

Health & Social Services Unit

Mississauga First Nation

October, November, December, 2011

Third Quarter Report

Acting Health & Social Services Director

Change . . . That seemed to be the focus for this quarter. Roger A. Boyer II left his position with the Mississauga First Nation Health and Social Services Unit at the start of this quarter. He is currently employed with the North Shore Tribal Council as the Primary Health Care Manager, working from Serpent River. Although he has left us here, he will still be active in the community as he is now on Band Council. We wish him the very best in his new endeavors.

We would like to welcome Amber Niganobe back to the Health and Social Services Unit. Amber will begin employment with us as the Parent Resource Coordinator starting in January, 2012. Stay tuned for her programming information. She is certainly a welcome addition to the staff.

We were also fortunate to hire Linda Vincent on contract in the Team Secretary capacity. She has been a very positive asset to the unit during Lynn Niganobe's absence. Linda is a jack of all trades!! She assisted in the clerical and administrative components of her job, but then also filled in or assisted various programs by cooking, crafting and overseeing the successful delivery of programs. Linda's organizational skills bar none!!

In the middle of the quarter, Lynn Niganobe came back to work on a part-time basis and I am very happy to report that Lynn is now back on a full-time basis. We certainly missed her; I for one rely heavily on her advice and insight. Lynn is very much the Health and Social Services historian.

Perry Joe Boyer has completed his program at the First Nations Technical Institute. He graduated in December. Kudos!!! He has incorporated what he has learned into all his programming. We certainly appreciate the hard work and dedication he has displayed to both his job and his education over the last two years!!

In the absence of a Director, Lucy Ann Trudeau has been appointed as the Acting Health and Social Services Director, until the vacancy is filled. The role is certainly challenging and complex.

Community Health Nurse

During this third quarter, the CHN prepared for the upcoming flu season which included ordering vaccines from the Algoma Public Health Unit.

**Goodbye's
and Hello's!**



There were a few teleconferences on the Influenza vaccine which were provided by First Nation and Inuit Health.

The CHN continued to see clients in the clinic on a walk-in basis and provided assistance to the visiting physician when he was in the community.

The CHN and Community Wellness Worker along with Linda Vincent, hosted a four-week information and sharing program titled “Maan Jiiduck” for young girls from 13-17 years old. The sessions were held at the Mijjim Building in the evenings.

On October 24th, the CHN and the Long Term Care Nurse Case Manager held a one-day flu clinic for Band Staff. In total, 40 staff received their annual flu shot.

During this quarter, the Health Unit recognized October as Breast Cancer Awareness month by having a prize bingo to raise money for this worthwhile cause. A total of \$523.00 was raised and sent to the Breast Cancer Research Clinic. Also, we have four survivors of Breast Cancer, and they were each presented with a gift from the Health and Social Services Unit. On November 14th, eight women attended the Breast Screening Clinic in Sudbury as part of the Breast Cancer Awareness activities.



In this quarter, the CHN registered our clinic with the National PAP Test Campaign. The Doctor and CHN held two Pap clinics for any women interested in being screened. The CHN also provides assistance to the visiting health professionals on their regular clinic days.

In November, the CHN attended a Diabetes Educator Course in Toronto, receiving a certificate of attendance. The course was sponsored by the University of British Columbia.

She also participated at the After School Program by providing teachings on “Bullying”, and “How to Take Care of Your Body”. Also during this report, the CHN attended the High School to do a presentation for the youth on “Safe Sex”.

Throughout this quarter, the CHN has been seeing clients on a walk in basis. They were mostly community members wanting to have their annual flu vaccine.

IMMUNIZATIONS:

Month	Vaccination	# of Vaccinations	Practitioner	Other CHN Testing	# of Tests
October	Flu/Childhood	44			
November	Flu vaccine	5			
December	Flu vaccine	3			
Total number of vaccinations		52			

CLIENT CONTACTS:

Clinic Visits	Scheduled	Unscheduled	Total	Notes
October	--	22	22	includes phone calls
November	--	15	15	
December	--	11	11	
Totals	--	48	48	
Home Visits	Scheduled	Unscheduled	Total	Notes
October	0	--	--	
November	1	--	1	
December	1	--	1	
Totals	2	--	2	

REFERRALS TO THE COMMUNITY HEALTH NURSE:

Month	Number of Referrals	Referring Source
October	--	
November	--	
December	--	
Totals	--	

REFERRALS MADE BY THE COMMUNITY HEALTH NURSE:

Referrals to:	Oct	Nov	Dec	Total
Nurse Practitioner	0	0	0	0
Emergency Department	0	3	0	3
Family Home Visitor	0	0	0	0
Dr. Wannan	1	2	0	3
Other Doctors/Specialists/Visiting Services	1	0	0	1
Mental Health Worker	0	0	0	0
Totals	2	5	0	7

TRAINING/MEETINGS

- Clinic Team Meetings
- Health and Social Services Team Meetings
- Influenza Teleconference
- Negligence/documentation workshop

- Diabetes Planning Meeting
- Canadian Privacy Act
- Oral Health Videoconference

Health Promotions Coordinator

Upon returning from school, Perry got back into the swing of things by planning activities for early October. The Seniors Walking Program is gaining momentum every month with new participants joining. This group has 14 participants who are very eager to stay in shape by challenging themselves every Tuesday at the Sports Complex for 30-45 minutes of exercise. Lunch is provided at each session.



November is always a very busy month and the beginning started out with presentations on the importance of staying smoke free. Addictions Awareness Week kicked off with a on Monday. The first 50 participants receiving a package containing a vast variety of information pertaining to addictions. A total of 65 people were present for this year's feast.

Anti-Smoking presentations were delivered to both elementary schools targeting grades 3-8. The feedback from the children was very positive after seeing what smoking does to the body and the lungs. The "no smoking" message made an impact. A coloring contest was launched as well, so that the children could qualify for more incentives, and take the message of being smoke free to their homes as well. The children received many incentives and door prizes after short quizzes and evaluations were collected. Later in the week, massage therapy was offered for those participants in need of stress relief. A total of 12 participants took advantage of the stress relief.

The 100 Mile Club is off to a great start with over 22 participants, and growing continues each week. The prizes are geared towards the participants to help them keep track of their own success and logging each mile they walk. Incentives are given at the 25, 50, and 100 mile mark.

In December, Perry attended a training session in Orillia on December 6, 7 with the Ministry of Health Promotion, learning new strategies and reporting stats, along with gaining some networking opportunities. Perry took some time away in December to get some R&R as school and work get extremely busy.



The other programs that are continuing monthly are the Walking Club, Diabetes Foot Care, and Smoking Cessation. This year Perry again helped out with Elders Christmas trees, and Santa visits in and around the community. Perry looks forward to a busy fourth quarter and New Year in 2012.

WORKSHOPS ATTENDED/ COORDINATED

- Foot Care - Oct, Nov, Dec, 49 participants
- Smoking Presentations, 109 participants
- Walking Program, 12 participants monthly

Health Records Clerk

Many of Stephany Steven’s duties and responsibilities are on-going daily activities, assisting clients, staff and visiting services, as well as using the electronic Health Screen system for scheduling appointments and inputting client information. Her duties also include working with the client’s charts upgrading, repairing and filing as part of the maintenance and the transition to the electronic charting that is to occur in the new year. We will be switching to the electronic charting and eventually the paper charting will no longer be utilized.

During this quarter Stephany also learned that the new EMR Software, Nightingale will be implemented by the North Shore Tribal Council. She will receive training and support to gain an in-depth understanding and working knowledge of the system.

Stephany attended the Health Clerk Meeting on November 14th at NSTC in Cutler. The next meeting is scheduled for March 26th, 2012. All H&SS staff participated in the Christmas Festivities, which included the Community Christmas Feast, Band Staff Brunch and Secret Santa’s.

During this quarter, Marie-Andree Morin, the Registered Dietician with North Shore Tribal Council was active with Health Promotion Worker and the Afterschool Program Coordinator. Outlined are the dates of the group sessions that Marie-Andree was actively involved with:

- October 19, 2011 – Smoking Cessation Program
- November 9, 2011 – After School Program
- November 28, 2011 – After School Program
- December 12, 2011 – After School Program

Effective December 22, 2011, Marie Morin resigned her position as the Registered Dietician for the North Shore Tribal Council. NSTC is actively recruiting to replace her. We wish her all the best in her future activities.

The chart below indicates the various services and clients seen by the Visiting Health Professionals:

Visiting Professionals	Clients Seen	Clients No Show	Total Clients	# of Clinic Days
Dr. Wannan				
October	41	9	50	3
November	59	11	70	4
December	51	7	58	4

Electronic
Medical Charts
coming soon

Visiting Professionals	Clients Seen	Clients No Show	Total Clients	# of Clinic Days
Lori Russon, N.P.				
October	38	6	44	5
November	79	9	88	7
December	42	4	46	5
Marie Morin, Dietician				
October	2	4	6	3
November	6	5	11	5
December	5	3	8	4
Lori Lehtimaki, Chiropodist				
October (includes home visits)	12	1	13	1
November (includes home visits)	16	2	18	1
December (includes home visits)	15	0	15	1
Totals	366	64	427	43

Medical Transportation Program

Mary Ellen participates in the regularly scheduled Team Breakfast meetings. She also assists Perry Joe Boyer with the Foot Care Clinics held the third Thursday of each month when required. Submissions to Health Canada for reimbursements are completed monthly.

The following chart shows the number of clients assisted with travel to various medical appointments:

Destination	Oct	Nov	Dec	Total Clients
Sault Ste. Marie	23	26	17	66
Elliot Lake	10	11	9	30
Blind River	61	67	36	164
Other Destinations outside catchment area	9	19	9	37
Totals	103	123	71	297

There were 56 working days this quarter, which means this program served approximately 5.3 clients each day.

Community Support Services Worker

On Wednesday, October 5th, the Parent Resource Coordinator and Community Support Service Worker took 16 Children and 19 parents to Sault Ste. Marie to see the world theatrical production 'Backyardigans - Quest for the Extra Ordinary Aliens'. It was playing at the Kiwanis Community Theatre Centre. This was a family event in which supper was included. We left the community at 4:00 pm and returned home after 9:00 pm.

COMMUNITY YARD SALE/BAKE SALE

On Saturday, October 29th, we had a community yard sale/bake sale. The proceeds of the event went to the Rez Doggs Basketball team. There were over 30 people who came out to the event.

SPORT'S SKILLS DEVELOPMENT

This program has been running for over five months now, led by the Youth Suicide Intervention Coordinator and Community Support Service Worker. The age range is from 9-16 years of age. The program initially began with baseball and basketball. It was decided to continue with basketball over the winter months because of the enthusiasm of the youth. It gives youth the chance to stay in shape, form friendships, and learn new leadership and basketball skills. We had practices both on Monday and Wednesday evenings and participation rates have been steady. Most evenings there is an average of 15 youth attending.

We have played some games against other First Nations. We hosted Sagamok in September. In November, the team travelled to Batchewana First Nation. It was an exciting game with our team winning. On November 27th, both Sagamok and Batchewana came to play games here in our community. The junior team lost their game but the senior won their's.

On December 10 and 11, the Mississaugi Rez Doggs hosted 'The North shore Invitational Basketball tournament'. The Mississaugi Rez Doggs "A" Team won first place received medals and a trophy. Batchewana placed 2nd and Sagamok placed 3rd. The Mississaugi "B" Team placed 4th.

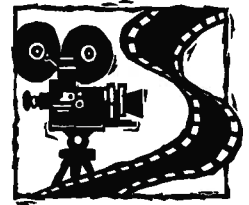
A supper was provided for the families and traveling teams. After supper, we had a youth dance. The youth really enjoyed themselves and were proud to show off their new uniforms. The team has had tremendous support from parents, extended family and community members. We were able to fundraise and seek sponsorship that allowed us to get team jackets, sweaters, uniforms, warm up pants, and basketballs.

Many of the youth have improved their fitness level, improved their basketball skills and some parents have seen changes in their child's confidence levels.



FAMILY MOVIE DAY

The Youth Suicide Intervention Coordinator and CSSW worker planned a Family Movie Day. On Sunday, December 4th, a group of 40 people went to the Palace Theatre in Blind River and watched the movie ‘The Twilight Saga, Breaking Dawn’. Transportation to and from the theatre was made available. Admission, a drink and popcorn were included.



COMMUNITY CHRISTMAS DINNER/CONCERT

The Community Christmas Dinner and Concert was held on December 21st. A traditional turkey dinner was served to the over 190 people who attended. It was a huge success and could not have been possible without the assistance of the Education Department, Niiganin staff, After School Program Workers, community volunteers and our Health staff.

The Christmas concert started off with the After School Program performing a welcoming song, Christmas tree poem, and Jingle Bell Rock. The Day Care children then sang Jingle bells, Rudolph and We Wish You A Merry Christmas. The toddlers were dressed in Elf costumes and sang Jingle Bells, You Better Watch Out and Frosty the Snowman.



Our next performer was Evan Redsky who came from London where he is attending school in the performing arts. After Evan performed some of his own music, as well as cover songs, Roger Daybutch took the stage. He had Taylor Armstrong join him in singing a few songs. It was amazing to see all the musical/acting talent that Mississaugi has.

COOKING ON A BUDGET

The cooking on a budget program is a way to get people to utilize the money they have and cook good meals inexpensively. Participants were asked what types of things they wanted to learn and the program was developed from there.

On November 16th, Bob Chiblow showed interested community members how to set and retrieve a net, clean and cook fish. We had over ten participants and for many of them, this was all new.

On December 7, 2011, the second Cooking on a Budget session included making bread and cinnamon buns. Darryl Jacques has perfected his skill of bread making and shared that with the 10 participants. It was just in time for participants to cook for their families for the upcoming holidays. The program will continue throughout next year.



CHRISTMAS CRAFT SALE

On December 8th, there was a Community Craft Sale from 1:00-4:00 pm in the Council Chambers. We had five local vendors display their crafts and baked goods. Thank you to Linda Vincent for providing drinks and appetizers for the event.

CRAFTS ON A BUDGET

On December 13th and 14th, we had a Craft on a Budget workshop at the Miijim Centre. The program ran from 1:00-4:00 each afternoon. Linda Vincent and Helen Arnott showed the participants easy, budget efficient crafts to do. On the first day we had five participants and on the second day there were seven participants. They made bath salts, bookmarks, candle holders, candles and other small crafts.

CHRISTMAS BASKETS

On December 15th, the Christmas Food Baskets were delivered by Health Staff and Niigaanin staff. There were over 53 baskets delivered to community members this year.

If you have any suggestions or comments for future programs or ways to improve current programs, please contact Terri-Lynn Chiblow @ (705) 356-1621, ext 2229 or through email to terri Lynn@mississauga.com.



Community Wellness Worker

This report will be sent out under separate cover.

Family Home Visitor

This report will be sent out under separate cover.

Parent Resource Coordinator

This position will be staff in January, 2012.

Youth Suicide Intervention Coordinator

Wweekly during the month of October, Nicole Desbiens, Youth Suicide Intervention Coordinator, along with the Community Wellness Worker and Community Health Nurse began the program “Maan Jiiduck”, Young Girls Group. The program ran for four weeks with two sessions per week. The purpose of this program was to promote awareness of young girl’s issues, and to provide teachings, ceremonies and understanding of the Anishnabek culture. The youth gained knowledge and awareness in leadership, teenage health, aroma therapy, the history of



Mississauga as well as teachings about clans, Turtle Island and the water drum. Four youth attended this program.

BASKETBALL SKILLS DEVELOPMENT, OCTOBER NOVEMBER DECEMBER

Nicole and the Community Support Services Worker, Terri-Lynn Chiblow continued with this skills development program. The sport selected for the fall season was basketball. Practices were held weekly, and with the success of the program Nicole and the Community Support Services Worker created a basketball team named the "Mississaugi Rez Doggs". Fifteen youth joined the team. Terri-Lynn reported on the activities of this group in her report.



COMMUNITY YARD AND BAKE SALE, OCTOBER

On October 29th Nicole also participated in the yard/bake sale and luncheon prize bingo.

ANTI-BULLYING DAY, NOVEMBER

On November 18th Nicole attended and celebrated International Stand Up to Bullying Day at W.C. Eaket. Nicole put together a banner with information and resources which was put up in the Native Resource Room. During the morning the youth had the chance to win a pink basket that was filled with prizes. In order to win the basket the youth had to speak about a situation in which they prevented someone from being bullied or assisted someone who was being bullied. Eight youth participated in the draw.

FAMILY MOVIE DAY - DECEMBER

Nicole and the Community Support Services Worker organized a Family Movie Day for all community members.

CHRISTMAS FOOD BASKETS, DECEMBER

On December 15th Nicole assist Health staff in delivering of the Christmas food baskets to 53 community members.

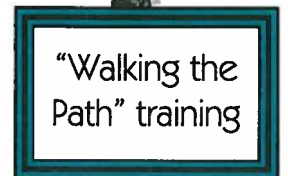
CHRISTMAS COMMUNITY FEAST AND CHRISTMAS CONCERT, DECEMBER

On December 21st Nicole assisted Community Support Services Worker with organizing and preparing for the Community Christmas Dinner and concert.



Youth Coordinator

During this quarter, the Youth Coordinator attended a week-long training session called "Walking The Path", along with five other co-workers from the community. Walking The Path was developed by OPP Constable George Couchie. This program teaches youth about the history, beliefs and cultural traditions of Aboriginal People.



The lesson plans touch on empowerment strategies, promotes self-esteem and self-confidence and respect for others. In each lesson the youth learn about caring, compassion, cooperation, empathy, fairness, honesty, justice, love, responsibility and/or

wisdom to name a few. The Youth Coordinator along with Ty Cada, First Nation Constable, will be implementing this program at the high school after the March break. Other training that was attended was the G7 Fetal Alcohol Spectrum Disorder in Sudbury.

Other programs and activities that were carried out included assisting with the After School Program on Mondays. The focus was to teach the children and youth different nutritious snack ideas such as picking cranberries and making cranberry sauce, as well as brownies recipe that incorporates kidney beans. Other activities were the Spooky Trail and movie day in Sault Ste Marie.



Presentations this quarter were Bullying Awareness (Pink Shirt Day), Dangers of Smoking with Health Promotion Coordinator, and Safe Sex Education with the Community Health Nurse.

During the month of December a Youth Christmas Dinner was well attended (by 23 youth). Christine also assisted with the Community Dinner and delivered food boxes in the community. She also assisted the Family Home Visitor with the children’s Christmas party, and attended the monthly team meeting along with the Police Advisory Meeting.

YOUTH PARTICIPATION:

October	November	December
135	69	90

Long Term Care Program

This quarter started out quite busy. The Long Term Care Nurse Case Manager (LTCNCM) returned to work after being off for a ten-month maternity leave. In October, she had to attend several meetings to familiarize herself with client/worker schedules and what had been happening during her absence.

The LTCNCM resumed her weekly home visits, and was glad to see all her clients again. It was nice to catch up on what had been going on with each and every one of them; they were all doing well. The LTCNCM was very pleased and so proud of the great job the Long Term Care Administrative Assistant (LTCAA) did in her absence. All the staff pulled together and worked great as a team during this time. Also in October, the LTCAA continued her regular duties such as budgets and clerical work. The LTC Assistant made the transition back to work for the LTC Manager much easier with minimal stress.




In November, the LTC Manager focused on the Handi-Trans Bus making the hours more flexible and accessible to the elders of the program. During this month, both the LTCNCM and LTCAA attended meetings and education sessions. Ongoing work was also done on budgets and clerical work. They are regularly replacing staff for those who have called in sick, and need to complete the Homemaker and Personal Support Worker

work schedules. Time is also dedicated to organizing activities for our elders. During November, the fire wood arrived, keeping our maintenance workers busy cutting, splitting and delivering it.

Although short, December was extremely busy trying to prepare for the Christmas shut down. The LTC Manager attended a conference in Toronto, as well as a local meeting in Thessalon. She continued weekly home visits and assisted with elder's activities

The LTCNCM also did reassessments and 2 new clients joined the program for homemaking services during this quarter.

Seniors Activities for this quarter:

Elder's Activity	Oct	Nov	Dec	Total Clients
Prize Bingo (twice monthly)	25 Elders, 5 staff	21 Elders, 4 staff	29 Elders, 7 staff	75
Quilting	5 Elders, 2 staff	3 Elders, 2 staff	5 Elders, 1 staff	11
Thanksgiving Luncheon	11 Elders, 2 staff	--	--	11
Crafts	15 Elders, 4 staff	16 Elders, 4 staff	--	31
Deer Trail Ride	6 Elders, 2 staff	--	--	6
Baking	--	7 Elders, 3 staff	--	7
Elder's Activity, continued	Oct	Nov	Dec	 Total Clients
Shopping Sault Ste. Marie	--	7 Elders, 4 staff	--	7
Cameco Christmas Party	--	--	4 Elders, 1 staff	4
Christmas Luncheon	--	--	18 Elders, 5 staff	18
Planning meeting	--	--	7 Elders, 3 staff	7
Total Clients				177

LTC Nurse Case Manager's Visits:

Activity	Oct	Nov	Dec	Totals
Home visits	34	38	23	95

Reassessment	0	2	2	4
Doctors visits	4	1	2	7
Meals on Wheels (Mondays & Fridays)	0	91	96	187
Occupational Therapist referrals	1	3	4	8
Physiotherapist referrals	2	2	0	4

Thank you for
reading our report!

HEALTH & SOCIAL SERVICES STAFF

Staff Member	Position	Phone Number	Email Address
Tanya Bates	Long Term Care Nurse Case Manager	356-5578	tanya@mississaugi.com
Zoe Belise	Long Term Care Personal Support Worker	356-5578	
Barry Boyer	Long Term Care Maintenance	356-5578	
Bernadette Boyer	Long Term Care Assistant	356-5578	bernadette@mississaugi.com
Perry Boyer	Health Promotions Coordinator	356-1621 ext. 2203	perryboyer@msn.com
Francis Chiblow	Long Term Care Maintenance	356-5578	
Mary Chiblow	Long Term Care Domestic Home Maker	356-5578	
Phyllis Chiblow	Long Term Care Domestic Home Maker	356-5578	
Terri-Lynn Chiblow	Community Support Services Worker	356-1621 ext. 2229	terri Lynn@mississaugi.com
Nicole Desbiens	Youth Suicide Intervention Coordinator	356-1621 ext. 2234	
Yvette Moffatt	Family Home Visitor	356-1621 ext. 2240	yvette@mississaugi.com
Jaime Morningstar	Long Term Care Personal Support Worker	356-5578	
Mary Ellen Morningstar	Medical Transportation Coordinator	356-1621 ext. 2201	maryellen@mississaugi.com
Evelyn Niganobe	Community Wellness Worker	356-1621 ext. 2226	evelyn@mississaugi.com
Lynn Niganobe	Team Secretary	356-1621 ext. 2228	lynn@mississaugi.com
Susan Niganobe	Long Term Care Personal Support Worker	356-5578	
Christine Owl	Youth Coordinator	356-1621 ext. 2242	christine@mississaugi.com
Stephany Stevens	Health Records Clerk	356-1621 ext. 2224	stephany@mississaugi.com
Lucy Ann Trudeau	Assistant Health & Social Services Director	356-1621 ext. 2230	latrudeau@mississaugi.com
Rita Wilson	Community Health Nurse	356-1621 ext. 2231	ritaw@mississaugi.com
Theresa Wishart	Long Term Care Domestic Home Maker	356-5578	