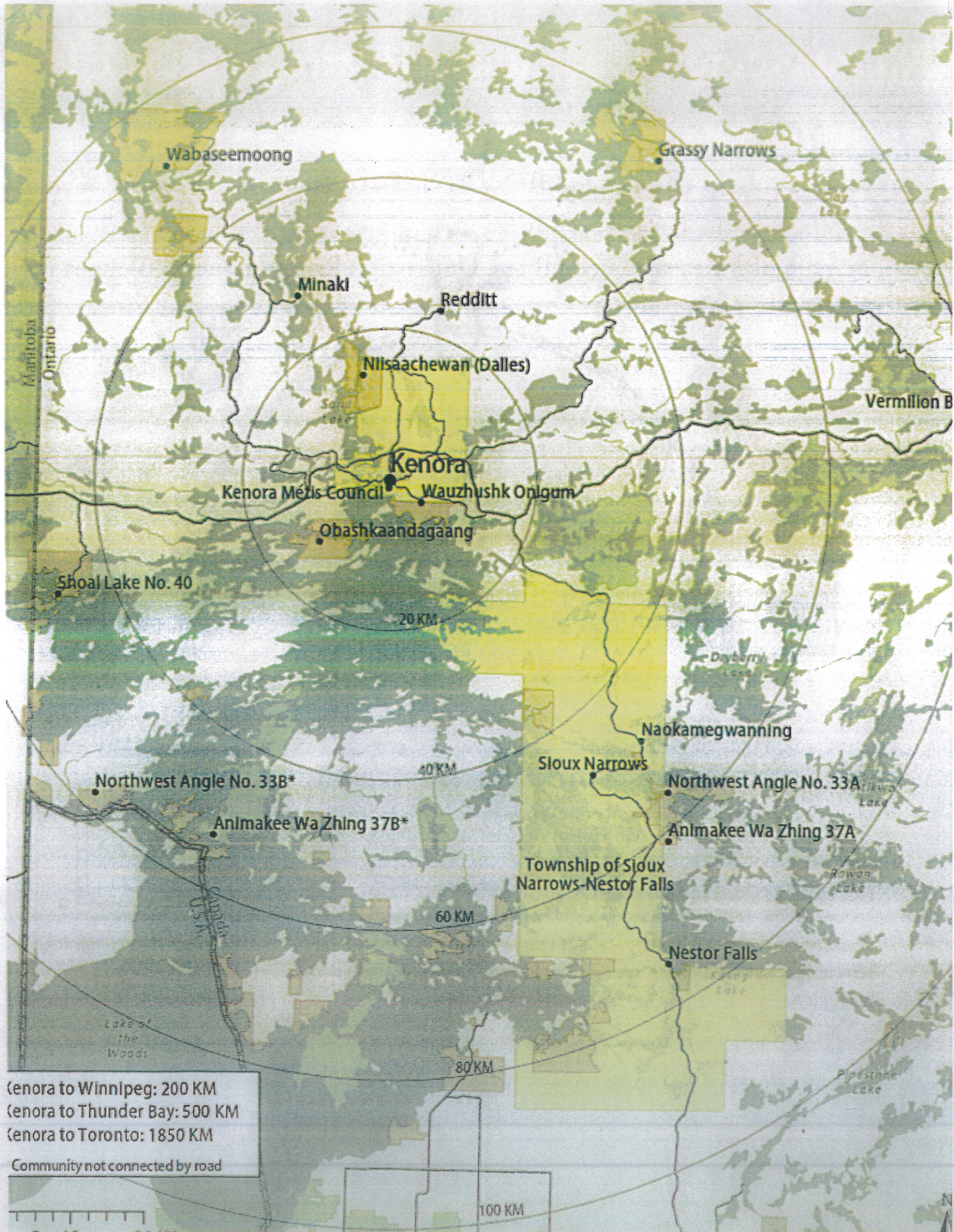


PARTNERSHIPS AMONG ORGANIZATIONS



INDIGENOUS HEALING & GOVERNANCE





Kenora to Winnipeg: 200 KM
 Kenora to Thunder Bay: 500 KM
 Kenora to Toronto: 1850 KM
 Community not connected by road

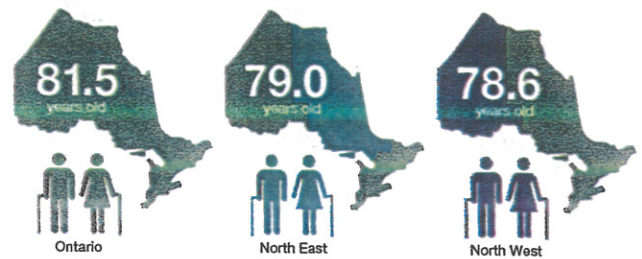
5 10 20 Kilometers



2014 Canadian Community Health Survey data shows that residents in Northwestern Ontario experience different health outcomes than the provincial average:

- A lower life expectancy at birth
- Poorer perceived general health
- Higher proportion of heavy drinkers
- Higher rates of obesity
- Higher rates of daily smokers
- A lower proportion of individuals with a doctor
- A stronger sense of community belonging

FIGURE 2
Life expectancy at birth, by LHIN region, 2007–2009



Data Source: Statistics Canada, Canadian Vital Statistics, Death Database and Demography Division, CANSIM table 102-4315, CANSIM table 102-4307.

Table 2: Health Status and Health Behaviours

	NW LHIN	ONTARIO
Self-Reported Health Status (Age 12+)¹		
Perceived mental health as excellent or very good	62.8%	70.4%
Participation or activity limitation, sometimes or often	42.5%	31.9%
Sense of community belonging, somewhat strong or very strong	75.4%	68.1%
Overweight or obese (adults age 18+)	62.0%	52.6%
Self-Reported Health Behaviours (Age 12+)²		
Smoking, daily or occasional	23.4%	17.4%
Heavy drinking	23.7%	16.2%
Leisure-time physical activity, active or moderately active	55.5%	52.7%
Has a regular medical doctor	86.0%	92.5%

Sources:

1. Derived from analysis of the 2014 Canadian Community Health Survey – Ontario Share File
2. Gathered from Canadian Institutes for Health Information yourhealthsystem.ca

Reconciliation through Health

The All Nations Health Partners are guided by the Truth and Reconciliation Commission's Health Calls to Action No's. 18-24.

Calls to Action

18. We call upon the federal, provincial, territorial, and Aboriginal governments to acknowledge that the current state of Aboriginal health in Canada is a direct result of previous Canadian government policies, including residential schools, and to recognize and implement the health-care rights of Aboriginal people as identified in international law, constitutional law, and under the Treaties.

19. We call upon the federal government, in consultation with Aboriginal peoples, to establish measurable goals to identify and close the gaps in health outcomes between Aboriginal and non-Aboriginal communities, and to publish annual progress reports and assess long term trends. Such efforts would focus on indicators such as: infant mortality, maternal health, suicide, mental health, addictions, life expectancy, birth rates, infant and child health issues, chronic diseases, illness and injury incidence, and the availability of appropriate health services.

20. In order to address the jurisdictional disputes concerning Aboriginal people who do not reside on reserves, we call upon the federal government to recognize, respect, and address the distinct health needs of the Métis, Inuit, and off-reserve Aboriginal peoples.

21. We call upon the federal government to provide sustainable funding for existing and new Aboriginal healing centres to address the physical, mental, emotional, and spiritual harms caused by residential schools, and to ensure that the funding of healing centres in Nunavut and the Northwest Territories is a priority.

22. We call upon those who can effect change within the Canadian health-care system to recognize the value of Aboriginal healing practices and use them in the treatment of Aboriginal patients in collaboration with Aboriginal healers and Elders where requested by Aboriginal patients.

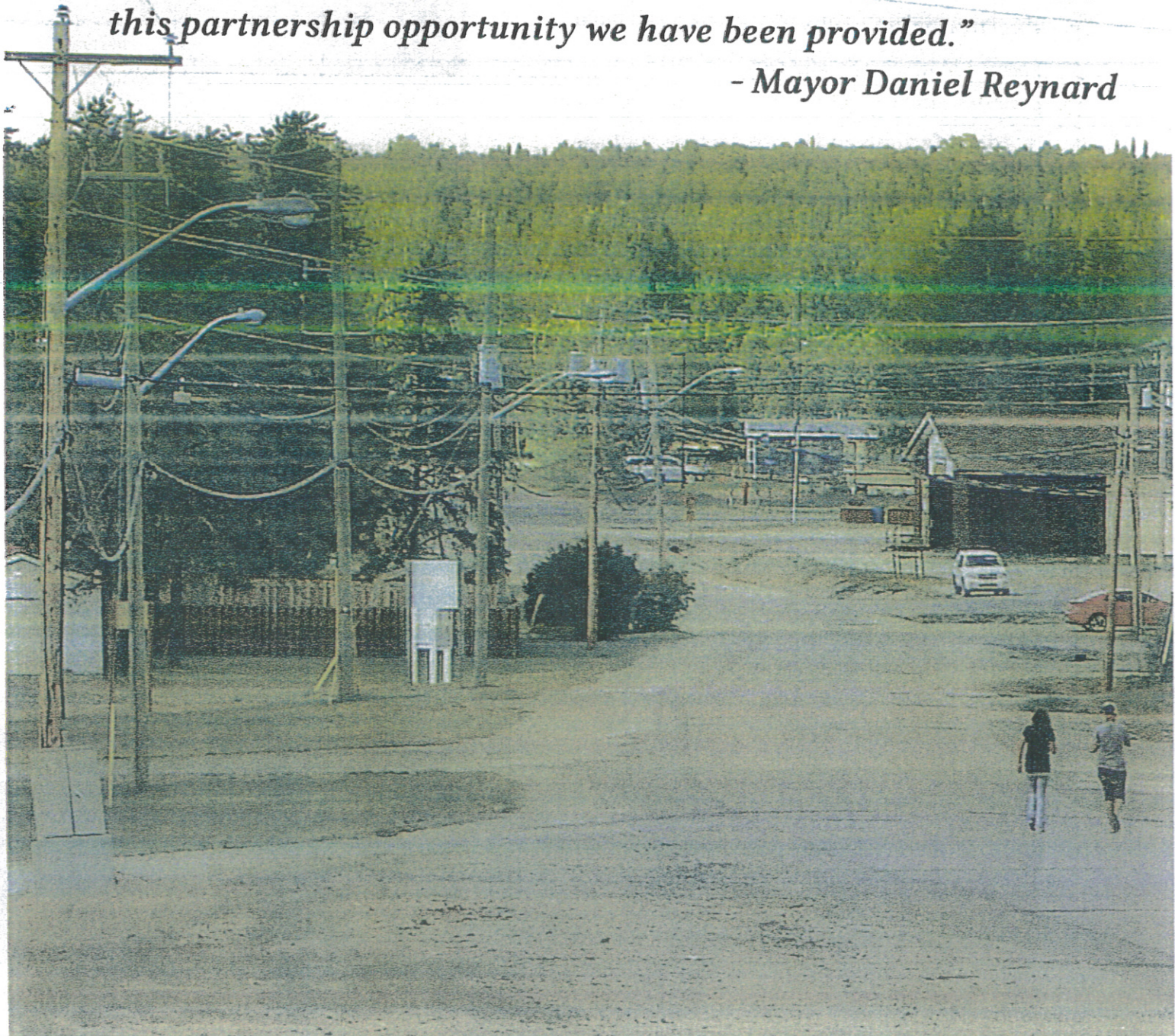
23. We call upon all levels of government to:

- I. Increase the number of Aboriginal professionals working in the health-care field.
- ii. Ensure the retention of Aboriginal health-care providers in Aboriginal communities.
- iii. Provide cultural competency training for all health care professionals.

24. We call upon medical and nursing schools in Canada to require all students to take a course dealing with Aboriginal health issues, including the history and legacy of residential schools, the United Nations Declaration on the Rights of Indigenous Peoples, Treaties and Aboriginal rights, and Indigenous teachings and practices. This will require skills-based training in intercultural competency, conflict resolution, human rights, and anti-racism.

“The City of Kenora has accepted both the challenge and opportunity to set a direction based on the recognition of the value of health care within our community and surrounding First Nations building on the partnerships that have developed. As a Municipal Government we do have a responsibility to continue to develop partnerships with our community partners within the health care sector; it is integral to the future of health care in Northern Ontario. We will continue to nurture this partnership opportunity we have been provided.”

- Mayor Daniel Reynard



Engagement and Planning

Recent funding announcements from the Provincial and Federal governments will support planning and engagement to advance this vision. Two integrated planning streams will advance over the next several years: one for the All Nations Health System as a whole, and one specifically focused on developing an All Nations Hospital. Planning will ensure broad public engagement, identify gaps in health service delivery and create new pathways of connected care to transform the local health system.

1. Broad Public Engagement

- Consult with patients and families, primary and secondary care providers, and advocates
- Build shared understanding of the challenges and opportunities facing the health system
- Strengthen existing partnerships and build new partnerships among stakeholders



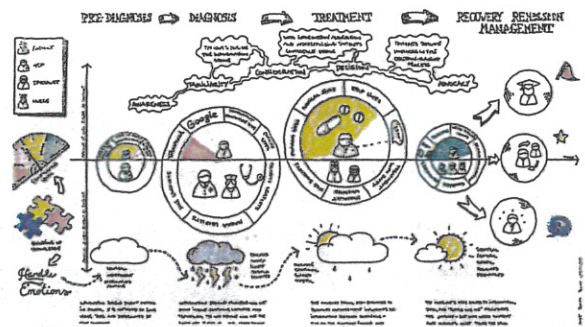
2. Identify Gaps in Health Service Delivery

- Map the current health care delivery system to identify shortfalls and gaps
- Understand patient needs and requirements and existing service delivery limitations
- Identify opportunities and priorities to improve patient experiences and health outcomes



3. Create new Pathways of Connected Care

- Develop new models for connected care in collaboration with patients and health providers
- Build on best practices and adapt innovations to local needs and requirements.
- Focus on digital innovation to enhance sharing of patient information between health providers.



4. Transform the Health Care System

- Plan for the transformation of existing health care practices based on new models.
- Implement training and ongoing monitoring to measure impacts and adjust as necessary.
- Ensure that infrastructure and services work together to deliver improved care.

