

# SERDC NOONGOM

Summer 2023 | Volume 9 Issue 1

Southeast Resource Development Council Corp. Newsletter

## INSIDE THIS ISSUE

SERDC HEALTH SERVICES CELEBRATES  
ACCREDITATION

SHAWANO PHARMACY, NEW LOCATION

SERDC PARTICIPATES IN WINNIPEG PRIDE  
PARADE FOR FIRST TIME



# NOONGOM

Bi-annual updates from the  
Southeast Resource Development Council

Editor: Renée Simcoe



**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 Tobacco Reduction  
STAR Regional  
Social Development

**SOUTHEAST WELLNESS  
LODGE**  
225 MASTERS AVE. WEST ST. PAUL

Conference & Events Centre  
Jordan's Principle  
STAR  
Wellness

**EDMONTON STREET OFFICE**  
208 EDMONTON ST. WINNIPEG

Student Services  
Economic Development

## CONTENTS

1  
**GREETINGS FROM  
HEALTH DIRECTORS**

3  
**ADVISORY SERVICES:  
FIRE SAFETY**

5  
**ADVISORY SERVICES:  
WELCOME &  
FAREWELL**

7  
**SHAWANO  
PHARMACY**

9  
**SHAWANO  
CONSULTING**

10  
**EMERGENCY  
RESPONSE**

11  
**WELLNESS**

12  
**CHILDREN'S ORAL  
HEALTH INITIATIVE**

13  
**FEATURE:  
ACCREDITATION**

15  
**FEATURE:  
IDFUSION**

16  
**TRIBAL HOME &  
COMMUNITY CARE**

17  
**TRIBAL NURSING &  
FOOT CARE**

19  
**COMMERCIAL  
TOBACCO REDUCTION  
STRATEGY**

21  
**STAR**

23  
**JORDAN'S PRINCIPLE**

25  
**SOUTHEAST PERSONAL  
CARE HOME**

26  
**SOCIAL DEVELOPMENT**

27  
**ECONOMIC  
DEVELOPMENT**

## 2023, the start of a new "post-pandemic" life.

"For over 12 months, the pandemic has been on a downward trend. With immunity increasing due to the highly effective vaccines developed in record time to fight the disease, and infection."

- Dr. Tedros Adhanom WHO Director-General May 2023

As we ease away from the need for crisis response in communities, SERDC health services can now safely shift focus back to programming.

One objective was to complete the renewal accreditation process that was paused due to the pandemic. From January-April 2023 health staff studied new standards and implemented policies, procedures, and practices.

In April, the Canadian Accreditation Council spent three days reviewing evidence and interviewing staff and clients. These findings were then presented June 9 where it was determined that health services successfully met the requirements of accreditation for 17 programs. We are extremely proud of this accomplishment as it reminds us to practice continuous quality improvement to provide the best programs and services possible.



## Team Building

Health services held its annual staff meeting June 7-8 to collectively reflect on working procedures, achievements, processes and to prepare for the implementation of their work plans. The staff meeting offered the opportunity to review ongoing work on all aspects of development, employee empowerment and self-care through program presentations, group discussions and recreational activities. This helped foster a strong bond between directors, program managers, and front-line staff.

We would also like to acknowledge and welcome all new staff who have recently joined our team. We look forward to hearing ideas to compliment your programs and work collaboratively with all staff.

On June 3, several staff participated in the 2023 River City Dragon Boat Festival. "SERDC Health Warriors" paddled hard and worked together to achieve 2nd place! The following day on June 4, we participated for the first time in the annual Winnipeg Pride Parade with a custom float representing our culture and pride.

Chi-Miigwetch!

- Candace Linklater, Director of Clinical Services

- Dora Simmons, Director of Health Programs

**HOME IGNITION ZONE**

**EXTENDED ZONE**  
10m to 30m

**INTERMEDIATE ZONE**  
1.5m to 10m

**IMMEDIATE ZONE**  
0m to 1.5m

**FireSmart**  
Canada

FireSmart, Intelli-feu and other associated Marks are trademarks of the Canadian Interagency Forest Fire Centre (CIFFC).

**THERE ARE MANY FACTORS THAT MAY IMPACT YOUR PROPERTY'S RISK TO WILDFIRE**  
Check out the *FireSmart Begins at Home Guide* for an in-depth look at how you can build wildfire resiliency.

**IMMEDIATE ZONE**  
0m to 1.5m

The Immediate Zone is a non-combustible area that starts at the house and extends to a 1.5 metre perimeter around the home and attached structures, including decks. Reduce the chance of wind-blown embers igniting your home by starting with these proactive steps:

- Choose non-combustible building materials when constructing or renovating your home.
- Clear vegetation and combustible material down to mineral soil and cover with non-combustible materials like gravel, brick, or concrete.
- Avoid planting woody shrubs or trees. If any are present, prune and maintain them regularly.

**INTERMEDIATE ZONE**  
1.5m to 10m

Elements in the Intermediate Zone are managed so they don't transmit fire to your home. Here are a few actions you can take to reduce your home's vulnerability:

- Plant fire-resistant vegetation and select non-combustible landscaping materials.
- Avoid incorporating any woody debris, including mulch.
- Keep combustible items like firewood piles, construction materials, patio furniture, tools, and decorative pieces out of this zone.
- Move trailers, recreational vehicles, storage sheds, and other combustible structures into the Extended Zone. If that is not possible, store firewood inside your mitigated garage, shed, or other ember-resistant structures.
- Create a non-combustible ground cover, like a gravel pad, underneath and 1.5 metres around trailers, recreational vehicles, and sheds.

**EXTENDED ZONE**  
10m to 30m

The goal in the Extended Zone is not to eliminate fire, but to reduce its intensity. If your property extends into this zone, a few important steps you can take include:

- Selectively remove evergreen trees to create at least 3 metres of horizontal space between the single or grouped tree crowns.
- Remove all branches to a height of 2 metres from the ground.
- Regularly clean up accumulations of fallen branches, dry grass, and needles to eliminate potential surface fuels.
- Continue to apply these principles if your property extends beyond 30m. Work with your neighbours in overlapping zones and seek guidance of a forest professional if affected by other conditions, like steep slopes.

Get started on your FireSmart journey!

**WWW.FIRESMARTCANADA.CA**





## BASIC FIREFIGHTER TRAINING & WILDLAND FIRE PREVENTION

House fires and wildland fires continue to impact all of our communities. SERDC advisory services support our communities by increasing fire prevention awareness and fire department capacity. Basic Firefighter Skills Training was delivered in Hollow Water First Nation, Brokenhead Ojibway Nation and Black River First Nation over the winter and spring months.

**The SERDC Basic Firefighter Skills Training provides responders with the initial training of basic firefighting skills, pumper operation and an introduction to public education.**

**The training is a combination of theory and practical demonstrations that are designed to expose students to the functions of a firefighter and provide an introductory level of basic fire fighting skills.**



### Wildfire Threat - Preventing and Reducing Risk

With a changing climate, the threat of wildfire has increased significantly for everyone. We all have a part to play when it comes to preventing wildfire and reducing risk. FireSmart Canada has developed educational programs and resources to help homeowners and communities to be better prepared when wildfire occurs. More info at: [www.firesmartcanada.ca](http://www.firesmartcanada.ca)

### FireSmart Home Ignition Zone

The Home Ignition Zone (HIZ) is the area within 30 metres of your home and structures. It is made up of three priority areas: The Immediate Zone, Intermediate Zone, and Extended Zone.

The HIZ shows how you can minimize your home and property's vulnerability to wildland fire by addressing threats in each of the three priority zones, starting with the most vulnerable area, the Immediate Zone, and working your way outward.





## ADVISORY SERVICES WELCOMES NEW HOUSING ADVISOR...

**“** I joined the SERDC advisory team in March as Housing Advisor. I am a member of the Cumberland House Cree Nation in Saskatchewan and grew up in Manitoba, mostly in the north.

I started my career working in the mines as a diamond driller then went to college to take electrical, refrigeration and air conditioning. I worked in those trades for about three years then moved to building operations with Angus Consulting Management Ltd. for six years. From there, I was the operations manager for the Sisters of St. Benedict's at 225 Masters, then moved on to the Province of Manitoba accommodations services. I ended up working in

Municipal Government as a building inspector for ten years, then moved into manager of facilities and special projects.

I am enjoying my new role with SERDC and have learned so much in short period of time. I look forward to working with everyone to build better communities for all.

Outside of work I like to spend time with my family, doing home renovations, gardening, back woods camping and fishing. In the winter I spend a lot of time building and maintaining an outdoor hockey rink at the local park in my town as well as curling.”



## Retirement Announcement Shaun Miles, Environmental Health Officer-Advisor

Shaun's official last day was Friday, July 7th, 2023 after a 23-year long career with Southeast Advisory Services. Shaun was honored by his colleagues at a farewell luncheon at a 529 Wellington Steakhouse. It was bittersweet to say farewell to Shaun who was a major presence in the office. It won't be the same without him. Shaun's co-workers would tell you he worked hard with professionalism along with his witty humor. His sidekick Mike Fontaine, our other EHO Advisor, will miss him most of all.

Shaun was also the first EHO SERDC had ever hired and was instrumental in the way the program was delivered. He made many friends in SERDC communities that are sure to last a lifetime.

The SERDC board of directors and staff wish Shaun the best in his retirement and would like to thank him for his service. Shaun will forever be part of the Southeast family. Good Luck Shaun, and congratulations!

## It's Tick Season - Take Steps To Prevent Tick-Borne Infections

Ticks transmit a wide diversity of bacterial, viral and protozoan pathogens. In North America blacklegged ticks transmit *Borrelia burgdorferi*, the bacterium that causes Lyme disease (LD) in southern parts of central and eastern Canada. The increase in temperature associated with climate change has contributed to a general increase in the number, types, level of activity and geographical distribution of ticks in North America and has directly contributed to the northward spread of blacklegged ticks and LD into Canada.

Removing ticks within 24-36 hours usually prevents infection. Using clean tweezers, grasp the head

as close to the skin as possible and pull slowly straight out. Afterwards, wash the bite with soap and water or disinfect with alcohol or hand sanitizer.

If mouthparts break off and remain in the skin, remove them with tweezers or, if you are unable to remove them easily, leave them alone and let the skin heal.





# COME VISIT THE NEW HOME OF SHAWANO PHARMACY, YOUR TRUSTED COMMUNITY PHARMACY

NOW CONVENIENTLY LOCATED AT 2-2521 MCPHILLIPS STREET



[www.ShawanoPharmacy.ca](http://www.ShawanoPharmacy.ca)  
[info@shawanopharmacy.ca](mailto:info@shawanopharmacy.ca)

Toll free phone 1-833-742-9266 Toll free fax 1-833-496-0204  
 2 – 2521 McPhillips St., Winnipeg, MB R2V 4M3

## A message from the Pharmacy Program Manager, Solmaz Nafez

*"We are excited to share the news that Shawano Pharmacy has recently relocated to a new location! After serving our communities for nearly five years, we are now located at unit #2-2521 McPhillips Street as of June 2023. Our new space offers abundant parking, enhanced accessibility, convenient walk-in prescription drop-off, on-site immunization services, extended operating hours, and an expanded range of over-the-counter products. We invite you to visit us and take advantage of the enhanced services we now provide. Don't miss out!"*

*Shawano Pharmacy is a community-owned establishment that takes pride in its roots. Through integration with SERDC Health Services to create a more culturally appropriate healthcare model, we have effectively brought our community-based services to the First Nations communities of Bloodvein, Berens River, Poplar River, Little Grand Rapids, and Pauingassi. As part of our continuous growth, we have plans to expand our services to the drive-in communities of Black River and Hollow Water. Thank you for all your support!"*

## At Shawano Pharmacy, we offer a comprehensive range of services, including:

- Compliance packaging, walk-in and custom prescription compounding services, immunization, and medication reviews.
- Free prescription delivery, including to customers residing on-reserve in SERDC remote communities.
- Direct billing for all Jordan's Principle programs, covering approved products and services as per case managers.
- Medical supplies and equipment for community-based programs and customers through prescriptions. We also provide direct billing to programs such as NIHB where applicable.
- CFS and group home services, which include training and education sessions for staff and foster parents upon request.
- Naloxone kits are available to eligible NIHB recipients with a 10-digit treaty number. If you require a Naloxone kit for a group home, personal use, or emergency purposes, please contact our pharmacy, and one of our staff members will assist you.

Looking ahead, Shawano Pharmacy is committed to coordinating an increased number of community-based clinic days, including on-site vaccination clinics and mass immunization programs for organizations and their employees. We are also eager to provide direct patient consultations, diabetes education, and medication reviews. Stay updated on the details and schedules by following our Shawano Pharmacy Facebook page.





## LAKE WINNIPEG SCHOOL BUNDLE BUILDS COMPLETE, WHATS NEXT?

### CHRT 41 TO FUND JORDAN'S PRINCIPLE BUILDING PROJECTS

Little Grand Rapids school, the third and final school in the Lake Winnipeg School Bundle project, held its grand opening event on June 9 though has had students in class since April.

Poplar River school, completed in December 2022, welcomed students for the start of second term in January 2023. Both schools are K-12 and offer course opportunities not available at most other First Nations schools, such as small engine mechanics, home economics, and industrial arts.

All three schools (including Bloodvein whose grand opening was last summer), feature sports grounds consisting of a baseball diamond, soccer field, basketball court and outdoor skating rink. There are full-length basketball courts in the school gyms as well as half courts so two games can be played at once.

A major asset this project has provided communities is job creation. In Little Grand Rapids for example, 75 community members were hired by NDJ construction to help build the school. In Poplar River there were 63 members hired. In many cases, even after contract completion, some

members have gone on to continue employment with NDJ construction elsewhere in Manitoba.

Some of the most important features of each school are the inclusion of land-based teaching areas and Indigenous-themed architecture. Much of the art being displayed inside the schools are pieces done by local artists selected through community contests.

#### What's Next?

The Canadian Human Rights Tribunal (CHRT) 41 is a funding stream Indigenous agencies can access to fund the purchase and construction of capital assets for the delivery of First Nations child and family services and Jordan's Principle. On the horizon, Shawano Consulting will be coordinating projects for Jordan's principle building upgrades in communities being funded under CHRT 41.

*Because it is a phased approach that requires a feasibility study before entering into the design process, it will take some time before you can expect shovels to hit the ground in communities.*

## EMERGENCY MEDICAL RESPONDER TRAINING AT SOUTHEAST WELLNESS LODGE

SERDC is happy to announce Emergency Medical Responder (EMR) training has begun. Training sessions are taking place at the Southeast Wellness Lodge, and in as of May there were 11 students registered in the course. CritiCare EMS has been contracted to provide the training.

The EMR course is 312 hours and is regulated by the College of Paramedic Regulators (COPR). It will provide students with the knowledge and skills needed to save lives in their communities. To be successful in the course students are required to pass a series of examinations throughout the course meeting the tough 80% passing mark. They will also have to pass several practical

scenarios and participate in a paramedic ridealong. Their final challenge will be to pass the COPR examination in August.

The current task is getting students working in their own communities. Several collaboration meetings have already taken place with Shared Health to determine how the way forward.

*The goal of the EMR program is to have annual EMR training courses available. Information on the next course will be advertised as soon as dates are determined.*





## FIRE WITH FIRE & BROKENHEAD PUT FIRST FLOAT IN PRIDE PARADE

SERDC'S FIRE WITH FIRE PROGRAM, THE BROKENHEAD MENTAL HEALTH TEAM AND YOUTH PUT FLOAT IN WINNIPEG'S PRIDE PARADE ON JUNE 3

The PRIDE float and organization's support are firsts for SERDC and its eight First Nations. There were 35 participants including staff and community members. Walking Wolf Singers and Drum Group sat atop the float and played throughout the march. Lead by Brokenhead Ojibway Nation's Chief Bluesky and Brokenhead youth, the float was eye-catching, culturally inclusive and a unique experience for everyone.

### Wellness program expands support to MMIWGBM2S

In February 2023 SERDC added a resolution health support provider position to the wellness team. The role supports and advocates for missing and murdered Indigenous women, girls, boys, men and two-spirit people (MMIWGBM2S). Erica Chatelain, who has filled the position, has been supporting internal and external events, families who's loved ones are missing, and many awareness activities in-community.

Erica has supported families through four missing persons cases, one homicide, and assisted Bradley and Verle Bushie of Poplar River First Nation through their awareness canoe journey.

### Self-Care Retreat for IRS workers

SERDC's Indian Residential School (IRS) program hosted a three-day retreat May 3-5 for all IRS workers across the region at Hecla Resort. It was a well-deserved rest for the 50+ workers who attended. The pandemic, Indian Day School applications, and wildfires fires across the province were very taxing for these folks. Self care stations included:

- traditional reki
- massage therapy
- esthetician services
- healing hands access
- consciousness sessions



Ribbon skirt making and traditional caring was lead by an elder who also provided the opportunity to make jewelry out of hide, bone, feathers and whitefish skull.

## SILVER DIAMINE FLOURIDE TREATMENT STABLIZING TOOTH DECAY

REDUCING TOOTH PAIN AND DENTAL SURGERY IN CHILDREN

From 2022-2023, COHI has provided dental services to approximately 570 children across the eight SERDC communities. This is a jump from 247 in 2019-2020 and 227 in 2021-2022 (as a result of COVID-19).

COHI accepts clients any time throughout the year and makes every effort to ensure all children are seen.

It is important for parents to know that if your child received **SILVER DIAMINE FLUORIDE** (SDF) treatment from the COHI team, the tooth is being looked after and monitored very closely. Although this tooth appears decayed, it is in stable condition and does not need further treatment (like dental surgery, unless pain persists).

If the appearance of the tooth is bothersome to you or your child, a dentist or dental hygienist may apply a small amount of white filling over top the tooth. However, please note that these baby teeth will fall out by the time the child is six years old, so this is a temporary issue.

If a child goes for dental surgery, this does not mean they will not experience tooth decay again. It is important for children to maintain good oral hygiene and a healthy diet to prevent further tooth decay.



BEFORE SDF TREATMENT AFTER SDF TREATMENT

If you have any questions for the team about you child's oral health, SDF, or about the program please do not hesitate.

### COHI Dental Hygienists:

**Stephanie West**  
stephaniew@serdc.mb.ca

**Nicole Arch**  
nicolea@serdc.mb.ca





# SERDC PROUD TO BE RE-ACCREDITED, RECEIVES TOP MARKS!

THE CANADIAN ACCREDITATION COUNCIL HAS RE-ACCREDITED SERDC FOR ANOTHER FOUR YEARS FOLLOWING A VISIT FROM THE COUNCIL'S PEER REVIEW TEAM IN APRIL.

The Canadian Accreditation Council (CAC) is a non-profit organization that provides independent assessments of health and social service organizations across Canada. In total, 13 SERDC health programs were re-accredited:

- Tribal Nursing Officer
- Success Through Advocacy and Role-Modelling
- Brighter Futures
- National Native Alcohol and Drug Abuse
- Home and Community Care
- Environmental Health
- Footcare
- Indian Residential School
- Aboriginal Diabetes Initiative
- Jordan's Principle
- Southern Manitoba Commercial Tobacco Reduction Strategy
- Mental Wellness
- Governance and Management

Four SERDC programs received accreditation for the first time: Nurse Practitioner, Pharmacy, Children's Oral Health Initiative and Emergency Medical Response. SERDC earned a 100% compliance rate in all programs.



In their on-site report, the CAC commended SERDC for supporting its member communities and providing quality health services.

Accreditation is a team effort and this stellar achievement could not have been possible without the dedication and hard work of our amazing staff, program managers and directors.

SERDC would like to thank the CAC Peer Review Team for conducting a thorough review of its programs.

## CAC Team Lead Reviewer attended to present the awards

On June 23rd, SERDC celebrated its achievement at the Southeast Wellness Lodge located at 225 Masters Avenue in West St. Paul. Dee Gerro, the Team Lead Reviewer from CAC attended the event to present the awards. Dee acknowledged that SERDC has a strong commitment to providing quality health services to its member communities. Plaques and certificates were presented to staff, program managers and directors.

Going forward, SERDC will be focused on supporting member communities who are undergoing accreditation.

***"The organization shows deep commitment to putting the persons served first, evident through senior management, front-line staff and how the persons served feel about the services being provided"***

- Quote from CAC's on-site report



# SERDC & IDFUSION'S INAUGURAL IT TRAINING PROGRAM NEARING COMPLETION

## IT TRAINING PROGRAM A SUCCESS FOR COMMUNITY YOUTH PARTICIPANTS

The 12-month long paid IT training program that was created to deliver IT jobs and resources to three SERDC communities is almost complete. With only a few months of the program remaining, many advancements have been made to give communities access to technology and train youth to become certified IT professionals.

Since the program started, mentors have worked alongside six youth participants across three communities, Brokenhead Ojibway First Nation, Black River First Nation and Hollow Water First Nation, with the goal of being able to apply their learnings to help and work in the communities. Participants are provided hands-on IT training and direct support from their mentors through in-person and online interactions.



# APPRECIATING THE NATURAL BEAUTY OF OUR COMMUNITIES

ENJOYING THE SCENERY DURING WORK-RELATED TRIPS CAN BE A DELIGHTFUL EXPERIENCE. IT OFFERS A CHANCE TO APPRECIATE THE NATURAL BEAUTY AND UNIQUE SURROUNDINGS OF OUR COMMUNITIES.

MESSAGE FROM TYNESA WELLS, HOME AND COMMUNITY CARE COORDINATOR

“As the Home and Community Care Coordinator, I have been actively visiting the SERDC communities to build relationships, provide orientation, and assess the home and community care programs in each community. importance of our work and the significant demand for home and community care services in these communities. By addressing this demand and ensuring effective care delivery, we can positively impact the lives of these community members and contribute to their overall well-being.

During my visits, I have had the opportunity to connect with community members, healthcare professionals, and stakeholders involved in homecare services. These interactions have been invaluable in understanding the unique needs and challenges of each community.

One key observation from my assessments is that each community has a homecare client list ranging from approximately 20 to 35 individuals. This highlights the

Moving forward, I am committed to continuing my efforts in supporting and strengthening the home and community care programs in each SERDC community. By collaborating with local stakeholders and utilizing the knowledge gained through these visits, we can make meaningful improvements and enhance the quality of care provided.



## BUILDING RELATIONSHIPS, HONOURING ACHIEVEMENTS

### Foot care: Fishing adventures

Tribal foot care nursing has been actively supporting SERDC communities on a regular schedule. Little Grand Rapids has 40 clients, Pauingassi 30 clients, Brokenhead 25 clients and Black River, 20 clients.

The past six months has provided the foot care nurses an enjoyable connection to the communities. The support received by the health directors, medical drivers, community health representatives, community members and nursing station staff in each community has been invaluable.

**“Building relationships in the community, such as fishing with community members, has created great memories and connections.”**

The foot care client population continues to increase and are happy to participate in individualized care. Tribal nurses are maintain the foot care promotion awareness campaign and providing starter kits for basic foot care. Client survey evaluation forms are given to clients every three months along with a \$10 gift card incentive.

Podiatry referrals are also part of the foot care program.

### Nurses successfully complete Sublocade Certification Training

Congratulations to the five SERDC and Community Nurses who successfully completed the Sublocade Certification Training in partnership with Dr. Shelley Turner and Roxy Rapedius Clinical Specialist (pictured above).

Obtaining certification in Sublocade demonstrates a high level of expertise and competence in administering and managing this medication. It is an important achievement that allows healthcare professionals to provide quality care and support to patients who may benefit from Sublocade treatment.

By completing this training, these nurses have expanded their knowledge and skills in the field of addiction medicine. Their certification will enable them to effectively support individuals who are seeking treatment for opioid use and improve their overall health outcomes.

The commitment shown by these nurses toward further education and certification is commendable. Their expertise will undoubtedly make a positive difference in the lives of individuals struggling with opioid dependence, offering them the specialized care they need.

### Congratulations Aboriginal Diabetes Initiative students

The Aboriginal Diabetes Initiative program’s diabetes prevention courses, held at the Southeast Wellness Lodge, provided an ideal environment for the students to immerse themselves in their studies. Staying on site and having meals provided allowed them to focus entirely on their learning experience, maximizing their understanding and retention of the course material.

The significance of completing a course focused on diabetes prevention cannot be overstated. With their

newly acquired knowledge and skills, these graduates are well-prepared to make a positive impact in their communities as diabetes prevention workers. Their dedication and commitment to learning will contribute to the overall wellbeing of their communities, promoting healthier lifestyles and helping combat the challenges posed by diabetes.

Congratulations to the graduates (pictured top right), of the Yellowquill University College Community Diabetes Prevention Worker course. Their achievements are commendable, and their efforts will create a lasting and positive change in their communities.

#### NURSE PRACTITIONER PROGRAM

*The Nurse Practitioner program prioritizes increasing access and reducing barriers to primary healthcare in SERDC communities. This program provides opportunities to perform a broader range of work and expand the scope of practice in assessing, diagnosing, and treating SERDC members on and off-reserve.*

*I support the teen clinic in Wanipigow school in Hollow Water by providing a collaborative client-centered approach through trust, relationship building, advocacy, education, and confidentiality. I also provide primary care virtually/in-person through close collaboration with IERHA primary health providers.*

*In addition, I accept referral and consultative services from fly-in communities. This can be performed any of health and clinical program or by the nurses in these communities. I support all SERDC communities by signing the out-patient depending prescriptions and through on-call consultation. I continue to ensure that all SERDC community members receive the highest level of patient care for optimal health and wellbeing and greater patient satisfaction.*

**-Ann Nzeruem, R.N., N.P**

# TOBACCO, THE SACRED TIES THAT BIND

The tobacco garden project is one of the significant goals for the program. Planting a tobacco garden to keep traditions alive supports communities that want to develop their own gardens.



It's always an honour to connect with community and we would love the opportunity to visit yours! Please reach out if you would be interested in any of the following presentations:

- ⊗ Commercial Tobacco Cessation
- ⊗ Commercial Tobacco and Diabetes
- ⊗ Commercial Tobacco and Pregnancy
- ⊗ Commercial Tobacco and Vaping
- ⊗ Traditional Tobacco
- ⊗ Land-based Activities

**E: [tobacco@serdc.mb.ca](mailto:tobacco@serdc.mb.ca)**  
**PH: 204-975-7500**

**Jason Leshchyshyn (pictured above) joined the Southern Manitoba First Nations Commercial Tobacco Reduction Strategy (SMFNCTRS) team earlier this year as a land-based tobacco facilitator.**

**He came on board with experience in agriculture and traditional knowledge, and his green thumb is helping develop the tobacco garden project located at the Southeast Wellness Lodge in West St. Paul.**

## Community Visit Highlights

The team was invited to the beautiful communities of Ochekwi-Sipi (Fisher River Cree Nation) and Misko-ziiibiing (Bloodvein First Nation) to facilitate presentations on tobacco and vaping.

SMFNCTRS was also able to attend the Love Drugs & Harm Reduction event in Baaskaandibewi-ziiibiing (Brokenhead Ojibway Nation), presented at the Manitoba Extended Trauma IRS Retreat, Chankagha Otinta (Birdtail Sioux Valley First Nation) Safety Day, Waywayseecappo's Safety Day, and lent a hand at Waanibiigaaw's (Hollow Water First Nation) community clean-up.



## 6th Annual Tobacco Conference

SMFNCTRS has been hosting the annual tobacco conference since 2015. We strive to provide a safe space for regional communities to gather and share information on commercial tobacco reduction, while honoring traditional tobacco and its unique teachings from each of our partnering First Nations communities.

This year we were honoured to have keynote speakers and presenters from all over Turtle Island, while enjoying entertainment provided by local community members.



## Tobacco Circle Committee

The SMFNCTRS Tobacco Circle Committee is an advisory group comprised of community, regional and tribal council representatives that meet quarterly to assist with the multi-year work plan deliverables.

Our most recent Tobacco Circle Committee Meeting was in May at Elkhorn Resort. It's always a pleasure to come together and discuss the ways communities want the tobacco team to support their communities. We were able to discuss concerns and hopes for our kin, along with the things we find are working well for each community.





# LETS GROW TOGETHER!

## GIVING FAMILIES THE TOOLS AND KNOWLEDGE TO BRING GARDENING HOME



From January to May, the STAR team kept busy supporting SERDC's Jordan's Principle program. STAR and Jordan's Principle are collaboratively known as the 'children and youth team'. This team, has participated in helping with the success of three events hosted by Jordan's Principle - a Christmas gathering, a family fun day and a summit.

Advocates of the children and youth team had the opportunity to present at events to spread awareness and promote their programs. These events include the Jordan's Principle summit and the FIRE with FIRE peer gathering.

The STAR program's main goal is to deliver awareness and prevention on Fetal Alcohol Spectrum Disorder. Reducing stigma is a challenge, however with education and support, it is possible.

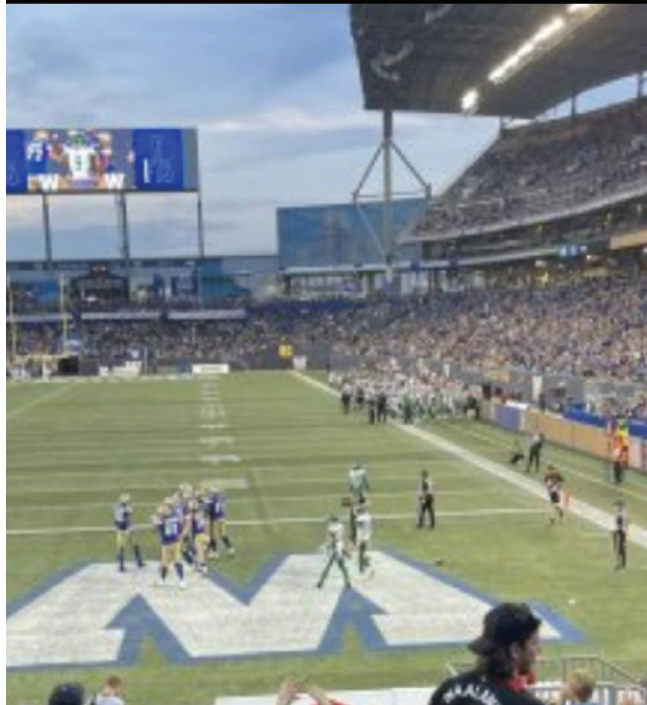
STAR continues providing one-on-one support to families, as well as to the resource teams in our communities (i.e. MCH, Jordan's Principle, CPNP & CFS), to build a stronger network and provide the best care for families.

STAR projects in May and June focused on food security for members and participants given the financial strain from inflation.

Since gardening was identified as an interest for program participants, one of the new projects introduced this year was the art of gardening.

**"Lets Grow Together" is a pilot project where families plant and maintain portable gardens to encourage health and wellbeing at home.**





## GATHERING FOR FAMILY FUN & HEALTHY COMPETITION



### A FLURRY OF ACTIVITY FOR THE JORDAN'S PRINCIPLE PROGRAM TEAM THROUGHOUT THE SPRING

Winter and spring is a time to offer cheer from the cold weather blues. In December, Jordan's Principle hosted its annual Christmas dinner which welcomed 200+ community members. It is truly heart warming to be able to watch children meet Santa and send families home with Christmas hampers and goodies to wrap up the year.

In February, Jordan's Principle hosted the 2nd annual Family Winterfest in Sakgeeng First Nation with a turnout of over 500 members. Through fastest skater and archery competitions, SERDC communities showcased their individual talent at the two-day event. For some athletes, this was a new and exciting opportunity to compete, and "veteran" athletes who participated in 2019 at the first annual Winterfest returned with a powerful performance.

**In March, the Jordan's Principle team and membership came together to discuss needs and current services.** This off-reserve meet and greet event had a turnout of over 150 members. The supper, door prizes and musician Daniel Kent from Black River First Nation made it an evening to remember.

April became a very busy administration month with accreditation. The team continued to service all new intake applicants during the restructuring as required by the accreditation process (refer to pages 13-14 for details on accreditation).

May's beautiful weather offered the opportunity to begin in-person recreation events. The Jordan's Principle recreation coordinator arranged events including swimming pool days, and trips to Goldeyes and Blue Bomber games, Tinker Town, and the Zoo. A Mothers day gathering was also held, and Jordan's principle will continue to offer a variety of online events to remain accessible for members who cannot attend in-person.



### New location, new Tribal Services Coordinator

The Jordan's Principle team moved into its newly renovated office space in November 2022 and welcomed Richard Dumas as new Tribal Services Coordinator. For three years previous, Richard was one of the team's case managers and in his new role, continues to ensure the mandate of Jordan's Principle initiatives through feedback from leaders and stakeholders.

## GREETINGS FROM THE TRIBAL SERVICES COORDINATOR

*I would like to thank SERDC and our Health Director Dora Simmons for supporting many opportunities to grow within Jordan's Principle and in my profession.*

*Two years of didactic and clinical training from Doctors, Psychiatrists, Therapists, Mental Health Nurses and Psychologists from Manitoba Adolescent Treatment Centre and Shared Health during COVID-19 was a huge challenge. However, it was a once in a lifetime opportunity to participate in an advanced practitioner program on addiction and mental health in children and youth. This training will go a long way towards bettering our SERDC Jordan's Principle off-reserve program implementing services for children and youth.*

*Special thanks to elder Dr. Mary Wilson for all her knowledge and wisdom through this process.*

*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.*

- Richard Dumas



## SPCH, ALWAYS COLOURFUL

### WELCOMING BACK VISITORS, STUDENTS, VOLUNTEERS, ENTERTAINMENT, AND FOLKS FROM ANOTHER COUNTRY!

Finally, Southeast Collegiate schools were able to visit again, providing an intergenerational bridge from Elder to young! Visitors have been plentiful, bringing joy and laughter. The residents have painted rocks for the outdoors and orange shirts to display.

Dignitaries from Norway visited SPCH to learn how we care for our people.

We held contests for visitors and Elders to vote on and crowned an official Easter Bunny and a Miss Southeast, with Mr. Southeast's contest taking place in May.

## SECURING FOOD & JOBS

### PREPARING YOUTH FOR THE WORKFORCE AND HELPING ENSURE FRESH PRODUCE REACHES COMMUNITIES

#### Pre-employment training for SERDC youth; ages 15-30

Social development and Manitoba harvest have established a working relationship for pre-employment training for SERDC youth. This a paid training program and offers entry-level warehouse skills. The program runs for six weeks at a time and includes a two-week job placement. When the participants are successful in their placements most are offered a position with the company.

Manitoba Harvest works with the youth until they secure work and will continue to support them as long as needed. All required work gear is provided by Manitoba Harvest to ensure the youth have what they need to be successful during and after the program when looking for work.

The first session took place in mid February with 13 youth successfully finishing the program; the majority have secured full-time employment. The second round of training launched in the spring with seven youth - one from each SERDC community.

#### Food Security

Since October of 2022 the social development program has delivered over 1000 pounds of fresh produce and non-perishables to SERDC communities and social service programs that support SERDC community members. This includes:

- Main Street Project
- Velma's House
- RAY
- Siloam Mission

Social development has also supported Black River First Nation with new refrigeration and freezer units for the weekly food bank in-community. This is being run by Adele Abraham who volunteers her time, and has also created a clothing bank. Prior to this, Adele was only able to give out non-perishables but with this new equipment Adele is now able to store produce, dairy and, meat products increasing the food accessibility to Black River community members. Social development will continue to support this initiative.

#### Income Assistance First Nation Employment Services Program

SERDC received an extension from Indigenous Services Canada on remaining funds which were allotted to Little Grand Rapid who has three youth in job placements on-reserve through the pre-employment program. These are full-time positions with a wage of \$15.50 per hour and will run for 12 weeks. The focus this year is to increase supports for pre-employment training for people on income assistance and youth living on-reserve.

#### Food security stats as of June 27:

- 7,969 meals sent into communities
- 26,416 pounds of food sent into communities and other organizations
- Increased the number of families SERDC supports in Black river from 70 to 139
- Little Grand Rapids has partnered with Manitoba Harvest and there is a steady flow of food being shipped out to that community
- Hamper supports for Brokenhead First Nation.
- \$65,000.00 butcher shop was built in Poplar River through the Harvesters Grant
- Supported Little Grand Rapids spring harvest - \$16,000.00 in funding support through the Harvesters Grant





# CONGRATULATIONS TO THE GRADS OF 2023!

ECONOMIC DEVELOPMENT'S TRAINING AND EMPLOYMENT PROGRAM DEMONSTRATING CONTINUED RESULTS

*"My time at SWS training and consulting is an experience I'll never forget. I encourage whoever has the opportunity to take a course such as this, or do something you're interested in, to go for it. Trades is not something I thought I'd pursue but something I wanted to try. I was nervous going into it as I didn't know what to expect and didn't know if I had what it takes. Thank you to our supportive instructors who guided us through it."*

*Despite any challenges, negative thoughts or uncertainty, have faith in who you are and what you are capable of because you won't know until you try. Don't give up. I met some great people and am proud of every one of them for accomplishing a challenging task. I'd like to thank our sponsorship, family, friends and SWS training and consulting. God bless and meegwetch."*

– Colette Ducharme (pictured above)



## Recent activities in Economic Development

The last six months have been busy in economic development. The department has welcomed various new opportunities and initiatives, such as additional dollars for the in-community daycare program, and the new Indigenous Women Entrepreneur program offering workshops to community members. The economic development team has also been involved in the Vision Quest conference and have attended numerous trainings, workshops and forums.

The Training and Employment program has worked closely with community members and have seen ten graduates complete education programs in the past six months:

- DANTE BENINCASA, Taranis Training
- COLETTE DUCHARME, HEO-SWS Training and Consulting
- TAIRA DUCHARME, HEO-SWS Training and Consulting
- JEREMY DUCK, MC College
- DEVON FAVEL, HEO-SWS Training and Consulting
- BRADFORD FISHER, Keewatin Patricia District School Board – Adult Education Partnership
- CARMELITA KEEPER, Prairie Artic Trades Centre
- PETER MONEAS, HEO-SWS Training and Consulting
- RANDI MONKMAN, Indigenous Birth of Alberta
- LANDON PHILLIPS, HEO-OETIM



## Vision Quest 2023

Vision Quest is an annual conference promoting Indigenous businesses, economic development and community. It took place at the RBC Convention Centre May 17 & 18 and was a major success, selling out to over 1000 attendees. Economic development set up as an exhibitor at the trade show highlighting our programs and handing out info packs including applications for our programs. Over 100 delegates came through the booth.



## Communities to receive additional daycare dollars

Congratulations to the training and employment committee and staff for their quick response in successfully accessing additional dollars for the daycare program per the Budget 2021 announcement. The daycare program will receive \$867,298.00 to be disbursed over the next two fiscal years and be used for renovating buildings, purchasing play structures and purchasing daycare vehicles.

## Indigenous Women Entrepreneurship Workshop

On February 7 the Indigenous Women Entrepreneurs (IWE) program hosted a skills development workshop at South Beach Casino & Resort. It was an overall success with 29 Indigenous women from Southeast communities who are current and/or future entrepreneurs.

There was a wonderful, powerful presentation from the guest speaker, Michelle Cameron, who is the owner of Dreamcatcher Promotions and Indigenous Nations Apparel Company. Informative and engaging workshops were delivered to attendees by Supporting Employment & Economic Development (SEED) Winnipeg that discussed business startup and business planning/development. IWE is working on hosting more workshops in the coming months.





**SERDC**  
SOUTHEAST  
RESOURCE  
DEVELOPMENT  
COUNCIL CORP.

*"Growing together through traditions and innovations."*

Head Office  
Box 30  
Scanterbury, MB  
R0E 1W0  
204-956-7500

Winnipeg Office  
360 Broadway Ave.  
Winnipeg, MB  
R3C 0T6  
204-956-7500

Southeast Wellness Lodge  
225 Masters Ave.  
West St. Paul, MB  
R4A 1A9  
431-977-0720

**Connect with us**



[serdc.mb.ca](http://serdc.mb.ca)