2020

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Energy Savings Contest.

Community Notice

Walk-In Clinic

# SITANSISK KOLUSUWAKON

## ST. MARY'S FIRST NATION NEWSLETTER

# "Departmental Updates from 2019-2020"

# Recreation Program Update 2019-2020

**DIRECTOR UPDATE:** The role of the Director has changed over the past two years. The demand on the Administration side resulted in full-time office hours. There are obviously exceptions throughout the year such as the New Brunswick Summer Games, Summer camp and March Break weeks. In addition to my focus on programming and scheduling, I have taken on the task of administering the Sport & Recreation Funding for the youth of St. Mary's. This was a recommendation from the SMEC staff who felt it made more sense to be administered by an individual who had made connections with many of the organizations and programs locally. It certainly has added a significant amount of work to an already busy workload but has been a very smooth transition.

**STAFF:** We have had great success with staff retention. I've also worked hard to get ECE/EA trained staff onboard when possible, currently we have 2 staff who are EA trained. Another exciting addition to our staff, we now have 2 youth who work under the program. These youth have proven to be valuable staff members who the children are able to relate well with.

**NBISG:** St. Mary's were the 2020 NB Indian Summer Games Champions! Our team competed hard and respectfully-I was extremely proud of the youth, parents and volunteers. We had approximately 80 participants throughout the games.

**SUMMER CAMPS:** The summer of 2019 was busy as usual. We had approximately 75 youth participate in the Summer Camps offered through Green Hill Lake and Arrowhead. The age range was 6-14 years. Another big success is our staff retention for the camp and the fact that all community camp counsellors brought on for the GHL Camp are EA/ECE trained.

**ATLANTIC INDIGENOUS GAMES:** We had 6 participants in the games which were hosted in Halifax, NS this past summer. These youth represented St. Mary`s and Team NB. I was asked to chaperon with the group and had an awesome time with them. My role was to supervise the basketball team, it was a lot of fun and we made many lasting memories. We currently have 8 youth who have been selected to attend NAIG this coming summer in Halifax. This is so exciting!!!!!

**MAGIC MOUNTAIN:** The annual community Magic Mountain trip was another success this past year, we had 248 people attend.

**YMCA PROGRAM:** The winter of 2019 we partnered with the YMCA to bring a Multi-Sport Program to the community. This program had 73 youth registered, grades K-5. The program ran from January to May. This opportunity gave the youth exposure to a variety of sports.

**FAMILY DAY:** The past two years we have organized and offered activities for the community on Family Day. This has been in partnership with Community Planning and Health. Last month we planned Family Day Sleigh Rides over a two day span. The Health Center did a community breakfast as well.

**MARCH BREAK:** Annually we host a wide range of activities over the March Break for families and youth, it`s a fun filled week for many. This past year we hosted activities over the course of 8 days. Throughout the week we had approximately 430 people participate.

**PROGRAMMING:** I have worked extra hard to offer a variety of activities in the weekly schedule. I`ve also focused on extending the age range of those we service through programming. Some of the activities centered around the following: Culture, Sport, Physical Activity, Computerized Coding, Photography, Outdoor Adventure, Dance, Play, Art, Music & Mental Health. More recently we are offering Tae Kwon Do Classes to the youth of the community twice weekly through the Setting Sun Wellness Center, community member Brad Paul instructs these classes. We`ve also now have a weekly activity for the 3 & 4 year olds added to our programming, Ms. Beanie and two of her student staff facilitate this play group. In addition, we`ve increased activities for the teens and work hard to provide opportunities for them that they show interest in. Recently, we`ve partnered with the Health Center to offer Exercise classes to teens and adults, these classes are offered twice weekly.

**PARTNERSHIPS:** There has been an increase it the partnerships we`ve made within the community to offer programs. Child & Family, Health and Community Planning have been our biggest partnerships. These partnerships allow us to offer more activities and opportunities to the community which is great!

**YOUTH SPORT & RECREATION FUNDING:** The $500 annual funding that band members can access has proven to be a successful fund. This is funded by SMEC. Last year, we had 205 youth use this funding for a variety of activities. We`ve also added an `Exceptional Funding Pot` for youth who excel at sport or activities. The types of activities covered under this pot would be provincial teams who participate nationally or internationally. The cap for this pot was set at $1500 annually.

**NEW BRUNSWICK ABORIGINAL SPORT & RECREATION NB:** In 2019 the NBASRA put out a call for communities to submit their names to host a Multi Sport Summit. I submitted on behalf of St. Mary's and we were chosen as one of two host communities in the province. This Sport Summit will be for youth ages 12-18 years. It will cover many different topics along with daily physical activity and testing. Each participant will receive a very generous participation gift. We expect registrations to begin in the near future, they are looking at a date in May or June.

# AFS Update

St. Mary's AFS program went very well in 2019. We have 12 seasonal workers throughout the year that are employed through the program.

AFS crews have identified 2 culverts that needed repair and maintenance and where blocking water passageways for fish migration and road corrosion these got repaired in 2019 by the city.

Our AFS staff have continued to do scientific work with other First Nation Communities, Mactaquac Hatchery, Canadian Rivers Institute, Nashwaak Watershed Association, Maliseet Conservation Council, DFO and University of NB Staff. The work includes gaining important information on water temperatures, fish and plant life in the Wolastoqey watershed.

We are looking to expand our partnership with the city of Fredericton on future work in Marysville for a dam removal which will open another water passageway to flow into the Nashwaak River. This is an important project that will beautify the landscape, but most importantly open a flow of water that will help with plant life and create a new fish passageway.

Another important project AFS crews work on yearly is the habitat enhancement project. The crew pick up debris and garbage along the St. John river and other streams that flow into the river system, much needed work to do after spring flooding. This project has gotten a lot of positive feedback from the public of the great job they do trying to beautify the riverbanks and surrounding areas of the watershed.

AFS staff are gathering important data information that is helpful to future science projects and help gain the understanding of the freshwater fish, eels and plants that we need to know more about and how to protect.

AFS crews also help with community distributions for seniors yearly this is something we all enjoy doing and look forward to those times of the year. We enjoy the talks with our elders and to see the smiles that these distributions brings to their faces.

Woliwon, William Duthie

# Qey naka(&) good day, Sitansisk from Animal Control

The Sitansisk FN Animal Control program would like to sincerely thank you for all of your compliance over the last year. For those of you whom do not know, I'd like to let you know what the Sitansisk Animal Control can do for you! As needed, the Sitansisk Animal Control program can:
- Assist you by taking you to Veterinary appointments to promote responsible Pet Ownership as well as transporting Pets to and from Veterinary appointments if the Owner is unable to make it
- Price out Veterinary care for Owners (If you don't establish a Vet, regular and emergency Veterinary needs are more expensive)
- Assist with lost and/or missing pets by sharing posts of them via the social media platforms, as well as physically searching for them (I have only had two cases thus far of missing or found animals, and both made it hope safely 😊)
- Direct you to appropriate and applicable resources, such as reputable trainers to suite your specific needs, as well as the S.N.I.P program and P.A.L program! (S.N.I.P = Cost efficient Spaying/Neutering for Cats whom are considered low income/P.A.L = Prevent Anymore Litters; You can surrender an entire litter of puppies or kittens to the Oromocto SPCA and they will spay the mother for free!)
- Basically anything needed, I will try my absolute best to help out with!

Though I have no funding within the Sitansisk Animal Control Program, I have been able to utilize 'own-source' funding when emergencies and/or specific needs arise, such as the need for proper equipment. Not having funding allows for me to have little to no lead way regarding long-term/short-term goals. Short-term goals being:
- Allowing people to barrow the Sitansisk Animal Control equipment when needed; a waiver will need to be signed to ensure the equipment comes back as it went out
- Beginning a Dog Walking group/opportunity for Owners who may be Elders, or simply unable to get their Dog's out for a walk; a waiver will also need to be signed, a meeting of the walker and Dog, as well as any additional safety measures that need to be taken that will ensure but the Owner, Dog, and Walker are comfortable during the process

Long-term goals being:
- Dog Park located somewhere within the Community
- Small holding facility for Animals; could generate a couple of part-time employment positions, as well as limit revenue spent on outside agencies

Over this past year I have thoroughly enjoyed serving my community, especially the four-leggeds of the community. I have gotten to know community members I may of not have gotten to know otherwise. I've also got to meet a lot of wonderful new four-legged friends and even got to help some along the way! Though my job can be extremely hard, especially being the crazy animal lover that I am, it has been so very rewarding. The biggest highlight of this year for the Sitansisk Animal Control was while in partnership with a fundraising group of Administrative colleagues, raised over 2,000 dollars for our local SPCA, and we couldn't of done so without the help of the community, so kwoli-kiseht (great job) Sitansisk!!!! Sitansisk proud and strong!! If at any time there are opportunities or resources you want to see made available, please don't hesitate to reach out to me at any time by phone (call or text), email or via social media. Once again, woliwon Sitansisk for your compliance during this time, it has been immensely appreciated! Woliwon, Lynzie Laporte

# *ST. Mary's First Nation*
# *Child & Family Services Department*

**Employment Opportunity for Prevention/Family Support Worker**

Child and Family Services is looking to hire a person, to do programming and be a support to children and families in the community.

It has always been a goal of this agency to maintain the family unit by preventing the removal of children if at all possible. In spite of the fact we have made every effort to keep children in the home by providing programs and services relevant to families at risk, too often this has been unsuccessful. Part of the problem is the fact that we are dealing with generational trauma, the impact of which is deeply engrained and part is due to the fact that it is difficult for families to build a trusting relationship with the same Social Worker who poses a potential threat to removing their children from them.

We are going to try a new approach; consequently, we want to hire a creative individual to deliver preventive programming as well be that support person for families who are at risk of losing their children to the Child Protection System.

**Duties and Responsibilities:** Must be able to access and deliver prevention programs and services to the community as a whole or to individuals and families.
*Must familiarize one's self with the court system when a child is in danger of coming into care or has already been taken into care. This is a knowledge base that will assist parent(s) with navigating the court system to alleviate the fear of isolation that they often feel when trying to understand the process.
*Must be punctual, reliable and professional.
*Must be familiar with case management and have the ability to document case information in a brief but efficient manner.
*Must be a team player when working with Social Work staff.
*Must be willing to take direction from the C&F Services Director as well as follow HR policies that are applicable to all staff. Must also familiarize one's self with FN operational standards for service delivery, as well as the Family Services Act.

**Qualifications:** A BSW degree from an accredited university
Must be a member of or able to be registered with the NBASW
Must have a criminal record clearance and a prior contact check with DSD and other FN agencies.
Must have a valid driver's licence and a vehicle.
Must be able to navigate the Internet as well as other necessary computer programs.
Must be a self-motivator, creative, and innovative.

**Other Assets for consideration**: Preference will be given to a person who is of Indigenous heritage who has the same or better qualifications as a non-Indigenous person. Prior knowledge of Indigenous peoples and communities as well as their cultural traditions and ceremonies. Knowledge of NB Families Case Management System. Salary is based on the Provincial Social Work scale.

To apply please forward resume, cover letter & references to:

**Jan Rouse (Human Resource Generalist) St. Mary's First Nation, 150 Cliffe Street, Fredericton, N.B. E3A 0A1 or Fax(506)472-6220 or email janrouse@smfn.ca by no later than March 26th, 2020 at 4:30 pm.**

Qey, nil taliwis Barb Sacobie. I currently work at our community daycare, Turtletots. I've been working in our community for over 20 years in the area of early childhood. I enjoy interacting with children who more than often surprise you with what they might say or do. This along with assisting in the growth of their young minds makes working with our youth a fulfilling role.

The young are the future of our community and I am honoured to have the opportunity to be part of their development.

**********

Hi, my name is Carol Ann. I am from St. Mary's First Nation. I have lived here for Forty-two years. I am a proud Mother to two beautiful grown daughters and a grand mother to a beautiful Twelve year old girl. I Graduated as an Early Childhood Educator in 2010. I've been employed for 9 years. I am currently working with 15-24 months old babies at Turtletots Early Childcare Centre and have been for almost four years. Prior to that I worked with 3-5 year olds, at the old daycare. What's Amazing is seeing the child recognize what you applied to teach them. Then to see the excitement on their little faces. Watching them learn and grow through play everyday is a blessing. I enjoy watching all these wonderful little humans grow into unique individuals.

**The SMFN Consultation Department's purpose is to:**

- stay up to date on resource development projects happening in New Brunswick,
- determine how those projects impact our Aboriginal and Treaty Rights including Aboriginal Title,
- provide assistance, materials, and opportunities for engagement to keep the community and leadership informed on what is happening in and around Wolastoqey territory,
- gather feedback and offer recommendations.

The department had a productive year in 2019. As the number of files continued to grow and get more complex, there was a need to hire more help. The department was able to secure funding to hire a summer student for the summer, and a full-time assistant in the fall. To further help ease internal communications and workflow, the department also found funding to invest in project management software to make sure tasks are done on time and department staff have a clear understanding of what needs to be done.

One of the main goals of the department is to increase the opportunities for community engagement. In 2019, we had:

- 2 community meetings
    - Emerald Ash Borer
    - Wolastoqey Nation in New Brunswick (WNNB) Roadshow - various files all in 1 session
- 3 working groups
    - Fisheries
    - Strategic Rights Plan
    - Climate Change
- 2 Wolastoqey Nation all community events
    - WNNB Annual General Assembly
    - WNNB Fisheries Fourm
- Many individual communications through phone, email, or face to face.

The department is always open to feedback on how community engagement can be improved. If you would like to share ideas or suggestions on how this can be done, please contact Tim Plant at timothyplant@smfn.ca or 459-2200 (ext.126) or stop by the band hall office for a chat.

We look forward to serving our community for another productive year in 2020. If you would like more information on any of the files we work on (forestry, crown lands, fisheries, oil & gas, mining, archaeology, and many more. Also, specific projects like Mactaquac, Sisson Mine, and others), or have any questions on practising your Aboriginal and Treaty Rights, please use the contact info above. We would be happy to help any way we can.

Woliwon,

Tim Plant, SMFN Consultation Department

# The DOO Newsletter

Feb 20, 2020

NEW COMMUNITY CENTER – OPENING SUMMER 2020

## Why we need a place to Gather

by Shasta

There is nothing more powerful than a space to gather as a community. A space to share, connect, heal and celebrate together. A space where our culture is honored and practiced, our language is shared, and our children learn their history.

**The Values in this space**

As we move forward, we should all be thinking and sharing what values we will hold in this space, what values will drive the vision. Humility and the prayer said in Council before every meeting comes to mind. To me, Humility is a value that allows us to open our hearts and see that every person has something to teach us, that no one person, community or Nation is above or below another. It allows us to see our own weaknesses and grow as a person and community.

**Creating our space**

Our people have always gathered, and still do through many events, ceremonies, sweats, pow wow, and other celebrations. This new space provides us that ability and meets many of our needs, and rights as Indigenous people.

It is a place for us to gather and connect with each other in a space that is free from discrimination.

It is a space for self-determination and cultural development.

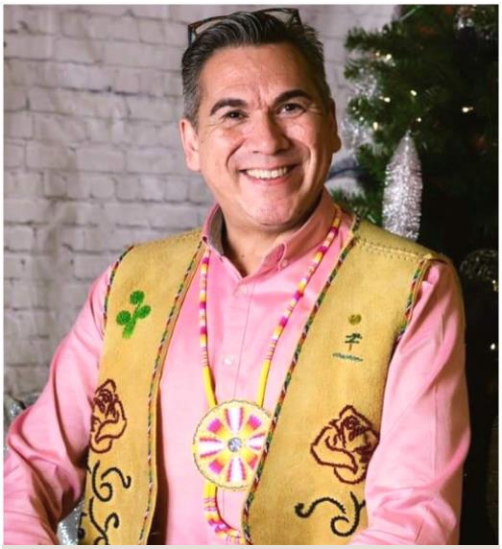
This space allows us to bring balance internally and externally; emotionally, physically, spiritually, and mentally.

It provides us with the capacity to share our culture and traditions with future generations. This provides protection to the past, present and future generations.

A gathering space grows the revitalization of history, language, oral traditions, by providing a space for our people of all generations to come together.

With just these few examples it is easy to see how healing is embedded in each, and how closely this healing is connected to our spiritual wellbeing. A Community center is a healing center, as we come together culturally and spiritually.

QUICK UPDATES



**From the Chief**: I hope this message finds you in good spirts. We are now well into 2020 and the days are getting a little longer with more sunlight to shine upon our great community. I trust that your work plans and goals that you set for yourself are coming to fruition and you are able to recognize and celebrate your achievements as we approach the end of our fiscal year 2019-2020. I encourage you all to include in your new work plan for 2020-21 goals and objectives related to advancing our culture, language and mental health. Also, I want to express my sincere gratitude for all the effort and passion you put into your work for our community and to remind you to stay focused and committed with great resolve on the purpose of your service to our people; and to remember to foster and create a safe space for all – at all times. Let us always try do better than we did yesterday. To learn and grow and aim higher than we did before. Please know, I am always here to listen to your ideas, reflections and contributions on how we can work for the betterment, vibrance and resiliency of our entire St. Mary's community.

**Updates are Everything!**

We have an amazingly diverse team! It is sometimes difficult to get all the right information shared among each other, and we will continue to work on this every day. The sharing of updates and information can have major benefits. Did you know that employees can spend up to 20% of their work week searching for information the need to do their jobs! Sharing information can help relieve some of that time, especially cross departmentally. Sharing information and updates can prevent overlap in services and can even prevent someone from making a mistake.

We need to work on building relationships with each other and create a sharing system tool that will get this job done. Here are some snapshots of an upcoming community update (I must say we have a pretty awesome group of people working here):

- Tammy White: Turtletots is a St Mary's First Nations daycare centre where we serve our youngest members in the heart of our community. Each year we go on field trips to the apple orchard, fire station, water pad/park and Kingswood. We have music with Mr Zaat and our educators drum with the kids daily. The children also take part in other learning activities such as the introduction of the Zoo phonics pals, which is part of the schools literacy program.
- Melinda Brooks: I have been working with NIHB since the summer to have a wheelchair accessible Medical Van for our community. I am pleased to say that my hard work has paid off and we have been approved. We will receive the van by March 31, 2020. The Van will be a great asset to the community as it will give us a way to transport those who are in a wheelchair and seniors who have a hard time getting in and out of regular taxi cabs or vans.
- BJ Myles Paul: In 2019 we had 31 new babies. The new babies are my primary focus. I had 4 prenatal groups and put 28 moms and dads through prenatal classes. These classes provide important information about parenting and how to raise healthy children.
- Jennifer MacFarlane and Elizabeth McRae: The Atlantic First Nations Elders Gathering was held in June in Moncton, NB. We were able to send 4 elders to this gathering to contribute our community perspective on bigger issues that indigenous communities are facing around the Atlantic region. This platform is a great opportunity to share in what we are doing right as well as issues that we can handle better.
- Lynzie Laporte: The biggest highlight of this year for the Sitansisk Animal Control was while in partnership with a fundraising group of Administrative colleagues, raised over 2,000 dollars for our local SPCA, and we couldn't of done so without the help of the community, so kwoli-kiseht (great job) Sitansisk!!!! Sitansisk proud and strong!!
- Sally Brooks and Lacey Anderson: We now have over 355 homes and growing! This was our first full year with a small housing policy in place and implemented.
- William Duthie: Our AFS staff have continued to do scientific work with other First Nation Communities, Mactaquac Hatchery, Canadian Rivers Institute, Nashwaak Watershed Association, Maliseet Conservation Council, DFO and University of NB Staff. The work includes gaining important information on water temperatures, fish and plant life in the Wolastoqey watershed.

FAST FACT FROM FINANCE

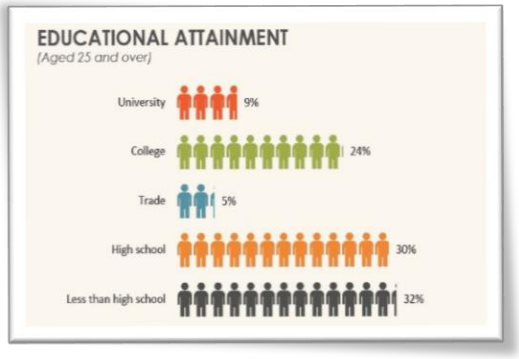
+$3,057,202

Sharing a success! We increased the accumulated surplus by $3,057,202 in 2019!

ZOOM IN FOR SOME SMFN STATS

# March Break 2020

by Shasta

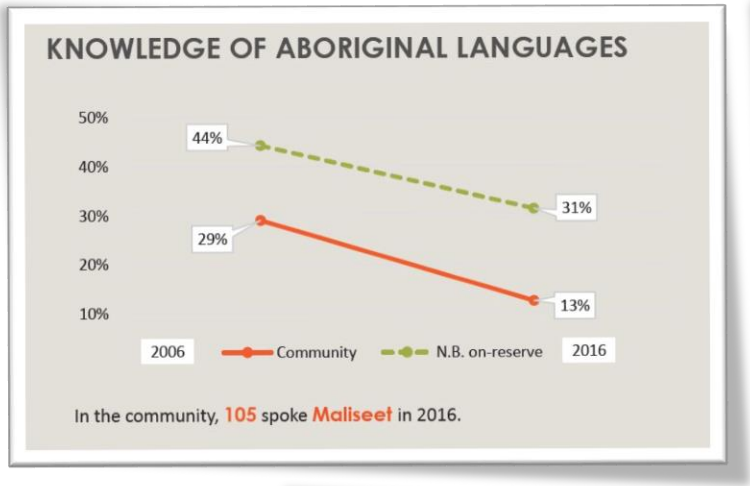


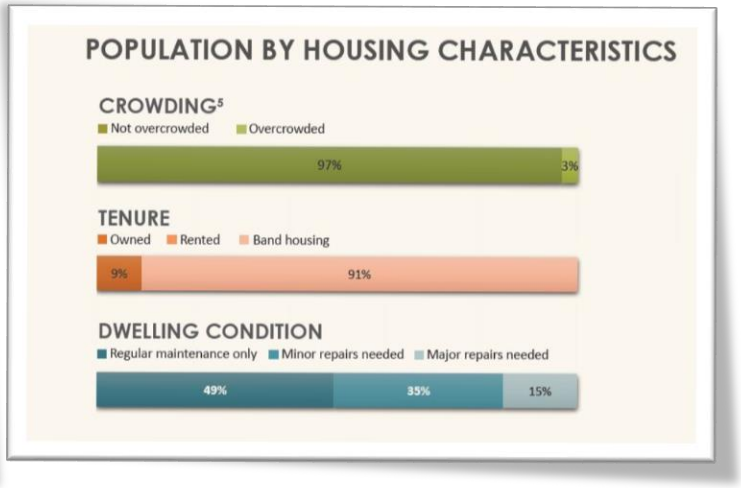

Just a reminder to staff (just in case you totally forgot about this…haha) that March break is just around the corner. T-8 days…not that any of us are counting!

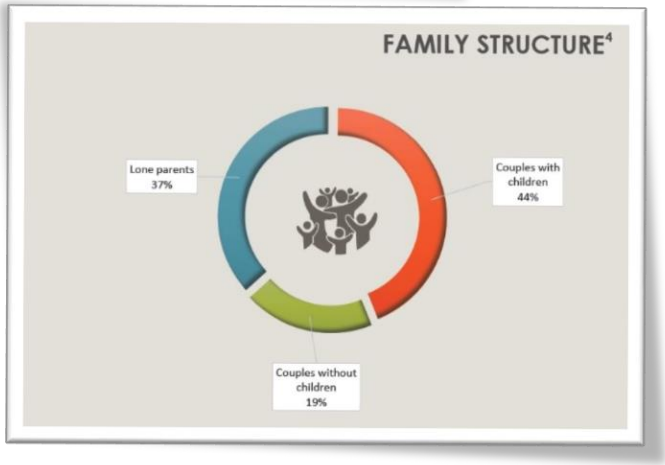
**The office will be closed March 2, 2020 to March 6, 2020.**

Everyone should prepare their office for this closure. Here is an easy checklist:

- Change your voicemail greeting on your office phone.
- Create an Auto Reply Email notifying that you are away and return date (confirm it works…I feel this deeply as it happened to me last week)
- Reduce the thermostat in your office (not turned completely off) to save energy and show love to our environment.
- Turn off office equipment, lights, lamps, space heaters, shredders, computer, monitor, scanner, printer.




| 910 | 670 | 36% | 26 | 35% | 14% | 46% | 5% |
|---|---|---|---|---|---|---|---|
| Population 2016 | Population 2006 | Population change | Median age | Under age 15 | Aged 15 to 24 | Aged 25 to 64 | Aged 65 plus |

# Some Snippets from 2020:

## The number of people on Social Assistance in 2019 has decreased by 6%

This decrease was a result of:

Increasing job opportunities within the community;

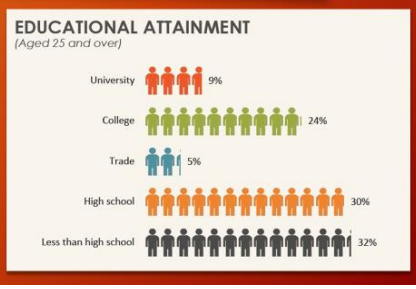
And Collaboration between departments for programs that develop workplace skills and trades.

## We have reduced long-term debt by:

$ 2,057,807

## We have increased Education Programming by over 10%

We were able to do this by separating our education block funding agreement from the main funding agreement. This allowed us to take more control over our education program, and lessen the control of the government of Canada.




## The Economic Development Surplus was increased by 4.1%

## We increased the accumulated surplus by:

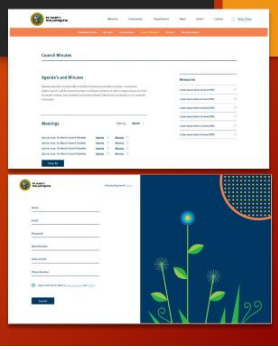
$ 3,057,202

and reinvested back into the community

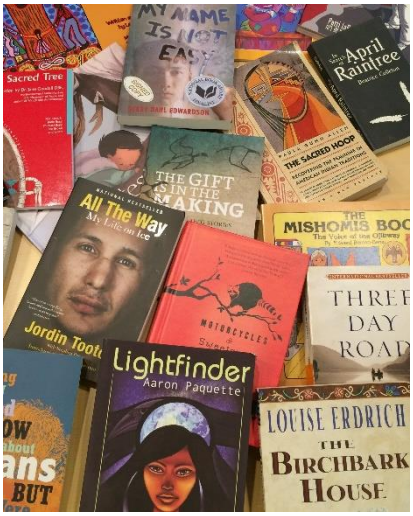
## New Website incoming:

The features include a members only page that will give access to:

- All Council motions
- All Council agendas
- All Council minutes
- All internal Policies
- All bylaws
- Emergency warning system



EVERY SINGLE PERSON WHO WORKS FOR SMFN SHOULD BE PROUD OF THESE SUCCESSES, AND THE MANY OTHERS, FROM 2019 . THESE ACCOMPLISHMENTS REALLY DO TAKE AN ENTIRE TEAM OF COMMITTED STAFF WHO HAVE THE COMMON GOAL OF HELPING OUR COMMUNITY IN ANYWAY THAT WE CAN! I AM SO PROUD TO HAVE THE OPPORTUNITY TO CALL YOU ALL MY WORK FAMILY. MANY HOURS, BLOOD, SWEAT AND TEARS HAVE NOT GONE UNRECOGNIZED. KEEP UP THE AMAZING WORK!




# BOOK CLUB

## Starts on March 25

**12 noon to 1pm**

**@SMFN 3rd Floor Band Office**

**The focus of this club will be up to the group. We will talk about this at the first meeting! I would like to see a focus on First Nation Literature.**

***Did you know*** St Mary's First Nation is opening a new Addiction/Wellness Center Located at 250 Paul St. The commitment is to create a safe environment in which our members can come and find healing within themselves. The primary focus will be to help our members find connection, strength and purpose within community, amongst their peers and more importantly within their families. Addiction can be a very lonely place at times, what we will be focusing on in relation to the recovery cycle is AFTERCARE. We are committed to helping people find that light in life again. We will be providing supports in a recovery-based setting. Our partnerships with various organizations will help us meet the needs of the individuals seeking help. Our culture, language and traditions will be a guiding force within this house. Want to know more? Want to be involved? Reach out to Evan Sacobie, he is the lead on getting this center open and operational.

# *Meet your people!*

## Shelley Polchies

Director of Recreation

My name is Shelley Polchies and I work for St. Mary's Wolastooqiyik as the Recreation Director. I have been part of the Band Administration team since October 2013. I am also a band councillor and am both thankful and honoured to have been in this position since 2009. Through these two responsibilities, I am blessed to work directly with the community and more specifically the youth! I am proud to work with a team who continually works towards a healthy and prosperous community!! In my spare time, I enjoy spending time with my family and friends. I consider sharing my life with two amazing daughters and 1 sweet grandson a gift. I love to laugh and I have a huge appreciation for a sense of adventure and fun.

## Elizabeth McRae

Licensed Practical Nurse

My name is Elizabeth McRae but most people call me Liz. I am from Victoria, British Columbia. I moved to New Brunswick when I was 12 years old and have been living here ever since. I am dedicated to Animal Welfare, Environmental Activism and LGBTQ Rights. I have been passionately employed as a Licensed Practical Nurse with St Mary's First Nation since October 2017. Since then I have become an ally for Indigenous People and their rights. I am grateful to have received this opportunity which allows me to serve the Community and create a positive impact.

An online random number generator was used to pick ☺

## Message from the Director of Health

I wanted to take this time to let the community know some of the great things that have happened at the Health Centre in 2019. It was a very busy year with all the departments pushing themselves to provide more services and programs to the community. You will see updates from different program managers following my note.

We have had many positive additions to our services. We now have our community Nurse Practitioner, Alysia Fullarton offering walk-in clinics on Monday and Wednesday evening from 5 – 9 pm and on Fridays by appointment from 9 – 2pm. You can call the Health Centre Clinic at 452-2760 to book an appointment with Alysia.

We continue to receive primary care services from our physician Dr. Ramsey and our other Nurse Practitioner Trina Cluney. If you don't currently have a family doctor please call Wendy @ 452-2760 to book an appointment with Dr. Ramsey. You will have a better health outcome if you have a family doctor to follow up on your health needs.

Marie-Claude Loisel, our mental health clinician, is seeing clients at the Health Centre fulltime now. She is available to see clients from Monday to Friday at noon. You can book an appointment with her by calling 452-2750.

We have seen a few changes with our Dental Therapy Program. The Dental Therapist is provided by FNIHB and we now have Holly Rossi as our Dental Therapist. Her primary focus is on school age children but will see adults in the community whenever possible. She is booking her own appointments, if you would like to book an appointment she can be reached on her cell @ 902-563-6794.

We are ensuring that all our programs are including cultural components whenever possible. We are also bringing traditional knowledge keepers in to provide teachings and learnings to interested community members. We are often challenged with a lack of attendance. We would welcome feedback from the community on how we can improve attendance. Are we offering programs at the wrong time or maybe the activity isn't what you are looking for? Please feel free to send your comments and suggestions to any of the staff at the Health Centre. We would welcome the input.

We have been assisting families when they need support thru our Wampum CISM (Critical Incident Stress Management) Team. This team is comprised of trained team members from each Wolastoqewi community. The coordinator of this team is Stephanie Francis. They have provided sacred fires and support to the families when required or requested.

Many of the staff at the Health Centre have taken training to better provide support and services to our clients. I am currently enrolled in First Nation Health Managers Certification. I will write my final exam in September 2020. This certification will provide me with better skills for planning and managing the health center to achieve better health outcomes for our community.

If you have any questions, concerns or comments please feel free to reach out to us at 452-2750.

Woliwon

**Kelly Gallagher, Director of Health**

*Working Towards a Healthier Community*

# Children's Oral Health Initiative (COHI) Program

**Program Co-Ordinator: Mandy Meuse**

**MCH 2019 Programs**

- Meal Prep
- Momme Wellness
- Maliseet language class
- Drum Making
- Parenting Program
- challenging Behavior Sessions
- Sessions with the OT and SLP
- Reading Sessions with the Library
- Home Visits
- Talk with me Programs
- Baby Massage

Challenges: Lack of attendance for some programs

COHI 2019/ 2020

- Fluoride Applications
- Assist with Dental Screenings
- Brushing Program
- Oral Health Presentations
- Home Visits
- Nutrition Sessions

Challenges: Coordinating services between the Dental Therapist and the school has been a challenge. When someone new starts with a program it takes some time to find out the best way to provide the services.

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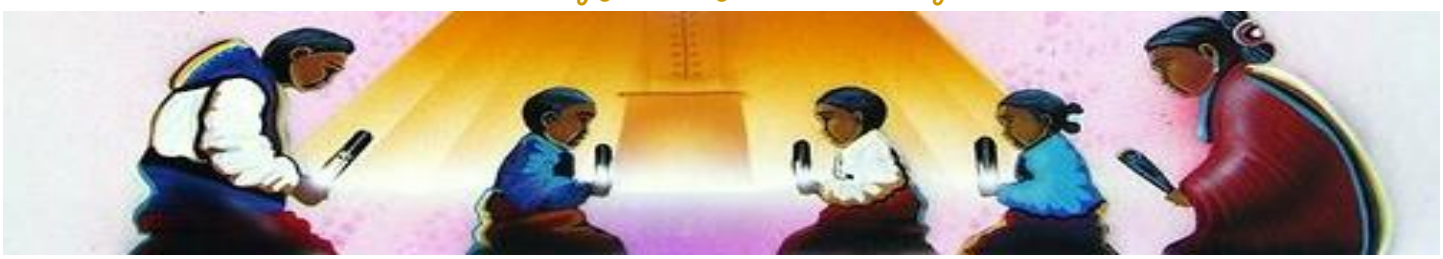

## St. Mary's Medical Clinic

Blood and other specimen collections on Fridays between 8:00-3:00pm. Typically, I do bloodwork throughout the week if the ordering doctor has specified a date, if the bloodwork is urgent, or if the patient can only do a certain day. Requisitions are accepted from any doctor.

The clinic has a practicing care provider Monday-Friday. Dr. Ramsey is in the clinic Monday, Wednesday and Thursday. Trina Cluney is a Nurse Practitioner here every Tuesday and every other Thursday. Alysia Fullarton another Nurse practitioner offers an afterhours clinic every Monday and Wednesday 4:30 sign up and books patients Fridays. We offer many services; such as, liquid nitrogen for warts, skin tags, etc.; minor procedures which include cyst removal, skin biopsies, etc. Sexual health services; such as, pap tests, IUD insertion.

Respiratory therapist is offered from Horizon. RT usually comes to the clinic 4 times a month. We do an upstream program for COPD patients and screen for asthma or COPD. RT has screened/tested over 80 patients to date, is accepting new patients, and follows others closely. If you have any questions call Heidi for bookings.

Starting soon Heidi Ring and Elizabeth McRae will be providing smoking cessation to the community. Sessions will be provided to educate and support to those who are thinking about quitting.

**Heidi Ring RN BN**
**Clinic Nurse**

I been working on the Accreditation Process for our Health Center. Accreditation Canada is an independent, not-for-profit organization that sets standards for quality and safety in health care. St. Mary's Veterans Memorial Health Center has committed to the process and to providing safe, quality service to our community. Our Qmentum Survey is coming up the week of May 3. 2020.

I also assist with the Home Care department with scheduling Seniors Massages, setting up Lifeline services and Meals on Wheels for our community members who have been assessed by the Home Care Nurse, Jennifer MacFarland.

I over-see the gym program for the community. We currently offer gym memberships to Willie O'Ree, Total Body Fitness and Naturally Fit. There has been lots of interest in the gym, but the challenge is to make sure people are actively attending the gym at least 8 times a month as agreed. We don't want to pay for a membership that isn't being used.

I am continuously working on improving this program and other programs as a team player by using the Accreditation Qmentum Program to support and enable our quality improvement activities.

**Sherry Parsons**
**Community Health Coordinator**

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**Community Health Representative**

My name is Barbara Paul. I am the Community Health Representative for St. Mary's First Nation 😊. I am relatively new to this position which began for me in February 2019. It has been a very busy and productive year.

I have been involved with the Cultural & Community projects that were implemented through the Health Centre.

I also work with community members to help them learn to improve and care for their health and the health of their families. I provide consultation services for the Home and Community Care Nurse regarding cultural and traditional practices for work with the elders and others in the community.

In 2019 one of the biggest projects I was and still am involved in is the Indian Day School file. I have attended several information and training sessions to increase my knowledge and skills to be able to better assist community members with the application process.

I helped with the Cultural Gathering in Kingsclear by making sure the elders were looked after and registration at the door. There were presentations by traditional people, ceremonies and workshops. It was a great experience.

I am here to assist community members with their health needs. I can be reached @ 452-2750.

Woliwon

**Barbara Paul**
**Community Health Representative**

**Medical Transportation & Dental Clerk – Melinda Brooks**

I have been working with NIHB since the summer to have a wheelchair accessible Medical Van for our community. I am pleased to say that my hard work has paid off and we have been approved. We will receive the van by March 31, 2020. The Van will be a great asset to the community as it will give us a way to transport those who are in a wheelchair and seniors who have a hard time getting in and out of regular taxi cabs or vans. We still must work out the logistics of how this will work best for us. We will probably still use the medical taxi at times since some people may have appointments at the same time in different locations.

I continue to advocate for community members to receive better coverage for their dental needs. There have been some changes so if you have any questions please feel free to call me.

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**Community Health Nurse – BJ Myles-Paul**

In 2019 we had 31 new babies. The new babies are my primary focus. I had 4 prenatal groups and put 28 moms and dads through prenatal classes. These classes provide important information about parenting and how to raise healthy children. At the end of each cycle of classes if parents have attended all the classes they will receive a new car seat and a diaper bag full of products. I continue to follow the babies when they are born and ensure they are healthy and thriving.

I had over 500 immunization appointments in the past year and gave 284 flu shots this season. I maintain the vaccine fridge, order all the vaccines, and order all the clinic supplies. I also approached Health Canada for a new vaccine fridge (which we were approved for and it should be here this week).

We held our Annual Summer Safety Day in June and we had over 200 people attend. There were lots of activities and we gave away many prizes. It is a great event to bring the community together.

- I held a babysitter course (in June) for 24. Youth 11 – 12 years old attended.
- I re-certified my CPR/First Aid. Attended the annual Nursing Conference in October.
- I attended training at the NB Public Health office for adverse events refresher training with vaccines.
- I was part of a pilot project for sharps containers with the city of Fredericton. There will be two placed in SMFN.
- I've been working with the SLP and the OT at CHSMES for referrals for children in the community that are not school age.
- I do the 18-month Healthy Toddler Assessments in the community and assess if they need to be referred for further assessment with professionals. I did about 12 in the past year.
- Fresh is Best continues to be popular with the community. You receive about $40 of produce for a $15 payment.

I continue to provide services to community members at the health center and thru home visits. Please contact me if you would like to book an appointment.

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**Home & Community Care – Jennifer MacFarland & Elizabeth McRae**

Diabetes – Through collaboration with the Union of New Brunswick Indians and the Aboriginal Diabetic Initiative program we have Raven Labillois coming once per month for diabetic education sessions. Each month this alternates between breakfast and lunch. This free meal and education is not limited to seniors and is a great chance for the younger generation to bond with the elders in the community. Breakfast or lunch is the second Thursday of each month in the Community room at the health center.

Berry picking this year was a huge success and saw community members young and old picking in the berry fields together. Each year our group the attends sunset U-Pick gets larger and larger. Hope to see you there next year! This is an aboriginal diabetic initiative.

We did a cooking class with one of our elders Emily Polchies. She showed everyone the proper way to clean and boil fiddleheads. We had a great feed and all of the elders got to take some home to have leftovers.

We offer footcare here in the community done by an RN or LPN here at the health center. Your feet are especially important to take care of when there are risks associated with infection and circulation such as diabetes or peripheral vascular disease. Community members are eligible once every 6 weeks.

Atlantic First Nations Elders Gathering was held in June in Moncton, NB. We were able to send 4 elders to this gathering to contribute our community perspective on bigger issues that indigenous communities are facing around the Atlantic region. This platform is a great opportunity to share in what we are doing right as well as issues that we can handle better. Long-term care and community support, connecting cultural identity and elder isolation were just a few of the controversial topics that were discussed and brought to the table.

The Home and Community Care program along with sponsors from Saint Mary's retail sales and Saint Mary's Entertainment Center took a group of 56 elders as well as their personal support workers and some volunteer health center staff to Saint Andrews for the day. We started out the day with Bingo on the bus with prizes donated by the Health Center. Upon arriving in Saint Andrews first thing was a tour of the Kingsbrae botanical gardens, with golf cart transportation if an elder so needed, followed by lunch at the beautiful and historic Algonquin. We were able to finish off the day by taking a drive around Water Street and seeing the beautiful Atlantic Ocean. The elders all enjoyed the trip and we've had many requests to have another trip to Saint Andrews again next year. What a FUN day!

We have been so fortunate over the past 4 years at Saint Mary's Health Center to have Judy Tasse, a diabetic educator with Horizon health come to our community and council clients one on one about their diabetes. She is able to see people who are newly diagnosed or people who have had diabetes for years and would like to take control of their health but aren't quite sure how to go about it. She's patient and kind and has connected with many of our community members here at Saint Mary's! Call the health center today if you would like to see her about your own diabetic questions/ health concerns.

*Working Towards a Healthier Community*

**FASD-EARLY CHILDHOOD MENTORING PROGRAM - Arlene Brooks**

- I worked closely with families living with Fetal Alcohol Spectrum Disorders and Autism Spectrum Disorders
- Liaise with CHSMES for Jordan's Principal Referrals
- I organized and registered campers for Arrowhead camp and Green Hill Lake; I'm looking forward to doing this again in 2020!
- Assisted BJ Myles-Paul with Prenatal classes several times a year (provide participants with FASD information and answer questions)
- Provide parents with bi-weekly Parent & Tot Art Classes

- Worked with families who require assistance with parenting and/or behavioral issues (by request or referral);
- New member of FASD Parent Advisory Committee (we meet monthly via online conference);
- Plan and host annual Mother's Day Breakfast and Father's Day Breakfast with the help of the rest of the staff.
- Easter Social for Parents and Tots ages 0 to 6,
- FASD Awareness Day
- Annual Tan Kahk Baby Christmas Social.
- In December 2019 I hosted my first Parent Retreat Weekend for Families living with FASD and Autism. The weekend was filled with pampering, family activities and of course a guest speaker who talked about Behavior Issues in children affected by Fetal Alcohol Spectrum Disorders and Autism Spectrum Disorders. It was a hit.
- I was invited to speak to a group of moms in Tobique in September of 2019 on what it is like to raise a child in the FASD Spectrum (I enjoyed this very much);
- I created a Facebook group for parents living with a child in the FASD and or ASD spectrum (we chat and post often)

If you have any questions or would like to book an appointment, please feel free to call me at the Health Centre.

## Mental Health and Addictions

**Melanie Berube – Mental Health & Addictions Worker (Programming & Prevention)**
**Katrina Withrow – Mental Health & Addictions Worker**
**Chris Brooks – Mental Health & Addictions Worker**

### Monday Aug 12 – 18, 2019 Healing Week with St. Mary's Health Centre

This was one of our most successful events in the year of 2019. The health centre hosted a healing week to the community that included activities and workshops throughout the week. Each day of the week we had an event that was offered to all community members and in turn we had great attendance at each.

- **Day 1**: SMHC opened with a sacred fire that ran the entire week for community members that needed/wanted to come up and make an offering. The attendance for the sacred fire was phenomenal. Each night there were 15-20 people around singing and sharing stories with the elders and fire keepers.

- **Day 2**: SMHC had a rock painting session for the community and the school to come and paint rocks at the health centre. Mandy and Allison worked together to get time slots for the children to come over and paint. The rock painting session was for an activity we did the following day.

- **Day 3**: SMHC hosted a rock finding contest at Killarney Lake. There were 3-5 bus loads of community/students that attended the event. Prizes were given to the kids who found the most painted rocks by SMFN. And a grand prize for the one who found the hidden golden eagle.

In the evening SMHC asked elder Chris Brooks to host a mixed sweat for anyone who was interested. 20 participants attended the 6PM sweat.

- Day 4 & 5: SMHC booked Giants Glen Farm for a BBQ and horseback riding. Each day out attendance was full. (40 participants)
- **Day 6**: Family activity – This was a family building exercise. SMHC provided dream catcher kits for families to take home and make together. The activity was to be recorded by taking photos and sending them to Elizabeth McRae for an album to be made.
- **Day 7**: was SMHC most successful day **250 attended** our community activities that were held at the school. There were many vendors set up for cultural teachings such as: the importance of smudging (members received mini smudge kits), cornhusk dolls, sweetgrass dolls, and basket making. There were other booths set up with fun games, mental health information, and canvas painting. We also had a community BBQ going on at the same time outside of the school.

**Fri. Feb. 1st – Sun. Feb 3, 2019 Weekend Session on Grandmother Teachings on Stages of Life with Elder Miigam'agan**
**13 participants for the weekend**

- Overview of the traditional teachings and stages of life sessions
- Indigenous worldview: Ancestral Societies and Clan Systems, History, Beliefs and Practices
- Creation Story/ Beliefs & Worldview
- Understanding Ancient symbols
- Grandmother's Teachings on the Seven Stages of Life, Indigenous
- Understanding on the human developmental stages.
- First 4 Stages of Life: Early childhood to Adolescent, Adulthood, Childbirth, Communal Parenting and Importance of Life Celebrations and Ceremonial Practices
- Last 4 Stages of Life: Adulthood, Life Changes, Eldership and Final Transition
- Ceremonial Practice: Rites of Passages, Sacred Blanket Ceremonies also known as Honoring Ceremony and Feast.

**Lots of positive feedback from the surveys. Participants extremely happy with the materials and knowledge that they received from this program. Multiple feedback on wanting to see more cultural teachings/activities in the community. Participants really LOVED the sacred blanket ceremony that the Elder did at the end of the program.**

**May 18 – 19, 2019 Teachings with Alma**
**11 participants for the weekend**

A weekend of learning about ceremonies, how to make tobacco, how to create your own sacred bundle and to participate in a sweat.

**Again, lots of positive feedback from the surveys. Participants extremely happy with the materials and knowledge that they received from this program. Multiple feedback on wanting to see more cultural teachings/activities in the community.**

# St. Mary's First Nation HOUSING UPDATES

We are happy to share that we now have over 355 homes in the community and still growing !!!

1- Building 4 single dwellings and 1 duplex for the 2019/2020

2- First full year with part of a housing policy in place and implemented for repairs and maintenance! There have been some challenges, but we are working out the small issues as they arise.

3- Department Challenges: Carpenters Wanted! Apprentice courses are available.

4- Be on the look out for future housing related contests and challenges for your chance to win a prize in 2020!

5- We are getting ready to build 20 new homes this year. The goal is to have all 20 foundations poured this coming summer/fall 2020.

Woliwon, Sally and Lacey