

Northern Ontario Home and Community Care Network

Gathering 2023

Mind, Body & Spirit

January 24 – 26

Delta Hotel, Thunder Bay, Ontario

Final Report

**Submitted by Podium Events &
Consulting**

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Summary

On January 24, 25 & 26, 2023, Northern Ontario Home and Community Care Network (NOHCCN) held the Mind, Body & Spirit Gathering at the Delta Hotel in Thunder Bay. The Gathering offered a variety of learning opportunities and training sessions that focused on self-care for the Home Care Worker. It also featured priority topics to better support and enhance the skillset of Home Care Workers in their work. After the impact of COVID, it was acknowledged that Home Care Workers were the most heavily affected in both their personal and professional lives. The Gathering was intended to provide the opportunity for healing with a focus on nurturing of the mind, body, and spirit while incorporating relevant knowledge and skillset building sessions. The Gathering was free to attend and open to all those who work in Home and Community Care Programs in Northern Ontario.

Agenda Overview

The agenda for the 3-day Gathering was made up of plenary sessions and breakout session workshops with breakfast and lunch included on each day. Networking and physical activity breaks were also incorporated into each day of the Gathering.

Some of the plenary sessions included:

- Honouring Our Home and Community Care Workers
- Playing Nice in the Sandbox
- Cultural Sensitivity Training
- Stroke 101 – A Sampling of Skills for Home and Community Care
- Regional Stroke Network Engagement Session
- Indigenous Helper Wellness: Building Skills for Self-Care
- The Grief Journey and Accessing Loss and Grief Services

The workshop sessions included:

- Traditional Medicine Teaching
- Breaking Language Barriers with our Clients
- Management of the Diabetic Foot

See Appendix A for each day's agenda.

Registration/Attendance

In total, 120 people registered for the Gathering which included some presenters and special guests. The average daily attendance was 108 delegates. The daily breakdown is as follows:

- 112 on Tuesday, January 24
- 108 on Wednesday, January 25
- 105 on Thursday, January 26.

Please see Appendix B for the Gathering delegate listing.

Delegate Roles

The breakdown of delegate roles as indicated on their registration for were as follows:

Acting Coordinator /PSW	2	Home and Community Care Nurse Manager
Advocacy Coordinator	6	Home and Community Care Registered Nurse
Community and Personal Support Services Manager		Home Care Coordinator
Community and Personal Support Worker	5	Home Care Worker
2 Community Health Nurse		Homemaker
Community Health Representative	2	Indigenous Transitions Facilitator
2 Community Rehabilitation Worker		Manager NW Regional
Community Well Being Nurse		Rehabilitative Care Program
Community Well Being Nurse, RPN		Manager, Program Delivery
2 Coordinator		Neskantaga Home & Community Care Coordinator
Discharge Planner	2	Nurse Advisor
Elders Mental Health Worker	2	Nurse Manager
Enhanced Care Coordinator		Nurse Support Coordinator
Executive Director		Palliative Care Coordinator
FNIHCC Regional Coordinator	24	Personal Support Worker
Health & Recreation Director		Physiotherapist
Health/Office Administration		President
3 Home and Community Care Administration Assistant	3	PSW/Coordinator
6 Home and Community Care Coordinator		Regional Coordinator
Home and Community Care Homemaker	5	Registered Nurse
Home and Community Care Maintenance Worker	2	Registered Practical Nurse
Home and Community Care Manager		Tribal Nursing Coordinator/Health Director
		Windigo First Nations Council Member

Communities/Organizations

Forty-four (44) communities/organizations were represented by the delegates at the Gathering and are as follows:

7 Generations	Neskantaga HCC
Bearskin Lake HCC	Nipigon (RRIB), Pays Plat, BZA
Big Trout Lake Band Health (Minoyawin) Services	North Caribou Lake First Nation
Big Trout Lake HCC	North Caribou Lake HCC
Biinjitiwaabek Zaaging Anishinaabek Medical Centre	Northern Ontario Home & Community Care Network
Boreal Wellness	Northwestern Ontario Regional Stroke Network
Cat Lake First Nation	P.A.C.E.
Cat Lake HCC	Paawidigone First Nation Forum
Centre for Addiction & Mental Health	Pikangikum Health Authority - Palliative Care Program
Constance Lake Jane Mattinas Health Center	Poplar Hill First Nation
Couchiching First Nation	Rocky Bay First Nation
Deer Lake First Nation	Sachigo Lake Home and Community Care
Dilico	Sandy Lake HCC
Eabametoong First Nation	Sioux Lookout First Nations Health Authority
FNIHCC ON Region	Slate Falls Home and Community Care
Giishkaandago'Ikwe Health Services	St. Joseph's Care Group
Grassy Narrows First Nation	Thunder Bay Regional Health Sciences Centre
Hospice Northwest	Webequie First Nation
Indigenous Services Canada	Windigo First Nations Council
ISC First Nations and Inuit HCC	Windigo HCC
Keewaytinook Okimakanak	WNHAC
Lac Seul HCC	
Mishkeegogamang	

Event Overview

Each day of the 3-day Gathering started with hot breakfast and registration from 7:30am-8:30am in the Delta Hotel foyer. On day 1, delegates were greeted at the registration table and were provided their nametag, program, and a gift. MC Stan Wesley was hired to provide MC services and his energy, humour, and ability to engage the audience greatly enhanced the Gathering. Throughout the Gathering, Stan Wesley distributed gift cards for participation and through raffles. Day 1 was opened in a good way by retired Registered Nurse, Elder Helen Cromarty, followed by opening remarks by NOHCCN Board Members. Stan Wesley led the group in an icebreaker activity to set the tone for the Gathering by getting people sharing and laughing with one another. The icebreaker activity was followed by an Honouring our HCC Workers tribute for their years of service in Home Care. Delegates were asked to stand to

indicate their years of service from 5+, 10+, 15+ and 20+ years and were presented a gift to acknowledge their longstanding contribution to Home Care. The Gathering moved on to a session on mental health and healing entitled Healing Through the Eyes of a Broken Person. It was presented by Janine Desmoulin and included storytelling and hand drumming. The session was followed by a calming seated yoga session by Sara-Kim Morin before breaking for lunch.

After lunch, Kari Chiappetta presented on personality colour dimensions and how individuals' "colours" contribute to their personality traits and their behaviour in a personal and professional setting. Delegates then moved on to concurrent workshops. Delegates were assigned to a breakout group A, B, or C and participated in rotating breakout sessions over the three days. Three workshop topics – Traditional Medicine Teaching with Elder Tom Chisel, Breaking Language Barriers with our Clients with Miriam Cook & Stephanie McIntyre and Management of the Diabetic Foot with Jeremy Caul & Dee O'Sullivan Drombolis were offered once each day over the three days, with delegates participating in all three over the course of event.

The final plenary session of day 1 entitled Community Rehab Worker- A New Role to Support Elders and Home and Community Care Clients to Remain in Community was presented by Denise Taylor & Dayna Quequish. MC Stan Wesley wrapped up day 1 and invited participants to join in for an evening activity evening of beading and painting. The evening activity engaged 25 participants of the Gathering.

Day 2 of the Gathering opened with Elder Helen Cromarty providing a smudging ceremony and a recap of day 1 by MC Stan Wesley. Jan Ritchie, Thunder Bay Police, presented the first plenary training session of the day entitled Cultural Sensitivity, which focused on the deeply rooted systemic racism of Indigenous peoples. Saumya Nair provided some energy to the room by providing a Zumba session that had delegates up and moving before breaking for refreshments. Following the morning nutrition break, Jeremy Caul & Dee O'Sullivan Drombolis presented a plenary session entitled Basics of Wound Assessment and provided an opportunity for hands-on training and skillset building. Delegates were served lunch and provided some musical entertainment with a song about feet by Patty Everson on the guitar.

After lunch, delegates moved into completing their second round of the concurrent workshops. The final plenary session of the day was entitled Ordering HCC Supplies and Equipment Presentations and were presented by three different presenters. Julie Caves presented on Non-Insured Health Benefits (NIHB), Michael D. Krawetz presented on the operations of the 7 Generations, a First Nations centric medical supply and education company that works to improve access to medical supplies and equipment for Canada's Indigenous peoples. Kirsti Reinikka and Roberta Kakegamic provided a community perspective of Ordering from a Community Lens, sharing the presentation in Roberta's language. The three mini presentations were followed by an MC moderated Q&A that generated a lot of engaging dialogue between the delegates and the presenters.

The final plenary session of the day Stroke 101 – A Sampling of Skills for Home and Community Care was presented by Esmé French, Alisha Tokar & Laurie Broadfoot. It was an interactive

session that provided an introduction to the FAST stroke screening tool. Participants also learned tips and tricks related to supporting clients with swallowing impairment to safely eat and drink, as well to safely perform the sit-to-stand exercise and transfer technique.

Following the day 2 sessions, the Regional Stroke Network offered an optional post-event engagement session from 5:00pm-6:00pm where participants were invited to sign-up to provide their input on how to make community supports better for people living with stroke, their families, and their caregivers. Appetizers were served and prizes were raffled off. Pre-registration was required. The engagement session had 34 participants registered, and 26 attended.

Day 3 of the Gathering commenced with an opening prayer by Elder Tom Chisel, and a recap of day 2 by MC Stan Wesley. The morning of day 3 included a two-hour and 45-minute plenary session, which included a nutrition break, entitled Indigenous Helper Wellness: Building Skills for Self-Care. The session presented by Chrysta Wood, from Shkaabe Makwa, a hospital-based centre that focuses on the mental health of Indigenous peoples with the Centre for Addiction and Mental Health (CAMH). It was an interactive training that explored Indigenous helper wellness in the context of working with Indigenous communities and service providers. Participants were trained to be able to recognize the signs of vicarious trauma, compassion fatigue, and burnout in oneself as a healer.

The session was followed by an energizer activity by MC Stan Wesley before delegates broke for lunch. Following lunch, delegates moved into completing their third and final concurrent workshop of the event. After the concurrent workshops, delegates had a nutrition break before returning to the main event space for the final plenary sessions of the day. The sessions included a presentation entitled The Grief Journey and Accessing Loss and Grief Services from Cherie Kok, Executive Director of Hospice Northwest which informed delegates on how to access the services that Hospice Northwest provides. It was followed by an update on Holistic Continuum of Long Term and Continuing Care Engagement from Kristina Slyford, Regional Coordinator for the Holistic Continuum of Long Term Care, Indigenous Service Canada, FNIHB Ontario Region.

The NOHCCN Board provided an update on NOHCCN news and next steps, which was followed by the day 3 wrap-up and evaluations. Delegates were encouraged to submit evaluations to be entered into a raffle to win a beautiful quilt provided by Leona Masakeyash. The Gathering closed in a good way by Elder Helen Cromarty.

Appendix A - Agenda

Agenda Day 1

Tuesday January 24, 2023		
7:30 am – 8:30 am	Registration and Hot Breakfast	
8:30 am – 9:00 am	Welcome, Opening Prayer & Opening Remarks <i>Stan Wesley, Elder Helen Cromarty & NOHCCN</i>	
9:00 am – 9:45 am	Ice Breaker & Networking Activity <i>Stan Wesley</i>	
9:45 am – 10:15 am	Honouring our Home and Community Care (HCC) Workers	
10:15 am – 10:30 am	Break	
10:30 am – 11:30 am	Healing Through the Eyes of a Broken Person <i>Janine Desmoulin</i>	
11:30 am – 12:00 pm	Chair Yoga with Sara-Kim Moran	
12:00 pm – 1:00 pm	Lunch	
1:00 pm – 2:00 pm	Playing Nice in the Sandbox <i>Kari Chiappetta</i>	
2:00 pm – 3:00 pm	Concurrent Workshops Series 1: Delegates will be assigned to Group 1, 2 or 3 and will rotate through all workshops completing one workshop per day.	
<div>Group 1</div> <div><i>Traditional Medicine Teaching</i></div> <div><i>Elder Tom Chisel</i></div> <div>The Falls Room</div>	<div>Group 2</div> <div><i>Management of the Diabetic Foot</i></div> <div><i>Jeremy Caul & Dee O’Sullivan Drombolis</i></div> <div>Superior Ballroom</div>	<div>Group 3</div> <div><i>Breaking Language Barriers with our Clients</i></div> <div><i>Miriam Cook & Stephanie McIntyre</i></div> <div>Superior B & C Room</div>
3:00 pm – 3:15 pm	Break	
3:15 pm – 4:15 pm	Community Rehab Worker- A New Role to Support Elders and Home and Community Care Clients to Remain in Community <i>Denise Taylor & Dayna Quequish</i>	
4:15 pm – 4:30 pm	Wrap up of Day 1 & Closing	
6:00 pm – 8:00 pm	Evening Craft Activity <i>Beading & Painting</i>	

Agenda Day 2

Wednesday January 25, 2023 Superior Ballroom		
7:30 am – 8:30 am	Registration and Hot Breakfast	
8:30 am - 9:00 am	Welcome & Smudging Ceremony <i>Stan Wesley & Elder Helen Cromarty</i>	
9:00 am – 10:00 am	Cultural Sensitivity Training <i>Jan Ritchie</i>	
10:00 am – 10:15 am	Break	
10:15 am – 10:45 am	Zumba/Chair Zumba with Saumya Nair	
10:45 am – 12:00 pm	Basics of Wound Assessment <i>Jeremy Caul & Dee O’Sullivan Drombolis</i>	
12:00 pm – 1:00 pm	Lunch	
1:00 pm – 2:00 pm	Concurrent Workshops Series 2: Delegates will be assigned to Group 1, 2 or 3 and will rotate through all workshops completing one workshop per day.	
Group 3 <i>Traditional Medicine Teaching</i> <i>Elder Tom Chisel</i> The Falls Room		Group 1 <i>Management of the Diabetic Foot</i> <i>Jeremy Caul & Dee O’Sullivan Drombolis</i> Superior Ballroom
		Group 2 <i>Breaking Language Barriers with our Clients</i> <i>Miriam Cook & Stephanie McIntyre</i> Superior B & C Room
2:00 pm – 2:15 pm	Break	
2:15 pm – 3:30 pm	Ordering HCC Supplies and Equipment Presentations Non-Insured Health Benefits (NIHB) – <i>Julie Caves</i> 7 Generations – <i>Michael D. Krawetz</i> Ordering from a Community Lens – <i>Kirsti Reinikka & Roberta Kakegamic</i> Q&A	
3:30 pm – 4:30 pm	Stroke 101 – A Sampling of Skills for Home and Community Care <i>Esmé French, Alisha Tokar & Laurie Broadfoot</i>	
4:30 pm – 4:35 pm	Wrap up of Day 2 & Closing	
5:00 pm – 6:00 pm	Regional Stroke Network Engagement Session <i>Share your stories, help improve community stroke rehabilitation services.</i> <i>Draw prizes and appetizers will be offered.</i>	

Agenda Day 3

Thursday January 26, 2023 Superior Ballroom		
7:30 am – 8:30 am	Registration and Hot Breakfast	
8:30 am – 9:00 am	Welcome & Opening Prayer <i>Stan Wesley & Elder Tom Chisel</i>	
9:00 am – 10:30 am	Indigenous Helper Wellness: Building Skills for Self-Care <i>Chrysta Wood</i>	
10:30 am – 10:45am	Break	
10:45 am – 11:30 am	Indigenous Helper Wellness: Building Skills for Self-Care <i>Chrysta Wood</i>	
11:30 am – 11:45am	Networking Activity <i>Stan Wesley</i>	
11:45 am – 12:45 pm	Lunch	
12:45 pm – 1:45pm	Concurrent Workshops Series 3: Delegates will be assigned to Group A, B or C and will rotate through all workshops completing one workshop per day.	
Group 2 <i>Traditional Medicine Teaching</i> <i>Elder Tom Chisel</i> The Falls Room	Group 3 <i>Management of the Diabetic Foot</i> <i>Jeremy Caul & Dee O'Sullivan Drombolis</i> Superior Ballroom	Group 1 <i>Breaking Language Barriers with our Clients</i> <i>Miriam Cook & Stephanie McIntyre</i> Superior B & C Room
1:45 pm – 2:00 pm	Break	
2:00 pm – 2:45 pm	The Grief Journey and Accessing Loss and Grief Services <i>Cherie Kok</i>	
2:45 pm – 3:15pm	Holistic Continuum of Long Term and Continuing Care Engagement Update <i>Kristina Slyford</i>	
3:15 pm – 3:45 pm	NOHCC Network News & Next Steps	
3:45 pm – 4:30 pm	Wrapping it all up & Evaluation Closing Prayer Door Prize	

Appendix B - Delegate Listing

Anderson, Christy
Angeconeb, Rita
Arvelin, Tracy
Atkinson, Michele
Aysanabee, Annie
Barkman, Jocelyn
Blanchette, Cagney
Bonin, Andrew
Broadfoot, Laurie
Bruyere, Angela
Bruyere, Tamara
Cain, Bethany
Cano, Robin
Caul, Jeremy
Caves, Julie
Chapman, Nancy
Chisel, Tom
Colwell, Rose
Cook, Miriam
Corbiere, Nicole
Cornell, Sandra
Crane, Cynthia
Cromarty, Janet
Cromarty, Helen
Desmoulin, Janine
Elvrum, Bryanna
Elvrum, Jan
Everson, Patty
Fiddler, Stacey
Fobister, Carol
French, Esme
Gabrie, Albert
Gamble, Maryanne
Gray, Rose
Harper, Clarissa
Hennessy, Samantha
Howe, Peggy
Jacob, Jeannie
Jacob, Kenny
Jardine, Julia
Kakegamic, Jennifer

Kakegamic, Michelle
Kakegamic, Roberta
Kakekagumick, Rebecca
Kanakakeesic, Martine
Keeskitay, Nancy
Keeskitay, Terrance
Kennedy, Rebecca
Kettles, Ashley
Kok, Cherie
Koski, Kerri
Krawetz, Michael
Loon, Lesia
MacLeod, Kathy
Magiskan, Cynthia
Makoop, Cynthia
Mamakwa, Shannon
Mandamin, Amelia
Marano, Rita
Masakeyash, Leona
McIntyre, Stephanie
McKay, April
McKay, Lydia
McKinnon, Georgina
McKoop, Martina
Meekis, Marella
Meekis, Karyn
Meeseetawageesic,
Roberta
Moonias, Florence
Moose, Dina
Morris-Gray, Katherine
Moskotaywenene, Diane
Nayanookeesic, Gladys
Ostamus, Ricky
O'Sullivan-Drombolis,
Deirdre
Owens, Mike
Palmer, Connie
Patawanick, Ophelia
Pay Pom Pee, Paula
Pitura, Candice

Pizzi, Nikolas
Proudfoot, Mary
Quequish, Dayna
Quill, Dinah
Recollet, Tuesday
Reinikka, Kirsti
Reinikka, Kirsti
Ritchie, Jan
Rodger, Barb
Ruth, Amanda
Sakakeep, Kaitlin
Sakanee, Naomi
Sandberg, Whitney
Simpson, Sarah
Singleton, Jennifer
Singleton, Barbara
Sisson, Sonja
Sisson, Emma
Sky, Priscilla
Sky, Philina
Slyford, Kristina
Smith-Wawia, Cheyenne
Southwind, Bernice
Spade, Maria
Spence, Mary
Suganaqueb, Peggy
Suggashie, Barbie
Sullivan, Carly
Tait, Sarah
Taylor, Denise
Tokar, Alisha
Wabasse, Jessie
Wabasse, Mark
Waswa, Colleen
Welshman, Carmela
Wesley, Rosaline
White, Liza Jane
Williams, Melissa
Wood, Chrysta
Wouthuis, Erin

Appendix C - Speaker Biographies & Session Summaries



Elder Helen Cromarty

Helen Cromarty (Barkman) of Sachigo Lake First Nation began her education as a residential school student and attained her HBScN degree from Lakehead University. During her 45-year career as a nurse, she worked ICU-CCU for 23 years, then as Health Policy Analyst/Health Liaison at Nishnawbe Aski Nation (NAN) and Special Advisor for First Nation Health at Sioux Lookout Meno Ya Win Health Centre (SLMHC). Helen was in many leadership roles in the development and implementation of health care programs and services delivered throughout NAN and Ontario. She made major contributions in the development of Lakehead University's Native Nurses Entry Program and the Aboriginal Healing and Wellness Strategy. At SLMHC, she contributed to the traditional and cultural programs and published several articles on health research.



Stan Wesley **Master of Ceremonies**

Stan Wesley is from Moose Factory and currently living in Six Nations Territory with his wife Mandy and two daughters Maya and Tenona. With his high-energy and sincere professional approach, he's considered by many to be one of the most high energy speakers around. He's pumped to be working with the Northern Ontario Home and Community Care Network!

Janine Desmoulin

Janine Desmoulin spent most of her adolescence and adult years growing up in Thunder Bay. She has become a helper within the community after years of her own struggles with addiction and mental health. A proud Ojibwe from Biigtigong Nishnaabeg who has a deep love for her family. She is a wife, mother, and auntie to many. Passionate about working with youth in areas of wellness and empowerment. A Cultural Practitioner within St. Joseph's Care Group - Indigenous Health Team, working daily to carry messages which inspire others to move forward in a good way while embracing and creating new opportunities to step up into. Experienced Master of Ceremonies who enjoys workshop development and facilitation. Janine brings humour forward in all she does and is a self-described "Animated Storyteller" knowing all too well that laughter is one of the greatest forms of medicine we have been given to heal.



Session:

Healing Through the Eyes of a Broken Person

Tues. Jan. 24, 10:30 – 11:30 am

We all face personal and professional struggles. We all experience hard times and most of us have an even harder time acknowledging our own personal triumphs and accomplishments. This session allows you to look through eyes of another person and see that all things are not always as they appear. By utilizing storytelling and incorporating Anishinabek culture through hand drumming and song, Janine aims to provide listeners an impactful view of healing from within, looking at the importance of self-reflection, spiritual connection and the healing power of laughter when embracing mental health.

Sara-Kim Moran

Sara-Kim Moran has been learning and teaching a wide variety of modalities in the healing arts over the past 20 years. Sara-Kim has studied multiple certifications at Yoga North, The International Academy of Sound Healing, The Neoshamanic School of Divine Potential, The Conservatory of Music and Essui Essentail Reiki- to name a few. Sara-Kim offers a relaxation healing experience that naturally blends essences combining years of training and teaching yoga, sound healing, energy healing and Neoshamanism in Ontario as well as internationally.



Session:

Chair Yoga

Tues. Jan. 24, 11:30 – 12:00 pm

Welcome all to experience the waves of love and light as we are guided into 2023 with Yoga and meditation together.



Kari Chiappetta

Kari has worked in the Social Service industry for 29 years. She graduated in 1993 from Confederation College with her Social Service Worker Diploma. She then went on to secure her Life Skills Coaching Certificate in 1995. Kari is also a certified Personality Dimensions® facilitator, certified Lego Serious Play® facilitator and Thomas Kilmann Conflict Mode Instrument facilitator. Kari has also secured her Group Facilitation Methods Certificate from ICA Associates. Kari has been self-employed since 2006. The focus of her business is facilitation and training. As a facilitator, Kari shapes and guides the process of working together effectively. She shares her skills and knowledge through workshops, training and facilitated sessions.

Session:

Playing Nice in the Sandbox

Tues. Jan. 24, 1:00 – 2:00 pm

COVID 19 has changed the face of workplaces and employees in a way we could not have predicted. Staff have worked remotely for 2 years, changing the team dynamics, and increasing feelings of isolation. The Playing Nice in the Sandbox session will cover how to recognize and appreciate the strengths of your team and those you interact with on a daily basis. Insight will be shared on how each temperament is hard wired, what they need in a day to navigate their days effectively. How to best communicate and work with each temperament with the end goal of learning to appreciate the differences we all bring to the table.

This session is based on Kari's Personality Dimensions session she facilitates with teams and groups around the country. Personality Dimensions® is based on Temperament Theory, which can be traced back to Hippocrates, who identified that there were four ways in which people got sick. He named them as the 'Four Humors' (Phlegmatic... Melancholic... Sanguine... Choleric). Personality Dimensions® translates this model into four colors:

- Inquiring Green™ Core psychological needs are Mastery and Self Control, Knowledge and Competence.
- Organized Gold™ Core psychological needs are Membership or Belonging, Responsibility and Duty.
- Resourceful Orange™ Core psychological needs are Freedom to Act Now and the Ability to Make an Impact.
- Authentic Blue™ Core psychological needs are Meaning, Significance and Connecting.

Elder Tom Chisel

Tom Chisel is from the Lac Seul First Nation, living in Sioux Lookout. He has worked with the Sioux Lookout First Nations Health Authority for over 22 years as a Mental Health trainer and Traditional Healing Coordinator. He has worked in Northwestern Ontario his entire working life, working with children, youth, adults, and Elders within children's mental health, child welfare and Anishinaabe healing practices and ceremonies. He is an herbal medicine practitioner and member of Midewiwin.



Concurrent Workshop Session: The Falls Room

Traditional Medicine Teaching

Tues. Jan. 24, 2:00 – 3:00 pm

Wed. Jan. 25, 1:00 – 2:00 pm

Thurs. Jan. 26, 12:45 – 1:45 pm

In this workshop, participants will have an Elder teach them about plants and their medicinal properties. Participants will have the opportunity to inspect various plants used for traditional medicines.



Jeremy Caul

Jeremy is a specialized Registered Nurse with a graduate degree focused on wound healing. Jeremy is experienced in wound healing, chronic disease management and diabetes education. Jeremy has worked with a predominantly Indigenous population for nearly a decade, with much of his clinical experience working in the Sioux Lookout zone. Jeremy is an active participant in regional, provincial and national initiatives focused on bettering access to wound healing resources with a focus on Limb Preservation and Cultural Safety in health practice.

and

continued next page...



Dee O'Sullivan Drombolis

Dee has been a physiotherapist in her home town of Fort Frances for over 20 years, working at first at their local hospital and in 2017 moving to GiishKaandago'lkwe Health Services to service the surrounding 10 First Nation Communities within the Child's First Initiative Program. Most recently she has stepped into the role of Director of Health Services for the organization. In 2007 she took part in the first Clinical Master's Program in Wound Healing at the University of Western Ontario and this started her passion for skin health and the role physiotherapists can play in this complex health concern. She has and continues to provide advanced skills and support to the local hospital and

family health team as well as for the Home and Community Care Program within Giishkaandago'lkwe on an ongoing basis. Outside of this she has participated in many best practice guideline development processes including Wounds Canada and the Registered Nurse Association of Ontario and authored many papers around skin health. She was a long standing member of the Wounds Canada Board of Directors and continue to support ongoing professional development for them.

Concurrent Workshop Session: Superior Ballroom

Management of the Diabetic Foot

Tues. Jan. 24, 2:00 – 3:00 pm

Wed. Jan. 25, 1:00 – 2:00 pm

Thurs. Jan. 26, 12:45 – 1:45 pm

The goal of these workshops is to practice skills associated with risk management and treatment of persons living with or at risk of developing diabetic foot complications. For wounds to heal patients may need assistance optimizing their conditions and environment to support the maintenance of skin integrity or healing of wounds.

Session:

Basics of Wound Assessment

Wed. Jan. 25, 10:45 – 12:00 pm

The goal of this session is to outline a standardized, evidence-based approach to wound management. We will discuss a framework to support the wholistic approach to wound assessment. The audience will be guided through the framework with special attention paid to vulnerable populations and interdisciplinary shared care.

Miriam Cook

I come from Slate Falls First Nation; born and raised there. I currently live in Thunder Bay for the past 10 years when I came out for school. Nursing has always been my passion and dream. I am very happy to be where I'm at and to give back to the communities with the needs for nursing services in remote communities. I love Homecare Nursing and work for Windigo. I recently started with Sandy Lake. It's important to be able to keep our clients at home, to be close to family and for clients to be able to live independently as much as possible.



and

Stephanie McIntyre

Hello, my name is Stephanie McIntyre, and I am the PSW Lead that works under the HCC program at Keewaytinook Okimakanak. I have now been working here 3 years in March. I was born and raised in Winnipeg Manitoba. I moved to Thunder Bay when I was 10 years old. I love my job because it is never the same and I get to travel and serve 6 different Northern communities. I feel blessed to be working with such an amazing team.



Concurrent Workshop Session: Superior B & C Room

Breaking Language Barriers with Our Clients

Tues. Jan. 24, 2:00 – 3:00 pm

Wed. Jan. 25, 1:00 – 2:00 pm

Thurs. Jan. 26, 12:45 – 1:45 pm

HCC Nurses, PSWs, and other health care providers are often invited into a client's home where English may not be their first language which can create an unintentional barrier between worker and client. In this workshop, you will learn to pronounce, read and write some basic key phrases in Oji-Cree to support the HCC worker to better understand and communicate the needs of their clients in their own language. Increased communication with clients in their own dialect will ultimately bring more trust and comfort in the worker/client relationship.



Denise Taylor

Denise Taylor is the Manager of the North West Regional Rehabilitative Care Program - a program ensuring access to best practice quality adult physical rehabilitation across the North West. Denise is an ally of British descent. She is a physiotherapist by background with 29 years experience in neurological rehabilitation, health promotion and system planning. She is a strong advocate for clinicians and clients in the North to access rehabilitation services and for breaking down geographical barriers with the use of technology. She enjoys being on the land with family and friends- canoeing, kayaking, and backpacking, playing hockey, and cycling.

and



Dayna Quequish

Dayna Quequish is a Community Rehabilitation Worker (CRW) for North Caribou Lake First Nation in Weagamow Lake. She is one of the first CRW students who graduated in November 2022 along with her husband Albert. Some of the things they are doing in the community are:

- *Promoting safety and wellbeing with mobility,*
- *Assisting with rehabilitation and exercise programs,*
- *Assisting with elders participating in community events, and*
- *Providing support for the PSWs when needed.*

Dayna is also one year away from completing her Bachelor of Education that will be used as a stepping stone to attend a

Physical Therapy program to benefit her home community. She is passionate about helping others, whether they are young or old. She enjoys helping make people's lives just a little bit easier. She enjoys beading and playing sports.

Session:

Community Rehab Worker – A New Role to Support Elders and Home and Community Care Clients to Remain in Community

Tues. Jan. 24, 3:15 – 4:15 pm

This session will provide a detailed description of the new Community Rehabilitation Worker role, and the background information on the need for the role. An overview of the training program, skills learned, and changes made as a result of the evaluation to date. The session will also identify the expectations of a community that may wish to add a CRW role to their Home and Community Care Program and the characteristics of a successful CRW.

Jan Ritchie

Jan grew up on Saugeen #29 First Nation and is a proud Pottawatomi Anishinabe man. After leaving home he went on an extraordinary learning journey. While starting out in the United States Marine Corps to serve his country, his commanding officers encouraged him to pursue his education and ordered him to finish his high school diploma. Jan's final order from his chain of command after departing from the Marine Corps was to continue with his education, so he did, completing a college Police Foundation diploma and completing his bachelor honors degree in law and justice. Despite a desire to enrol in law school, he listened to his higher power after being reconnected to his spirituality at a traditional rain dance ceremony that told him not to pursue law school, but to run and keep learning culture and language.



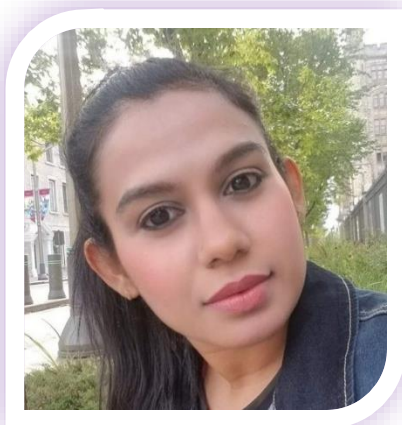
Since then Jan has been on a journey by participating in ultra running events throughout the world. Jan has been sharing his experience in running extreme long distances and his connection to culture. Jan has embarked on a journey in teaching reconciliation and cultural safety to the Thunder Bay Police. Jan has lived in Thunder Bay since 2015.

Session:

Cultural Sensitivity Training

Wed. Jan. 25, 9:00 – 10:00 am

In this session, Jan will provide cultural safety training and demonstrate how to listen to the voice of the Anishinabek Nation. Jan will discuss cultural safety, embracing reconciliation and creating awareness.



Saumya Nair

When I was in India, Zumba was my part time job. I took my certification in 2015. I have taught Zumba at many corporate events, schools, universities/colleges and fitness clubs. I was very much recognised for my style as I did mostly Bollywood Zumba. In 2018 I moved to Canada and the same year I started working with Movati Athletic. I was appreciated for my style, and I also received a best instructor award and bonus as I received the maximum number of written compliments from my clients. In 2019 I also got my Canfitpro FIS. In 2020 I was licenced for Strong by Zumba and Zumba Bolly Rhythm. In 2021 I also started teaching at the Canada Games Complex and I was appreciated for my style there, too. I am also glad to be an in-house instructor at KO Health.

Session:

Zumba/Chair Zumba with Saumya Nair

Wed. Jan. 25, 10:15 – 10:45 am

Whether standing or sitting, please join in for this fun Zumba session, suitable for all levels of experience and comfort with exercise.

Julie Caves

Currently, I am the Manager, Program Delivery for Medical Transportation. I am well informed in Vision, Mental Health Services, Drugs and Medical Supplies and Equipment. I have been with Non-Insured Health Benefits (NIHB) for most of my 27 year career.

Session:

Ordering HCC Supplies & Equipment Presentations: Non-Insured Health Benefits (NIHB)

Wed. Jan. 25, 2:15 – 3:30 pm

NIHB presentation is first of three, 20-minute presentations taking place in the hour to provide you with different perspectives on ordering Home and Health Care supplies and equipment.

Michael D. Krawetz

Michael D Krawetz, BScH, BScH, MSc (Microbiology) is the 7 Generations Medical Director of Sales and Business Development - Eastern Canada. Michael has 20+ years of experience in medical supply provision and education with sub-specialties in the wound care, ostomy and continence/urological therapeutic areas.



Session:

Ordering HCC Supplies & Equipment Presentations:

7 Generations

Wed. Jan. 25, 2:15 – 3:30 pm

7 Generations Medical is a First Nations centric medical supply and education company that works to improve access to medical supplies and equipment for Canada's First Nations peoples through the NIHB and Jordan's Principle funding models. The 7 Generations presentation is second of three, 20-minute presentations taking place in the hour to provide you with different perspectives on ordering Home and Health Care supplies and equipment.

Kirsti Reinikka

Kirsti was born & raised in Northwestern Ontario. She is the proud Auntie of one and cousin to over 20 and a dog Mom to a 100 pound "little girl." Camp is her favourite place to go all year round & she can't believe she's been a Physiotherapist for almost 23 years!!

and

Roberta Kakegamic

Roberta Kakegamic is a PSW with the Sandy Lake Home and Community Care Program. Prior to joining the program in 2018, she worked for many years in Long-Term Care and then in Mental Health. Roberta is a proud member of Sandy Lake First Nation where she was born and has lived all her life. Caring for others, especially the Elders, is her passion!

Session:

Ordering HCC Supplies & Equipment Presentations: Ordering from a Community Lens

Wed. Jan. 25, 2:15 – 3:30 pm

This presentation is the final 20-minute presentation taking place in the hour to provide you with different perspectives on ordering Home and Health Care Supplies and Equipment.

At the end of the three presentations, the Presenters will be taking questions from the crowd.

Esmé French

Esmé French is a physiotherapist with 22 years of experience in stroke rehabilitation. She currently works for the Northwestern Ontario Regional Stroke Network and is available as a resource for any stroke rehabilitation related questions. Esmé has a professional interest in community exercise programs and improving access to rehabilitation and recovery services for people with stroke and their families. Esmé lives in Thunder Bay and enjoys spending time outdoors, travelling our beautiful region by foot, canoe and kayak.



and

Alisha Tokar

Alisha Tokar is a registered nurse with 11 years of experience in stroke and cardiovascular care. Currently she works as the Clinical Nurse Specialist/Regional Educator for the Northwestern Ontario Regional Stroke Network and lives in the countryside of Thunder Bay. Alisha has an interest in stroke education for healthcare staff, particularly within the acute care setting. Alisha enjoys being outdoors as much as possible and looks forward to new and exciting travels around the world with her family.



and

Laurie Broadfoot

Laurie Broadfoot is a speech-language pathologist with 25 years of experience spanning a number of settings – acute care, rehabilitation, long-term care, school-based and home & community care. Laurie currently works on the Regional Stroke Unit, as well as the surgical and intensive care units at Thunder Bay Regional Health Sciences Centre. Laurie lives in Thunder Bay and loves to spend her summers golfing as much as possible.

Session:

Stroke 101 – A Sampling of Skills for Home and Community Care

Wed. Jan. 25, 3:30 – 4:30 pm

This interactive session will provide an introduction to the FAST stroke screening tool. Participants will also learn tips and tricks related to supporting clients with swallowing impairment to safely eat and drink, as well to safely perform the sit-to-stand exercise and transfer technique.

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Session:

Regional Stroke Network Engagement Session

Wed. Jan. 25, 5:00 – 6:00 pm

Have you cared for or know someone who has had a stroke? We want to know how to make community supports better for people living with stroke, their families and caregivers. Join staff from the Regional Stroke Network who will be listening to your stories and ideas to learn what is needed to make a difference in your community. Tell us where you see the gaps and what you need to improve care for people with stroke. Planning for community stroke rehabilitation investment is currently underway in Northwestern Ontario and your voices are important. See poster, page 5.



Chrysta Wood

Chrysta Wood, MSW, RSW, is a Community Support Specialist with Shkaabe Makwa. She grew up in Winnipeg's North End, with close ties to the Métis community of Manigotagan where her family comes from. She is a member of Hollow Water First Nation. She carries two Anishinaabe names:

Waabishkebinesikwe and Wauzhushkoons and is a part of the Eagle Clan. She is an auntie, a mother, and kokum. She currently resides with her partner on his family's ancestral grounds on Nootkamegwanning in beautiful Treaty 3 Territory. Chrysta completed her Master of Social Work based in Indigenous Knowledges from the University of Manitoba. She feels honoured to have walked alongside many children, youth and families over

the last 18+ years as a helper in various sectors including child & youth mental health, Action Therapy and as a part of an FASD diagnostic clinic team.

Session:

Indigenous Helper Wellness: Building Skills for Self-Care

Thurs. Jan. 26, 9:00 – 11:30 am

Indigenous Helper Wellness: Building Skills for Self-Care is an interactive training that will explore Indigenous helper wellness in the context of working with Indigenous communities and service providers. Participants will be able to recognize the signs of vicarious trauma, compassion fatigue, burnout in oneself as a healer, and much more.

Cherie Kok

Cherie Kok, B.A., M.A., Executive Director, Hospice Northwest. Born and raised in Thunder Bay, married 25 years, mother of three. Cherie has experience working in both the for-profit and non-profit sectors with an emphasis on program and community development. Her MA is in Philanthropy and Development and she has over 18 years' experience with fundraising and not-for profit management. Cherie has been employed by Hospice Northwest for 4 and ½ years. In addition, she is a Hospice Northwest volunteer and has worked with palliative, caregiver and grief clients.



Session:

The Grief Journey and Accessing Loss & Grief Services

Thurs. Jan. 26, 2:00 – 2:45 pm

Hospice Northwest is a community volunteer organization that complements, enhances and delivers end of life care, including grief and bereavement services. This session will inform conference participants on the grief and loss support services that Hospice Northwest provides within the North West region. We hope to inform individuals of how they can access support services that meet their unique grieving needs.

Kristina Slyford

My name is Kristina Slyford, Regional Coordinator for the Holistic Continuum of Long Term Care, Indigenous Service Canada, FNIHB Ontario Region. I am the lead for the long term care engagement project in Ontario. I have been working with ISC FNIHB for 10 years, which includes front line nursing in nursing stations in remote Ontario. I am also in the process of completing my nursing graduate studies at Queen's University.



Session:

Holistic Continuum of Long Term and Continuing Care Engagement Update

Thurs. Jan. 26, 2:45 – 3:15 pm

The purpose of this session is to provide an update on the national engagement process for a Holistic Continuum of Long Term Care and to engage with attendees via focus group session.