

SERDC NOONGOM

WINTER 2022 | Volume 8 Issue 2

Southeast Resource Development Council Corp. Newsletter

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NOONGOM

Bi-annual updates from the
Southeast Resource Developmet Council Corporation



WINNIPEG OFFICE
360 BROADWAY AVE. WINNIPEG

Administration

Shawano Consulting

SWIC

Shawano Pharmacy

Advisory Services

Clinical Services (Nursing, Home and Community Care, Foot Care, Children's Oral Health Initiative, Diabetes Initiative)

Commercial Tobbacco Reduction

STAR Regional

Social Development

SOUTHEAST WELLNESS LODGE
225 MASTERS AVE. WEST ST. PAUL

Medical Receiveing Home

Jordan's Principle

STAR

Mental Wellness

EDMONTON STREET OFFICE
208 EDMONTON ST. WINNIPEG

Student Services

Economic Development

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MESSAGE FROM THE EXECUTIVE DIRECTOR

Aniin/Boozhoo!

Since our summer issue of Noongom, much has taken place at the Southeast Resource Development Council as we continue to evolve and grow.

I would like to acknowledge the individuals who passed on over the last year and the people dealing with illness. May your journey be peaceful!

Now that pandemic restrictions have been significantly relaxed, SERDC has had the opportunity to coordinate gatherings like conferences, training sessions, special events and other in-community activities.

In addition, important trips have been taken by leadership to address matters important to our communities. The development of a health evaluation framework is a priority which will identify and measure key performance indicators.

In late September, the SERDC Board headed to Ottawa to lobby for access to funding for health initiatives including the medical receiving home at the Southeast Wellness Lodge, and pharmacy services.

Later in the fall a small group travelled to West Bank First Nation in British Columbia for a site visit where productive discussions took place. The purpose of this visit was to highlight best practices regarding land development.

We recently received a funding commitment for a Harm Reduction Mobile Unit (Healing Wheels) which will provide supplies, including needle exchange (collect used needles, supply clean needles), to individuals, groups, and organizations in community. Supplies also include access to safe sex supplies, sharps containers (individual and bulk), safe use supplies such as tourniquet, cookers, filters, vitamin C powder and sterile water. Healing Wheels will be able to accommodate up to six people and will travel into all SERDC communities using the all-weather road and winter road network.

On that note, winter road development activities officially commenced on November 15, 2022. As we enter the new year I want to wish everyone health and happiness, and



I am excited for another busy year ahead.

Kichi-Miigwech!

-Doug Mercer,
Executive Director

EMERGENCY MEDICAL RESPONDER TRAINING

Location of Training: Southeast Wellness Lodge
West St. Paul, Manitoba

Dates of Training: March 27 - August 16, 2023

Available Spots: 12

Brought to you in partnership with Southeast Resource Development Council, Keewatin Tribal Council, and Four Arrows Regional Health Authority.

Help your community and take the training to save lives!

Emergency Medical Responders are specially trained and on the front line of out-of-hospital care in medical emergencies. They play an important role in collaboration with other emergency medical professionals.



Participant Eligibility for Program:

- Must be 18 years of age or over
- Must hold a valid Class 5 Manitoba Drivers License
- Criminal Record, Child and Adult Abuse Registry Checks are required



For additional information contact:

David Schellenberg
Emergency Response Coordinator
Southeast Resource Development Council

DSchellenberg@serdc.mb.ca



SWIC PURCHASES BUILDING AND LEASES TO SHAWENIM ABINOOJII

Shawano Wapunong Investments Corp. (SWIC) was Established in 1982, and is a 100% SERDC-owned for-profit corporation. SERDC holds its shares in trust for each of the eight SERDC member First Nations.

SWIC has been actively investing in real estate over the past several years. This is part of an overall strategy to provide needs-based services, create jobs for members, and generate own-source revenue to invest back into the communities.

On July 1, 2022 SWIC purchased the building formerly known as Neechi Commons at 865 Main Street.

SWIC is leasing the entire building to Shawenim Abinoojii Inc. (SAI). SAI is in the process of renovating the space with the plan to move all of its offices into the building once ready (expected summer 2023). Moving to 865 Main Street will bring SAI's programs and services together under one roof and will support staff in working collaboratively across programs and will allow service recipients to access resources at one location. This partnership fits perfectly within SWIC's model and SWIC is honoured to support a transition that will enhance benefits to SERDC members.

Late in 2021, SWIC also purchased the former St. Benedict's Monastery and Retreat and Conference Centre in West St. Paul. This facility (now called the Southeast Wellness Lodge) is currently being used for short-term accommodations for a variety of programs and services. Located only 5 minutes north of Winnipeg, the facility has

approximately 80 rooms for guest overnight stays, two main dining rooms, a fully equipped commercial kitchen and numerous meeting/conference rooms.

Throughout all of 2021 and the beginning of 2022, the Southeast Wellness Lodge was used primarily as a COVID-19 Alternative Isolation Accommodation site. In the fall of 2021, Southeast Wellness Lodge was used to support forest fire evacuees from SERDC communities. In the Spring of 2022, the Southeast Wellness Lodge supported flood evacuees from Pauingassi First Nation as well as residents of the Peguis Personal Care Home.

The goal is to establish a medical receiving home at the site which will be used for members of SERDC First Nations. SERDC is in the final stages of developing the medical receiving home with the expectation of launching this program early in 2023.

Southeast Wellness Lodge provides a unique experience for its guests which is different from a typical hotel experience in Winnipeg. The Southeast Wellness Lodge offers a safe, friendly, culturally appropriate experience within a more natural environment; surrounded by trees and situated along the Red River.





SERDC HOSTS UNIQUE NEW IT TRAINING PROGRAM

ID Fusion delivering training with SERDC First Nations in Manitoba
Submitted by ID Fusion



We're very excited to be delivering a new paid IT training program in three of our communities. This program provides a paid learning opportunity to six of our youth to become certified as IT technology workers.

The new program is funded by the federal Future Skills Centre and is delivered by ID Fusion. The main goal of the program is to deliver jobs but we also feel this is an important step to building our communities' capacity to handle their own IT needs. That could mean troubleshooting software or making sure an office network and printers are all connected properly.

"The IT sector is one of the fastest growing in Canada, but Indigenous people are extremely underrepresented," said Christian Dandeneau. CEO and founder of ID

Fusion. Indigenous people represent five per cent of the Canadian population, but only 1.2 per cent of the country's IT professionals. "The world is being driven by technological advancements, but rural and remote First Nation communities are being left behind. We're aiming to start changing that."

ID Fusion has adapted existing training curriculum to fit an Indigenous learning style. Students shadow their mentor trainer to see them fix real world problems, then they return to the office where they learn the theory behind what they just saw before proceeding to learn how to do it themselves.

The training also uses cutting edge technologies to support the students, including augmented reality (AR)



which will help bridge the gap with remote First Nations. The technology allows students to use a headset to connect with a mentor in real-time and show them the problem they're trying to solve even though the mentor is hundreds of kilometers away.

"This training is market driven. There are plenty of job opportunities waiting in IT. So this opens up opportunities for the students and their families," said Doug Mercer, Executive Director of SERDC, which works with eight First Nations. "One of our main focuses is to help our people become more self-sufficient and we see this as a great way to do that. If we can also encourage better fiber connections into our communities, then we might be able to leverage this kind of training into a real long-term advantage."

Together, ID Fusion and SERDC saw a need for something like this in our communities and we have been involved in every step of the program development from the very start. ID Fusion selected and hired six individuals for the inaugural program which offers paid outcome-based work experience and training for 12 months. There are two students from each of three different communities: Brokenhead Ojibway Nation, Black River First Nation and Hollow Water First Nation.

"I am excited to collaborate with this program because it is an innovative and practical way for young professionals to develop their skills through hands-on experience," said Brenda Greyeyes, Employment, Training and Economic Development Manager with Brokenhead Ojibway Nation. "In speaking with our two students, I know that this program has given them a sense of responsibility and empowerment to be working within their community. I see the need and value in having an IT professional serving our businesses and offering solutions closer to home."

Students completing the program will earn their A+ certification, an industry standard for entry-level computer service technicians. Once employed, students will have the opportunity to add to their training and skills development.



**Black River IT Support Technicians
Brokenhead IT Support Technicians
HWFN IT Support Technicians**





Shawano Pharmacy would like to thank all SERDC community members for their ongoing support over the last four years. The pharmacy services team is dedicated to improving health outcomes for all customers. We provide prescription, medical supply and education as part of our everyday service offering. Shawano Pharmacy currently operates in Poplar River, Berens River, Bloodvein, Pauingassi and Little Grand Rapids. We are hoping that 2023 will bring service to the drive-in communities of Black River and Hollow Water.

We are pleased to announce that Shawano Pharmacy will be moving to a new location in 2023. The new pharmacy services site will feature ample parking, improved accessibility, a front store, expanded clinical service area, and expanded hours for our clientele. The new site will be located at Unit #2-2521 McPhillips St. Our tentatively scheduled move date is March 1, 2023.

Quick facts about Shawano Pharmacy:

- 1. We offer compliance packaging, custom prescription compounding services and medication reviews
- 2. We direct bill all Jordan's Principle programs for products and services approved by JP case managers
- 3. Free prescription delivery including to customers who reside on reserve in the SERDC remote communities.
- 4. We provide retail Medical Supply and Equipment sales to community-based programs and to customers via prescriptions. We direct bill programs such as NIHB for these services where applicable.

- 5. Vaccination clinics are offered on site and to organizations wishing to conduct mass immunization programs for employees.
- 6. CFS and group home services are part of our core offering. This includes training and education sessions with staff and foster parents when requested.
- 7. Naloxone Kits can be provided to any eligible NIHB recipient with a 10-digit treaty number. If you are wanting to have a Naloxone Kit for Group Home, personal use or to have in case of an emergency, please contact the pharmacy and one of our pharmacy staff members can process this request for you.

Shawano Pharmacy is looking forward to coordinating a larger number of community-based clinic days in 2023. We would like to provide direct patient consultations, diabetes education and medication reviews. Watch for details on the Shawano Pharmacy Facebook page for details and schedules.



For any inquiries please reach out to the staff at Shawano Pharmacy:

5th floor 360 Broadway
Winnipeg, MB R3C 0T6

www.ShawanoPharmacy.ca
Toll free phone 1-833-742-9266
Toll free fax 1-833-496-0204
info@shawanopharmacy.ca

CONTINUED CHILDREN'S DENTAL CARE IN SERDC COMMUNITIES

The Children's Oral Health Initiative (COHI) program is working hard to ensure children in SERDC communities are getting the dental services they need.

Through the program, children are receiving sealants, silver diamine fluoride, fluoride treatments and dental checkups. All of these procedures help minimize tooth decay and lead to greater health outcomes.

Not only do we provide dental procedures, our approach to dental care is patient and kind. We help children become comfortable with seeing a health professional and once they sit down in our dental chair, they often want to come see us again the next day!

If a child requires surgery we send referrals, advocate for the children by following up with FNIHB, and discuss treatment options with parents.

Although COVID-19 has impacted how frequently we have visited the communities in the past, we are optimistic that this year we will be able to return to a normal visitation schedule.

At the moment we are still offering parents with a \$20 gift card for enrolling their child in the COHI program. Parents will receive either a Wal-Mart gift card or Northern Store gift card. If you are interested in having us look at your child's teeth, please do not hesitate to give us a call at 204-956-7500.

COHI Dental Hygienists:

Stephanie West stephaniew@serdc.mb.ca
Nicole Arch nicolea@serdc.mb.ca





SHAWANO CONSULTING WORKS TO GET SAFE DRINKING WATER INTO EVERY COMMUNITY

Over the last six years, Shawano Consulting Services Ltd. has lead the charge managing the construction and expansion of water treatment plants in all eight SERDC communities. This puts our tribal council at the forefront in Manitoba for providing safe, clean drinking water for its members.

Most recently, \$19 million went into the design and construction of a new water treatment plant in Poplar River First Nation to meet the community's potable water requirements to year 2041.

Currently underway is the water treatment plant upgrade in Brokenhead Ojibway Nation which includes providing potable water to South Beach Casino.

Shawano Consulting utilizes traditional project management standards that meet the requirement of

both the First Nation and Indigenous Services Canada to successfully plan and administer the project on time and on budget. Shawano Consulting also provides training programs so that all the facilities constructed can be safely and efficiently operated by the in-community workforce once the construction is completed. The result is that the community develops trade skills and becomes self sustaining.

Poplar River School, one of three new school builds Shawano Consulting has been managing, held it's grand opening on October 24th. Also on the docket for Poplar River is the replacement of the Franklin River Bridge.



GANAWENDAMAW TO TAKE CARE OF TO PROTECT

SERDC, with funding from the Public Health Agency of Canada, is working on reducing barriers and increasing the uptake of COVID-19 vaccines. The campaign name is GANAWENDAMAW, an Ojibway word meaning “to take care of, to protect”.

Data has been collected from SERDC communities to determine why people may be hesitant to get vaccinated. We are using this information to provide training to community nurses to reduce barriers and increase COVID-19 vaccinations.

On the SERDC social media accounts, we ran a mini campaign in November sharing a series of posters, videos and factsheets that have also been sent to communities. Each poster features a member from an SERDC community who share messages on the importance of COVID-19 vaccinations. The campaign materials have also been provided in Ojibway.



The Ganawendamaw project staff met with the Yukon Council of First Nations (YCFN) in September regarding a similar vaccination campaign. It was noted by the YCFN staff that they are facing similar hesitancies with the COVID-19 vaccine, and with healthcare in general. We will be collaborating to share information on what has been working for our respective projects, with the end goal being greater health sovereignty and access to care.

Going forward, Ganawendamaw project staff will be present in each of SERDC's communities. The team will collect information and video footage about how each of our communities was able to sustain itself during the COVID-19 pandemic. We want to use this project to show how our communities have been able to rally behind their members to develop a stronger team.

Healthcare is not one size fits all, and we want to highlight the need for First Nations voices in healthcare.



In Loving Memory

The Southeast family lost a long-time employee Henry Hildebrand in July. We would like to acknowledge his time at Southeast, his hard work, and dedication to his job for 15+ years. He will be missed by many Southeast colleagues and community members, but mostly by Advisory Services and Shawano Consulting. We would also like to thank his beautiful wife Deb and his sons Aaron, James and Matthew for sharing Henry with us. It was an honor to have worked with him.

*Henry Hildebrand
(Retired) Capital Housing Advisor
Southeast Advisory Services & Shawano Consulting Services Ltd.*

Passed away suddenly on July 30th, 2022, at his home in Seven Sisters Falls at the age of 72 years old.

Henry was quite the character. He had an awesome sense of humor, a big heart of gold, full of knowledge and always willing to give a lending hand when needed.



FACILITIES
MAINTENANCE
& HOUSING

Manitoba Indigenous Housing
Capacity Enhancement
Mobilization Initiative
(MIHCEMI)

Advisory Services has been meeting quarterly with representatives from the Tribal Councils and independent communities. Indigenous Services Canada, CMHC and Efficiency Manitoba are also participants in these meetings. We are attempting to establish a Manitoba Housing Network where communities can access resources and information as it pertains to housing. There is also three sub-committees; training, housing forum and building code. Each are tasked with further developing those three areas.

First Nations Housing Professionals Association (FNHPA) will be having their first annual housing conference. Every community in Manitoba can send a representative to participate and gain knowledge. SERDC is looking after the logistics for attending this conference.

SERDC is presently the chair of MIHCEMI until 2023. We are also administering this initiative. For more information or to find out how to participate, please contact either Chris Olson, Director of Advisory Services or Gail Ballantyne, Project Coordinator at 204-956-7500.

Health facilities operations and
maintenance for Health Canada’s
nursing stations

Since the last issue of Noongom, we have completed the following maintenance for the six nursing stations:

- Annual generator maintenance for four nursing stations and deficiency repairs for three nursing stations
- Annual fire alarm safety and emergency lighting inspections for three nursing stations with major upgrade to fire alarm panel for one nursing station
- Provided diesel fuel delivery to 6 of the 17 nursing stations
- Provided spring mechanical maintenance for all six nursing stations, fall mechanical for two nursing stations and deficiency repairs to five of the nursing stations
- Provided annual electrical maintenance for five nursing stations
- Completed medical gas inspections for two nursing stations
- Provided some minor facility maintenance to four nursing stations
- Supplied and installed card access to two nursing stations and closed-circuit television to two nursing stations

Fire Prevention Week (FPW)
October 9th – 15th, 2022

SERDC’s Fire Safety Officer, Kevin Oman, teamed up with Brokenhead Ojibway Nation and Hollow Water First Nation Fire Department members to celebrate the 100th anniversary of Fire Prevention Week with Kindergarten to Grade 5 students at Sergeant Tommy Prince School and Wanipigow School.

This year’s FPW campaign, “Fire Won’t Wait. Plan Your Escape”, highlights the importance to educate everyone about simple but important actions they can take to keep themselves and those around them safe from home fires.

Today’s homes burn faster than ever. You may have as little as two minutes or even less to safely escape a home fire from the time the smoke alarm sounds. Your ability to get out of a home during a fire depends on early warning from smoke alarms and advance planning.

It’s important for everyone to plan and practice a home fire escape. Everyone needs to be prepared in advance, so that they know what to do when the smoke alarm sounds. Given that every home is different, every home fire escape plan will also be different. Have a plan for everyone in the home. Children, older adults, and people with disabilities may need assistance to wake up and get out. Make sure that someone will help them!

For more info, visit www.fpw.org and www.sparky.org



WHAT WOULD SUMMER BE WITHOUT A LITTLE GARDENING?

Hello to our beautiful communities! The tobacco team has had a very busy summer. After a two-year hiatus as we grappled with COVID-19, we are ecstatic to return to providing tobacco support and education within communities.

This summer, we planted traditional tobacco at the Southeast Wellness Lodge garden, but unfortunately got a late start planting. We got some sprouts, but not enough to harvest or gather tobacco seeds. We will try again in the spring of 2023 in hopes that our tobacco garden will flourish so we can have our own supply of traditional tobacco and seeds.

Want to grow your own garden?

Let us know how we can support your community in starting your own community garden. If you would like us to visit your community please email us at: tobacco@serdc.mb.ca.

What is the Southern Manitoba First Nations Commercial Tobacco Reduction Strategy?

The Southern Manitoba First Nations Commercial Tobacco Reduction Strategy (SMFNCTRS) is a regional program operating under Southeast Resource Development Council Corp. It has a multi-tribal council partnership with Dakota Ojibway Tribal Council, West Region Tribal Council, Interlake Reserves Tribal Council and the following eight Independent First Nations: Buffalo Point First Nation, Canupawakpa Dakota Nation, Dakota Plains Wahpeton Nation, Fisher River Cree Nation, Lake St. Martin First Nation, Sagkeeng First Nation, Sioux Valley



Dakota Nation, and Tootinaowaziibeeng First Nation. It services thirty-six First Nations as of 2018.

The First Nations and Inuit Health Branch through Canada’s Tobacco Strategy has provided funding since 2014. SMFNCTRS works to reduce commercial tobacco use while promoting the use of traditional tobacco. It focuses its’ efforts on the following six programming areas: protection, reducing access, prevention, education, cessation, and data collection.

Tobacco Book

SMFNCTRS has an exciting project that we are working on, and we need your community’s help!

We have partnered with the Manitoba Lung Association and will be compiling community stories and teachings for a picture book on how tobacco relates to our communities. Each community’s experience will be unique.

Our main goal is to include the traditional languages and voices of the communities. The book will feature traditional Indigenous languages (subtitled in English) and art will be completed by community artists.

Please reach out if you are a community member or have knowledge of tobacco in your community. Connect with us on Facebook to receive updates on all of SMFNCTRS new initiatives.

Receptacles

Commercial tobacco can have a negative impact on our environment and wildlife. In order to limit this impact we have begun a **receptacle program**.

The first three receptacles have been placed at the Southeast Wellness Lodge (225 Masters). Cigarette receptacles provide a safe, clean way to dispose of cigarette debris, helping to decrease litter and improve the overall safety of your facility.

If you are interested in having receptacles in your community, please contact us at tobacco@serdc.mb.ca



6th Annual Youth Gathering

SMFNCTRS had its 6th annual youth gathering August 23-26th, 2022 **held at Variety's Camp Brereton, in the Whiteshell.** 36 participants from eight different communities attended.

Activities and workshops included suicide prevention, medicine teachings, fishing, trapping, water activities, scavenger hunt, strong man competition, blanket making, pow wow dancing, traditional teachings and film making.

The youth gathering is an annual event! All SMFNCTRS communities are encouraged to join.

Save the date for the 7th annual youth gathering August 21 - 25, 2023.



AT COMMUNITY HEALTH FAIRS & TREATY DAYS

Over the summer our nurses participated in community health fairs and Treaty Days. Information was shared on home care, promoting foot health, and treating bug bites. Currently, Alanna Lam and Norisa Rumbaoa (SERDCs home care nurses) are working on launching the Meals on Wheels program in Little Grand Rapids.



The Home and Community Care Program provides home and community care services that are comprehensive, culturally sensitive, accessible, effective, equitable to that of other Canadians, and responsive to the unique health and social needs of First Nations.

The program focuses on services such as: client-need assessment, case management and care coordination, in-home respite care or temporary care for individuals who cannot be left alone, nursing, care planning, medication monitoring, symptom management and activities of daily living.

Who can apply?

First Nations and Inuit people of all ages with disabilities, chronic or acute illnesses and the elderly who live in a First Nations reserve and who have undergone a formal assessment of continuing care service needs and have been assessed as requiring one or more services.

Tynesa Wells (SERDC's Home and Community Care Coordinator) along with Geeta Soulimani (Tribal Nursing Officer) and Stephanie Champagne (Health Educator), hosted a nursing quarterly meeting in September. There were approximately 25 participants (nurses from each of the SERDC communities plus Sagkeeng First Nation). They toured the Canadian Museum for Human Rights as well as SERDC's Southeast Wellness Lodge. Over the course of two days, topics presented included the impact of colonialism on healthcare in First Nations, medicine teaching, sexual health, paramedics providing palliative care and the Ganawendamaw project.

Comments from some nurses in attendance:

"I enjoy coming to these gatherings to gain knowledge and connect with others in different communities. Keep the quarterlies coming!"

"I really enjoyed the topics shared in these few days and meeting everyone. It was well organized. I will use what I learned and pass it on to my coworkers, Meegwetch!"



Tribal Nursing Program

The Tribal Nursing Program works with member First Nations and health service providers to provide input and clinical service support which reflect the priorities of the SERDC communities.

SERDC nurses have access to eChart, a secure electronic system that provides secure access to health information. Echart pulls together information from many existing systems in Manitoba, including filled drug prescriptions, lab results, immunizations, and x-ray reports. This will improve the quality and timeliness of our clients care.

SERDC is now a central hub for accessing Rapid Antigen Tests. We will be acting as a hub for our staff, affiliated groups, off reserve community members and can distribute to on reserve nursing stations and health centres as per request. We are in a unique position and often serve as a first line resource for our community health teams.



INPUT AND CLINICAL SERVICE SUPPORT TO REFLECT COMMUNITY PRIORITIES

Foot Care

The Foot Care Program was developed to ensure access to basic foot care service in all Manitoba First Nation communities with an overall goal of reducing diabetes related foot complications and the rate of lower limb amputations. Anyone living with diabetes can access the foot care program.

Basic foot care includes basic foot and lower limb assessment, basic wound assessment, basic footwear assessment and examination, corn and callus reduction, nail care, client education and health promotion, referrals to footwear fittings, and referrals to medical specialists. Basic foot care is provided in each of the eight SERDC communities by a certified foot care nurse.

Five nurses graduated from Assiniboine Community College's foot care program in June 2022. They have done a fantastic job in setting up and running their clinics within our communities. They have built trusting relationships with both health care staff and clients and continue to dedicate themselves to our communities. We thank them for being such a wonderful addition to our clinical health team.

Nurse Practitioner Program

Primary care is typically described as the first point of contact individuals make with the healthcare system when they require health services. Access to readily available primary care providers is associated with positive health outcomes, higher rates of preventive care, and lower health care system costs.

SERDC's nurse practitioner program strives to improve access to primary and community health care services in SERDC communities. In addition to the Black River clinic, we will be extending primary care services to the **Adam Hardisty Health Centre in Hollow Water**. This service will be in person *and* via telehealth. We will work closely with health directors, IERHA, community nurses and CHRs.

We continue to support other communities by signing the out-patient dispensing prescriptions and on-call consultations. It is exciting to begin this journey with Hollow Water and build a therapeutic relationship with community members.

- Ann Nzeruem, RN-NP

Message from the Director



Aniin,

My name is Candace Linklater, I began my new role as Director of Clinical Services in October 2021, before this was the Tribal Nursing Officer. I have now been with SERDC Health for six years.

I have a nursing background as a Community Health Nurse in First Nation communities as well in acute care as a High-Risk Post-Partum nurse.

Working in this new director role has been a learning curve as it's quick and continuously evolving. I am humbled by the opportunity to continue to promote health and wellbeing of First Nations people in SERDC communities with our amazing health services team.

Currently, the health division is working towards maintaining our accreditation status. Accreditation helps create better health care and social services for clients and families by increasing efficiency, enhancing quality, and promoting safety for health programing being delivered to SERDC communities.

Miigwech,
-Candace Linklater, R.N., B.N., CFNHM, Director of Clinical Services



A NEW MONUMENT AT THE SOUTHEAST WELLNESS LODGE HONOURS MMIWG2S

On October 3-5, the wellness team hosted a conference titled “LIFT”, which stands for leading generations into furthering traditions. The event was in support of survivors

of the Indian residential school system and the families of missing and murdered Indigenous women, girls, and two-spirit people (MMIWG2S). The final day, October 5, moved to the

Southeast Wellness Lodge where guests gathered for the unveiling of a commemorative monument to honour MMIWG2S.

Also at the unveiling were Verle and Brad Bushie who had just arrived in Winnipeg after a 40-day canoe journey from Poplar River to raise awareness about missing and murdered Indigenous men and boys.



IRS/IDS team provides support at the Papal visit

The support our Indian Residential School/Indian Day School (IRS/IDS) program staff provided during the Papal visit to Alberta was incredibly trauma-informed and person-centred. In recognition of this, the Canadian Government called on our team to support survivors in Ottawa on September 30 for National Day for Truth and Reconciliation.

In November, the IRS/IDS team was asked to attend the National Gathering on Unmarked Burials held in Winnipeg. Taking place over three days, this gathering was one of many planned across Canada to discuss issues of concern around the identification, preservation, and protection of unmarked graves and burial sites.

The SERDC team was the only support team from Manitoba in attendance at both the Papal visit in Alberta, and National Day for Truth and Reconciliation event in Ottawa.

Responding to crisis amid community tragedy

This summer saw multiple tragic incidents involving two SERDC communities - Poplar River and Pauingassi. These incidents resulted in the deaths of community members and the mental wellness team responded immediately to support the families. The crisis team included a support worker, case manager, outreach worker and therapist.

Aftercare and ongoing support continue to be available to the families and communities affected by the events.



A sweat lodge was built in August and has since been utilized by many community members and staff. It is used for regular ceremonies as well as for events like the one held for **Overdose Awareness Week**, the last week in August. This event was led by Helene Estrada, Tribal Harm Reduction Specialist, and was followed by a healing sweat and feast.

Guests were invited to provide photos of loved ones lost to overdose, which were displayed at the sweat lodge.



F.I.R.E with F.I.R.E project

The F.I.R.E with F.I.R.E projects is a response to substance misuse causing harm and overdose in community. It responds to individual needs of community members with the support of 21 peer mentors that will form quick-response teams in each of the SERDC communities.

Tahl East, Allen Contois and Helene Estrada presented about F.I.R.E with F.I.R.E at the first ever National Summit on Indigenous Mental Wellness in Toronto. The



Summit was held September 23, and brought together First Nations, Inuit and Métis communities, tribal councils, organizations and leaders to share best practices and build new collaborations to improve mental wellness services to Indigenous people.



Tahl, Helene and Allen recorded a podcast about F.I.R.E with F.I.R.E with the CEO of the Thunderbird Partnership Foundation. The podcast, **“Mino Bimaadiziwin”**, is available on Spotify, Apple Podcasts and more.

To learn more about F.I.R.E with F.I.R.E contact:

Allen Contois, Project Coordinator
acontois@serdc.mb.ca
431-977-0848



39 representatives from businesses and post-secondary institutions filled the Southeast Collegiate gymnasium on October 27 for the 2022 career fair. Students circulated the fair and heard presentations from booths of their choice. For each presentation students received one ticket which could be used for the silent auction and/or swag bags.

Students were excited to learn more about the opportunities available to them after high school and are looking forward the next fair.

On September 30 SEC observed the National Day for Truth and Reconciliation through a variety of activities. In the morning the Smoke Trail drum group led students to engage in a drumming session and Elder Joan Winning came to share her truth and wisdom. After lunch students participated in a variety of engaging activities.

SEC is also proud to announce that they have joined the **Gord Downie and Chanie Wenjack Legacy Schools**



Program host of schools.
The program is a free national initiative to engage, empower and connect students and educators to further reconciliation through awareness, education and action

Fun and games

Throughout the month of October, students enjoyed a variety of Halloween activities. There were haunted houses, decorating, and a trip to see a scary movie in theatres! Students attended Boo at the Zoo at Assiniboine Park, AMaze in Corn, Heebie Jeebies, Activate, Flying Squirrel Trampoline Park and Six Pines Haunted Forest. They also participated in laser tag, archery and volleyball tournaments.

The 24-31 was spirit week. Each day had a different theme, and of course on Halloween there were costumes!



ONE, TWO MIKISEW!

SEC students excel in athletics. In early September, volleyball tryouts for the SEC Eagles take place and are followed by two months of great competition.

Pictured above is Donovan Kanabee and Jayden Harper celebrating a win after an awesome play by the boy's team.



The SEC cross country team competed in their final race on October 6 at Crescent Drive Park in Winnipeg. The team practiced every Monday and Wednesday after school with their coach Mrs. Toews.

Congratulations to Kendal Bear for earning second place, and to Mitchell Hamilton for third in the varsity boys 5 km race.

Congratulations as well to Keirsten Watt for taking home second place in the varsity girls 4 km race.



PROGRAMMING CONTINUES TO SUPPORT MEMBERS THROUGH LOANS & TRAINING

The main objective of the Southeast training and employment program is to give unemployed individuals opportunities to gain experience and skills to improve their long-term employment. The program assists clients with career research and exploration by funding work experience programs and providing financial assistance for training such as certificate/diploma programs, vocational/trades, or adult upgrading.

Between April 1, 2021 and March 31, 2022 the program supported 60 students, provided work experience to 143 individuals (83 of which were youth) and provided employment supports to 25 individuals entering the workforce. In total 228 clients were supported.



Indigenous Women’s Entrepreneurship program welcomes new BSO

“My name is Jasmine Seymour, and I am the new business support officer (BSO) for the IWE program. I am a member of Bloodvein First Nation and have a Bachelor of Business Administration from the University of Winnipeg. I joined the team in mid-July and I am very excited about my new role.

As BSO, my duties include facilitating skills development workshops for Indigenous women who are entrepreneurs, or who want to be, and implementing the micro-loan fund in the Southeast region. The skills development workshops focus on the specific needs of Indigenous women with

small businesses. Topic areas include creating budgets, understanding financial statements and business plan development.

The micro-loan fund can be used for start-up fees for Indigenous women that are looking to start a business, or to help cover costs for growth and supplies for an existing business. These loans are typically \$20,000 and under. The great part about the micro-loan fund is that applicants may be eligible for a forgivable portion of their loans, and the loans have a reasonable interest rate (prime+3%).

The IWE program is exclusively available to Indigenous women in the Southeast region of Manitoba including Bloodvein, Berens River, Brokenhead, Little Grand Rapids, Pauingassi, Buffalo Point, Hollow Water, Black River, and Poplar River.”

Economic Development division welcomes new training & employment coordinator



“Hello! My name is Trena Ducharme. I am a member of Hollow Water First Nation and am the training and employment coordinator here at SERDC.

I started on October 31st, 2022, and am very happy and proud to be part of a team with the ambition to achieve a common goal. My focus here is to work diligently with our members to provide support to find the skills, employment and training they need to pursue their goals.

With the help and support of SERDC, I attended Red River college and received a diploma in business administration, majoring in human resources. This is one of my biggest achievements I am very proud of.”

SUCCESS STORY

Hi, my name is Clara Cook. My band is Bloodvein First Nation, though I was raised in Hollow Water where I attended Wanipigow School nursery to grade 11. I didn’t complete my grade 12 at Wanipigow School because of personal reasons.

I moved to Winnipeg when I turned 18 thinking I was ready to be on my own. I didn’t return to school in the city because I didn’t know where to start. I felt like I

had no one to guide me or support me on how to continue my education, and always knew having an education would get me further in life. When I turned 21, I moved back with my mom who resides in Sagkeeng. She encouraged me to go back to school to get my grade 12. I was fearful at first not knowing anyone or if I could do the work after a few years off. I also worried about not having the financial support while attending high school – social assistance is not very much for a single person. My mom encouraged me to get in touch with my band to ask if there was any financial support I could access.

Fast forward to now, I’m a graduate (class of 2022 from Sagkeeng), and I am thankful for the encouragement I received from my mom and my stepdad to complete high school. I also want to share my gratitude to Chasity Levasseur and Lorraine Cook for helping give me the opportunity to attend the 2022 Vision Quest.

I now have a full-time job. Don’t give up on your education no matter how old you are. I’m very thankful for where I am today.





WELCOMING
NEW “PETS”

The Southeast Personal Care Home were very glad to get their hands on a few therapy animal animatronics. As many folks know, there are few things that can make one happier than a furry friend.

The dog (who the residents have about eight different names for) barks when spoken to, moves its head and wags its tail.

The cat (who no one has named yet) purrs when petted, meows, moves onto its back to show its belly, and blinks. The change in the Elders’ mood when they get to hold, coo and talk to these soft furry friends has paid for the investment ten fold. Both the staff and resident are very grateful to have these pets in the care home.



“Take a moment to smile and enjoy some of the moments from Halloween 2022. As always, take care and stay safe - from your friends at the Southeast Personal Care Home.”



Smoke Alarms at Home

SMOKE ALARMS ARE A KEY PART of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.

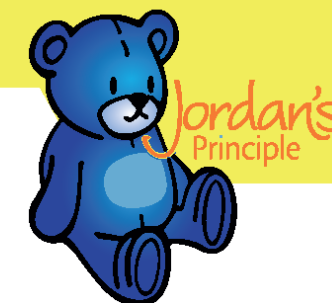


FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire.
- ❗ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ❗ Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



Jordan's Principle – Child First Initiative (CFI)



SERDC Off-Reserve Jordan's Principle Program

Supports all First Nations children with any needs not being met by other service providers by addressing the gap identified by the families to meet the holistic outcomes below, to the greatest extent possible:

- Physical Development
- Communicative Development
- Cognitive Development
- Social and Emotional Development
- Healthy and Supported Family Unit
- Spirit Development and Cultural Identity
- Self-Determination

The Jordan's Principle-CFI services the eight Southeast Tribal Council First Nations off-reserve members, plus **Buffalo Point** and **Sagkeeng**. If you are interested in learning if the Jordan's Principle-CFI can assist you and your family, please contact our office.

SERDC Jordan's Principle Program

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Email: jordansprincipleserdc@serdc.mb.ca

Between July 2016 and
November 30, 2022

more than

2.18 million

products, services and supports
were approved under



speech
therapy



educational
supports



medical
equipment



mental health
services
and more



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Photo submitted by Stephanie Champagne: Pauingassi