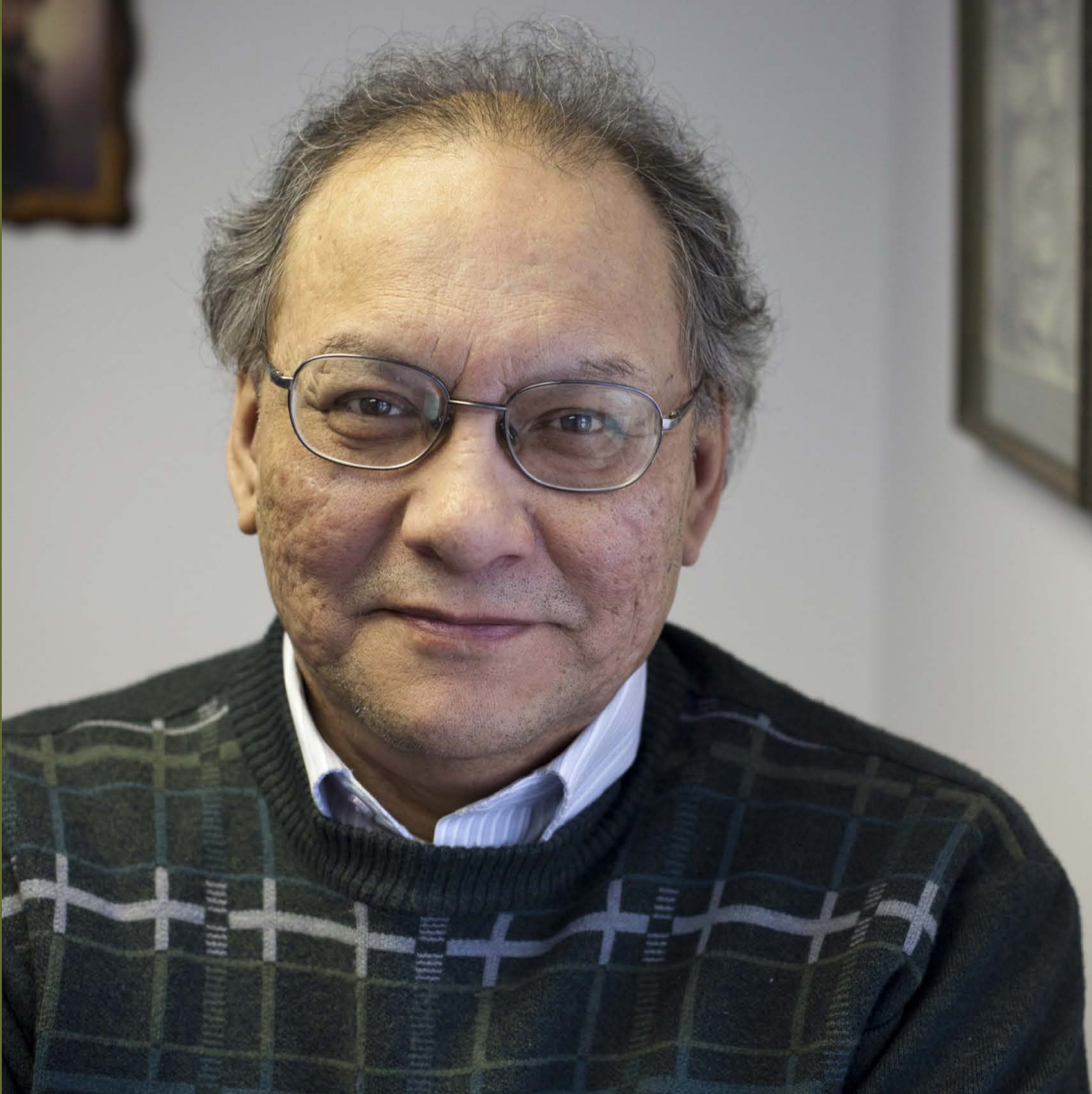




Sioux Lookout
First Nations
Health Authority

OTIPACIMO

Storyteller



James Morris

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Message From

LARRY SCHULTZ

**Director of ICT - Information
Communications Technology**



Right now, as I write this, we are taking our garden plants in and outside the house in case of frost. The sun is out higher in the sky, the grass is growing, and buds are growing on the trees. The nights can still be cold. There is a tug-of-war with the temperature between hot and cold weather.

At home in mid-May, we face two different outlooks on the weather; for me I think it is cool and t-shirts can be worn outside, but for my wife its still cold and she still needs a warm jacket. It is beautiful weather now, and for us summer is coming, but it's not just right where everyone in our family can enjoy the warmth daily. For some, "hot" weather has already been here for weeks. I hear often that kids at the school were wearing t-shirts and shorts outside in May and even April.

I am the new Director of Information Communications Technology. Under my guidance are the following teams Health Information, Communications, and Information Technology. Each team has experienced growth and are excited for new projects. Health Information started two exciting new projects; an initiative to bring together data from multiple sources to improve access to health information and integrating a referral system in our medical record database. Communications is working hard on presenting SLFNHA, our mission, vision, values, and services to the communities we serve. Information Technology keeps supporting our users and computers, they will be working towards re-evaluating our network environment, rolling out Health Hubs in four communities, and preparing for the new hostel. There will be a lot of growth this summer and a lot of new things to learn.

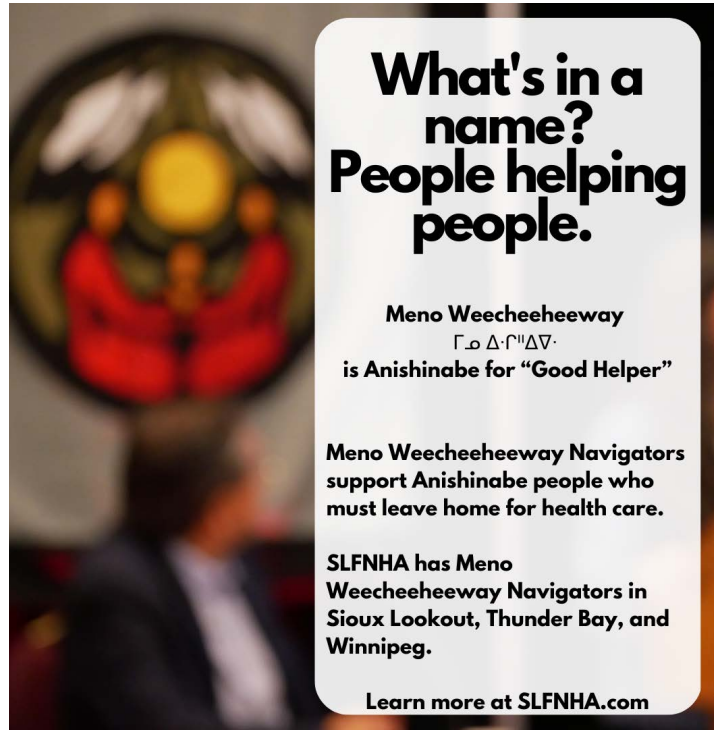
I, myself, need to take time away from my digital environment, and get out in nature and meet with friends and family this summer.

My hope is that you would be able to enjoy the growth and warmth of the summer season. That you would be able to take off your shoes and feel the sun, dirt, rocks, and water with your feet. If you have any ideas or plans that they would take time to grow. Many blessings.

Miigwetch!

Contact Information:

Larry Schultz
Email: larry.schultz@slfnha.com



**What's in a name?
People helping people.**

Meno Weecheeheyway
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is Anishinabe for "Good Helper"

Meno Weecheeheyway Navigators support Anishinabe people who must leave home for health care.

SLFNHA has Meno Weecheeheyway Navigators in Sioux Lookout, Thunder Bay, and Winnipeg.

Learn more at SLFNHA.com



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Questions/Comments/Story Suggestions?
Please email or call:
communications@slfnha.com, 807-738-6108



Sioux Lookout
First Nations
Health Authority

61 Queen Street
PO Box 1300
Sioux Lookout, ON
P8T 1B8

981 Balmoral Street
Suite 200
Thunder Bay, ON
P7B 0A6

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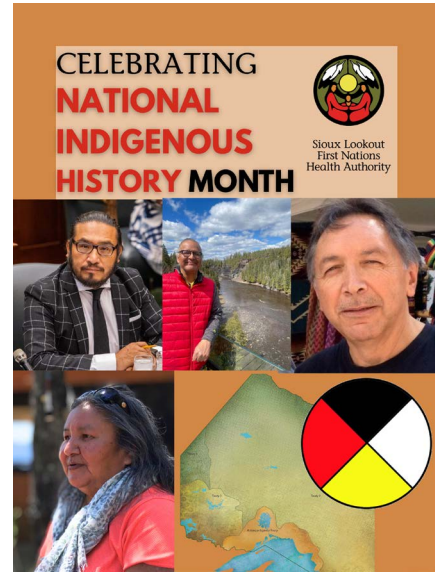
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Vision

Resilient and Healthy Nations supported on their path to wellness.



Mission

Transforming the health of Anishinabe people across Kiiwetinoong by providing community-led services and a strong voice for their community health needs.

Values

We value respect, relationships, culture, equity, and fairness.

We work to protect the Anishinabe teachings of love, courage, respect, wisdom, truth, honesty and humility.

Celebrating the Career of James Morris



It's been over 20 years at the helm of Sioux Lookout First Nations Health Authority (SLFNHA) for outgoing CEO and President, James Morris. It would be fair to say his impact on the organization will be greatly missed as he sets to retire in the coming months.

For James, there is a lot he will miss. Mostly, it will be travelling to communities and working with people, he says.

One of the many things he is most proud of has been to develop programs and frameworks that are based on the culture of First Nations people.

"I developed this approach, that when people called for help, you listened. You looked for ways to help," he says.

As the CEO and President of SLFNHA, James led a mission to build an organization that could respond to the needs of the communities. It had to be rooted in First Nation culture and values.

This approach was instilled in him by his parents, who lived by the teachings of honesty, truth, respect, courage, love, wisdom, and humility. Growing up on the trapline, he says they all worked together to live off the land, often supporting and helping other families as well. It was a way of life. It was the culture of the people.

"When you helped someone, it was a gift," he says.

"I developed this approach, that when people called for help, you listened. You looked for ways to help,"



Working towards that goal of First Nation-centred health care was one of the biggest challenges of his career. It involved working against a system that functions only to protect itself, he says of government policies, regulations, and programs. They're not designed to help people, often putting policy ahead of the health needs of community members, he adds.

Howard Meshake, Chair of the SLFNHA Board of Directors, says this is what he admired most about James, his ability to stay focused and true to his vision of putting people and communities first.

"I really admired his ability to stay neutral," Meshake says. He adds as a leader it is often easy to get swayed by the demands of the people and stakeholders you work for, especially as governments and leaders change.

But James remained a steady figure, committed to transforming a health system that focuses on the people. As SLFNHA grew, James says he did not want organization to simply take over government health programs that were delivered to First Nations. They had to be transformed into a system that worked for First Nations people.

In recent years, the Health Transformation process has been undertaken across the Nishnawbe Aski Nation (NAN) territory. SLFNHA has often been at the forefront of that process in the Sioux Lookout region, transforming the way health services are coordinated, with a focus on making it easier for community members to access health care.

After serving 12 years as Deputy Grand Chief of NAN, James became Executive Director of SLFNHA in 2001. Always humble and not wanting to take the spotlight, James only recently took on the title of CEO and President in 2021.

Under his leadership, SLFNHA has grown from 30 staff to 500+ employees, with 12 departments that provide services directly in communities or in urban centres such as Sioux Lookout.

More recently he led the organization and all 33 communities SLFNHA serves through the global COVID-19 pandemic, ensuring the focus remained on keeping communities safe.

"What I'm going to miss most is his leadership and his vision," Meshake says.

He will definitely be missed but his vision will always be the foundation that SLFNHA continues to grow.

Below: James at the negotiations for the Meno Ya Win Hosital



Above: James at the opening of the Sioux Lookout Meno Ya Win Health Centre

Below: James at the opening of the SLFNHA Thunder Bay office



Community Sunlight is a recurring feature article in Optipacimo that highlights and celebrates work of SLFNHA staff and partners in communities across Kiiwetinoong. To suggest a person to feature in Community Sunlight, please contact the Communications Department, communications@slfnha.com



A Thank You to Dr. Terri Farrell: SLFNHA's Medical Director

Sioux Lookout First Nations Health Authority would like to acknowledge Dr. Terri Farrell's retirement as the Medical Director of SLFNHA.

Dr. Farrell was an instrumental part of the SLFNHA team, also serving on the SLFNHA Board of Directors by advising the board on medical matters as a non-voting member.

She has been part of the medical care community in Sioux Lookout for over 40 years. She started as a doctor in the community after graduating from medical school. Over these years she has built relationships with many people in our area and has a special place in her heart for First Nations people.

Her medical care also extended to Yellowknife where she provided services to an Inuit community in the Northwest Territories.

Dr. Farrell joined the physicians' negotiations team in 1988 and was the SLFNHA medical expert representative. Once the agreement was signed, she continued to support the development of the regional physician's system as Medical Director.

James Morris, outgoing CEO and President of SLFNHA says he was happy to have Dr. Farrell join the team to support and provide medical advice and guidance in the development and strengthening of physician services, primary care, the community health worker program, and the mental health program.

"Dr. Farrell came to us at a crucial time when we needed help developing these programs - she did her job, and she did it well," Morris says. "I thank her for the dedicated work she committed to SLFNHA."

She was a strong advocate for the medical rights of community members, often advocating for essential health programs and services. Particularly during the COVID pandemic, she ensured medical needs were attended to during lockdowns by working with Dr. Lloyd Douglas, Public Health Physician for SLFNHA.

She also helped develop the Nomadic Medical Assistance Teams that went into communities and helped deliver front line support in times that community resources were under strain because of COVID.



Janet Gordon, Chief Operating Officer for SLFNHA, has worked closely with Dr. Farrell over the years. Gordon says Dr. Farrell has been very committed to working with the SLFNHA and the communities.

"I am honored to have had the opportunity to work with Terri and I have learned a lot from her," says Gordon. "Her work with us has always been of compassion, respect, and humility in all the areas that she was involved with. Thank you for staying with us past the six months that I asked you originally. We all consider you a friend so keep in touch."



Dr. Terri Farrell with the SLFNHA Board of Directors, 2023

L-R: Samuel McKay, Alan Jethro Tait, Howard Meshake, Dr. Terri Farrell, Cynthia Fiddler, Leona Kakepetum, Tanya Bottle

“What’s Up Cuz?”

Tyrell Monias, Youth Faciliatator at ACW

You are high in the sky, as you look out, you see clouds which are as large as a building, and floating and moving ever so gently. Looking down, all you see are trees, approaching, you see lines of dirt roads linking up. You feel the air pressure changing in your eyes and ears. A complete sense of belonging overcomes you as you start to see familiar landscapes, and houses, and the airport runway. The landing gear engaged; you brace yourself for landing. Coming out of plane, you shuffle your way out and at once you know that you are home. For me this is what I feel coming to back to my community. At mainland Red Sucker, lakes and rivers surround the community. People living along the water have a boat launch and multiple boats. On hot days, where everything is dry and dust is blowing from the dirt main road, you see kids jumping off the boat lunches and swimming, I was one of them. We are very much connected to water.

Every summer, there is an event I look forward to. It’s called Wapisee River Days. People in nearby communities come to Wapisee to gather, reconnect, and share important stories and news. I’ve been going to Wapisee for many years since I was kid. To reach Wapisee during the summer, you’ll need a boat. Wapisee is an island full of trees that stretch across it. In between those spruce trees are family camp sites. Every family has their own dwelling, such as a tarp shack made from plywood and materials reused and brought over to the island with boats. Camp sites are dotted and interconnected by walking trails throughout, so, to reach parts of the island, you’ll pass by a family camping site. Families come from the nearby communities of Island Lake. Long time ago families traveling through this land made a stop on an island, and this island is where they came together and gathered.

I went there last summer. It’s held during August. It was hot, sunny, and full of spruce beetles, but the people and land supply easy going days that are full of fun and reconnecting. You’ll bring whatever you want to the Island, there is cell service there and dedicated enough you can bring a TV and gaming system and play games. I’ve have done this in the past as a kid, I remember fondly of playing old Nintendo games with friends and cuzzins. Last year, I brought my partner there for the first time, and we enjoyed our time there together, sitting under the night sky and seeing all the stars shine and northern lights shine brightly. Going for boat rides and camping out. This was medicine for myself, as it was needed for my own mental health.

During the weeklong camping on the island, the community, chief and council all put on activities for everyone. From dancing, scavenger hunts, and Wiikesh picking contests. One of the activities was to capture a Dragonfly and bring it to the stage. As we heard the announcement, my multiple grandpas start yelling to catch one. They brought out a large mosquito net and



we were swing that thing around to capture all the dragonflies around our camp. We were running and jumping around like were little kids. It was pure joy. We eventually caught one and brought it up, but we were beaten by someone else who got one earlier than us and got the \$20, but that didn’t matter because I had fun.

Another activity is island fishing, and this contest was to catch the longest fish. So, what’s a long fish in this area? A Jackfish. So, on the island there are specific spots you can get them. But I misheard and tried to find a pickerel instead, and my partner and I traveled through bushes to get to a point, where there are pickerel and fish for them. It was good fishing there, but when got to the stage with our fish, they all had Jackfish, I was the only pickerel. There was a spot that everyone went for jackfish, I had a good laugh but again I had fun.

For this summer, I write to all the cuzzins and cuzzins of cuzzins, go out and have fun out there, it’s all for you to do so.



SLFNHA Board of Directors Appoints New CEO & President, Sonia Isaac-Mann

The Board of Directors of the Sioux Lookout First Nations Health Authority (SLFNHA) is pleased to announce the appointment of Sonia Isaac-Mann as Chief Executive Officer and President (CEO) effective Monday, June 26, 2023.

Sonia Isaac-Mann is from Listuguj Mi'gmaq First Nation in Quebec. Sonia holds a Master of Science degree in Medical Sciences – Public Health Sciences with a focus on Population Health from the Faculty of Medicine at the University of Alberta. She also holds a Bachelor of Science Degree from Bishop's University. She has previously served as the Vice President of Community Health and Wellness, Programs and Services at the First Nations Health Authority (FNHA) in British Columbia (BC). The FNHA is the health and wellness partner to over 200 diverse First Nations communities and citizens across BC.

As a key member of the senior leadership team at FNHA, Sonia led Community Health and Wellness Services through a community-oriented approach to delivering services and programs. A critical function of her role was to provide professional health and wellness advice to BC First Nations, First Nation Health Service Organizations, Health Directors and Regional Directors.

Sonia has worked in First Nations health for over 20 years and has extensive community, regional and national experience. She advocates for culturally appropriate health policies that lead to better programs and health service delivery for First Nations. Before joining the FNHA in 2015, Sonia worked with the Assembly of First Nations (AFN) in Ottawa for over ten years in several roles, including the Associate Director of Health.

Most recently, Sonia played a lead role in supporting the negotiations for the renewal of the FNHA governance and funding agreement of \$8.2 Billion. Sonia has experience with numerous boards and committees, including the Mental Health Commission of Canada (MHCC), the Canadian Institute for Health Research (CIHR), Canadian Northern and Remote Health Network – Canadian Foundation for Healthcare Improvement (CFHI) and Thunderbird Partnership Foundation.

"I am very humbled and honoured to join the Sioux Lookout First Nations Health Authority (SLFNHA) as the new President and CEO," said incoming CEO Sonia Isaac-Mann. "I look forward to building relationships with the First Nations people of the region and focusing on developing innovative health solutions to meet community members' needs. I practice collaborative leadership, and I am excited to work in partnership with



the SLFNHA Board and staff to continue building on an already strong team serving the people of Sioux Lookout region."

The CEO will report to the SLFNHA Board of Directors and will manage and direct the business and affairs of SLFNHA within the operational mandate in the best interest of SLFNHA communities.

"We are confident that Sonia has the capacity to impact health systems in keeping with First Nations values," said Howard Meshake, SLFNHA Board Chair. "I would like to thank the SLFNHA Hiring Committee, who dedicated many hours to the search process. Sonia set herself apart and was selected from a group of passionate and engaged candidates."

SLFNHA engaged in a robust and rigorous search process coast to coast, supporting the SLFNHA Hiring Committee in the search process was Barbara Lockhart from SmartHire Human Capital Solutions.

SLFNHA would like to thank James Morris as he enters retirement for his dedication, commitment, and contributions to the role for more than twenty years in the service of First Nations health care in Northern Ontario.

"I look forward to working with Sonia and to introduce her to the Sioux Lookout region," said James Morris, outgoing CEO SLFNHA.

CELEBRATING NATIONAL INDIGENOUS HISTORY MONTH



Sioux Lookout
First Nations
Health Authority

Sioux Lookout First Nations Health Authority (SLFNHA) is excited to celebrate National Indigenous History Month. In honour of this regions rich Indigenous history, we are shining a light on the history makers from in Northwestern Ontario. Enjoy the stories on each of these trailblazing Indigenous History Makers.

Randy White

Randy White is an award-winning musician and a Cultural Clinician in Keewatin, Ontario. His Anishinaabe name is Kebeyaasang belong and belongs to the Bizhew (Lynx) clan from the community of Naotkemgwanning (Whitefish Bay) situated on the shores of Lake of the Woods in Treaty 3 territory. Randy holds a Masters degree in counselling Psychology and a member of the Ontario College of Psychotherapists and is married with two children. Here is his interview with Reece Van Breda, SLFNHA Communications Officer.

You are an award-winning musician with your drum group – how has music contributed to your upbringing?

As most of us may or may not be aware, traditional First Nations song and dance was not widely practiced, especially with young First Nations people during the 40's on to the 70's. The community elders of Whitefish Bay seen this, and in order to preserve, reclaim and rejuvenate First Nation song and dance, the elders directed that a drum be created. They invited the young men of the community to begin learning the songs and teachings of the Anishinaabe. From here the Whitefish Bay singers began travelling a path that we continue to this day. As an original singer of the group, I believed that the drum has kept me close to the life of the Anishinaabe during my upbringing. It made me realize the foresight of the elders and their kindness in bringing hope to the future generations.

What are some achievements that you are most proud of?

That we are still doing what we love doing, singing. That people will still listen to us. We are continually travelling to other parts of Turtle Island, learning from others and sharing our experiences. Being a part of Pow Wows and ceremonies is such a gratifying way of life.



What would you say to Indigenous youth that are interested in pursuing music?

Whether it be music or another form, having the courage to take those chances is scary for sure but exciting. Sometimes, you may feel dreams are unattainable but if you keep at it you never know how far you can go. Life is exciting if you want it to be.

You currently work as a Cultural Clinician with the Kenora Chiefs Advisory. How can cultural clinicians help to foster reconciliation within the healthcare field?

I try to tread lightly as my experiences may not fit with other First Nation communities. My only suggestion to other clinicians is to continually learn about the First Nations people you work with. To honour their resilience, the people, customs, language and culture. This can be achieved by following the Grandfather Teachings of humility, kindness, and respect.

Lawrence Martin



Lawrence Martin was born in Moose Factory, Ontario. He came to Sioux Lookout, Ontario in 1986 where he helped start Wawatay Radio Network and Television. During this time he also became Ontario's first Indigenous mayor when he won the Sioux Lookout Municipal Election in 1991. He is currently the Manager of Feasibility Study for the Mushkegowuk Council. He spoke with Reece Van Breda, SLFNHA's Communications Officer, about his accomplishments.

You were Sioux Lookout's first and only Indigenous Mayor (1991-1994) and first Indigenous person in Ontario ever elected as mayor; What led you to run for Mayor? What was it like running as an Indigenous candidate at the time?

Garnet Angecone, at the time, was a councillor leading up to the election in 1991 and he was encouraging Indigenous persons to run for council. After meeting at the Friendship Centre, we decided to form a task team for running for mayor and I decided to put my name down.

It was fun to campaign, to run and speak to people. We had a live debate, and it was broadcasted over Wawatay Radio for the first time ever.

The night they were counting the ballots, hanging around the area I could hear my name being called, and I could feel the energy and sure enough I won. It was a great feeling, people putting their trust in me.

What are some achievements that you are most proud of during your time in Sioux Lookout?

The sewer and water treatment plant – my claim to fame! I went all the way to Queen's Park lobbying for funding. We didn't have the capacity to build this water and treatment plant on our own. I was able to get funding to renovate and upgrade the plant to where it is now.

What would you say to Indigenous youth that are interested in community and local politics?

Go for it! Everything I've done has always been "just go for it". I was scared of not having experience, but you have to do it to get experience. If you don't put yourself out there, you won't get experience. How can you get experience if you don't get out of your comfort zone. You won't be able to learn and grow.

You're also a Juno award winning musician! Explain what it was like to be an Indigenous musician and win this award?

I won the JUNO award when I was the Mayor of Sioux Lookout. When I first visited some music producers in Nashville, they didn't like my music. There was one producer who asked for my Cree songs. He said "Wow that's different, Shania Twain and Garth Brooks aren't singing this!". So, I came back to Sioux Lookout and recorded more Cree songs. Later that year I was nominated and won. I didn't know how things would work out, but I just had to go for it!

How has your Indigenous background influenced or inspired your work?

It's inspiring to collect stories of our people on the land, water, animals, and insects. I've also appreciated using my Indigenous viewpoint on things while working with the scientists and blending those two knowledge bases. My connection of knowing the language and my lived experience while having that connection with the people and takes me back to where I grew up – on the land.



Top: Lawrence with a young Shania Twain, 1970s

Below: Entrance Sign into Sioux Lookout, 1990s



Sol Mamakwa



Sol Mamakwa is a member of the New Democratic Party (NDP) and was elected Member of Provincial Parliament (MPP) for Kiiwetinoong in 2018. Prior to becoming a revered Indigenous politician Sol worked for Nishnawbe Aski Nation (NAN) and served on the board of Sioux Lookout First Nations Health Authority (SLFNHA). Born in the Sioux Lookout Zone Hospital and raised in his community, Kingfisher Lake First Nation, Sol continues to speak the language, engage in traditional activities and live the traditional way of life.

You are the first member of provincial parliament for the new riding of Kiiwetinoong; What led you to run for MPP?

If you would have asked me in the summer of 2017 if I would run for Ontario parliament, I would have laughed at it. Even when Kiiwetinoong was being created, I would have never thought of running. I say that because I ran from the encouragement of people wanting me to run. I decided to run because of the different people that reached out to me – leaders, community members, etc.

The important part was, at that time, I was focused on health policy – health policy at NAN, and when I think of health I think of the reasons why our people, get sicker and sicker. We must be able to talk about the social determinants of health – water, food security, economic development, etc. When I made the decision to run, I wanted a role where I can talk openly about the area and how I can help as their Member of Provincial Parliament.

What are some achievements that you are most proud of during your time as MPP?

Currently I am the only person in the Ontario Legislature that is First Nation. I am proud to be able to speak openly about issues facing the North, to be able to speak on lived experiences in a public way, it is very important to be able to do that. We need to speak about these topics.

Raising awareness of the issues that we, Indigenous people, face in the Far North of Ontario – housing, suicide, house fires – I can raise these challenges up on the provincial level. Travelling and speaking with elders, that is moving to me. That is important for me to do.

I got elected in a very difficult time – COVID, moving forward with Truth & Reconciliation. With the heckling that goes back and forth, I am not attacking when I speak on these very serious topics and stories. I have been able to keep up for the past 5 years where the opposition nor the government cannot heckle me, because I am speaking on these important cultural issues.

What would you say to Indigenous youth that are interested in provincial and federal politics?

I think it's important to understand how legislation and laws are created. It's important that Indigenous youth get involved not just with federal and provincial politics, but also on a municipal level. There are so many leaders in our First Nation communities and we must follow what's going on with First Nation politicians and pay attention to what they are saying and speaking on.

There is no small change – write a letter, be involved, there is always something to do. For example, there is no postage to send a letter to my office. Send me a letter and I can help raise your issues on a provincial level.

We need the youth voice, the youth matter. We see youth are going through many mental health issues and they are the only ones to provide that voice to push for change. Sometimes the decisions we make, we don't know how it impacts the youth, that's why we need the youth to speak up.

How has your time on the Board of Directors at SLFNHA helped your work now?

I did the switch over in my career in the mid 2000s. Originally, I was the education director for Kingfisher Lake and I moved to Tribal Council on education and did a big switch over to health, it was a learning curve. I had to ask a lot of questions. As the health director at Shibogama I was appointed to the Board of Directors at SLFNHA. Because I was so new at health, I had to ask a lot of questions and learn.

You learn from asking questions – many roles and responsibilities were appointed to me at SLFNHA that I had to learn. They had to have the confidence in me to have the board and governance roles to address numerous issues in health that we were facing in the north. SLFNHA played a huge role in me running for MPP because I understood the provincial and federal side of health care. This is where I started to understand the system for First Nations in terms of provisions of health services. The system appears broken, but when I started to think about it more, the system is not broken, it's working as it's designed to do - oppression and colonialism. It is designed that way on purpose. Strategically underfunded with fiscally driven decisions.

What do you see for the future of health care in the north?

I think there should be no wrong approach to health care in the north. My vision is that when you book an appointment, First Nations people can provide our services in our own language and culture all the way through. Cultural sensitivity is key with First Nations persons leading and providing the service all the way through and when you return to your community, and it's our people providing health services.

Bringing services closer to home – First Nations should have the power to make their own decisions on health care – not federal and provincial governments. We make our own decisions overall and I think once we do that, we can achieve the best health care system in Ontario – not only that, but the best healthcare system in Canada. That's my hope and vision for healthcare in the north.

Lydia Sherman



Tell us about yourself, where you are from and how did you get started?

My name is Lydia. I live in Sioux Lookout, I'm originally from North Caribou (Weagamow Lake). My husband and I, have three boys. My late dad was a trapper and fisherman. He also ran a small store and later was in a leadership role. My late mom, stayed home and cared for her family in the home.

I've worked in the Social/Mental Health field for thirty plus years inclusive, in different capacities. I left twice for short period of time to work in other fields. In Child & Family Services, Court Interpreter, and Indian Residential Support worker.

Knowing the culture and the language was an asset.

In the 1980's, Mental Health program existed, (and prior to that) through the old Zone Hospital. With few First Nations Mental Health workers working, in the field. As time went on the numbers of Mental Health workers grew.

Workers worked in the old Zone Hospital and travelled out in the field, to the North.

Travelling to the North was required for the workers. Sometimes travelling with psychiatrist, who provided services to the North for Mental Health support and assessments. Assisting them in, interpreting and translating.

Travel had its advantages and disadvantages. Advantage was getting to know the communities and the people. Challenging for me was flying in a small 4 seater plane, no matter what the weather was. No conveniences, like no electricity, no running water. But all was good. But I grew up like that.

My parents reminded me, where I came from and to not forget where I came from.

Three Elders, assisted us in Teaching, Supporting and Guiding in this work, from the culture aspect.

What would you say to new workers in childcare and mental health care?

As the Elders teaching. This is their time, not your time.

Listen. Take time. Be patient.

Advocate when needed, access cultural appropriate services.

Do Self-care, de-brief and Teamwork.

Traumatic events took place within our First Nations peoples. Which resulted and impacted Intergenerational Trauma, in the past, present and the future.

Residential School, Tuberculosis (in the "50's") Sixties Scoop.

Through my work, I've used the tool/model, the "Wholeness Approach." Involving, the Physical (body), Emotion (feeling), Mind (thoughts-thinking), Spiritual (Belief). Sometimes, these overlap when you help the individual. It's a process, as the individual walks through this journey.

Sometimes, it's therapeutic to access nature. Sit by the river, in the quietness of nature, watch the sunset, listen to nature. With the individual who's reaching out.

How have you seen Nodin grow over the years?

It has grown vastly, in the last thirty years. Providing various programs and services to the North. And it has taken positive strides reaching out to the Northern communities, Implementing Services and programs to all ages.

When I was young, my parents encouraged us to go to school and work. And that we would go to school and work with people of all diverse backgrounds. And not to think less of anyone, but respect all. And that we would be working with people of diverse backgrounds.

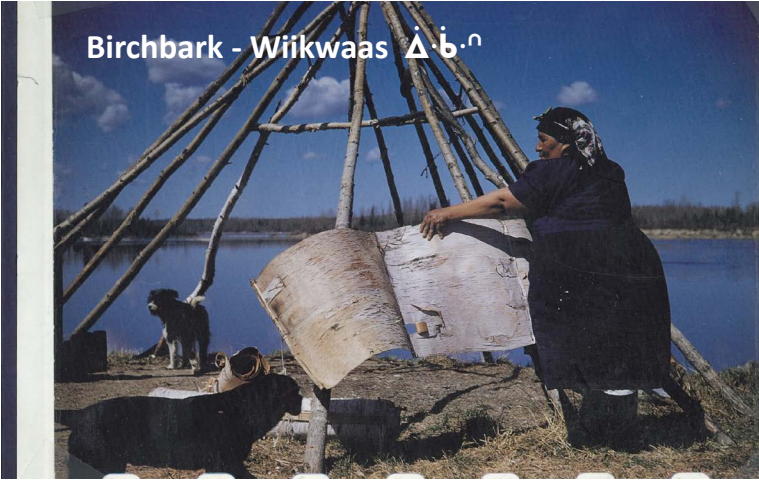
I feel honoured to have worked in Mental Health field, with colleagues of diverse backgrounds. And to work in different capacities in the helping field.

There's strength in numbers.

I currently with a First Nation organization with Mental Health Wellness Team.



ᑭᑭᑦ ᑭᑭᑦ ᑭᑭᑦ ᑭᑭᑦ ᑭᑭᑦ Saa-kih-toon-kit-anishinabemowin Love Your Language



Birchbark - Wiikwaas ᑭᑭᑦ ᑭᑭᑦ



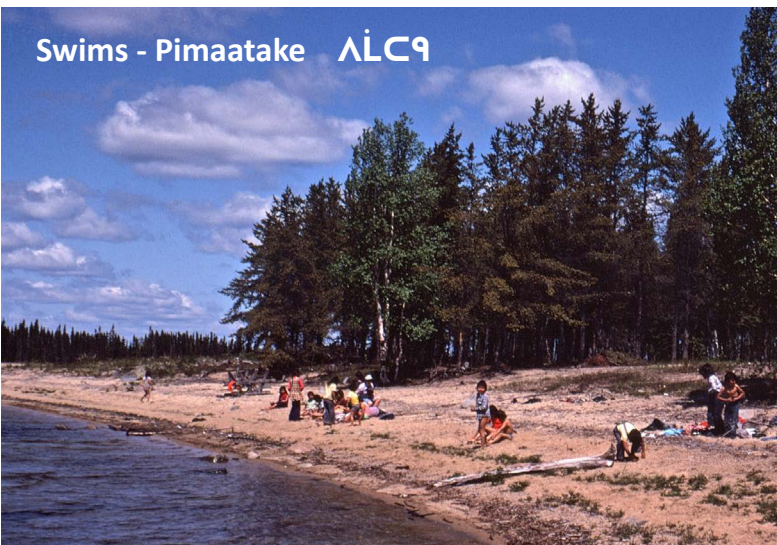
Drum - Matwehikan ᑭᑭᑦ ᑭᑭᑦ



Drives Fast - Kishihse ᑭᑭᑦ ᑭᑭᑦ



Leaves Them Behind - Onakanan ᑭᑭᑦ ᑭᑭᑦ



Swims - Pimaatake ᑭᑭᑦ ᑭᑭᑦ

Love Your Language is written by Anna-Marie Kakegamic, SLFNHA's Associate Director of People and Culture.

Meno Weecheeeway Navigators are available to serve you.

Depending on location of appointment, please contact Meno Weecheeeway Navigators if you require any of the following:

1. Translation services in OjiCree, Cree or Ojibway
2. Advocacy and liaison services while accessing health care
3. Support before, during or after your medical appointments
4. Assistance navigating through the Indigenous Services Canada Non-Insured Health Benefits Program
5. If you have experienced any incidents or have concerns and complaints

The Meno Weecheeeway ᓃᓂ ᐃᓃᓃᓃᓃᓃ Navigators can provide any assistance and support you need to help you get the best care you deserve.

Meno Weecheeeway On-Call Number: 807-737-6162

Contact Information:

Sioux Lookout	Thunder Bay	Winnipeg
Barb Peetwayway 807 - 738 - 6737	Evelyn Hattie 807 - 738 - 6717	Willie McKay 807 - 738 - 0220
Frances Machimity 807 - 738 - 0989	Shannon Kakepetum 807 - 738 - 1700	Alisa Moose 807 - 738 - 5218



Sioux Lookout
First Nations
Health Authority

SLFNHA is Hiring

SLFNHA is hiring in Sioux Lookout, Thunder Bay, and in Northern Communities!

We have many job opportunities waiting for you:

- Registered Nurses
- Administrative Assistants
- Mental Health Counsellors
- Manager, Outpatient Mental Health Service
- Meno Weecheeheyway Navigators
- Oral Health Treatment Coordinator

HIRING
Medical Director

We are looking for a visionary healthcare leader to improve the health and well-being of First Nations people in SLFNHA communities.

FULL TIME OR CONTRACT — SLFNHA.COM

Expressions of interest, please contact barbara@smarthire.com

- Medical Director
- Laundry Aide
- Dispatch Clerk
- Housekeeping Aide
- Dietary Aide
- Interpreter
- Maintenance Worker

See these job postings and more at SLFNHA.com/careers

It's easy to get screened for colon cancer

Get your FIT kit at your nursing station/health centre

A FIT is a free, at-home test that can help find colon cancer early.

If colon cancer is found early and treated there is a 90% chance it can be cured. Getting checked for cancer regularly leads to healthier lives for you, your family, and your community.

If you are ages 50 to 74, talk to your healthcare provider about whether getting checked for colon cancer is right for you.

Get screened for colon cancer! It's as easy as 1-2-3!

For more information, visit our web page -->

SLFNHA.com/health-services/cancer-screening

Or talk to your local Nursing Station



Sioux Lookout
First Nations
Health Authority

SLFNHA

Service Area



MAP LEGEND

- Sioux Lookout First Nations Health Authority
- Serviced Communities
- Regional Communities
- Treaty Boundary

Communities
Served by SLFNHA

Sioux Lookout First Nations Health Authority
P.O. Box 1300, 61 Queen Street
Sioux Lookout, ON P8T 1B8
Phone: 1 (807) 737-1802
Toll Free: 1 800- 842-0681

www.slnha.com

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