

Nipin – Summer

Greetings from Headwoman – Shaya Watson

Good Day Ochapowace members! I bring greetings on behalf of Ochapowace Chief and Council, I want to present to you our Newsletter Launch from the Ochapowace Health Services. We are pleased to be offering a seasonal newsletter to our members to provide them with information for their Health and Well-being. The health staff are here to help our community members pursue healthy lifestyles and to help them in their commitments to the betterment of their lives. Have a great summer!

Greetings from Health Manager – Kelly Finkas

Good Day Ochapowace Community Members,

I would like to take this opportunity to introduce you to the Ochapowace Health Staff and share our new newsletter that will be making a regular appearance in our community on a quarterly basis. I have been acting as the Health Manager since November 2018 and have been in this role on a permanent basis since this spring. I am very much enjoying this role and always look forward to assisting community members to access and improve their health and wellness wherever possible. The doors to the clinic are open to the community to access programs and services and our knowledgeable staff are here to assist community members wherever possible.

Introduction: Michelle Banhegy

Miyo - Kisikaw Ochapowace! I am honoured to have been awarded the permanent position of administrative assistant here at Health Services. I was born in The Pas, Manitoba, I am registered at Opaskwayak Cree Nation, MB. I have recently moved to Ochapowace with my partner, Justin Bear and his children. I lived most of my life in Saskatoon and had graduated with Business Administration Diploma in 2016 from S.I.I.T (where Justin 'imported' me from, ha-ha). I am very helpful and knowledgeable, and I don't mind listening! I offer support and information in regards to the Jordan's Principle with your status children, book appointments, and assist in any capacities within my positions' role. Remember, doctor is in Most Tuesday afternoons, and Dentist every Wednesday.

Title Change: Percy Isaac

Tansi, I am the new community addictions support worker for Ochapowace FN Health Services. I have been working in the addiction field for 15 years as a trained Gambling Addiction Worker and worked as the FNARF worker for the SET4TC. My job is to assist NNADAP to establish and implement plans, transport to detox/treatment, and participate in the planning of community info/education sessions regarding addictions and wellness. All is in accordance to the development model of recovery through the Cultural Awareness Program. I am also an active supporter towards the Ochapowace Intervention Circle, which provides assistance to all community band members that deal with domestic/ lateral violence or witness any violence in the community. Right now, we have begun a Men's Group happening once a month during the spring and over the summer to support adult men in their roles and responsibilities as gate keepers of their homes and families. Next meeting is on June 27th from 5-7 in the boardroom. Stay tuned for July and August Dates. Stay tuned for Gambling Anonymous meetings in July and August as well. Meegwetch.

NNADAP – Debbie Isaac

Hello, I am Debra Isaac. I am married to Percy, and we have 5 children and 4 grandchildren together. I have been with Ochapowace Health as the NNADAP worker for 11 years, before that I worked as the Kahkewistahaw NNADAP worker from 1989. I have graduated certificates in Chemical Dependency, Diploma in Addictions, Applied Certificate in Mental Health and Addictions, and Certified 111 by the Indigenous Board of Canada. I have extensive knowledge in helping people with their addictions. I do assessments for chemical dependency/ dual diagnosis and co-dependency in accordance with the development model of recovery. I do case management and recovery planning for clients, conduct counselling and sharing circles primary in meeting clients needs in problem-solving, referral process to detox/treatment as well as provide post treatment services to clients. I hold AA meetings mostly every Monday night (sometimes the next night if there is something else that Monday). Come see me for a list of detoxes and treatment centres, or if you require assistance in getting information about chemical dependencies. Our staff also have fentanyl overdose kits and are trained to use them.

Wellness – Benelda Isaac

We have had a really good turn out at the Healthy Living workshops. We are focusing on grieving, which has been beneficial to our group participants. Please continue to join us over the summer.

Grieving Workshops 3 – 6PM: June 13th(boardroom), July 4th (BBQ at Lake).

Teepee Teachings: June 12th, Prenatal post Natal Day Camp.

PD (out of office): June 25th (pm) - June 27th.

Annual Leave: June 12th, 15th, 19th – 22nd, July 23 – 27th, August 20-31st.

Community Camp: July 16 – 19th, Clean up day, July 20th

August: Stay tuned for a 4 day Elder & Youth Teaching, Painting with Orval Wapoesian

Social Development Income Assistance & Employment and Training - Mary Ramstead & Verna Smoker

It has been an honor to work with Benelda Isaac to bring her wellness program and our Life skills Workshops together for Ochapowace Nation, they have been successful and well-received. We honor the successes of our 2018-2019 students that have completed and continue to pursue their educations in the fall. Please come into our office if you are interested in registering for fall 2018 classes. We will also be continuing our partnership with South East College for 2018-2019. We offer job search services such as internet, faxing, printing, keep a database of all resumes for updating or sending out, local job list board, as well as interview techniques for preparedness. We also have the pleasure of Jasmine Kinistino joining us for the Summer student Employment Program. Please drop by and say hello.

Income assistance Program is to be considered a last resource for income. It also can supplement working families that do not make enough to support their basic necessities. There are special needs provisions for the following: Emergency visits to loved ones, travel for funerals, job interviews, maternity clothing, babysitting, layettes, car seats, cribs, mattresses, beds/frames, kitchen tables. Our program offers Food Hampers PO's at Whitewood Coop for families experiencing financial difficulty, employment assistance if you start a new job and require PPE, work clothes, or shoes (with confirmation letter),

<p>Fuel PO's for interviews, Drivers Training and Learners Program, Childcare Head start/ Daycare available to those enrolled in our ABE, regular school or designated programs. We will both hosting safety tickets training this summer- dates to be announced. July 9th & 10th we are offering First Aid CPR 'C' training, please call and register. Seats are limited.</p> <p><u>Community Health Nurse – Cindy Degenhardt</u> New to the community? Check with me to see if you, or your child (or children) need immunizations (adults need immunizations! Booster Shots) It is important to receive immunizations at recommended scheduling in order to receive optimal disease protection. Pregnant? Come see me to start on the Ochapowace Prenatal Nutrition Program. My CHN program offers the services as follows: Immunizations for all ages, Communicable Disease follow-ups, Health education, prenatal care, postnatal follow-ups, newborn assessments, Health education at school, Chronic Disease Counselling, referrals. Stay safe and have a great summer! Standing dates: 1) Child Health clinics twice a month on Wednesdays (9am - 3pm), 2) CHN Meeting Fort Qu'Appelle, 4th Monday of every month, 3) Family Camp July 16-19 Health education with summer student 4) Treaty Day August 23, Blood pressure and blood sugar screening with nursing student 5) Annual Leave: June 26-29, and August 27th- September 4th.</p>
<p><u>Medical Transport Coordinator/ CHN Clerical Support – Molly Belanger</u> I've been keeping files current by tracing, requesting, and updating information for Cindy in regards to Maternal /Infant, Child, School, Adult, Senior Health, as well as Flu Clinic and TB Testing/ Reading. <u>Medical Transport</u> - The following information is required by policy for the MT request to be processed and approved, <u>which I must verify</u>: Client name (and escort, if applicable), registration (status) number, date of birth, destination(town/city), Mode of travel (private mileage, bus), appointment date and time, doctors' name/speciality/address/phone number. MTs are available for Dentists, Optometrists, Mental Health, Denturists, Specialists, NNADAP treatment/detox, and Approved Traditional Healers. Some rates may differ from the distance and/or specialist you are going to see. Also, non-members do not receive O.K. Trust Supplement. *If any information is missing from request, it will be returned unprocessed*. If requesting overnight accommodation's and meals, or required special needs, please indicate preferences. I need a minimum of 48 hours, by policy, before the travel to appointments, the call centre makes the necessary arrangements for meals and accommodations. After hours, you can call the NIHB call centre at 1-866-885-3933. *You must obtain a Certificate of Medical Attendance, or a letter from the doctor's office. <i>If you do not submit a CMA or letter, you may not be eligible for your next medical transportation request.</i></p>
<p><u>Community Health Representative – Shirley Flamont</u> We will have prenatal and postnatal cooking classes on June 28th after 4:30 pm in the health boardroom. There is a prenatal/postnatal Day Camp at Camp McKay from July 10-13, 10:30 – 3:30 everyday. There will be crafts, beading, and sewing during the day. There will also be information on HIV, Immunizations, and Breastfeeding. Also, my program is offering 1-month NexGuard tick medication for medium and large sized dogs *free of charge* (while supplies last). Please call me at 306-696-3557 or come see me at the office.</p>
<p><u>Culture Coordinator - Calvin Isaac</u> I take part in the (OIC) Hub meetings every Tuesday at CDGMM, at 10 AM. Reminder that you can come see me if you need ceremonial cloth and tobacco. It is always good to have the young men come help in the cultural setups, following protocol. Sweats at Uncle Sam Isaac's starts at 4PM every time: July 4th and 25th, and August 20th. Powwow committee meetings are set on the following dates: Tuesday, July 3rd, Health Boardroom, 5 - 7 PM Tuesday, July 24th, Health Boardroom, 5 - 7PM Monday, August 6th, Health Boardroom, 5-7 PM Monday, August 27th, Health Boardroom, 5 -7 PM We are hosting our annual powwow August 24-26th. The feast for the powwow will be on treaty day, August 23rd at powwow grounds, 5 PM.</p>
<p><u>ADI / Diabetes Nurse – Heather McEwen</u> There will be no Workshops with my program over the summer. We will continue to meet as usual, at the Rink (CDGMM exercise room, 2nd floor) every Wednesday morning for exercising from 10 am – 12 pm, nutritious lunch to follow.</p>
<p><u>Community Events and Important Dates</u> June 20 – Safe Handling food course, Elders hall, 10 – 4PM. Register with Shirley. June 21 – National Aboriginal Day. Offices Closed. Join celebrations starting at 2pm, CDGMM. June 22 – Last day of 2017/2018 School Year for Kakisiwew Students. June 29 – Kakisiwew Graduation, CDGMM, Starts at 2PM. July 2 – Offices Closed, Observing Canada Day Stat Holiday. July 9 & 10 – First Aid CPR Level 'C' Training, Call Verna/Mary to Register, seats are limited. July 10 – 13, Prenatal postnatal day camp, Camp McKay. July 16 - 19, Ochapowace Family Camp, Camp McKay. July 30 - August 3, 4 Nations Gathering Cultural Camp, Sakimay. August 6 – Offices Closed, Civic Holiday. August 23 – Ochapowace Treaty Day, come get your 5 bucks! Powwow Feast at 5pm, powwow grounds. August 24 - 26, Ochapowace Annual Powwow. September 3 – Labour Day Stat Holiday, Offices Closed. September 4 – First day of 2018/2019 School Year for Kakisiwew Students.</p>
<p>Next Issue: Fall - Takwakin, expect a nicer newsletter as soon I learn how! Kina-nanaskomin.</p>