





## **TABLE OF CONTENTS**

3	Introduction & Board Members
4	Executive Director's Message
8	Director of Operations
10	Finacials
<b>Program Reports</b>	
12	Tribal Nursing Officer
15	Tribal Jordan's Principal CFI Service Coordinator
18	Tribal Diabetes Initiative Coordinator
22	Home and Community Care Coordinator
24	MB. First Nations Food Security Coordinator
26	HISF Kidney Screening Project
28	Human Resources Administration
29	Staff Pics

### **Four Arrows Regional Health Authority Inc.**

Head Office:

Wasagamack First Nation, Manitoba, R0B 1Z0

Sub Office:

200-338 Broadway, Winnipeg, Manitoba R3C 0T2

T) 204-947-2397

F) 204-982-3359

[www.fourarrowsrha.ca](http://www.fourarrowsrha.ca)

## **Introduction**

This report is produced to provide our member First Nation communities; Wasagamack First Nation, St. Theresa Point First Nation, Garden Hill First Nation, Red Sucker Lake First Nation with information on the activities of Four Arrows Regional Health Authority Inc. This report extends for the period April 2017 to March 2018 and is also produced to meet the reporting requirements as outlined and in the respective funding arrangements with Health Canada, Manitoba Health and Northern Healthy Foods Initiative.

### **FOUR ARROWS REGIONAL HEALTH AUTHORITY INC. BOARD MEMBERS**

April 01, 2017 March 31, 2018

Elvin Flett  
Chairman of the Board  
Health Director,  
St. Theresa Point Health Authority

Oberon Munroe  
Health Director,  
Kitiganwuchiing Health Services Inc.

Jerry Knott  
Health Director,  
Wasagamack Health Authority

Ron Monias  
Health Director,  
Red Sucker Lake Health Authority

Wayne Harper  
Councillor  
Garden Hill First Nation

Charles Monias  
Councillor  
St. Theresa Point First Nation

Jonas Harper  
Councillor  
Wasagamack First Nation

Goliath Harper  
Councillor  
Red Sucker Lake First Nation

## Executive Director Report

To provide coordination and support to the Health programs to raise the level of health awareness and services in the community.

Objectives	Activities	Schedule of Activities	Outcome Measures	2017-2018 Outcomes & Outputs
Provide co-ordination and support to programs in FARHA community/organization to raise the level of health awareness and services in the communities.	<ul style="list-style-type: none"> <li>Participate in the co-ordination of health programs by ensuring that health needs are identified, priorities set, and health care plans are developed for the health programs.</li> <li>Establish policy directions reflecting the FARHAs philosophy and goals</li> </ul>	Meet monthly with staff and contractors to discuss upcoming activities and what support is needed to achieve the best results.	<p>To increase community involvement for a healthier active lifestyle.</p> <p>Staff and contractors clear about Priorities, Goals and objectives</p>	<ul style="list-style-type: none"> <li>¼ ly Board Meetings(minutes)</li> <li>Special Board Meetings(minutes)</li> <li>Staff meetings/ with Board Representation</li> <li>Meeting agendas and records</li> <li>CHP Health Priorities validation records</li> <li>Wellness events calendars</li> <li>Community Members attending wellness events</li> <li>Staff supported to provide services to the 4 communities (Outcome data)</li> </ul>
Raise the level of health and healthy lifestyles of FARHA staff and community members.	<ul style="list-style-type: none"> <li>Ensure that meetings occur at regular intervals and take into consideration issues that pertain to the provision of health services.</li> <li>Ensure staff have supports needed to meet objectives</li> </ul>	<p>Link with WRHA and outside resources to promote and assist with health services.</p> <p>Link with TC,HD in the Mb region</p>	<p>To make community aware of services available outside of the community</p> <p>Knowledgeable about Regional, National and Island Lake health initiatives</p>	<ul style="list-style-type: none"> <li>monthly staff meetings</li> <li>9 accreditation meetings</li> <li>Encouraged and supported Staff to establish relations with WRHA reps ie Children's Initiatives(JP)/ Home Care and other programs</li> <li>Staff have obtained Print resources from Prov and RHA</li> <li>Wellness events calendars</li> <li>Health Centre Newsletters</li> </ul>



Consult with the FARHA community/organization and actively promote and assist in the delivery of optimal health services.	<ul style="list-style-type: none"> <li>Facilitate the networking process between communities in the FARHA First Nation by promoting and organizing local inter-agency resource committees.</li> <li>Make recommendations to the Board on the overall direction, leadership, policy and control of management of their health programs and services</li> <li>Assist the community in its participation in the FNIHB planning cycle, including operational planning, and work plan reviews</li> </ul>		To assist in transition to hospitals and assistance with community members attending medical appointments.	<ul style="list-style-type: none"> <li>Encouraged and supported Staff to establish relations with RHA reps ie Children's Initiatives/ Home Care(discharge planning)</li> <li>Attended 1/4ly TC and Independent HD Meetings(4)</li> <li>Provided input and prepared Briefings for board and leadership as required</li> <li>Kept FARHA leadership informed/ Annual community meeting and presentation to be developed</li> <li>2 FNISM meetings</li> <li>Analyzed need re Review and Revisions to Policy</li> <li>Meetings with FNIHB as required</li> <li>Support to staff as required</li> <li>Community gatherings on a 1/4ly basis</li> <li>Meetings with community Members</li> </ul>
Promote community awareness of health lifestyles and preventative measures	<ul style="list-style-type: none"> <li>Facilitate inter-agency, inter-community information sharing</li> <li>Ensures regular meetings between health/staff/ communities committee</li> </ul>	ongoing	<p>Leaders are aware of Initiatives,</p> <p>Participate in senior forums with stakeholders as required</p> <p>Leadership and Community members are aware of Health activities</p> <p>Staff have work plans that are reflective of Community priorities</p>	<ul style="list-style-type: none"> <li>Awareness of grass root programming</li> <li>Leader and Advocate of strategic planning for health services</li> <li>Meetings between community members and health staff</li> <li>Ensured Health Staff aware of Community Priorities</li> <li>Health Staff prepared work plans, evaluation and reports as required</li> </ul>
<p>Oversee the development of management and administrative practices of the health programs and services in FARHA community/organization.</p> <p>Plan, organize and ensure that quality community-based health services are delivered to the people of FARHA community/organization.</p>	<ul style="list-style-type: none"> <li>Leads and attends Accreditation activities</li> <li>Ensures Accreditation, H&amp;S, Client Risk and Incident management plan is priority</li> <li>Provide a coordination and liaison function between FARHA, FNIHB and other government departments through regular meetings and correspondence.</li> <li>Review its policies, establish standards of performance regarding personnel, management practices and service delivery</li> </ul>	<p>Ongoing</p> <p>ongoing</p>	<p>Strategic Planning</p> <p>Budget/ Funding planning</p> <p>Validation and input into Policy, MYWP revisions</p> <p>Service that meets and exceeds community needs</p>	<ul style="list-style-type: none"> <li>Governance Ratifications, Policy Reviews</li> <li>Financial Analysis and Strategic planning</li> <li>Staff performance Management, Board reviews and Policy development</li> <li>Accountable Finance/ electronic networks maintained etc</li> <li>Accreditation Training (8 sessions) and Strategic needs and processes developed, recorded/Board reviewed ongoing</li> <li>Standards, Policy reviews and revision ongoing</li> <li>Board, Management and Staff QI implemented</li> <li>Staff participated in Accreditation and QI activities</li> <li>Operational Standards/ policy revisions on going</li> <li>Ensured Health Staff aware of Community Priorities</li> <li>Health Staff prepared work plans / Reports</li> </ul>

Provide recruitment, assistance, orientation and on-going health information to the Board and community-based health workers.	<ul style="list-style-type: none"> <li>• Work collaboratively with staff and FNIHB to determine staff needs</li> <li>• Job descriptions</li> <li>• Work plans</li> <li>• Orientation Guidelines</li> </ul>	As needed	Recruit Staff that meet qualifications  Material that meets Standards	<ul style="list-style-type: none"> <li>• Nurses /Jp and other staff recruited and orientated as needed</li> <li>• JP program initiated/ Proposal, planning, Job Desc, staff hired etc</li> </ul>
Evaluation of services provided by the various health care agencies and independent contractors.	<ul style="list-style-type: none"> <li>• Review MY WKplan and revise as needed</li> <li>• Determine Evaluation Indicators</li> <li>• Determine expertise and needs and funding availability</li> <li>• Hire Contractors</li> </ul>	2016-2017	Strategic Plan  Expertise obtained and contracts are negotiated with in budget	<ul style="list-style-type: none"> <li>• MY WK plan reviewed</li> <li>• Expertise determined/ Accred/CHP/Evaluation.</li> <li>• Contractors hired</li> <li>• Strategic work plans developed</li> <li>• Letters of intent submitted</li> <li>• FNIHB Presentations and Info obtained</li> <li>• 2017-2018 CBRT and MYWk Plans/ reports completed</li> </ul>

## Brief History

In the early 1990's, the Island Lake Tribal Council housed these advisory services and in December of 2001, the leadership of the Island Lake Tribal Council, after a prolonged period of planning and negotiations with First Nations and Inuit Health Branch, incorporated a health entity known as Four Arrows Regional Health Authority Inc. In essence, the health organization would be the health advisor to the four Island Lake communities and to the Tribal Council programs and leadership.

Four Arrows Regional Health Authority Inc. was incorporated in the latter part of 2001 and is a separate entity apart from the Island lake Tribal Council. The four First Nation communities of Island Lake; Garden Hill, St. Theresa Point, Wasagamack and Red Sucker Lake each appoint two board members to the organization. Each community has a health portfolio First Nation Councillor along with the community's Health Directors. Board membership of FARHA consists of eight members. Island Lake member First Nations' local health authorities have the ultimate task of providing and delivering health services in their respective communities: Four Arrows RHA's role is to provide "advice and support in a coordination and supervisory capacity" (2nd and 3rd level services) to those local health programs (1st level services). The second and third level Health Services Transfer is intended to enable Four Arrows Regional Health Authority Inc. to:

1. Design health programs, establish health services and allocate funding according to the health priorities of the persons entitled to receive health programs and services under this agreement
2. Ensure public health and safety is maintained by providing mandatory health programs, and
3. Strengthen and enhance accountability of the Four Arrows Regional Health Authority Inc. on behalf of the following communities:
  - a) Garden Hill First Nation
  - b) St. Theresa Point First Nation
  - c) Wassagamack First Nation
  - d) Red Sucker Lake First Nation



Laurie Wood Ducharme,  
CFNHM  
Director of Operations

As Director of Operations my role is to support our staff and our mandate:

“As a regional organization created and governed by the four Island Lake First Nation and working cooperatively with their community health services, we strive to improve health conditions and health services in the Island Lake region”.

The Director of Operations is responsible for the successful leadership and management of all FARHA programs and services according to the strategic direction set by the Four Arrows Regional Health Authority Board.

The Director of Operations reports directly to and works under the supervision of the Executive Director.

During this fiscal year, I have been involved in the following activities:

**1. Organization Accreditation process**

We are currently in full swing towards Accreditation. It is expected that Four Arrows RHA will receive Accreditation in 2020. I continue to be the lead on this process working with contract Accreditation Specialist but plans are to have a dedicated person work on this once we are accredited in order to keep up our accreditation status.

**2. Policy review and revision**

Working with the Chairman, Tribal Nursing Officer and Executive Director, review of current Personnel Policies was done with revisions to meet labor standards

**3. First Nations Health Managers Training**

Enrolled in First Nations Health Managers Training with graduation scheduled for November 2018.

**4. Ministerial Audit**

Worked with Executive Director, Finance, Auditor and Health Canada personnel dealing with the Ministerial Audit. Received positive response and no major issues identified.

**5. Regional Fire Evacuation**

Worked with organizers (Health Authorities, Red Cross, Indigenous Services Canada) and staff to help region deal with fire evacuation in September 2017. Staff have to be commended for the time and dedication they gave to help out the people and region during this very stressful and difficult time. In light of this, work began to prepare Emergency Response framework. Discussions with Indigenous Services Canada began and still ongoing.

## **6. *Kidney Screening Project in Garden Hill under the Health Services Integration Fund (HSIF).***

Separate report submitted by Kidney Screening Team is part of this package. Under the HSIF fund a proposal was submitted to screen all four communities but we were only approved funding to deliver in one community. Garden Hill was chosen because of size, as the project wanted to get a good idea of what the numbers would look like. Also, it was chosen after consultation with our Board.

## **7. *Partnership with Brandon University: Urban Garden Project***

Working with Kathy Moscou from the Brandon University, we assisted in recruiting urban youth to participate in the Urban Garden Photovoice Project. This project was to give the youth a sense of what gardening was and for them to provide feedback via pictures. End of project, booklet was done, sharing all the photos done with acknowledgement to Four Arrows RHA and our Provincial Food Security Coordinator for our assistance.

## **8. *Foot Care Program***

Working with Tribal Nursing Officer, assisted in site visits to prepare for clinics in each community.

## **9. *Administration***

In 2018, there was a transition with the Executive Director role. During this two-month time period, I was assigned to cover both roles. I was honored to be tasked and worked with Board on recruitment of new Executive Director who came onboard in August 2018.

Discussions also began on Medical Referral issues in follow up to Hunger Strike in July 2018. Meeting with Pam Smith and her Executive began and still ongoing. Meeting are scheduled every quarter and to include meeting also with Perimeter on medical travel issues.

Assisted new Executive Director to begin process of new governance structure.

## **Future Challenges/Goals:**

Worked with Executive Director and Finance to begin looking at Four Arrows moving offices in same building to address staff increase and shortage of office space. This is anticipated to be completed by fiscal year 2019/2020.

With staff increasing both at regional and local level, the need for a Human Resource personnel was identified. Four Arrows RHA will be looking to fill this position with full implementation beginning in 2018.

I would like to thank everyone for their continued support from staff, executive, Board, leadership and partners. I will continue to do my best for the region and if you ever need assistance, always remember that Four Arrows Regional Authority is your health authority, so doors are always open.

**FOUR ARROWS REGIONAL HEALTH AUTHORITY INC.**  
**FINANCIAL STATEMENTS**  
**MARCH 31, 2018**

**AUDITOR'S REPORT**

To The Board of Directors,  
FOUR ARROWS REGIONAL HEALTH AUTHORITY INC.  
Winnipeg, Manitoba

I have audited the accompanying financial statements of FOUR ARROWS REGIONAL HEALTH AUTHORITY INC., which comprise the statement of financial position as at MARCH 31, 2018, and the statement of revenues, expenses and surplus, the statement of changes in net assets, and the statement of changes in financial position for the year then ended, and a summary of significant accounting policies and other explanatory information.

Management is responsible for the preparation and fair presentation of these financial statements in accordance with Canadian Financial Reporting Standards for not for profit organizations, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

My responsibility is to express an opinion on these financial statements based on my audit. I conducted my audit in accordance with Canadian generally accepted auditing standards. Those standards require that I comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgement, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by management, as well as evaluating the overall presentation of the financial statements.

I believe that the audit evidence I have obtained is sufficient and appropriate to provide a basis for my audit opinion.

In my opinion, the financial statements present fairly, in all material respects, the financial position of FOUR ARROWS REGIONAL HEALTH AUTHORITY INC. as at MARCH 31, 2018, and its financial performance and cash flows for the year then ended in accordance with Canadian Financial Reporting Standards for Not For Profit organizations.

Winnipeg, Manitoba  
July 26, 2018

Simon Hall  
Chartered Professional Accountant

**FOUR ARROWS REGIONAL HEALTH AUTHORITY INC.**  
**STATEMENT OF FINANCIAL POSITION**  
**MARCH 31, 2018**

	2018 \$	2017 \$
<b><u>ASSETS</u></b>		
<b>CURRENT ASSETS:</b>		
Cash in bank	57,843	-
Accounts receivable	258,498	233,545
Prepaid expense	<u>30,532</u>	<u>20,588</u>
Total Current Assets	<u>346,873</u>	<u>254,133</u>
<b>CAPITAL ASSETS:</b>	10,989	14,754
<b>LONG-TERM INVESTMENTS:</b>	<u>-</u>	<u>-</u>
<b>TOTAL ASSETS</b>	<u>357,862</u>	<u>268,887</u>
<b><u>LIABILITIES AND MEMBERS' EQUITY</u></b>		
<b>CURRENT LIABILITIES:</b>		
Bank overdraft	-	255,989
Accounts payable & accrued liabilities	24,445	13,019
Deferred revenue	<u>348,103</u>	<u>29,499</u>
Total Current Liabilities	<u>372,548</u>	<u>298,507</u>
<b>MEMBERS' EQUITY:</b>		
Invested in capital assets	10,988	14,754
Unrestricted	<u>(25,674)</u>	<u>(44,374)</u>
Total Members' Equity	<u>(14,686)</u>	<u>(29,620)</u>
<b>TOTAL LIABILITIES &amp; MEMBERS' EQUITY</b>	<u>357,862</u>	<u>268,887</u>
<b>APPROVED BY BOARD:</b>		
_____ : D i r e c t o r	_____ : D i r e c t o r	
_____ : D i r e c t o r	_____ : D i r e c t o r	
_____ : D i r e c t o r	_____ : D i r e c t o r	
_____ : D i r e c t o r	_____ : D i r e c t o r	

**FOUR ARROWS REGIONAL HEALTH AUTHORITY INC.**  
**SUMMARY STATEMENT OF OPERATIONS**  
**FOR THE YEAR ENDED MARCH 31, 2018**

	. . . March 31, 2018 . . .			. . . March 31, 2017 . . .		
Page #	Revenues	Expenses	Surplus (Deficit)	Revenues	Expenses	Surplus (Deficit)
	\$	\$	\$	\$	\$	\$
<b>PROGRAM:</b>						
Health Canada: S.E.T.						
Agreement	613,810	617,559	(3,749)	617,393	617,392	1
Health Canada:						
Block Agreement	2,334,805	2,308,401	26,404	1,908,538	1,893,884	14,654
Food Security						
Projects	294,263	301,985	(7,722)	183,271	215,641	(32,370)
MKO Wellness	-	-	-	50,000	50,000	-
Grief Training	-	-	-	60,968	60,968	-
PHN Wasagamack	89,844	89,843	1	99,000	97,958	1,042
	<u>3,332,722</u>	<u>3,317,788</u>	<u>14,934</u>	<u>2,919,170</u>	<u>2,935,843</u>	<u>(16,673)</u>



Grace McDougall  
Tribal Nursing Officer

Four Arrows Regional Health Authority has a team of nurses managing and providing advisory services as follows:

- Home & Community Care Program (HCCP)
- Canada Prenatal Nutrition Program (CPNP)
- Aboriginal Diabetes Initiative (ADI)
- Harm Reduction
- Jordan's Principle Child First Initiative program (Jordan's Principle –CFI)
- Foot Care
- Tribal Nursing Officer (TNO)

Each Nursing program has a report attached as part of FARHA programming.

**Tribal Nursing Officer:**

The purpose of the Tribal Nursing Officer is to promote healthy life style choices within a community development and population health framework. The TNO functions in the capacity of support, advisory, advocacy, and liaison roles within the context of community health programming, including but not limited to nursing, health and social related issues for the Four Arrow's member First Nations.

The TNO is part of a team of nurses (mentioned above) and is the nursing team lead for the Four Arrows Regional Health Authority to ensure the people of Island Lake receive high quality health care and standards of care.

The duties and responsibilities of the Tribal Nursing Officer lies with the mandatory programs of health programs as outlined by Health Canada. These are:

**1. MANDATORY PROGRAMS**

- IMMUNIZATION, COMMUNICABLE DISEASE CONTROL AND ENVIRONMENTAL HEALTH TREATMENT: Work with FNIHB and the Northern Medical Unit to address treatment and clinical issues. This includes advocating and addressing patient clinical issues in the communities and at the nursing stations, resolving clinical issues affecting the delivery of high quality treatment, making recommendations related to policy and protocol revisions, assisting with the mediation of controversies that may arise related to treatment.
- HOME AND COMMUNITY CARE: Work collaboratively with the Regional Home and Community Care Advisor on the planning, directing, management, supervision, coordination and evaluation of the service delivery of the Home and Community Care programs in the four Island Lake communities.



## **2. COMMUNITY BASED ADVISORY ROLE**

Advise on the management and supervision of regional programming.

## **3. POLICY AND PROGRAMMING**

- a) responsible to analyses of federal and provincial government documents or announcements regarding health care and nursing services to First Nations and develop/revise standards, policy and protocols based on best practice standards.
- b) Responsible for analyzing health information, making recommendations and writing reports for the Regional Health plan, Annual report and for funding opportunities for Four Arrows Regional Health Authority.
- c) And assisting member First Nation Health Services to develop proposals or work plans for funding when requested.

## **4. ACTIVITIES**

- Participate in program planning with ADI, CPNP, HIV work plan and meetings.
- Meet with **FARHA nursing team** to discuss upcoming monthly activities. Last nursing team was in October 2018.
- Every second Friday, **Panorama** updates with First Nations Health and Social Secretariat of -Manitoba (FNHSSM) Brenda Sanderson and Tatenda Bwawa.
- **Wasagamack Public Health Nurse** was hired starting January 2018 and has worked out very well. There have been no concerns and is working well with community members. She goes into the community for 3 weeks out of the month. As of January 2019, the PHN resigned from the community PH program and switched to the Regional Foot Care Coordinator position in FARHA. FARHA is currently seeking to fill the position of Public Health Nurse.
- Continuous **Teleconference educational sessions** with FNIHB -eg. Immunization updates, TB sessions, etc. to pass on information to other nurses and community health care providers.
- **TNO meetings** with other Tribal Council Tribal Nursing Officers to keep updated with programs.
- Participation with **Joint TNO/HCCP/TDC** meetings- usually put on by FNIHB with a Tribal Council hosting- FARHA had agreed to host this year's joint meeting. The Joint Meeting went very well. This took place on September 25-27, 2018.



## **Activities and Updates**

- Continue to attend the FARHA monthly accreditation meetings
- Attended the First Nation Health Manager Association Conference Banff, Alta. Nov 5 – 7, 2018
- Taking the 2 year First Nations Health Manager Course. Started in October 2018. The next classes will be March 2019.
- Participate in teleconferences as they come up.
- Participate in quarterly **Mb. First Nation Diabetes Leadership Council** meeting (MFNDLC) both face to face and teleconference
- **e-Aniskopitak Meetings** with all communities- deals with connectivity as most of the First Nation communities don't have fiber-optic. Currently attending via teleconference. Last meeting November 20, 2018.
- Participated in activities at Annual **Diabetes Kids Camp** for August 27–31, 2018 (1 week). The camp was well attended and went very well.
- **Foot Care Program**: FARHA is still heading the foot care program. There have been speedbumps in trying to get this going. Concerns with office space and accommodations have been factors in not being able to get the program going. FARHA is currently working on this. Currently, there is one foot care nurse in St. Theresa Point. In Garden Hill, work space has been located in the Community Health area. There is one contract foot care nurse that goes up one week a month. We are currently searching for a full time foot care nurse. We will be posting for a nurse to send to Garden Hill. Wasagamack has 1 foot care nurse that goes one week a month.
- **Harm Reduction Program**- The new HRP funding was released in October 2018. This now includes the **HIV/AIDS** program and funding. Under the new program, Sharon Flett and Rachel Harper have been transferred to this program where they were under the HSIF program previously. The **HSIF** program was part of the kidney testing program in Garden Hill till the end of August 2018. One of the HRP activities is participation in the **Manitoba First Nation AIDS Working Group**.(MFNAWG) where Caroline Bercier was the lead rep for FARHA, Sharon and Rachel are now the lead reps and will be reporting on the activities that they have done and will be doing in the communities.
- **HSIF- Kidney Health Testing project**: For the HSIF Request for Proposals, FARHA had chosen Kidney Health as our primary topic. This project was supposed to be done at the end of March but because we had such a late start we were able to carry over the funding and continued till mid-august. Sharon and Rachel were in this program till completion at the end of March.
- **Ongoing Professional Development**: Every year FARHA hosts a Public Health & Home & Community Care Educational Workshop. This year our workshop will be held in Winnipeg on March 12 – 15, 2019. The focus for the workshop is Harm Reduction. Most of the community health programs have been invited to attend but with a limited number of attendees. (due to space and funding)

Four Arrows Regional Health Authority and staff continue to work with other organizations such as the local Community Health Authorities, Indigenous Services Canada and the Winnipeg Regional Health Authority to continuously strive to increase the health outcomes for the people of Island Lake.



Michelle Greenslade  
Tribal Jordan's Principal  
CFI Service Coordinator

Jordan's Principle is a child first initiative intended to ensure that First Nations children do not experience denials, delays, or disruption of public services due to jurisdictional disputes, and which are ordinarily available to other children.

The Goal - to develop community programs that will provide quality services, supports and resources at the community level to achieve wholistic outcomes for children and their families.

The Jordan's Principle Child First Initiative was started in the year 2017. We (FARHA and the four communities) received funding to support this initiative for three fiscal years ending in March 31, 2019. Moving forward into the new fiscal year we have received confirmation that there will be no disruption in services provided.

Each perspective community started with a vision, a dream. Once funding was released all community rose to the challenge of program development and implementation.

The Jordan's Principle Tribal Service Coordinator's role is to;

- Provide advisory services/consultative services
- Participate in the development of ongoing staff orientation
- Professional development
- Contribute to the development and completion of Regional Activity Reports
- Provide leadership to the ongoing standards and policy and procedure development
- Network with leadership, staff, and partners

The last 1.5 years have been transforming. The Case Managers; Chris Harper, St. Theresa Point, Yvonne Mason, Wasagamack, Erna Taylor, Garden Hill and Robin Fontaine in Red Sucker Lake have worked tirelessly to implement this initiative and get it off the ground. With the support of our leadership we have hired staff, built buildings, transformed existing ones, supported children and families, and worked with specialized service providers to enhance service delivery. Many activities have taken place such as; pow wows, traditional camps, outings, community events, open houses just to name a few.

Networking was vital to the success of this initiative. We visited with Chief and Councils, Directors of education, teachers, parents, resource teachers, doctors, nurses, external partners such as; the SSCY Centre, St. Amant, AMC Eagle Urban Transition Center, Manitoba Adolescent Treatment Center, MFNERC, ISC, Dieticians, and other community Jordan's Principle Initiatives.

Professional development has been ongoing and is continuous. Our teams have participated in a number of information sessions, conferences, teleconferences, on topics such as; autism, ASL (American Sign Language), growth & development, speech language development, case management training, anxiety & depression, Safe Food Handling courses, Mental Health 101, art therapy, just to name a few.

From a Tribal Council level, many things have progressed. There has been movement into the development of policies and procedures. Various working groups have been formed. An impact study was conducted in St. Theresa Point. Terms of references have been developed at the community level as well as for our working group at the tribal level. The community of St. Theresa Point hosted the first mobile Child Development Clinic. All 7 Tribal Service Coordinators met with an elder in Rolling River to seek guidance on the initiative. We also met with the Anderson Family in Thompson to gain guidance and vision for the future of Jordan's Principle.

This year Four Arrows RHA has hired two staff members; Lucille Manoakeesick, our Regional Off Reserve Case Manager and Hazel Harper, our Mental Wellness Facilitator. Please see attached reports.

AGM FARHA Jordan's Principle Child First Initiative  
Collaborative Community Planning/Service Activities

- Development of Case Managers Tool Kit in The Pas
- Bear Witness Day at the Legislative Building, followed by celebration at the FARHA office
- Interviews for the new Regional Case Manager/Off Reserve
- Meeting at SSCY (Specialized Services for Children & Youth) to plan for Mobile Child Development Clinic in Garden Hill and St. Theresa Point
- Meeting in St. Theresa Point to plan with the school and MFNERC our Regional Summer Institute for the Deaf and Hard of Hearing
- FARHA Board Presentation
- Orientation for new Regional Case Manager Lucille Manoakeesick
- Provided Yoga at Regional Youth Camp at the Old Post
- Attended AMC Assembly at U of W
- Provided Yoga at our Regional Diabetes Kids Camp
- Meeting with Island Lake CFS – Role Clarification/Collaboration
- Attended AFN Summit
- Regional Jordan's Principle Case Managers Workshop at the Holiday Inn
- Meeting with Family Enhancement Coordinator/Use of Buildings in Communities
- Orientation for new Regional Mental Wellness Facilitator – Hazel Harper
- Attended First Nation Child & Family Caring Society AGM and learning session with Cindy Blackstock
- Jordan's Principle Island Lake Frontline staff training Part 1 and 2 both 1 week in duration
- Arranged for refresher training for Red Sucker Lake staff with facilitator
- Nursing Meetings
- Health Transformation Meeting/AKI Information Session
- Planning meeting for Regional Winter Camp
- Consultation with INAC/ISC for Home Modifications for Wasagamack & Garden Hill
- FARHA AGM
- Regional Jordan's Principle Gathering Garden Hill/Feast
- FIRST REGIONAL WINTER CAMP
- Quarterly Meetings with Communities
- Regional Tribal Service Coordinator meetings monthly

**Future Plans for Upcoming Year!**

- Increase our Respite Urban Support
- Policy and Procedure Manual
- Plan for Recreation Land Based Activities
- Work on more home modifications
- Expand our staffing both at the regional and community level
- Focus on Mental Wellness Program Development and Expansion
- Alternate Regional Winter Camp

<b>FARAH AGM 2018/2019</b>	<b>Collaborative Community Planning</b>	<b>Service Activities</b>	<b>Community Visits</b>	<b>Capacity Building</b>
<b>Garden Hill</b>	May 2018 Met with staff & Parents June 2019 Meeting HD,CM,FNIHB Funding Requested to meet with Chief & Council	Consultation, Case Management Networking	May 1&2 June 28&29 July 31 Nov 13&14	Positive parenting/Meditation/Proposal Development RE:Home Modifications
<b>St. Theresa Point</b>	April 2018 Met with staff & Parents May 2018 Visit with Chief & Council, Meeting with HD, Headstart, & Health Portfolio Councilor	Consultation, Networking, Advisory	April 9&10 May 22&23 May 29 June 5 Sept 4	New Building discussed/Funding/ Staff Increase
<b>Wasagamack</b>	Met with Chief & Council, NIC, Staff, CFS, School Met with CM, Staff, HD, Chief & Council	Consultation, Case Management, Budget, Networking	May 28 Sept 5	Program Development/Staff Capacity Development/ Equipment Needs
<b>Red Sucker Lake</b>	Met with Staff, HD, School, CFS, Chief & Council	Consultation, Evaluation, Networking, Budget, Planning	Oct 10, Cancelled by Community Oct 17 Feb 7	Building Needs, Program Development, Funding



Vivian Omarr RN., BN.  
Tribal Diabetes Coordinator

### **1<sup>st</sup> Quarter: Webinars/Staff /Board/Partnership/Teleconference/Committee Meetings**

Virtual Diabetes Study Group Webinar attended weekly every Tuesday evening from 5-6 pm until end of May.  
April 5, Monthly Program Updates Teleconference Meeting. Attended by Larry Wood, Leah Flett, Cheyanne Harper, Lorna Mclellan.

MFNCDA (Manitoba First Nations Child Development Advisory) Committee 2 day face to face Meeting on April 18 & April 19

April 20, 130 pm – 4 pm Planning meeting with Fran Desjarlais (ADI Coordinator with FNIHB) and Tannyce Cook, RN (TDC from IRTC) to discuss diabetes education in schools for presenting at the Lighting the Fire conference May 10 & 11, 2017.

Regional Diabetes Coordinator (Vivian Omarr, RN, BN) planning with Manitoba First Nations Diabetes Leadership Committee, Diabetes specialists Dr. Dart & Dr. Wicklow to provide diabetes education session to one – two schools for teachers and school staff this winter. The schools teachers and staff need diabetes education which they are lacking. They need to know how to care for the students in their care.

May 9, All TDC's Evaluation meeting held from 130pm-4pm

May 11, TDC's & FNIHB Diabetes Coordinator to do presentation on diabetes at Victoria Inn from 1pm- 230 pm and 245 pm – 4pm.

May 19, Meeting with FNIHB Marcy Richard's and new CLO with Wallace, Gord, and myself. July 29<sup>th</sup> all CBRT with annual report is required and to be gathered in 1 document. CBRT reviewed.

June 21-23, FARHA Board Meeting

June 15 & 16, MFNCDA Face to Face Meeting in Headingly

### **ADI/CPNP Resources**

May 29, Milk Program: Carnation Powdered Skim Milk shipped out for all IL communities to promote CPNP Program.

June 8, Using the surplus funding in CPNP, the CPNP Workers were provided with \$1000.00 to purchase necessary resources for their program.

### **Evaluation of St. Theresa Point ADI Worker**

May 29, Leah Flett had her evaluation done.

### **Professional Development**

April 24 – 26, attended the Diabetes Educator Course in Vancouver, BC

### **Community Visits**

May 3, to St. Theresa Point, Invited by and attended the St. Theresa Point Health Fair, 2017 "Take Control of Your Health". We received a 20% discount at the Northern Store and purchased 2 childrens, 1 youth and 1 adult bike for draw prizes, in addition we had brought incentives for all those who attended the booths were able to choose a gift of their choice. Incentives included skipping ropes, volleyballs, soccer balls, first aid kits, tote bags, t-shirts, bracelets, speakers, earbuds, pens, portable phone chargers, journals. Over 137 prizes were given out. FARHA Staff attended were Vivian Omarr, RN, BN, TDC, Grace McDougall, RN, TNO, Michelle Greenslade, RN, HCCA. Crystal French from Cancer Care also came with us.

May 17, to Garden Hill, Vivian Omarr, RN, TDC attended the Garden Hill Health Forum at the High School Gym presenting at a booth titled "The Basics of Diabetes". Gave my presentation to one of the teachers. Over 300 Incentives were given out which included lunch bags, farha bags, journals, water bottles, pens, keychain lights, speakers, chargers, earbuds, survival bracelets, first aid kits, skipping ropes, string bags, coffee mugs, key chains, t-shirts.

May 23 – May 29, to St. Theresa Point , Attended Grow North Food Security Workshop in St. Theresa Point for one day. Trina Harper (temporary ADI/CPNP Worker) from Red Sucker Lake began orientation today for a week of orientation at FARHA.

May 24 & 25, Leah Flett, St. Theresa Point ADI/CPNP Worker receiving training with Lorie Mclean, RD, Health Consultant.

### **ADI Worker Training in Winnipeg**

May 8 – May 16, Cheyanne Harper, Leah Flett, & Larry Wood attended the Permaculture Course at the U of M and were all certified. Topics in this certification included a farm tour, plants, gardening, food production, forest, agriculture, etc.

May 26, Leah Flett, Trina Harper, Brendan Wood (Regional Food Security Student) all received CPR & First Aid Training certification. All ADI/CPNP/Support Staff helping at the camp are trained every year in CPR & First Aid.

June 11 – June 14, Cheyanne Harper, Leah Flett, Trina Harper, Larry Wood, Gloria Munroe to attend Diabetes 101 Training with FARHA. Attending a group activity at the Great Escape, diabetes teaching and training, Goto training was provided to all of these workers.

### **2<sup>ND</sup> Quarter: Planning /Reports/Committee Meetings**

July 17, Planning Meeting with Lorie Mclean & Raquel Koenig re: diabetes kids camp

August 11, Planning Meeting with Lorie Mclean re: diabetes kids camp from 9am – 12 pm

September 19, Planning meeting with Lorie Mclean to book community visits and review NAFLD

July 28, CBRT Report submitted. It was due July 29

### **Professional Development**

August 10, Completed Emergency First Aid & CPR/AED HCP level

September 10, Attended NAFLD Conference from 8am – 5pm

### **Annual ADI Diabetes Kids Camp**

August 28 – September 1, Diabetes Kids Camp held and was a success. Cheyanne Harper, long-term ADI/CPNP Worker was Camp Boss again this year. Leah Flett (ADI/CPNP Worker from St. Theresa Point) was suppose to be camp boss but broke her foot and Cheyanne agreed to take her place as Camp Boss. Larry Wood (ADI worker from Garden Hill) and Lorna Mclellan (ADI/CPNP Worker from Red Sucker Lake) were not present either because they were on a leave of absence.

Lorie Mclean provided diabetes education throughout the week. Amelia Grisby, RN from Spirit Meter also provided diabetes education and support on using the meters as well over a few days. Katherine McDonald provided Art Therapy session. She was sent by NADA. Nutrition North with Lorie Mclean (RD) and Regional Food Security Byron Beady & (Food Security )Raquel Koenig provided a fun educational dinner event to the campers on the Thursday evening. Certificates for participation and prizes were handed out as well after the dinner.

Tyrone Munroe, NAYPS Coordinator and NAYPS Workers and Grace McDougall, RN, TNO did a great job at coordinating the children to go back to their parents/guardians during the evacuation period. The children began to leave by Thursday, the last night at camp. All of the children and staff were transported safely and out of the camp by 12 pm. The kids and chaperones were transported to Perimeter and returned home on a regular flight. An evaluation report on the camp was also completed with greater detail.

### **Community Evacuation Support**

Sept 1 – 11, Worked from the Soccer Complex Site for the evacuation during this time. Evacuation Report submitted to FARHA.



### **3<sup>rd</sup> Quarter: Staff/Accreditation/Health & Safety/Planning Meetings**

November 6, Ookwin Study Meeting at 930 am

Health & Safety Meeting 1-3 pm

November 7, Meeting with TDC's at 1100 at Headingley, DOTC

Meeting with Finance (Mark & Laurie)

November 8, Accreditation Meeting 10 am – 330 pm

November 20, FARHA Staff Meeting

November 24, Health & Safety Meeting 10 am – 12 pm

November 27, Meeting with DOTC TDC Jessica Peranteau to discuss Foot Care Presentation with FNHSM

December 14, Accreditation Meeting 10 am – 4 pm.

### **ADI/Food Security Activity**

October 4, Attended Little Mountain Park Traditional Food Activity with FARHA from 1 – 5 pm

### **Community Visits**

October 16, Travelled to Red Sucker Lake and Garden Hill to Review the NAFLD Study with the team

October 30, Travelled to St. Theresa Point and Wasagamack to Review the NAFLD Study with the team

December 4 – 8, Community Visit to St. Theresa Point. TDC, Lorie Mclean, RD, Amelia Rigby, RN, BN, Spirit Meter, Eda Mason (Wasagamack ADI/CPNP Worker) & Leah Flett (STP ADI/CPNP Worker) to complete ADI Workshops and provide training to ADI workers. Update on new and old diabetes medications with Health Staff and Community Workers during lunch and learn. Training also provided to ADI Workers.

### **Professional Development**

October 17, Attended Bug Day at HSC

October 18 & 19, Attended the remainder of the MB First Nations Nurses Gathering at the Holiday Inn on Ellice.

Nov 1-3, Diabetes Canada at Edmonton, AB

### **ADI & CPNP Training in Winnipeg**

October 24-27, ADI & CPNP Orientation Workshop @ FARHA. All ADI/CPNP Workers attended. Individual support given as needed.

November 28 – 30, Geographical Training for all ADI/CPNP Workers. Report submitted to FNIHB as requested.

### **Staff/Accreditation/Health & Safety/Committee Meetings**

January 18, Accreditation Meeting

February 7 & 8, MFNCDA Face to Face Meeting in Headingley

February 13, Health & Safety Committee Meeting

February 15, Accreditation Meeting All Day

March 15, Accreditation Meeting all day

### **ADI/CPNP Training**

February 20-23, Public Health & Home & CC “The Child Connection to a Healthy Community” Training Workshop at South Beach Casino. All ADI/CPNP Workers to attend. Regional FARHA funding was used to cover all expenses for travel and per diems.

Topics covered in this workshop included child health and nutrition, elder nutrition, HIV, Nutrition & Mental Health, Helping children with anger, relaxation, self care, hands on activities. Art therapy, Food Security and food safety sessions were also a success. And the workshop concluded with 3 Elders who discussed on traditional activities that promote healthy family relationships and self-esteem among children.

The workers also had a food display competition between all of the communities and Wasagamack had won first place in the competition. They were most creative in displaying their foods for children.

#### **4<sup>th</sup> Quarter: Staff/Accreditation/Health & Safety/Committee Meetings**

January 18, Accreditation Meeting

February 7 & 8, MFNCDA Face to Face Meeting in Headingley

February 13, Health & Safety Committee Meeting

February 15, Accreditation Meeting All Day

March 15, Accreditation Meeting all day

#### **ADI/CPNP Training**

February 20-23, Public Health & Home & CC “The Child Connection to a Healthy Community” Training Workshop at South Beach Casino. All ADI/CPNP Workers to attend. Regional FARHA funding was used to cover all expenses for travel and per diems.

Topics covered in this workshop included child health and nutrition, elder nutrition, HIV, Nutrition & Mental Health, Helping children with anger, relaxation, self care, hands on activities. Art therapy, Food Security and food safety sessions were also a success. And the workshop concluded with 3 Elders who discussed on traditional activities that promote healthy family relationships and self-esteem among children.

The workers also had a food display competition between all of the communities and Wasagamack had won first place in the competition. They were most creative in displaying their foods for children.

February 28 – March 3, Healthy Babies Health Moms Conference in Vancouver, BC. All CPNP Workers attended with Grace McDougall, RN, TNO, Michelle Greenslade, RN, Jordan’s Principle Regional Coordinator Advisor and Vivian Omarr, RN, BN, TDC.

At the beginning of our conference there was a draw for a prize if we answered all of the questions that were asked from the poster presentation boards. There were many topics. There were 21 posters and 7 of us were at the conference therefore each of us had to answer questions from 3 posters. We worked in getting our answers and shared all of our answers with each other. It was a good learning activity for our group.

Another activity I had asked the CPNP Workers was to write up everything that they have learned from the conference and present back to fellow staff and clients.

#### **Community Visits**

March 4-9, NAFLD Team chartered flight into Garden Hill airport late afternoon. Worked every day from Monday to Friday from 0830 until 10 pm most days.

March 15-17, Lorie Mclean (RD) in Garden Hill to provide one on one support to our new ADI Worker Everette Harper. Together they worked on reporting, work plan and held diabetes workshops.



Leah Flett  
St. Theresa Point

Vivian Omarr  
FARHA

Lorie McLean  
Dietitian

Cheyenne Mason  
Wasagamack

Melony Harper  
Red Sucker Lake



Caroline Bercier RN.  
Home and Community Care  
Program Coordinator

Overview:

The Home & Community Care Coordinator supports the communities in the delivery of the HCC program- Recruitment, retention, standards of practice, professional resource & professional development. This position collaborates in the delivery of FARHA Inc. programs, provides representation at regional activities- advocates recommendations based on identified needs.

This fiscal year the Home & Community Care Program has seen the funding increase at the communities and the regional office of FARHA Inc.

- ◆ HCC in Health Minister's Mandate 2017/18.
- ◆ Nationally \$ 184.5 M for HCCP (includes Palliative Care) phased in over 5 years
- ◆ Manitoba's allocation is \$27.8 million & \$4.354 M for Palliative / end of life for total of \$32,165 M phased in over 5 years-  
(Year one 17/18 proposal submission \$25,000.00, year two 18/19 \$25 000.00 added to overall funding under supportive elements, with an additional \$5000.00 for total \$30,000.00)

The amount each community receives will increase each year over the next three fiscal years as we seen in the initial two years. There has been no amount yet identified for the upcoming year. The initial two years have been planning and developing.

FARHA Inc. H&CC program seen an increase in funding of \$65000.00. The request from the region to the national office was successful to have the Tribal H&CC program funding increase to respond to recruiting and retention. In previous years FARHA Inc. H&CC Coordinator was required to carry the HIV/ AIDS program to offset the expenses of both program coordination. The funding was received in the second quarter.

Program Activities:

Manitoba region has identified Palliative Care as a priority in Home Care program needs and this continues to be the focus regional activities and planning. The FARHA Inc. Home Care Coordinator represented the communities at the regional gathering and meeting.

- ◆ Tribal Home & Community Care & Independent Home Care Nurse Coordinators Gathering- Oct. 11-12/18
- ◆ Tribal H&CC meeting –May 9 & 10 /18, Oct 29 & 30/18, Jan.15 & 16/19,
- ◆ HCC Education/ Training Teleconferences April 27/18, June 1/18, Oct 5/18, Nov.2/18, Dec.14/18, Jan. 11/19, Feb. 8/19
- ◆ RMAAT review July 27/18 (Assist community HCC programs move out of set agreements)
- ◆ CAAN Readiness Assessment Tool Facilitator Training for On-reserve Health Educators (ORHE) Aug 28-30/18

Holly Prince, MSW Program Manager with Lake Head University - “Mobilizing Community Capacity to Provide Care- Developing Palliative Care Program in First Nation Communities”, facilitated the gathering on Oct 11-12. Discussion on the palliative approach to care and goals took place, with the participated. It was noted that Lake Head University worked with Palluim Canada to work with the existing LEAP program and incorporate an Indigenous approach to palliative care.

The HCC education / training teleconference have been working on the Pallium Canada LEAP training ensuring all nurses have has opportunity to take part in training. The St. Elizabeth HCA certification and refresher course has been part of discussion, there has been some discussion on not providing the refresher HCA course. Palliative Care workshops for HCC staff, two proposals were reviewed, one from St Elizabeth's Centre and another from Lake Head University. The group has identified the Lake Head University as the more appealing in cost and relevancy, this would be offered in the new fiscal year.

The LEAP (Learning Essentials Approaches to Palliative Care) Core from Pallium Canada was hosted for the Home Care Nurses in Wpg. on April 19-21/18. The communities of Garden Hill, St. Theresa Point, Wasagamack, Red Sucker Lakes had all of their Home care nurses in attendance- 7 Home Care nurses. There were a total of 13 participants for the training overall. DOHS had three community nurses, SERDC TNO & FARHA H&CC Coordinator also participated.

Hosted with the TNO the Home Care & Public Health Nurses Education Gathering on Sept. 25-27/19, for the 64 First Nations communities. There were 59 nurses registered. Highlights from the agenda included Dr. Raven Sinclair- Lateral Violence, Workplace Bullying, Dr. Bernice Downing PHD- IND-Equity: Moving from Benevolence to a Rights-based Nursing Approach for Indigenous Populations, Nellie Erickson – Nursing in First Nations Communities. Overall the evaluations were very positive, special acknowledgement for the cedar baths that were available to participants during the three days.

Home Care Quarterly meetings were hosted at on June 20- 22/18, Sept. 5-7/18 & Dec. 5-7/18.

Highlight agenda item Wellness Strategies for the Helping Professional, delivered by the Crisis & Trauma Resource Institute. Jordon Principle staff joined us for this Quarterly meeting.

#### Professional Development:

June 26-28, 2018 attended the National Community Health Nursing Conference in Regina, Saskatchewan. This year pre-conference was coordinated in partnership with the Canadian Indigenous Nurses Association (CINA) and The Community Health Nurses of Canada. The theme was -***Towards Reconciliation: Partnering for Health Equity***. The focus of the workshops was on trends, issues and approaches for Community Health Nurses, Indigenous Nurse and others to improve Indigenous health.



Leon Simard  
Manitoba First Nations Food Security Coordinator

In Indigenous communities across Manitoba the nutrition transition characterized by a rapid westernization of diet and lifestyle is associated the rapid prevalence of Diabetes and its related complications. This update covers the 2018 fiscal year and highlights Food Security related projects undertaken in various communities across Manitoba

#### April/May June 2018

##### Community workshops:

- Brandon University-A Healthy Neighbourhood- Voices of Indigenous Youth Center for Aboriginal and Rural Studies
- Roseau River Health Center- Community Garden Project
- Pinaymootang School- School Workshops and school planning workshops
- Shamattawa Health Center- Gardening workshops and greenhouse project planning
- Dakota Tipi Health Center- Gardening workshop and community garden establishment
- Sagkeeng- Katrina Rae Daycare Center- Transplanting and gardening workshop
- Peguis- Community Garden planning workshop
- Opaskewak Cree Nation- Community Garden planting workshop

#### July/August/September 2018

- Sioux Valley Health Center- Community Garden Workshop and transplanting session
- Berens River Health Center- Community Garden planting session
- Poplar River Health Center- Community garden harvesting session

#### October/November December 2018

- Opaswkewak Cree Nation- Garlic Planting workshop and planting session
- Sioux Valley First Nation- Garlic Planting Workshop
- Waywayseecappo- Garlic Planting workshop and and planting session

#### January/ February 2019

Sagkeeng- Eco Action Indigenous Planting Project –Funding received from Giigewigamig Traditional Healing Center- Pine Falls Mb

A Regional project with the communities of Bloodvien, Hollow Water, Little Black River and Sagkeeng First Nations.

### Conferences/presentations

Dakota Ojibway Tribal Council- ADI Quarterly Meeting- Herbs and medicinal Plants workshop and information session

West Region Tribal Council- ADI Quarterly Meeting- Food Security Update

Northern Manitoba Food, Culture & Community Collaborative- Learning Trip

Nelson House, Mb- presentation

Manitoba Region Aboriginal Diabetes Conference 2018- Presentation and conference participation

Eco Action Indigenous Planting Project- workshop and presentation

Food Secure Canada National Conference- Montreal QC

- Panel Presentation and sharing of Manitoba projects- including delegates from Leaf Rapids and Waywayseecappo



### Conclusion

For the upcoming year I plan on being involved in several new communities, namely Leaf Rapids, South Indian Lake, Nelson House, Lake St Martin, Grand Rapids and Berens River. I have worked to assist communities to obtain funding for greenhouse and garden expansion through the Northern Manitoba Food, Culture and Community Collaborative. Several communities have been fortunate to receive project funding for establishment or expansion of current initiatives. In addition, several communities have been awarded ongoing project funding from their original grant allocation- this support is available for up to three years.





Byron Beardy  
Regional Food Security Coordinator

The goal of FARHA's Regional Food Security Program is to increase food security for our First Nation communities.

**Our Objectives:**

- Promote and increase awareness about food security through a variety of media.
- Empower our people and communities to produce food locally.
- Promote the development, sharing, and distribution of learning resources.
- Support our people and communities by providing resources, training, and encouragement.
- Promote the continuation of traditional food sharing networks.
- Encourage eating of traditional foods.
- Advocate for changes in existing programs and policies to improve food security.
- Support promotion of healthy eating.
- Explore measures to increase healthy food options and choices in stores.
- Develop a First Nations Food Security Strategy for Manitoba.

**Regional Food Security Program:**

Northern Healthy Foods Initiative (Manitoba):

Nutrition North Canada (Health Canada):

- To increase individual/community awareness around healthy eating.
- To increase skills around selection & preparation of healthy foods.
- To increase retail partnerships to support healthy food choices.
- To support sharing of knowledge on traditional foods.

Ookwin Study (University of Manitoba):

Non-Alcoholic Fatty Liver Disease (NAFLD): Defining the Impact, Severity and Natural History of NAFLD in Canadian First-Nations and non-First Nations Communities

Waniskatan (University of Manitoba):

Partnership to assist in bringing our community members to the various events that Waniskatan hosts at various Northern communities.

Summer Jobs Canada (Service Canada)

Hire youth from member first nations for the summer Food Security positions in communities.

Practicum Students (Red River College):

Student from Aboriginal Community Development and Business Administration in our program for Food Security administration exposé and experience.



**2018 – 2019 Programming:**

May 2 – 4: Nutrition North Canada (NNC) Indigenous Working Group (IWG) meeting in Ottawa to represent Manitoba on developments of the IWG with NNC Board. Raquel and Byron at this meeting

May 8 – 16: Natural Resources Institute, University of Manitoba – Sponsored 4 ADI workers for an intense 1 week internationally recognized and University credited hrs Permaculture Course. (Leah Flett, Larry Wood, Cheyanne Mason, Lorna McLellan)

June 7 – 10: Attended in partnership with Waniskatan Gathering in Norway House Cree Nation. 2 members of Garden Hill First Nation also attended. (Byron & Tyrone)

June 21: Hosted the 2017 Indigenous Food Sovereignty Summit Gala fundraiser Dinner in Winnipeg.

June 26 – 28: Chicken Preparation in Wasagamack. Work with ADI worker and Summer student to assist in preparing chicken coup with Wass chicken raising family

July 25 – 27: NAYSP Regional Youth Gathering – Old Post. Food and Local Language presentations. (Byron & Brendan-summer student)

September 20 – 21: Chicken Processing in St. Theresa Point. (Byron)

November 16 – Indigenous Food Security and Health presentation at the First Nations Health Managers Associations 7<sup>th</sup> Annual National Conference in Toronto. (Byron & Raquel)

November 27 - December 1: Language is Health II is in collaboration with the ADI's Geographical training where we continue to help community members and frontline workers become more aware of the connection between our Ojibway-Cree language with-in the context of traditional foods and eating practices, but also see, experience and explore how these practices are critical to the prevention of chronic health issues such as Type II diabetes, gestational diabetes, heart disease, non-alcoholic fatty liver disease, hypertension and others. Further elaboration on local foods in the context of relationships between the geographical location of our people, the foods available at different seasons, eating clock, ceremonial rites/passages and names of plants, fish, mammals and etc. (Byron and Raquel)

December 6 – 7: Norway House Cree Nation – Presented FARHA's Food Security program and partnerships at 2017 NHCN ADI Diabetes Conference. (Byron & Larry)

December 11 – 18: Aki Foods & FARHA Farm School – Presented two session for students from Wasagamack, Garden Hill and Waywaysikapow on FARHA's Food Security initiatives and Indigenous Food Sovereignty. (Byron)

March 26 – 27: Lac Suel - Presented on Indigenous Food Security and Sovereignty at Reclaiming our Food Chain Gathering. (Byron & Raquel)

March 29: Koochichiing First Nation (Fort Frances) - Presented Indigenous Food Security and Sovereignty at Reclaiming our Food Chain Gathering. (Byron and Larry)

**Moving forward:**

Regional food security programming will continue to work towards helping communities understand where our foods originate, what our foods do and how we can access healthy foods. Awareness of understandings of our foods within our traditional context and understanding the effects of food (both not good and good) with our bodies. We will also continue to scan for partners that help us with our regional food security endeavors.



Sharon Flett, LPN



Rachel Harper  
Health Care Aide

### **FARHA - HSIF Kidney Screening Project**

The HSIF kidney screening project was kidney disease screening project that was implemented in the community of Garden Hill, Manitoba under the auspice of Four Arrows Regional Health Authority. The goal of the project was to assess, screen and complete a data collection of the community's kidney health.

The rationale for the implementation of the project was to implement early detection and prevention of the kidney disease of clients in Garden Hill Manitoba and to make referrals to the appropriate health care facilities, physicians and those specializing in the kidney health and treatment. It is with the hope that the screening and early treatment of the kidney disease would prevent clients with kidney disease requiring future dialysis. The project team would gather particulars of the project participants and document and create a dataset of their point of case test results in a spreadsheet.

The kidney Screening Team comprised of Sharon Flett, LPN and Rachel Harper, Health Care Aide and was supported by the Four Arrows Authority under the direction of Grace McDougall, TNO and Laurie Wood Ducharme, EA.

The project team established a strategic plan that will include the following:

1. Community visit to introduce team and project to the community leadership.
2. To provide education and awareness of kidney project to the community through use of local media such as radio station and TV station announcements.
3. Setting up clinic within the Health Care Center
4. Setting up point of care testing equipment and equipment required i.e fridge & freezer.
5. Networking with FARHA, Garden Hill Community Health Center & staff, Seven Oaks Renal Nephrologists, Seven Oaks Hospital Lab, CEQAL, and DIP.
6. Recruitment of community member of kidney screening.

Challenges:

- IPAD applications for the pediatrics was not available therefore the children under the age of 18 years were not screened
- The spreadsheets for the data input was not available until January 2018 and hence the data collection was initiated.
- Space availability client confidentiality.
- Acquiring approval from the Research Ethics Board (REB)

Strengths:

- Project team are respected and qualified professionals.
- Project team are from Island Lake First Nation communities
- Project team are fluent in Oji-Cree Language and able to communicate in both languages to the community and leadership.
- Community Health Center and Nursing Station were accommodating and provided assistance where needed.

#### Results:

Meeting with the Chief and Council was successful and the leadership was receptive to the project team. The Chief and Council saw the need of the project and considered it as a positive move to detect Chronic Kidney disease at it's early stages and to prevent having it's membership dependent on dialysis

Radio and TV announcements of project both in English and Oji-Cree to create awareness of the project. Social media such as Facebook was also utilized to promote the project and to motivate the community's participation

Set up point of care testing lab and office in the community was considered challenging at first due to the lack of space available to set up the office and lab for the point of care testing. However, the nursing station was very accommodating and set up on-site office and lab for the project staff.

Recruitment of the community members that participated for the screening for risk of kidney disease.

Point of care testing of clients and completing data of their results on a data spreadsheet.

Referring clients to the appropriate health care services according to the level of risk category results so clients may receive the treatment to prevent the progression of kidney disease.

Provide early intervention and prevention of kidney disease.

Leadership and support of FARHA was key to the success of the project.

#### Findings:

Number of clients seen=**16**

Number of clients considered at risk\* see table below

Number of clients referred to Nephrology.

<b>No Risk</b>	<b>Low Risk</b>	<b>Intermediate Risk</b>	<b>High Risk</b>
62	77	6	2

#### Conclusion:

The kidney screening is possible in the community which can be as front end and prevention program to detect risk for kidney disease. This would allow community of Garden Hill access to "state of the art" prevention care in a responsible and pragmatic way. The service is considered valuable as this could possibly lead clients at risk of kidney disease to be informed and educated with:

- Early detection
- Early treatment
- Lifestyle changes

This would prevent kidney disease and those with kidney disease progressing to kidney failure and use of dialysis.





Raquel Koenig  
Human Resources Administration

### **NEW HUMAN RESOURCES DEPARTMENT**

As our organization continues to grow it was necessary that we create a Human Resources (HR) department. Previously, I have assisted minimally with HR-related duties. I am excited to head this new department and make sure we are up-to-date on employment regulations and HR best practices. I am excited to develop and implement an HR Program that responds to the needs and resources of Four Arrows RHA. My main responsibilities in this new HR role will include hiring, benefits administration, training, and regulatory issues.

#### **Activities to date:**

- This past month, I have been educating myself on policies and procedures and reviewing new/old policy manual. Assisting with revisions to policy manual.
- Researching HR systems and time management systems.
- Reviewed the Administration Guide and have training scheduled for the next month as I will be the administrator of our Great-West Life group benefits plan.
- Orientated 1 new employee.

### **ACCREDITATION**

The last few months, FARHA's management and staff have been learning what accreditation is and the activities that are involved. We have been reviewing our practices and policies against national Health Standards.

In addition to my HR responsibilities, I will be assisting Brenda Blom, Accreditation consultant, with guiding the accreditation activities and promoting quality improvement activities.

#### **Activities to date:**

- A large part of my time has been dedicated to the accreditation process.
- Training with Brenda so I have a good understanding of the Accreditation processes.
- Going through all employee personnel files. We need to ensure our files are up to date and contain all the required documents.
- Assisting with the Accreditation Resource Chart (ARC).
- Reviewing uploaded evidence and noting missing documents.
- Preparation of Resource library.

### **FIRST NATIONS HEALTH MANAGERS ASSOCIATION (FNHMA)**

I am also the FNHMA Training Coordinator for the Manitoba region. This year, FARHA has sponsored 11 students. Happy to announce 3 of the students are from the Island Lake region. Students have completed 2 sessions to date.

#### **Activities to date:**

- Assisted with the coordination of 2 onsite training sessions.
- Provided student support.

## FINANCE DEPARTMENT



Mark Dorn  
Chief Financial Officer



Chriselda Knott  
Intermediate Accountant

## ADMINISTRATION



Larry Wood  
Logistics Coordinator  
Ookwin Study



Veronica Monias  
Reception/  
Administrative Support







