

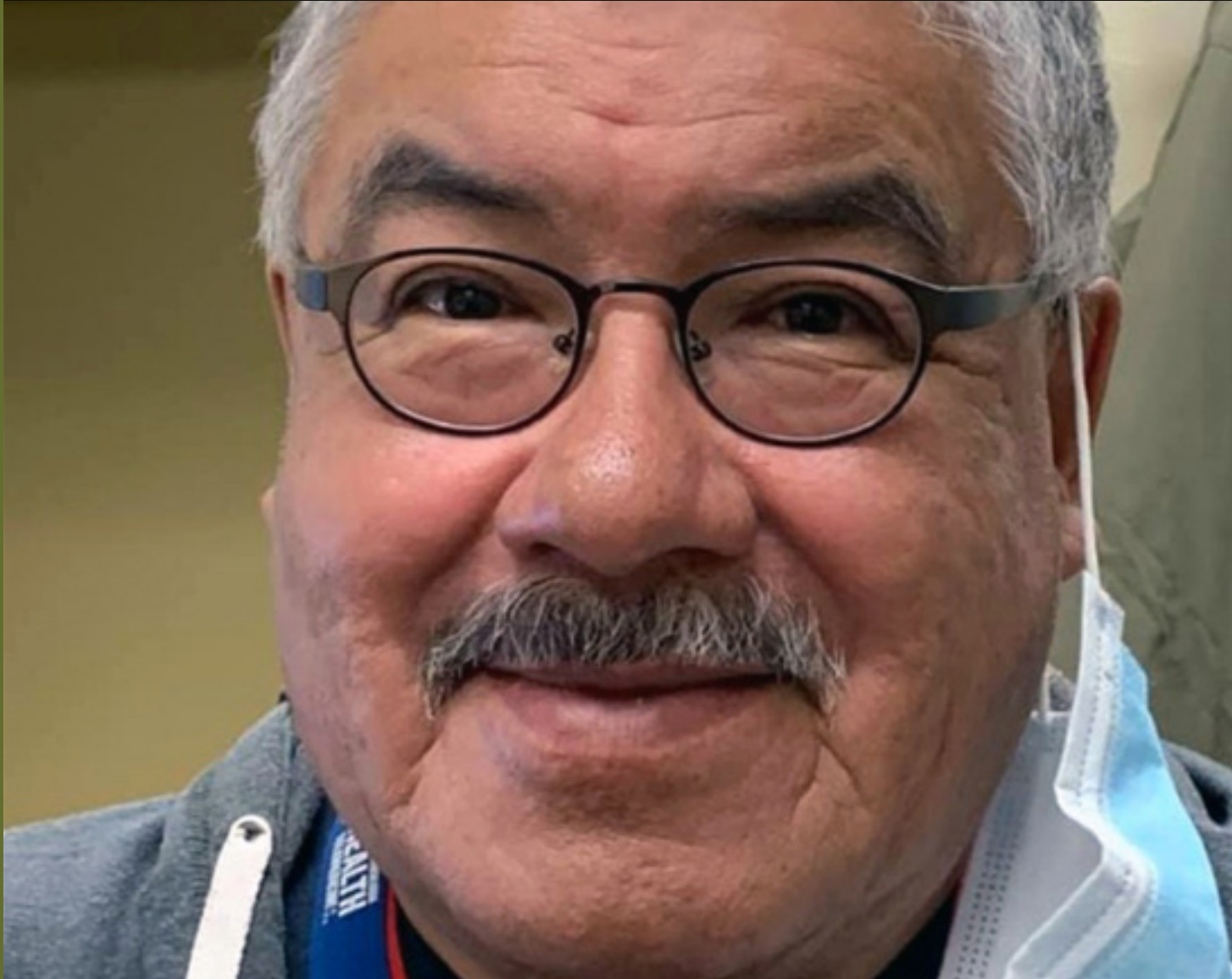


Sioux Lookout  
First Nations  
Health Authority

# OTIPACIMO

## Storyteller

WES NOTHING, HEALTH DIRECTOR, MICHIKAN LAKE



### Michikan Lake First Nation

*Wes helped lead the Michikan Lake community through one of the largest COVID-19 outbreaks seen in the region.*

*read story on page 4*

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Message From

**JAMES MORRIS** CEO/President



It is with great pleasure that I present SLFNHA's first newsletter since the beginning of the pandemic, with its new Anishinabe title: Otipacimo, ᐃᓃᓴᓴᓴᓴ which means Storyteller.

The past two years have been challenging for so many. I am grateful to SLFNHA staff and all our community partners for their continued work to keep our communities safe and resilient. I am hopeful and excited for the future. As summer arrives, embrace the change and opportunity for renewal. Northern communities have faced challenges we've never seen before, but this pandemic has also shown the resolve and hard work that will inspire new ways of helping Anishinabe people across Keewaytinook. In the face of outbreaks and hardships, SLFNHA has continued to support and advocate for the best possible health care for the 33 First Nations we serve.

As we feel the change in season, I am thankful for the leaders in the First Nations, the volunteers, frontline workers, educators, Elders, and our children and grandchildren who continue to motivate us. It's with this mindset that we move into this new season and embrace an opportunity to start anew.

Please enjoy this collection of stories and updates from SLFNHA, and I encourage all staff and those reading, to share your health care stories with us so we can learn from the challenges we face and celebrate the advances made to improve health outcomes for Anishinabe communities.

Meegwetch and be safe.

# Celebrating Years of Service

Retired

Linda Bourrier  
Beulah Wabasse  
Cindy Hunt

25 Years

Juda McKay

20 Years

James Morris

15 Years

Margaret Cleland  
Christine Sawanis

10 Years

Dorothy Binguis	Renato Jaravata
Christine Chisel	Raymond Binguis
Delphine Crane	Tina Jacobson
Alice Dodsworth	





# Community Sunlight Michikan Lake First Naton COVID-19 Success Story



Wes Nothing, Health Director

*"It is people, communities, and the spirit in all of creation that makes living well and overcoming heavy challenges like COVID-19 possible. To shine light on the community workers and helpers across Keewaytinook who every day go above and beyond to support community wellbeing, SLFNHA dedicates this space in the newsletter for sharing their stories."*

This month we recognize Garth (Wes) Nothing. As Health Director, Wes helped lead the Michikan Lake community through one of the largest COVID-19 outbreak seen in the region. People working with Wes describe him as "wholeheartedly dedicated to his community." During the outbreak, Wes worked non-stop. He was "up until 2:00 in the morning doing COVID-19 testing," missed Christmas holidays with family, and made himself available to answer questions from community members. All this included participating with the helpers coming into community. This time was not easy. Through the work, Wes was also supporting anyone who were healing from the illness without knowing if they would get better.

When asked about what he is proud of, Wes said, "I am proud of my whole community, got the COVID-19 vaccine, healed. Not one person needed to be hospitalized during this outbreak because of COVID-19. For example, "when the community work-

force dwindled down because of infections and household isolations, those people who were able to work volunteered and stayed around to help in various ways, things like getting wood, food, water... even despite getting tired."

It meant a lot to see other members and helpers from other communities and organizations doing what was needed to be done. In the end, the community, which included a large number of people who got the COVID-19 vaccine, healed. No one in Michikan Lake was hospitalized during this outbreak.

*SLFNHA is honoured to work and serve with community members, helpers, and leaders like Wes. If you know someone who deserves recognition for how they support community wellbeing, please contact us at: [communications@slfnha.com](mailto:communications@slfnha.com)*



# Highlight: First Nation Education Achievement



Boozhoo,

My name is Kimberly Lawson, and I grew up in Red Lake, Ontario. I am a member of Obishikokaang (Lac Seul First Nation) and have close family ties to Mishisakaniing (McDowell Lake First Nation). Upon graduation from high school, I knew I wanted to be in the health care field but was unsure what direction I wanted to take. I attended Fanshawe College and completed Pre-Health Sciences. I then took a two-year break from my studies and moved back home.

During my break, I became a mother to a handsome boy. My son and I packed up and moved to Thunder Bay, where I attended Confederation College and completed Dental Assisting Levels I & II and worked for two years. I then applied to the highly competitive Dental Hygiene Program at Confederation College and got in.

I had my doubts about getting into the Dental Hygiene Program, because I did not get in when I applied. After working as a dental assistant, I wanted to expand my skills, abilities, and knowledge so I went on to become a dental hygienist. I enjoy the dental field and have met so many wonderful people. You also get to see cool things in the mouth. When providing dental hygiene care, it was also satisfying when you would see improvement in your patient's oral self-care. Taking care of your teeth, gums, and mouth is so important to your overall health!

At SLFNHA, I am part of the Oral Health team and have been recently promoted to Oral Health Services Manager. I am excited to take on this new role and be a part of the transition of oral health care services to SLFNHA.

Miigwetch

## Health Transformation

The need for health service transformation in SLFNHA communities has been identified and well documented in numerous exercises to date, including the Scott, McKay, Bain Report (1989), the Anishinabe Health Plan (2006) and more recently, the NAN Health Summit (2017). Nishnawbe Aski Nation (NAN) has taken the lead in several areas of health transformation for communities within the NAN territory. However, SLFNHA has been on a journey of transformation for several decades and continues the necessary work to transform health services and identify actions that contribute to health system transformation. This includes recognizing the need for First Nations governance, authority, control and participation in the design and delivery of their health care system.

SLFNHA embraces its role to work in tandem with First Nations and listen to the health care needs of communities as this essential work continues. Community guidance and direction is integral to inform and shape long-term plans. Some current SLFNHA Health Transformation initiatives are presented here.

### Oral Health Project

Oral Health Project activities continue to advance despite delays caused by the pandemic. The pandemic has created barriers in the delivery of dental services, which is

still operated and managed by Indigenous Services Canada (ISC). Dental services in the SLFNHA communities have not been provided in a timely or equitable way for many years. The Oral Health Project team consists of an Oral Health Services Manager, Children's Oral Health Initiative Development Facilitator and an Administrative Assistant. The team is responsible for the overall planning and development of an oral health services department.

SLFNHA developed the 2017 Oral Health Strategy and has been working to address this issue on various fronts:

### Community Infrastructure

All 26 community dental clinics in the north will require a renovation which is being led by the technical leads of Tribal Councils and Independent communities. SLFNHA is responsible for managing the renovation of the Pelican Falls First Nation High School and Mishkeegogamang Ojibway Nation dental clinics and expect to complete these two renovations before the fall of 2022.

### Resumption of services

The Zone Dental clinic has been closed since March 2020. SLFNHA is working with Sioux Lookout Zone Dental to explore options for people of all ages to receive services as soon as possible.

**Children's Oral Health Initiative (COHI)**  
SLFNHA is planning to expand the COHI program which currently operates in eight SLFNHA communities.

### Non-Insured Health Benefits Dental Benefit Program

Available to all registered on-reserve and off-reserve Indigenous people. Children under 18 that are not registered can access dental services through Jordan's Principle.

*continued on next page*

## Health Services Coordination

SLFNHA recognizes the longstanding need for a unified client coordination system for the communities it serves. This will be completed in a two-phased approach:

### Phase 1 – Health Services Coordination

Support First Nation communities and SLFNHA departments with the challenging task of coordinating internal/external health services.

### Phase 2 – Building a Comprehensive Client Coordination system

Based on Community input, this system will enable a Navigator access to expansive health information which will support clients by shifting the focus of care from illness to wellness, with an emphasis on prevention and a wholistic view of a person's health journey. The Health Services Coordination team consists of an Administrator and a Navigation Lead. The team is responsible for the planning and development of a Comprehensive Client Coordination System and a Regional Health Service Coordination Unit for efficient and effective support to clients and communities.

## Hospitals Without Borders

In September 2019, the SLFNHA Chiefs in Assembly passed Resolution #19-23, Mandate for New Hospitals within the SLFNHA Member First Nations.

This resolution mandates the Nishnawbe Aski Nation (NAN) Health Transformation Process to “pursue the establishment of a hospital within one or more of the SLFNHA member First Nations”.

Through previous engagement sessions involving partners and representatives from SLFNHA communities, a Draft Hospital Services Network Concept report was developed. The initial concept is underpinned by the value of Mii-nwah-chi-kehwin, which means, to bring things back to where they belong (restoration).

This involves moving away from a colonial structure, which does little to improve the health of our people, and moving towards health self-determination where communities bring back power, control, service delivery and health to the communities. SLFNHA has contracted Colliers Project

Leaders to assist with the development of a model of care and business plan for acute, urgent care, and hospital-type services such as:

- Lab services and diagnostics
- Pharmacy
- Palliative care
- Comprehensive nursing
- Dialysis
- Elder care
- Long-term care
- Respite care
- Supports for mental health crisis

Work will also include research, literature review, and community and partner engagement through community visits, surveys and focus groups sessions.

# SLFNHA Opens Thunder Bay Office

Sioux Lookout First Nations Health Authority held a small opening ceremony today at their new satellite office location in Thunder Bay, at 981 Balmoral Street, Suite 200 on April 21, 2022.

CEO and President James Morris and Acting Board Chair Howard Meshake were on hand with Elders and local dignitaries to offer blessings to the new site.

The current offices in Sioux Lookout remain fully operational. The expanding needs of the communities served by SLFNHA, which number 33 First Nations and include more than 40,000 people, both on and off-reserve, has required the expansion of SLFNHA to Thunder Bay.

Since April 2021, there have been nearly 5,100 visits by SLFNHA community members to Thunder Bay for medical appointments. That number was almost 800 in November 2021 alone.

The move to create a Thunder Bay office comes after much thought and consideration by the SLFNHA Board, which was advised in a 2021 report by Public Health Physician Dr. John Guilfoyle that a presence in Thunder Bay would address the growing needs of SLFNHA

community members in urban settings. Guilfoyle, who has since retired, speaks with over 30 years of experience in the Public Health field.

### Quick Facts:

- SLFNHA serves 33 First Nations Communities.
- There are over 25,000 people on-reserve in these 33 Communities
- There are over 15,000 people from these communities living off-reserve.
- More than 5,000 SLFNHA community members visited Thunder Bay for medical appointments in the past 12 months.
- SLFNHA currently employs nearly 500 staff, with 48 positions in Thunder Bay, 16 of them currently vacant.



Left to Right: James Morris, CEO & President, Howard Meshake, Acting SLFNHA Board Chair, president Chief Peter Collins, Fort William First Nation with a framed gift. Front: Jeannie Carpenter, wife of Howard Meshake.

# OMAMUN ZIIBIIS: A PLACE FOR HEALING

Sioux Lookout First Nations Health Authority marked National Indigenous Peoples Day by opening the doors to the newest home for healing in the Sioux Region. Omamun Ziibiis, which means Vermillion River in Anishinabe, is the name given to the recently acquired lodge and adjoining grounds. These will be used for healing and other SLFNHA programming. The grounds were formerly known as River's Edge Lodge, located on highway 664.

The event included a pancake breakfast and tours of the grounds. There was also horseshoe toss and lawn bowling to help break in the newly dubbed Omamun Ziibiis. SLFNHA was also honoured to host special guests Chief Clifford Bull, of Lac Seul First Nation, and Mayor Doug Lawrance, of Sioux Lookout, who both shared their support for the new site.

SLFNHA is proud to present this newly renovated and accessible place for healing for the First Nations it serves, on National Indigenous Peoples Day. The Health Authority also acknowledges the camp is situated on the traditional territory of Lac Seul First Nation, signatory to Treaty 3. Miigwetch to all that joined to celebrate this new step for SLFNHA on National Indigenous Peoples Day.

*"It's a privilege to be part of the opening of Omamun Ziibiis. The camp situated on the traditional territory of Lac Seul First Nation, will provide a naturally beautiful setting for people coming to Sioux Lookout for medical needs. The ability for SLFNHA to provide traditional and land-based programming at this camp will be supportive for clients. We congratulate SLFNHA on the grand opening of the Omamun Ziibiis."*

- Mayor Doug Lawrance, Sioux Lookout, Ontario



Lac Seul Chief Clifford Bull, Sioux Lookout, Mayor Doug Lawrance, SLFNHA CEO and President James Morris with Board Chair Howard Meshake unveil sign

*"We're excited to present Omamun Ziibiis, a location that provides accessible health services connected to the land and the people we serve. This is another step in our organization's move toward taking control of our own health care. It is important that our people find healing and recovery while having access to the land and this camp helps in that way. Today we are happy to share that the camp is officially open and will be functioning for the benefit of our people."*

- James Morris, CEO & President, SLFNHA

*"I believe the facility will greatly enhance the mental well-being and recovery of the people in our region. Being on the land and close to the water is conducive to healing"*

- Chief Clifford Bull, Lac Seul First Nation



# SLFNHA Photo Contest

## A prize for every season

SLFNHA is holding a photo contest throughout 2022, and we're looking to you for your pictures!

SLFNHA needs photos of you and your community to better represent the people we serve on our website, social media and our publications. Enter for all 5 categories to receive a \$25 Visa Gift Card! Every submission is entered into the Grand Prize of an iPad!

We are having 4 different rounds of contests, one for every season:

- Spring / Ziigwan -> June 21, 2022

- Summer / Niibin -> September 21, 2022
- Fall / Dagwaagin -> December 21, 2022
- Winter / Biboon -> March 21, 2023

Categories:

1. On the Land
2. My Community
3. Family
4. Miichim / Meal Time
5. Healthy Living

For more information on the SLFNHA Photo Contest, please email the SLFNHA Communications Department at [communications@slfnha.com](mailto:communications@slfnha.com)

**Enter Online!**

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*For full contest rules and to enter visit:*

[\*\*www.slfnha.com\*\*](http://www.slfnha.com)

## Spring Contest Winners!

Congratulations to each of the Spring Photo Contest winners! We got so many great photos from around the region and are very grateful for every photo that came in. Miigwech to everyone that submitted.

Here are the winners:



**On The Land:**  
Roseanne Masakeyash – Osnaburgh (Snow Corridor)



**Grand Prize Winner:**  
Jacythane Wesley – Hudson (Fish Feast)



**Healthy Living:**  
Tammy West – Thunder Bay (Little Boy Fishing)



**Miichim/Meal Time:** Jordan Loon – Sioux Lookout (Fishing on the River)



**My Community:** Erma Meekis – Big Trout Lake (Fog on the Lake)



**Family:**  
Marissa Vincent (Lac Seul)



# Crisis Response & Harm Reduction Mobile Outreach

The Northwestern Health Unit (NWHU), Ontario Provincial Police (OPP), Sioux Lookout First Nations Health Authority (SLFNHA) and Canadian Mental Health Association (CMHA) are working together on a Crisis Response and Harm Reduction Mobile Outreach Team for Sioux Lookout Ontario, with funding support from Health Canada's Substance Use and Addictions Program.

This project aims to build off the Mobile Crisis Unit managed by CMHA and the OPP. The previous program involved a single Crisis Response Nurse who was able to divert over 400 hospital visits and make 167 referrals over 11 months.

The Crisis Response and Harm Reduction Mobile Outreach Team consists of health professionals including nurses, counsellors and crisis response workers. The goal is to increase capacity around crisis response, harm reduction and case management in Sioux Look-

out. The project will also continue to fund an after-hours call-in/text line managed by Nahnahda-Wee-ee-Waywin that provides 24/7 crisis intervention services to individuals in local and remote communities. The intention of the program is to improve collaboration amongst local and regional service providers, provide timely access to mental health and addiction services, and reduce the number of incidents that result in emergency department visits and criminal charges.

The project is administered by the Northwestern Health Unit on behalf of the group. Gillian Lunny, Manager of Sexual Health and Harm Reduction at Northwestern Health Unit is the main contact. The Mobile Crisis Response Team is made up of the CMHA staff who work alongside the OPP and respond to 911 calls or police calls for service. The Mobile Outreach Team is also made up of NWHU and SLFNHA staff who provide

the follow-up and outreach components of care. This portion of the project will provide supports to individuals living with mental health and addictions by providing harm reduction services, case management, counselling, and referrals education and resources. This portion of the project will also incorporate primary care.

## Nodin Mental Health Services Crisis Response Contact:

Monday – Friday: 8:30 – 4:30pm  
Vicki Hartnett  
Crisis Response / IRS Program  
Supervisor  
Telephone: (807) 737-6146

After Hours/Weekends & Holidays  
On-Call Worker  
Telephone: (807) 737-9257

For more information about the CHW Diabetes Program, and access in your community, please contact:

**Camille Smith**  
Program Manager  
807 - 738 - 5220  
Camille.Smith@slfnha.com

**Kailey Piche**  
Community Engagement Lead  
807 - 738 - 2989  
Kailey.Piche@slfnha.com

**Joanna Henry**  
Program Assistant  
807 - 737 - 6119  
Joanna.Henry@slfnha.com

## Managing Diabetes in your Community

This program was created to train your current Community Health Representative (CHR), Aboriginal Diabetes Initiative (ADI), or Personal Support Worker (PSW) in Diabetes care, management, or general care.

We offer a 2-day training program with our staff, opportunities for further training, as well as support in obtaining supplies and hosting health-focused community events.



Currently the collaborative project has the following partners in place:

**Nodin Mental Health Services**  
Mobile MH&A Outreach Counsellor

**Primary Care Team**  
Nurse Practitioner

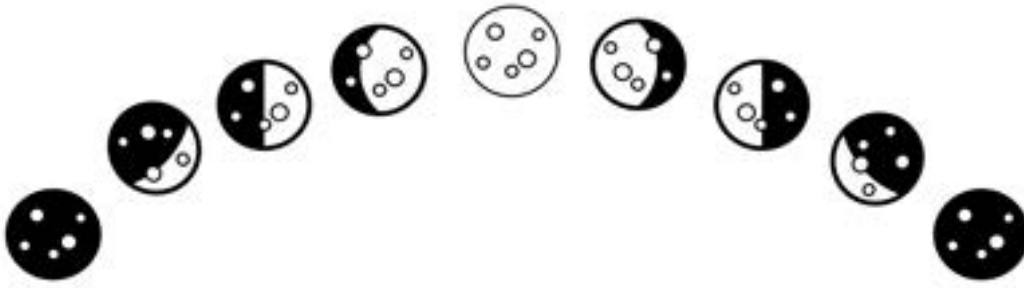
**CMHA**  
Crisis Response Team

**Northwestern Health Unit**  
Outreach Nurse



# Summer Moons

by Lyn-Marie Manitowabi, Healing & Wellness Coordinator



A reminder location is relevant to teachings. Stories are shared among your community knowledge keepers, location to location teachings may differ, just as language and practices do. As a disclaimer, my ancestors are the Odawa, Potawatomi and Ojibway from Manitoulin Island.

Mother Earth is magnificent; home to all life, seen and unseen. Bacteria, viruses, fungi, microscopic critters, plants (food and medicines), animals, crawlers, swimmers, flyers; are all related and live together. Earth is dynamic, every moment has movement.

The summer season is a time of blossoming after spring awakening. Summertime to activates all senses; sight, smell, hearing, taste, and touch, as spirit responds to remind us, to maintain healthy relationships with self, and others. It is a time nurturing and thriving.

Last season we were reminded of the Earth and Moon dance. In some traditions the Sun is referred to as Grandfather and the Moon is grandmother, they are relatives and inter-connect all life. Some people offer tobacco every morning to give gratitude for life, and with each new moon or full moon some people have ceremony. For many ceremonies is an everyday thing. Teachings provided balance with all earth life.

As the spring seeds distributed and buried beneath the life-giving soil, all life moves from infancy to youthhood. June, we experience the path of the sun at its highest,

it is the summer solstice. In summer months you will notice the sun rising a little later each day, and setting a little earlier each evening, meanwhile the moon continues its dance on its own rhythm and relevance to earth.

Summer is a time of growth and blossoming. As we observe the nurturing of families we do as nature does and go to the summer places, to hunt, fish and work with other families. Before colonization the people followed the summer hunting grounds and learn to commune with all of nature. How do you practice summer traditions? On Manido M'nising, we have annual summer gatherings of songs and dance which now have flourished to be known as Powwows. During the summer months there are several powwows each week, it is a time to renew family ties, develop friendships and make alliances.

A medicine wheel teaching I heard says that the south is represented by the colour red. It is the place of emotion, noon time and the life stage of Youth who bring the teachings of curiosity and discipline. Some medicine wheel teaches say that sweetgrass is the medicine of the south where emotion sits, and the deer is the animal. I reflect on these teachings and remember that Sweetgrass reminds us to be kind. What are the practices in your community?

Ask your Elders what life was like before the reservations. The good life was hard, and filled with purpose, meaning, hope and belonging. What are you doing to bring summer in?

## Dates To Remember

**July 13 - First full moon of summer. Abundance of blossoms reach up to be guided to slow transformation, beauty for the senses, smells, sight, singing, lakes, and rivers warm up and provide nourishment, relief, and travel ways.**

**July 28 - New moon, darkness allows the trails of stars and planets to shine. There are Indigenous stories in the constellations.**

**August 11 - Full moon, as water flows easily and provides light for evening travel. Live, life fully.**

**August 28 - New moon. Flowers to seed, as part of life cycle the next generation germinates.**

**September 10 - Final full moon of Summer. Trees start turn colour, abundances slow**

**September 25 - The last new moon of summer, the south. It is the time leaves slow down and shift and prepare to fall with the wind.**

**Equinox September 23rd.**

**Ask elders in your community, what does this season teach?**

**What are the names and meanings?**

***"Not long ago people lived freely in the natural environment. Every day was Earth Day. Relationships with sky beings were honoured morning and night. Teachings provided balance with all earth life."***



# Living Well With COVID-19

## A Message from Dr. Lloyd Douglas, Public Health Physician



mer wave. These subsequent Omicron subvariants have the potential to escape previous infection and vaccination.

Therefore, all of us need to be up to date with the COVID-19 vaccine. For some time now, First Nation individuals 18 and over have been eligible to receive their fourth dose. However, the third dose coverage is approximately 40% and the fourth dose is 4.2% in our region. We must improve the booster vaccine coverage rate in our region. Booster shots ensure that protection against Omicron subvariants is maintained. I recommend that everyone is up to date with vaccines by getting their boosters this month. While there is the development of new vaccines being released later this year, let's get the available vaccines now.

While maintaining our commitment to the core values, mission, and vision, this summer will be a time to complete a process of renewing priorities as we recover from the pandemic. The pre-resolution recovery phase will focus on renewing our priorities, addressing the burden of pandemic fatigue and the existing strains on our health system and health human resources, and prioritizing the backlog of health programs and services. This phase will begin with focusing on the people by acknowledging and celebrating the resiliency and successes of everyone who has been working

tirelessly throughout the pandemic.

Providing ongoing support for the well-being of our workforce will be critical to recovery. As we continue to face competing priorities while working, we must work toward avoiding further workforce fatigue. Rest and recuperation are important tools we must utilize to sustain and reenergize our workforce while we refocus efforts to address urgent priority areas. Mental wellness, primary care, infectious and communicable diseases, dental care, and emergency management are key priority areas that must be fully addressed by all stakeholders.

We must ascertain what matters most for the communities we serve and provide our workforce with a clear direction. As we recover from the pandemic, we must build on lessons learned, further implement effective innovations and maintain strong partnerships while sustaining a culture of trust, credibility, and dependability.

Let's continue to walk together in a good way.

Summer is finally here! This is the time for us to look forward to warmer days and brighter times, including traveling to see our loved ones. For many of us, we are hoping to get a break from the pandemic restrictions that we have endured over the past 2 years. However, we are noticing a surge in COVID-19 cases in a few of our communities. This reminds us that the pandemic is not over, and we must stay vigilant.

Across our region, we will continue to encourage everyone to follow public health guidelines, especially wearing a mask when indoors in public settings. Unfortunately, we are experiencing the seventh wave of COVID-19; a sum-



# Don't let COVID-19 ruin your summer plans.

# Safe Needle Pick Up

## Summer is here!

As the hot summer weather is here and we are outside more, sometimes things not found in nature can appear. Timmy's cups, masks, and lost mittens may be the usual suspects, but used drug equipment can also pop up in unusual places.

If you find a needle or other drug equipment, check out our steps to safely dispose of it. While the risk is very low, some blood-borne viruses like Hepatitis B and Hepatitis C can be transmitted through needle stick injuries.

Practicing proper safety steps outlined here reduces the risk of being poked.

If you are in Sioux Lookout and are not comfortable disposing of the needles, please call the Northwestern Health Unit at and they will send someone to do it.

If you reside in a SLFNHA community, you can call your nursing station for assistance.

Remind your children not to touch needles and to tell an adult if they find one.

## Remember

*There are many reasons why folks who use drugs may have disposed of their works in unexpected places, so avoid posting hurtful comments on social media.*

*Spread Love, Not Stigma*

## Steps to Safely Pick Up a Needle

### Needle Pick-up Safety

From the Harm Reduction Program at ACW



Sioux Lookout  
First Nations  
Health Authority

#### Disposing of a needle safely

- Use protective equipment such as gloves and tongs when picking up a needle
- Keep the needle tip pointed away from you
- Place the needle in a sturdy, sealable container
- If you are uncomfortable picking up a needle or do not have the supplies to safely do so, you can contact your local nursing station or health unit

#### Making your own sharps container

- You can make a DIY sharps disposal and pick up kit.
- You will need:
- A sturdy and sealable container such as an empty laundry detergent container or a sealable container that a needle won't poke through
  - Salad tongs, that are designated for needle pick up only
  - Disposable gloves
  - Hand sanitizer

#### What to do in case of a needle stick injury

- Contact your health care provider right away
- Wash the area of the needle stick with soap and water
- Leave the area of a needle stick or cut alone; do not pinch or squeeze the area
- Allow the area to bleed freely

Not every needle stick injury will cause illness, and there are medications that can help prevent an infection. Talk to your health care provider if you have experienced a needle stick injury.



# CRRT - Year In Review

## COVID Rapid Response Finance & Administration Team

CRRT continues to support communities and advise on next steps for COVID-19 Public Health Funding Proposals.

# The highlights

**WATCH FOR  
SLFNHA'S ANNUAL REPORT**

### PUBLIC HEALTH PROPOSALS SUBMITTED TO INDIGENOUS SERVICES CANADA ON BEHALF OF 12 COMMUNITIES

- For Q3-Q4, 37% have been funded (\$2,959,977 approved of \$7,968,574 requested)

### PUBLIC HEALTH PROPOSALS SUBMITTED TO INDIGENOUS SERVICES CANADA ON BEHALF OF SHIBOGAMA FIRST NATIONS COUNCIL

- Funded for a Pandemic Response Coordinator position
- Prepared a proposal for a testing site at the winter road corri-

### REGIONAL ISOLATION INFRASTRUCTURE PROPOSAL SUBMITTED TO INDIGENOUS SERVICES CANADA ON BEHALF OF 22 FLY-IN COMMUNITIES

- 100% funded at \$25,280,799

### VACCINE COORDINATION FACILITIES APPROVED BY INDIGENOUS AFFAIRS ONTARIO FOR 4 COMMUNITIES

- 100% funded at \$2,000,000

### NOMADIC MEDICAL ASSISTANCE TEAMS APPROVED BY INDIGENOUS SERVICES CANADA

- 6% funded at \$566,985 approved of \$9,980,439 requested

### PUBLIC HEALTH MEASURES FUND FOR 2022-2023

- Has not yet been announced

# Patient Navigation Receives Funding Through 2024

Sioux Lookout First Nations Health Authority has secured funding through to 2024 in support of the Patient Navigation Program. These funds have flowed from Indigenous Services Canada.

Patient Navigators help vulnerable patients who must travel outside of their community to access health care services. 'Vulnerable patients' refers to community members over the age of 65 and under the age of 18 who are without an authorized person to travel with them. Examples would be Elders and youth who are travelling from their home community for a medical appointment.

Patients Navigators are essential to provide support in a culturally relevant manner, in the mother tongue of the client, and also have Personal Support Worker (PSW) qualifications and are trained in medical terminology. From the time a patient arrives in Sioux Lookout, Thunder Bay, or Winnipeg, a Patient Navigator is connected with them for the

duration of their time away from their home community. The Navigators help with getting patients to appointments on time and also providing translation, if required, between health care providers and the visiting patient. The Patient Navigator Program is one of the ways that SLFNHA is addressing barriers to

medical care for community members within the 33 First Nations SLFNHA serves. It is with gratitude that SLFNHA acknowledges Indigenous Services Canada for their continued support to this vital program.

*"This program bridges a gap in patient care and is culturally appropriate to the needs of the Anishinabe people who must travel from the north for health care. From the moment a person leaves their community for their medical appointment, their safety and wellbeing is safeguarded by the Patient Navigators."*

*Sandra Linklater, Director of Client Services, SLFNHA*

*"SLFNHA will continue to work with Indigenous Services Canada to improve access to culturally appropriate health care services for the Anishinabe people of the 33 First Nations we serve."*

*James Morris, CEO and President, SLFNHA*

## Evelyn Hattie, SLFNHA's First Patient Navigator

Evelyn Hattie was hired in June as SLFNHA's first Patient Navigator.

Evelyn has extensive experience working with youth, children, Elders and the general public, all of which has taught her the importance and value of ensuring a safe, caring, and supportive environment for those who need help. She studied business administration at the college level and continued her education at Lakehead University, studying in the Native Language Instructor's program. Evelyn is from Weagamow Lake, a Windigo Tribal Council member and very familiar with the living conditions of the north. She speaks fluently in her native languages of Ojibway and Cree.

While raising her family she spent a considerable amount of time outdoors camping, tenting and travelling. Her parents had commercially fished during spring and summer and trapped during the winter. Evelyn adores nature, and also enjoys watching bowling, hockey, and curling on TV. Evelyn also likes going to powwows, which is new to her.

Evelyn was born and raised in Weagamow Lake, before leaving to attend high school.

She has lived, worked, and travelled in several communities in the region, including Kitchenuhmaykoosib Inninuwug, where she was a health clerk at the Nursing Clinic. She has worked in various education and administrative roles in Sandy Lake, Pickle Lake, Os naburg, Muskrat Dam, and Sioux Lookout. She has also visited Fort Hope, Kasabonika, Cat Lake, Slate Falls, Sachigo Lake, Bearskin Lake, Pikangikum, North Spirit Lake and Lac Seul First Nation (Keejick Bay, and White Fish Bay).

Now she lives and works in Thunder Bay to assist those travelling there to access health care.

"I'm grateful to have worked and travelled in many of the communities in the north," says Evelyn. "It has given me a lot of insight into the real life living conditions of the north. The people I've met along the way have been very welcoming and friendly."

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