

## FOURTH ANNUAL GATHERING



**2024**

Tuesday, February 13  
Wednesday, February 14  
Thursday, February 15

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Valhalla Inn  
1 Valhalla Inn Road  
Thunder Bay, Ontario

### FINAL REPORT

Respectfully Submitted by Marianne Bortolin

April 9, 2024

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## Summary

On February 13 to 15, 2024, the Northern Ontario Home and Community Care Network (NOHCCN) held their Fourth Annual Gathering – Our Home Care Successes. The event took place at the Valhalla Inn, Thunder Bay, Ontario. The Gathering offered a variety of learning opportunities and training sessions that focused on building capacity for Home Care workers and featured Home Care success stories.

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 consisted of opening and closing prayers and remarks, plenary sessions, three concurrent workshop sessions on days 1 and 2, and daily evaluations. A hot breakfast and lunch were provided daily. Energizer breaks were also included each day of the Gathering.

A snapshot of the plenary sessions included the following:

- Addressing Anti-Indigenous Racism with Dr. Alexa Lesperance, Rocky Bay and Whitefish First Nation;
- Open Mic – Sharing our Stories, Our Medicine;
- Indigenous Ways of Healing with Dennis Windego; and
- Supporting Successful Conversations When There is a Change in a Health Condition with Jill Marcella and Sherri Henderson, North West Regional Palliative Care Program, St. Joseph's Care Group, among other plenary sessions.

Three concurrent workshop sessions were offered on days 1 and 2 of the Gathering. The workshops on day 1 were designed in three streams. Stream 1 was for Home Care Workers, stream 2 for Health Care Providers and stream 3 for Managers, Coordinators and Health Directors. Each stream offered sessions tailored specifically to those roles to broaden the skillset and capacity of those delegates.

Day 2 concurrent workshops were structured so each delegate was assigned to group A, B or C. The groups rotated through all three workshops throughout the day allowing delegates to participate in each. Some of the concurrent workshops included:

- Senior Friendly Care at Home: Tips for Supporting Elders with Common Age-Related Changes and Dementia with Kirsten Pavelich, NOSM University;
- Older Adults with Dementia – Mitigating Risks of Abuse with Marta Hajek, Elder Abuse Prevention Ontario;
- Service Delivery Plan Workshops with Priscilla Sky, Indigenous Services Canada; and
- Traditional Medicine Teaching with Carla Bird, Peguis First Nation.

For a full listing of plenary and concurrent sessions, please see Appendix A for the daily Gathering agenda.

## Registration/Attendance

In total 160 participants were registered for the Gathering. This number included delegates, Elders, a dignitary, most presenters and informational booth vendors.

All participants were required to check-in at the registration desk upon arrival. If a participant did not complete the daily registration check-in their attendance could not be captured.

Delegates were required to check-in at the registration table each day to collect attendance. Delegates were provided a raffle ticket for prizes to encourage daily registration.

Twenty-one (21) of the 160 unique registrants did not attend the Gathering. Several participants did not attend the full three (3) days.

Daily attendance check-in for the Gathering was as follows:

- 125 on Tuesday, February 13
- 125 on Wednesday, February 14
- 120 on Thursday, February 15

NOHCCN invited artisans, programs, and organizations to participate at the Gathering with vendor and information display booths. Sixteen (16) booths total participated, including seven (7) artisans over the course of the Gathering. The nine (9) programs and organizations which participated are as follows:

- Alzheimer Society of Thunder Bay
- Dilico
- Matawa Health Co-operative
- North West Regional Palliative Care Program/Rehab Care Program/Seniors Care Program
- Oshki-Pimache-O-Win: The Wenjack Education Institute
- St. Joseph's Care Group
- Thunder Bay Regional Health Science Centre
- Wesway
- NOHCCN

For the Gathering participant listing and daily attendance, please see Appendix B.

## Delegate Roles & Titles

During registration delegates were asked to select the role that best describes their position from a list of choices. These selections were used to assign delegates to their breakout room streams for the day 1 concurrent workshops. The responses were as follows:

51	Home Care Worker
48	Health Care Provider
47	Managers, Coordinators, Health Directors
<b>146</b>	

The delegate roles as indicated on the registration forms are as follows (numbers to the left of the role indicate the frequency that the role/title was noted in the registrations):

Case Manager / RN	2	Manager
CEMR Lead/ Personal Support Worker		Manager Indigenous Collaboration, Equity & Inclusion
Clinical Support Registered Nurse		Manager of Health
Community and Personal Support Person		Manager of Home and Community Care
2 Community and Personal Support Worker		Manager, North West Regional Seniors Care Program
10 Community Health Nurse		
3 Community Health Representative	2	Matawa Health Co Operative
Community Mobile Health Nurse-RPN		Mental Health Support
Community Navigator		Moose Cree First Nation
Community Support Service Coordinator		Naotkamegwanning Home Care Program
3 Community Wellbeing Nurse		North West Regional Rehabilitation Care Program Manager
Dignitary		Operations Manager
Director of Health		Palliative Care Coordinator
Director of Health Services		Palliative Care RN
Director of Social Services		Palliative Care Telemedicine Nurse Consultant
District CPSS District Manager		
Elder	2	Personal Support Services
Elder - Mental Health Support	21	Personal Support Worker
Family Physician		Personal Support Worker/Community Rehab Worker
Garden River Wellness Centre Worker		Personal Support Worker/Activity Worker
HCC Administration Assistant		Physiotherapist/Health Care Consultant
HCC Nurse - Discharge Planner		
2 HCC Worker	7	Presenter
5 Health Director	3	PSW/ Coordinator HCC
12 Home & Community Care Coordinator	2	Public Health Nurse
5 Home & Community Care Nurse		Registered Nurse
2 Home and Community Care Registered Nurse		Registered Practical Nurse- Home and Community Care/Public Health
Home and Community Case Manager Nurse		
2 Home Care Coordinator/PSW	2	Registered Practical Nurse
Home Care Manager		Support Worker
4 Home Care Nurse		VP, Indigenous Collaboration, Equity & Inclusion
Home Care Nurse/Coordinator		Windigo First Nations Council, Home and Community Staff
3 Home Maker		
Home Support Worker		
3 Indigenous Care Coordinator		
Indigenous Service Canada Nurse Advisor		
2 Indigenous Transition Facilitator		
8 Keewaytinook Okimakanak Staff		
Keewaytinook Okimakanak Home and Community Care Staff		

## Communities/Organizations

There were sixty-five (65) communities/organizations represented by the delegates at the Gathering. They are as follows:

Alderville First Nation	Naandwechige-Gamig Wikwemikong Health Center - PRESENTER
Alzheimer Society of Thunder Bay - VENDOR	Naotkamegwaning First Nation
Bearskin Lake First Nation	Naotkamegwaning Home Care Program
Big Trout Lake Band HCC	Nibinamik First Nation
Bingwi Neyaashi Anishinaabek First Nation	Nigigoonsiminikaaning First Nation
Cat Lake First Nation	Niisaachewan Anishinaabe Nation
Dennis Windigo-Aboriginal Peoples Training Programs - PRESENTER	Nishnawbe Aski Nation
Dilico Anishinabek Family Care	North Caribou Lake First Nation
Dilico Community Personal Support Services (CPSS)	North West Regional Palliative Care Program - PRESENTER
Dilico Home and Community Care	Northern Ontario Home & Community Care Network
Eabametoong First Nation	NOSM University - PRESENTER
Eabametoong Home & Community Care	Oshki-Pimache-O-Win: The Wenjack Education Institute - VENDOR
Eagle Lake First Nation	Paawidigong First Nations Forum
Elder Abuse Prevention Ontario (EAPO) - PRESENTER	Peguis First Nation - PRESENTER
Fort William First Nation	Pikangikum Health Authority
Garden River Wellness Centre	Robinson/Superior Treaty Communities
Grassy Narrows	Rocky Bay & Whitefish Bay First Nation - PRESENTER
Indigenous Services Canada - PRESENTER	Sachigo Lake First Nation
Jane Mattinas Health Center - Constance Lake	Sandy Lake First Nation
Kashechewan Health Services	Shoal Lake 40
Keewaytinook Okimakanak Home and Community Care Program	Sioux Lookout First Nations Health Authority
Keewaytinook Okimakanak Northern Chiefs	Slate Falls Nation
Kenora Chiefs Advisory	St. Joseph's Care Group
Kitchenuhmaykoosib Inniniwug (Big Trout Lake)	Temagami First Nation
Lac Seul First Nation	Thunder Bay Regional Health Sciences Centre
Lac Seul Home & Community Care Program	Thunder Bay Regional Health Sciences Centre & Grand Council Treaty #3
Matawa Health Co-Operative	Wabigoon Lake Ojibway Nation
Mattagami, FN/Wabun Tribal Council	Wabun Tribal Council - Matachewan First Nation
Mishkeegogamang First Nation	
Moose Cree First Nation	

Webequie First Nation	Windigo First Nations - Cat Lake
Wesway - VENDOR	Windigo First Nations Council, Home and Community Care Program
Whitesand	WNHAC - PRESENTER

## Event Overview

Each day of the 3-day Gathering started with hot breakfast and registration from 7:30-8:30am EST in the Valhalla Ballroom area. Delegates were greeted at the registration table and were provided their nametag, a raffle ticket, and a gift on day 1. Delegates were asked to check-in at the registration table daily to receive a raffle ticket and to collect attendance. Sixteen (16) artisan and organizational display booths were setup in the Ballroom and Scandia hallways with varying schedules for the duration of the event. During daily breakfast, music, and a slideshow of NOHCCN's 2023 Gathering photos played in the background.

Each morning was opened in a good way with a prayer and a smudge by Elder Teri Fiddler and Elder Dorothy Indian. Due to the potential triggering content an Elder's Lounge/Mental Health Space was available for anyone who would like to speak with an Elder in a quiet area. Smudging and adult colouring activities were available in this space.

Brent Edwards "Moose Legs" was hired to provide MC services. His energy, humour, interactive activities, and ability to engage the audience greatly enhanced the Gathering. Throughout the Gathering MC Brent Edwards got people laughing and moving with his energizer activities. He also distributed prizes via participation and raffles throughout the Gathering.

NOHCCN President Michelle Kakegamic provided opening remarks to start day 1, followed remarks from Indigenous Services Canada representative, Priscilla Sky. Nishnawbe Aski Nation Grand Chief Alvin Fiddler provided a dignitary address acknowledging the challenging work of Home Care workers and the need for strength in partnerships. Following the opening ceremonies delegates moved into breakout rooms for their specific streams. Delegates were assigned to stream 1, 2, or 3 based on their roles as indicated on their registration.

Stream 1 was for Home Care Workers and focused on Dementia with a session entitled *Senior Friendly Care at Home: Tips for Supporting Elders with Common Age-Related Changes and Dementia* presented by Kirsten Pavelich (NOSM University).

Stream 2 for Health Care Providers also focused on Dementia with sessions entitled *Addressing the Need for Culturally Appropriate Dementia Specific Practice Tools to Use with Indigenous Populations in Canada* and *PIECES of my Relationships* presented by Karen Pitawanakwat (Naandwechige-Gamig Wikwemikong Health Centre). The third session of the day in stream 2 was *Older Adults with Dementia - Mitigating Risks of Abuse* by Marta Hajek (Elder Abuse Prevention Ontario - EAPO).

Stream 3 was tailored for Managers, Coordinators and Health Directors. Priscilla Sky (Indigenous Services Canada) reviewed and clarified *Service Delivery Plan* requirements for FNHICC. Session two was entitled *Orientation Mentorship Development* and focused on the hiring and onboarding process for employers. The session was facilitated by Karyn Meekis (Sioux Lookout First Nation Health Authority) and Michelle Kakegamic (Keewaytinook Olimakanak Tribal Council) with support from Philina Sky (NOHCCN). Managers, Coordinators and Health Directors also had the opportunity to participate in the *Older Adults with Dementia - Mitigating Risks of Abuse* session, as streams B and C were combined for the final session of the day.

At the end of each day delegates returned to the Ballroom for daily wrap-ups and evaluations.

To start day 2, Elder Teri Fiddler provided an opening prayer, followed by MC Brent Edwards recap of day 1 and overview of day 2. Dr. Alexa Lesperance (Rocky Bay & Whitefish Bay First Nation) presented the first plenary session of the day entitled *Addressing Anti-Indigenous Racism*. Due to the heavy and sensitive content of her presentation, a Healing Song by Elder Dorothy Indian was scheduled to allow delegates time to reflect and decompress.

On day 2 delegates were assigned to group A, B, or C and participated in rotating breakout sessions throughout the course of the day. Three workshop topics – *Traditional Medicine Teaching* with Carla Bird (Peguis First Nation), *Supporting Successful Conversations When there is a Change in Health Condition* with Jill Marcela and Sherri Henderson (North West Regional Palliative Care Program, St. Joseph's Care Group) and *Building Connections & Sharing Responsibility for Prevention of Abuse of Older Adults* with Marta Hajek (EAPO) were offered. All delegates participated in each session throughout day 2.

Upon completion of the rotating breakout sessions, delegates returned to the main room to hear from Joan Rae and Nancy Fiddler (Sandy Lake First Nation) for the first *Our Home Care Successes* segment of the Gathering. They shared their successes and challenges in developing and implementing their Home Care program. Joan and Nancy provided inspiration to others with the success of their Home Care programming in Sandy Lake. This led into the final session of the day, an Open Mic sharing session allowing delegates to hear and learn from others. It provided the opportunity for others to share about their own successes and challenges within their own Home Care programming, along with other topics of relevance.

On the evening of day 2 NOHCCN held their first Annual General Meeting (AGM), followed by Gala night in the Valhalla Ballroom hosted by MC Brent Edwards. The AGM and Gala were optional and required pre-registration to attend. Sixty (60) people RSVP'd to attend the Gala function and approximately forty (40) people attended. At the Gala delegates feasted together on chicken and ribs and were entertained with many of Brent Edwards energizing activities and karaoke.

Day 3 of the Gathering opened with an opening prayer, recap of day 2, and an overview of day 3. All sessions for day 3 were plenary, took place in the Ballroom and included a question-and-answer period. An Honour Tribute to Sarah Tait and Helen Cromarty, both beloved Home Care workers who passed in 2023 was presented. The tribute included words from Patty Everson and Helen Cromarty's daughter accompanied by a photo slideshow. To follow, delegates participated in a three-hour morning session



entitled *Indigenous Ways of Helping* presented by Dennis Windego (Indigenous Focusing-Oriented Therapy - IFOT) which helped delegates understand burnout and the signs of vicarious trauma in workers. The afternoon of day 3 started off with a presentation on *Understanding Complex Patient Navigation in Northwestern Ontario* by Heather Andy (Waasegiizhig Nanaandawe'iyewigamig-WNHAC). Heather Andy shared about the experiential navigational processes utilized in the planning and partnership collaboration of Asubpeeschoseewagong (Grassy Narrows) community members who were active participants of the Niibin Mercury Poisoning Study.

Following this session Dr. Miranda Lesperance (Thunder Bay Regional Health Sciences Centre TBRHSC) presented on *Indigenous Collaboration Equity & Inclusion*. Dr. Miranda Lesperance highlighted how Indigenous patients can access Indigenous Health Services within different areas of the hospital and how TBRHSC collaborates with external partners on providing additional services. The final plenary session of the day was the second *Our Home Care Success* story segment presented by Keewaytinook Okimakanak (KO) Home & Community Care Department, followed by another Open Mic sharing session.

To wrap-up the Gathering, the NOHCCN Board provided an update on NOHCCN news and next steps, which was followed by the day 3 evaluations and a raffle for the door prize – a painted wooden paddle by artist, Kevin Belmore (Gull Bay First Nation). The Elders closed the Gathering in a good way.

## Appendix A - Agenda

Tuesday February 13, 2024			
7:30 am – 8:30 am		Registration and Hot Breakfast	
8:30 am – 9:15 am		Welcome – MC Brent Edwards Opening Prayer – Elder Teri Fiddler Opening Remarks: NOHCCN President Message – Michelle Kakegamic Indigenous Services Canada – Priscilla Sky	
9:15 am – 9:45 am		Dignitary Address – NAN Grand Chief Alvin Fiddler	
9:45 am – 10:00 am		Break	
10:00 am – 12:00 pm		Concurrent Workshops Series 1 - Delegates will be assigned to Stream 1, 2 or 3	
<u>STREAM 1- HOME CARE WORKERS</u>  Senior Friendly Care at Home: Tips for Supporting Elders with Common Age-Related Changes and Dementia  <i>Presenter: Kirsten Pavelich (NOSM University)</i>		<u>STREAM 2- HEALTH CARE PROVIDERS</u>  Addressing the Need for Culturally Appropriate Dementia Specific Practice Tools to Use with Indigenous Populations in Canada  <i>Presenter: Karen Pitawanakwat (Naandwechige-Gamig Wikwemikong Health Centre)</i>	<u>STREAM 3- MANAGERS, COORDINATORS, HEALTH DIRECTORS</u>  Service Delivery Plan Workshop <i>Presenter: Priscilla Sky (Indigenous Services Canada)</i>  Orientation Mentorship Development <i>Presenters:</i> <i>Karyn Meekis (Sioux Lookout First Nation Health Authority) &amp; Michelle Kakegamic (Keewaytinook Olimakanak (KO) Tribal Council)</i>
12:00 pm – 1:00 pm		Lunch Break - Skills Lab: 12:25 pm – 12:55 pm (Pre-Registration Required)	
1:00 pm – 3:00 pm		Delegates will remain in their assigned groups	
<u>STREAM 1- HOME CARE WORKERS</u>  Senior Friendly Care at Home: Tips for Supporting Elders with Common Age-Related Changes and Dementia (Cont'd)  <i>Presenter: Kirsten Pavelich (NOSM University)</i>		<u>STREAM 2- HEALTH CARE PROVIDERS</u>  PIECES of My Relationships <i>Presenter: Karen Pitawanakwat (Naandwechige-Gamig Wikwemikong Health Centre)</i>	<u>STREAM 3- MANAGERS, COORDINATORS, HEALTH DIRECTORS</u>  Orientation Mentorship Development (Cont'd)  <i>Presenters: Karyn Meekis (SLFNHA) &amp; Michelle Kakegamic (NOHCCN)</i>
3:00 pm – 3:15 pm		Break	
3:15 pm – 4:15 pm		Delegates will remain in their assigned groups	
<u>STREAM 1 – HOME CARE WORKERS</u>  Senior Friendly Care at Home: Tips for Supporting Elders with Common Age-Related Changes and Dementia (Cont'd)  <i>Presenter: Kirsten Pavelich (NOSM University)</i>		<u>STREAM 2 – HEALTH CARE PROVIDERS</u>  Older Adults with Dementia - Mitigating Risks of Abuse  <i>Presenter: Marta Hajek (Elder Abuse Prevention Ontario)</i>	<u>STREAM 3- MANAGERS, COORDINATORS, HEALTH DIRECTORS</u>  Orientation Mentorship Development (Cont'd)  <i>Presenters: Karyn Meekis (SLFNHA) &amp; Michelle Kakegamic (NOHCCN)</i>
4:15 pm – 4:30 pm		Wrap up, Evaluations – MC Brent Edwards End of Day Remarks – Elder Teri Fiddler	

Wednesday February 14, 2024		
7:30 am – 8:30 am	Registration and Hot Breakfast	
8:30 am - 9:00 am	<b>Welcome – MC Brent Edwards</b> <b>Opening/Smudging Ceremony – Elder Teri Fiddler</b> <b>Recap of Day 1 and Brief Overview Day 2 Agenda – MC Brent Edwards</b>	
9:00 am – 10:00 am	<b>Addressing Anti-Indigenous Racism - Dr. Alexa Lesperance</b> <i>(Rocky Bay &amp; Whitefish Bay First Nation)</i>	
10:00 am – 10:15 am	<b>Healing Song – Elder Dorothy Indian</b>	
10:15 am – 10:30 am	Break	
10:30 am – 11:30 am	<b>Concurrent Workshops Series 2</b> <i>Delegates will be assigned to Group A, B or C and will rotate through all workshops, completing all 3 workshops.</i>	
	<b>GROUP A</b> <b>Traditional Medicine Teaching</b> <i>Presenter: Carla Bird</i> <i>(Peguis First Nation)</i>	<b>GROUP B</b> <b>Supporting Successful Conversations When there is a Change in Health Condition</b> <i>Presenters:</i> <i>Jill Marcela &amp; Sherri Henderson</i> <i>(North West Regional Palliative Care Program, St. Joseph's Care Group)</i>
		<b>GROUP C</b> <b>Building Connections &amp; Sharing Responsibility for Prevention of Abuse of Older Adults</b> <i>Presenter: Marta Hajek</i> <i>(Elder Abuse Prevention Ontario)</i>
11:30 am – 12:30 pm	Lunch Break - <i>Skills Lab</i> : 12:25 pm – 12:55 pm (Pre-Registration Required)	
12:30 pm – 1:30 pm	<b>Concurrent Workshops Series 2 Cont'd</b>	
	<b>GROUP A</b> <b>Building Connections &amp; Sharing Responsibility for Prevention of Abuse of Older Adults</b> <i>Presenter: Marta Hajek</i> <i>(Elder Abuse Prevention Ontario)</i>	<b>GROUP B</b> <b>Traditional Medicine Teaching</b> <i>Presenter: Carla Bird</i> <i>(Peguis First Nation)</i>
		<b>GROUP C</b> <b>Supporting Successful Conversations When there is a Change in Health Condition</b> <i>Presenters:</i> <i>Jill Marcela &amp; Sherri Henderson</i> <i>(North West Regional Palliative Care Program, St. Joseph's Care Group)</i>
1:30 pm – 2:30 pm	<b>Concurrent Workshops Series 2 Cont'd</b>	
	<b>GROUP A</b> <b>Supporting Successful Conversations When there is a Change in Health Condition</b> <i>Presenters:</i> <i>Jill Marcela &amp; Sherri Henderson</i> <i>(North West Regional Palliative Care Program, St. Joseph's Care Group)</i>	<b>GROUP B</b> <b>Building Connections &amp; Sharing Responsibility for Prevention of Abuse of Older Adults</b> <i>Presenter: Marta Hajek</i> <i>(Elder Abuse Prevention Ontario)</i>
		<b>GROUP C</b> <b>Traditional Medicine Teaching</b> <i>Presenter: Carla Bird</i> <i>(Peguis First Nation)</i>
2:30 pm – 2:45 pm	Break	
2:45 pm – 3:00 pm	<b>Energizer Exercise – MC Brent Edwards</b>	
3:00 pm – 3:40 pm	<b>Sandy Lake Home Care Success Story – Nancy Fiddler &amp; Joan Rae</b>	
3:40 pm – 4:00 pm	<b>Open Mic - Sharing our Stories, Our Medicine</b>	
4:00 pm – 4:30 pm	<b>Wrap up, Evaluations – MC Brent Edwards</b> <b>End of Day Remarks – Elder Teri Fiddler</b>	
5:30 pm – 6:30 pm	<b>AGM</b> (Pre-Registration Required)	
7:00 pm – 9:30 pm	<b>GALA</b> (Pre-Registration Required)	

<b>Thursday February 15, 2024</b>	
<b>7:30 am – 8:30 am</b>	<b>Registration and Hot Breakfast</b>
8:30 am – 9:00 am	<b>Welcome – MC Brent Edwards</b> <b>Opening/Smudging Ceremony – Elder Teri Fiddler</b> <b>Recap of Day 1 and brief Overview Day 2 agenda – MC Brent Edwards</b> <b>Honour Tribute – NOHCCN Board of Directors</b>
9:00 am – 10:30 am	<b>Indigenous Ways of Helping – Dennis Windego</b> <i>(Indigenous Focusing-Oriented Therapy IFOT)</i>
<b>10:30 am – 10:45 am</b>	<b>Break</b>
10:45 am – 12:00 pm	<b>Indigenous Ways of Helping – Dennis Windego</b> <i>(Indigenous Focusing-Oriented Therapy IFOT)</i>
<b>12:00 pm – 1:00 pm</b>	<b>Lunch Break - Skills Lab: 12:25 pm – 12:55 pm (Pre-Registration Required)</b>
1:00 pm – 1:45 pm	<b>Understanding Complex Patient Navigation in Northwestern Ontario –</b> <i>Heather Andy (Waasegiizhig Nanaandawe'iyewigamig-WNHAC)</i>
<b>1:45 pm – 2:00 pm</b>	<b>Break</b>
2:00 pm – 2:45 pm	<b>Indigenous Collaboration Equity &amp; Inclusion – Dr. Miranda Lesperance</b> <i>(Thunder Bay Regional Health Sciences Centre TBRHSC)</i>
2:45 pm – 3:15 pm	<b>Keewaytinook Okimakanak Home Care success Story</b> <i>(Keewaytinook Okimakanak (KO) Home &amp; Community Care Department)</i>
3:15 pm – 3:45 pm	<b>Open Mic - Sharing our Stories, Our Medicine</b>
3:45 pm – 4:15 pm	<b>NOHCCN Next Steps – NOHCCN Board of Directors</b>
4:15 pm – 4:30 pm	<b>Wrap up, Evaluations, Door Prize – MC Brent Edwards</b> <b>End of Day Remarks – Elder Teri Fiddler</b>

## Appendix B – Participant Listing & Daily Attendance

Delegate	Community/Organization	Day 1	Day 2	Day 3
Adams, Chantal	Matawa Health Co-Operative	1	1	1
Aguonia, Boshk	Temagami First Nation	1	1	1
Andy, Heather	WNHAC - <b>PRESENTER</b>	0	0	1
Angecone, Shirley Rita	Lac Seul First Nation	1	1	1
Ashpanaquestcum, Bertha	Webequie First Nation	1	1	1
Atkinson, Michele	Keewaytinook Okimakanak	1	1	1
Avellana, Lady Javier	Matawa Health Co-Operative	1	1	1
Banning, Yvonne	Dilico Anishinabek Family Care	1	1	1
Barkman, Jocelyn	Windigo First Nations Council, HCC Program	0	1	1
Baxter, Brooke	Eabametoong First Nation	1	1	1
Bird, Carla	Peguis First Nation - <b>PRESENTER</b>	0	1	0
Borysewicz, Camille	Bingwi Neyaashi Anishinaabek First Nation	1	1	1
Boshkaykin, Gloria	Thunder Bay Regional Health Sciences Centre - <b>VENDOR</b>	0	0	1
Boucher, Nancy	Jane Mattinas Health Center - Constance Lake	1	1	1
Brunet, Carla	Dilico Anishinabek Family Care	1	1	1
Brunet, Catherine	Wabun Tribal Council - Matachewan First Nation	1	1	1
Chapman, Nancy	Kitchenuhmaykoosib Inniniwug (Big Trout Lake)	1	1	1
Chisel, Louise	Lac Seul First Nation	1	1	1
Clarke, BetteJean	Eabametoong Home & COMMUNITY CARE	1	1	1
Collins, Angie	Wabun Tribal Council	1	1	1
Cook, Miriam	Windigo First Nation Council	1	1	1
Corston, Donna	Moose Cree First Nation	1	1	1
Crow, Maxine	Naotkamegwaning Home Care Program	1	1	1
Dennis, Tina	Robinson/Superior Treaty Communities	1	0	1
Denton, Alison	St. Joseph's Care Group	1	1	1
Elliott, Michelle	Dilico Anishinabek Family Care	1	0	0
Everson, Patty	Windigo First Nations Council, HCC Program	1	1	1
Ferguson, Lindsey	Kenora Chiefs Advisory	1	1	1
Ferris, Lesley	Jane Mattinas Health Centre	1	1	1
Fiddler, Grand Chief Alvin	Nishnawbe Aski Nation - <b>DIGNITARY</b>	1	0	0
Fiddler, Elder Teri	Sandy Lake First Nation - <b>ELDER</b>	1	1	1
Fiddler, Nancy	Sandy Lake First Nation - <b>PRESENTER</b>	1	1	1
Fobister, Carol	Grassy Narrows	1	1	1
Foulds-Williams, Emily	Keewaytinook Okimakanak	1	1	1
Goodman, Nina	Kashechewan Health Services	1	1	1
Goodwin, Chantal	Kashechewan Health Services	1	1	1
Gray, Rose	Cat Lake First Nation	1	1	1
Hajek, Marta C	Elder Abuse Prevention Ontario (EAPO) - <b>PRESENTER</b>	1	1	0
Henderson, Sherri	North West Regional Palliative Care Program - <b>PRESENTER</b>	1	1	1
Hennessy, Samantha	Dilico Anishinabek Family Care	1	1	1
Hook, Brittney	Keewaytinook Okimakanak	1	1	1

Delegate	Community/Organization	Day 1	Day 2	Day 3
Hunter, Michelle	Moose Cree First Nation	1	1	1
Huntinghawk, Mildred	Jane Mattinas Health Center	1	1	0
Indian, Elder Dorothy	Mental Health Support - <b>ELDER</b>	1	1	1
Jardine, Julia	Pikangikum Health Authority	1	1	1
Kakegamic, Jennifer	Keewaytinook Okimakanak	1	1	1
Kakegamic, Michelle	Keewaytinook Okimakanak - <b>PRESENTER</b>	1	1	1
Kakegamic, Roberta	Sandy Lake First Nation	1	1	1
Kakekagumick, Connie	Sandy Lake First Nation	1	1	1
Kakekagumick, Rebecca	Keewaytinook Okimakanak Health	1	1	1
Kakepetum, Edith	Sandy Lake First Nation	1	1	1
Kakepetum, Leona	Thunder Bay Regional Health Sciences Centre	0	0	1
Kennedy, Rebecca	Paawidigong First Nations Forum	1	1	1
Kettles, Ashley	Sioux Lookout First Nations Health Authority	1	1	1
Knapp, Heather	Matawa Health Co-operative - <b>VENDOR</b>	1	1	0
Koostachin, Tracey	Mattagami, FN/Wabun Tribal Council	1	1	1
Koski, Kerri	Windigo	1	1	1
Kunnathu Aji, Georgy	Dilico Anishinabek Family Care	1	1	1
Lachance, Lisa	Fort William First Nation	1	1	1
Lachinette, Allison	Dilico Anishinabek Family Care	0	1	1
Laguillona, Tiana-Lynn	Dilico Anishinabek Family Care	1	1	0
LaPlante, Tammy	Matawa Health Co Operative	1	1	1
Larabee, Jillian	TBRHSC & Grand Council Treaty #3	0	1	0
Larocque, Crystal	Dilico Anishinabek Family Care	1	1	1
Lavoie-Owen, Jesse	Big Trout Lake	1	1	1
Lesperance, Dr. Alexa	Rocky Bay & Whitefish Bay First Nation - <b>PRESENTER</b>	0	1	0
Lesperance, Dr. Miranda	Thunder Bay Regional Health Sciences Centre - <b>PRESENTER</b>	0	0	1
Leveille, Megan	Garden River Wellness Centre	1	1	1
Loon, Lesia	Slate Falls Nation	1	1	1
Louttit, Kerstin	Sioux Lookout First Nations Health Authority	1	1	1
Luther, Allison	St. Joseph's Care Group	1	1	1
MacDougall, Karen	Matawa Health Co-Operative	1	1	1
Machendagoos, Patricia	Whitesand	1	1	1
Makoop, Cynthia	Bearskin Lake First Nation	1	1	1
Mamakwa, Shannon	Keewaytinook Okimakanak	1	1	1
Mandamin, Amelia	Keewaytinook Okimakanak	1	1	1
Mandamin, Joelle	Keewaytinook Okimakanak	1	1	0
Marcella, Jill	North West Regional Palliative Care Program - <b>PRESENTER</b>	0	1	1
McCrary, Alethea	Fort William First Nation	1	1	1
McIntyre, Stephanie	Thunder Bay	1	1	1
McKay, Lydia	Sachigo Lake First Nation	1	1	1
Meekis, Marella	Keewaytinook Okimakanak	1	1	1
Meekis, Karyn	Sioux Lookout First Nations Health Authority - <b>PRESENTER</b>	1	0	0
Meloche, Lisa	Naotkamegwanning First Nation	1	1	1
Morris-Gray, Katherine	Keewaytinook Okimakanak HCC Program	1	1	1

Delegate	Community/Organization	Day 1	Day 2	Day 3
Murray, Danielle	Sioux Lookout First Nations Health Authority	1	1	1
Nayanookesic, Gladys	Windigo First Nations - Cat Lake	1	1	1
Necan, Rachel	Mishkeegogamang First Nation	0	1	1
Paavola, Natalie	Dilico Anishinabek Family Care	1	1	0
Paavola, Nathaniel	Dilico Community Personal Support Services (CPSS)	1	1	1
Palmer, Connie	Keewaytinook Okimakanak Northern Chiefs	1	1	1
Panamick, Constance	Dilico Community Personal Support Services (CPSS)	1	1	0
Pavelich, Kirsten	NOSM University - <b>PRESENTER</b>	1	1	1
Penagin, Leola	Matawa Health Co-Operative	1	1	1
Pitawanakwat, Karen	Naandwechige-Gamig Wikwemikong Health Center - <b>PRESENTER</b>	1	1	0
Pitura, Candice	Pikangikum Health Authority	1	1	1
Primmer, Tamara	Sioux Lookout First Nations Health Authority	1	1	1
Quequish, Audrey	Dilico Anishinabek Family Care	1	1	1
Rae, Joan	Sandy Lake First Nation - <b>PRESENTER</b>	0	1	0
Redsky, Linda	Shoal Lake 40	1	1	0
Riffel, Leeanna	Sioux Lookout First Nations Health Authority	1	1	1
Rodger, Barbara	Mishkeegogamang First Nation	1	1	1
Sackanay, Lisa	Kashechewan Health Services	1	1	1
Sandberg, Whitney	Dilico Home and Community Care	1	1	0
Santelli, Anthony	Oshki-Pimache-O-Win - <b>VENDOR</b>	1	0	0
Savinac, Carla	Wabigoon Lake Ojibway Nation	1	1	1
Shapwaykeesic, Georgette	Whitesand	1	1	1
Shawayhamaish, Carla	Thunder Bay Regional Health Sciences Centre	1	0	0
Simmons, Tina	Keewaytinook Okimakanak	1	1	1
Simpson, Sarah	Keewaytinook Okimakanak	1	0	1
Sinclair, Naomi	Thunder Bay Regional Health Sciences Centre - <b>VENDOR</b>	0	1	1
Singleton, Barbara	Dilico Anishinabek Family Care	1	1	1
Sisson, Emma	Webequie First Nation	1	1	1
Sisson, Sonja	North Caribou Lake First Nation	1	1	1
Sky, Priscilla	Indigenous Services Canada - <b>PRESENTER</b>	1	1	1
Sky, Philina	Northern Ontario Home & Community Care Network	1	1	1
Smith, Rhonda	Fort William First Nation	1	1	1
Smith-Ennis, Tashia	Bingwi Neyaashi Anishinaabek	1	0	1
Southwind, Bernice	Lac Seul Home & Community Care Program	1	1	1
Spade, Brenda	Mishkeegogamang First Nation	1	1	1
Suganaqueb, Peggy	Webequie First Nation	1	1	1
Tait, Lovenia	Keewaytinook Okimakanak	1	1	1
Taylor, Denise	St. Joseph's Care Group	1	1	1
Tremblay, Paula	Jane Mattinas Health Center	1	1	1
Vivian, Jessica	Dilico Anishinabek Family Care	1	1	1
Waswa, Florence	Eabametoong First Nation	1	1	1
Waswa, Colleen	Eabametoong First Nation	1	1	1
Welshman, Eve	Keewaytinook Okimakanak	1	1	1
Wesley, Shannon	Kashechewan Health Services	1	1	1

Delegate	Community/Organization	Day 1	Day 2	Day 3
Wesley, Rosaline	Keewaytinook Okimakanak	1	0	1
Wesley, Emma	Lac Seul First Nation	1	1	1
Wesley, Annie	Lac Seul First Nation	1	1	1
White, Martina	Thunder Bay Regional Health Sciences Centre	1	1	1
Williams, Melissa	North Caribou Lake First Nation	1	1	1
Windego, Dennis	Aboriginal Peoples Training Programs - <b>PRESENTER</b>	0	0	1
Windigo, Kathy	Nigigoonsiminikaaning First Nation	1	1	1
Wouthuis, Erin	Keewaytinook Okimakanak	1	1	1
Wright, Adam	Dilico Anishinabek Family Care	1	1	1
Wynne, Hilda	Kashechewan Health Services	1	1	1
<b>DAILY TOTAL</b>		<b>125</b>	<b>125</b>	<b>120</b>



## Appendix C - Speaker Biographies & Session Summaries

### MC, Elders, Dignitary

#### **BRENT EDWARDS**

##### **Master of Ceremonies (MC)**



Mooselegs aka **Brent Edwards** is dedicated to the growth and encouragement of your event and all participants and he does this by involving everyone in a positive, interactive, and informative approach.

Even though his approach may seem simple, it is pure, and it instills your event and participants with inspiration, joy and laughter.

And just as the moose's legs are the strongest part of the majestic creature's frame, Brent Edwards will carry your event and participants in the same respectful way, by supporting all to hold their heads high.

#### **ELDER TERI FIDDLER**

##### **Opening & Closing Prayers**



Theresa Fiddler, also known as **Elder Teri Fiddler**, is from Sandy Lake First Nation but originally from the Treaty Three area, Big Grassy First Nation and Shoal Lake 40 First Nation. Teri is 72 years old and has four adult children but lost a son in November 2022. She is a grandmother of 19 and a great grandmother of 21. Teri has been working in the health field as an independent consultant as a traditional cultural mental health counsellor. She's also an Elder/Knowledge Keeper for AFN, COO, NAN, and other organizations.

**ELDER DOROTHY INDIAN, Mental Health Support Elder**  
**Healing Song, Wed. Feb. 14, 10 - 10:15 am**



**Dorothy Indian's** Anishinaabe name is Mi-MisKaa-gabowik, meaning "Strong Woman Standing." Her Dodem is NaMaa, Sturgeon Clan. Dorothy is a healer Elder who has committed the majority of her life working with people that are sick by using traditional medicines and the seven grandfather teachings. She presently lives in Thunder Bay closer to her three children, five grandchildren and seven great grandchildren. She has four adopted children that she is very proud of. In the early years, Dorothy lived in Onigaming First Nation and Keewatin, Ontario, where she learned from her late husband, Stan Indian, the Midewin practises and use of the sweat lodge healing practises. As her children were growing up, she learned to work on herself with fasts and to live a healthier life. Dorothy has a love for the Toronto Maple Leafs and Blue Jays. Her children were always engaged in sports and one of Dorothy's most memorable times was to go watch a Blue Jays game with her family.

**NAN GRAND CHIEF ALVIN FIDDLER**  
**Dignitary Address, Tues. Feb. 13, 9:15 - 9:45 am**



A member of Muskrat Dam First Nation, **Alvin Fiddler** was acclaimed as Grand Chief during the Keewaywin Conference on August 16, 2023. He previously served as NAN Grand Chief from 2015-2021, after several terms as Deputy Grand Chief. After studying business management at the University of Lethbridge, Alvin served as Executive Director of the Tommy Beardy Memorial Family Treatment Centre in Muskrat Dam from 1990-1993, then Deputy Chief of Muskrat Dam from 1993-1998. He was Health Director at Nishnawbe Aski Nation from 1998 until first his election to the Executive Council in 2003. Most recently, he served as Health Transformation Lead & Negotiator for NAN's Health Transformation process from 2021-2023. He has served with the Truth and Reconciliation Commission and provided leadership in several provincial justice initiatives. Alvin currently resides in Thunder Bay with his wife Tesa and two children.

## Speakers, Session Summaries

### KIRSTEN PAVELICH | NOSM UNIVERSITY

#### **Tips for Supporting Elders with Common Age-Related Changes & Dementia**

**Tues. Feb. 13, 10:00 am - 12:00 pm, 1:00 - 3:00 pm & 3:15 - 4:15 pm**

Together we will explore physical, psychological, and social changes that can occur as people age, with a focus on dementia. We'll look at how those changes affect a person's well-being, and review strategies to support people to live at home with resilience, independence, and quality of life.



*Kirsten Pavelich is a physiotherapist and educator who has lived and worked in Northern and Northwestern Ontario for most of her life. Alongside her clinical work with older adults and people with neurological conditions, Kirsten has worked as an instructor with the Community Rehabilitation Worker program and NOSM University.*

### KAREN PITAWANAKWAT | NAANDWECHIGE-GAMIG WIKWEMIKONG HEALTH CENTRE

#### **Addressing the Need for Culturally Appropriate Dementia Specific Practice Tools to Use With Indigenous Populations in Canada.**

**Tues. Feb. 13, 10:00 am - 12:00 pm**

The development of culturally-appropriate practice tools for Indigenous communities is not simply a cut and paste process where mainstream materials are adapted through changes to imagery but not meaning. Rather, the production of culturally-based materials requires grounding in Indigenous knowledge of specific illnesses and community-based models of care. During this session, participants will learn about the importance of Indigenous knowledge grounded within the adaptation process of health practice tools. The following two projects will be presented as examples: A) The Canadian Indigenous Cognitive Assessment (CICA): This presentation outlines the adaptation, pilot, reliability testing and validation of the CICA. Current cognitive assessments present varying degrees of cultural, educational and language bias, impairing their application in Indigenous communities. The lack of culturally appropriate assessment tools can lead to under-diagnosis and misdiagnosis of dementia in Indigenous populations.

B) In Australia, researchers developed the Kimberly Indigenous Cognitive Assessment (KICA) tool to address the gap of culturally appropriate assessment tools for older Aboriginal and Torres Strait Island populations. CCNA Team 20 worked closely with community partners and the authors of the KICA to adapt the tool for use with Indigenous populations in Northern Ontario. The adaptation process resulted in a culturally relevant and culturally safe cognitive assessment tool that participants were comfortable using. Cultural approaches to care for Indigenous people with dementia and their care-givers hold the potential to improve quality of life and disease outcomes for Indigenous people with dementia.

...continued



## PIECES of My Relationships

**Tues. Feb. 13, 1:00 - 3:00 pm**

A partnership between CCNA Team 20 Ontario and the North East Behavioural Supports Ontario (NE BSO), resulted in the adaptation of the practice tool, PIECES of my Personhood. Using community based participatory and Indigenous research methods, we worked with an Indigenous advisory council, language group, and focus group participants from urban, rural and remote communities within the NE LIHN to produce culturally relevant and safe tools that can be used by health care providers in home care and long-term care facilities to identify care needs and preferences for Indigenous people who present with dementia. During the presentation we will go through the PIECES of my Relationships tool, along with three supportive documents. Participants will be encouraged to ask questions throughout and comment on the materials provided. Guided facilitation questions will include:

1. Service utilization - Are there specific services or organizations in your area that you reach out to or make referrals to when working with Indigenous patients? How did you find out about these services?
2. What cognitive assessment tools do you currently use with Indigenous people who are worried about memory loss? What are your experiences in using these tools?
3. Would this type of tool be useful in your practice? Are there any particular benefits or challenges that you would foresee in using it?

PIECES of my Relationships – reactions to handouts; What adaptations would need to be made to make these tools relevant for the communities you work with? Based on the information covered, what steps would you suggest for meaningful engagement to make the tools culturally relevant for this area? Would these types of tools be used in your practice?



**Karen Pitawanakwat** is an Anishinaabe Kwe who lives in Wiikwemkoong and is an Anishnaabemowin language speaker. Karen has over 29 years' experience nursing in local First Nations on Manitoulin Island, focusing on care for the elderly. She is the Senior Community Based Researcher for Memory Keepers Medical Discovery Team based out of Naandwechige-Gamig Wikwemikong Health Centre Dementia Care Projects.

## PRISCILLA SKY | INDIGENOUS SERVICES CANADA

### Service Delivery Plan Workshop

**Tues. Feb. 13, 10:00 am - 12:00 pm**

Priscilla will review and clarify the Service Delivery Plan requirements for the FNHICC program. She will explain the requirements and answer all of your questions.



**Priscilla Sky** is an Anishnabe band member of Long Lake #58 First Nation. Her Indigenous names are Golden Eagle and Buffalo Woman and her clan is the Lamprey. She has two children. She attended nursing at Confederation College in Thunder Bay graduating from the RPN program in 1996 and RN in 2000. She is certified in Community Care Health Nursing (CCHN) from the Canadian Nursing Association and she is also a certified advanced foot care nurse. Priscilla has worked all over Ontario. Her nursing experience includes primary care, mental health and addictions, corrections and community care. She has been a Home and Community Care Nurse for the past seven years and works at Indigenous Service Canada as a Home and Community Care Program Nurse Advisor to eight Tribal Councils and four First Nations, assisting them with navigation of their home and community care programs in First Nations Communities.

**KARYN MEEKIS | SIOUX LOOKOUT FIRST NATION HEALTH AUTHORITY &  
MICHELLE KAKEGAMIC | KEEWAYTINOOK OKIMAKANAK (KO)  
TRIBAL COUNCIL**

**Orientation Mentorship Development**

**Tues. Feb. 13, 10:00 am - 12:00 pm, 1:00 - 3:00 pm & 3:15 - 4:15 pm**

With the whirl of information, hiring new home care staff can be complicated and confusing at times. Launching activities in a timely, well-organized manner creates a good foundation towards the professional relationship with a new employer. There are various steps that contribute to organization and coordination from an onboarding process to consider including employer/employee expectations, front-load training and relevant human resources documentation.

This workshop will enable participants to explore, identify and share amongst each other – key orientation activities, competency checklists and relevant human resources requirements to improve their current hiring processes and inform the development of a standardized approach to onboarding processes. In addition, open dialogue will inform a next steps to address home care mentorship needs in home and community care.



**Karyn Meekis** is a Nurse Manager at Sioux Lookout First Nation Health Authority. Karyn is a proud member of the Kiowa Nation of Oklahoma and has been married 28 years. Her husband is a member of Deer Lake First Nation. She resides in Thunder Bay and is a mother of three young adults. Karyn is an RN and has specialized training in First Nations health services management and health services Administration. She has worked 13 years in health care and in various roles of administration, front-line nursing, and in leadership. She brings strong ambition and a passion to serve citizens in community-centered care. She is very honoured to be working with the NOHCCN Team.



**Michelle Kakegamic** is from Muskrat Dam First Nation and is currently residing in Thunder Bay. Michelle works at the Keewaytinook Okimakanak (KO) Tribal Council as the Home and Community Care (HCC) Nurse Manager which provides services to six northern communities. She has spent her entire professional nursing career serving the Indigenous population, starting as a RPN at Sioux Lookout Menowawin Hospital. She then went on to receive her RN degree and spent many years at Weeneebayko General Hospital in Moose Factory. Michelle has a strong passion for the Indigenous population and would love to see her people stay in the communities as long as possible. This is why she decided to go into home and community care nursing.



## **MARTA HAJEK | ELDER ABUSE PREVENTION ONTARIO**

### **Older Adults with Dementia - Mitigating Risks of Abuse**

**Tues. Feb. 13, 3:15 - 4:15 pm**

Dementia affects every aspect of a person's life. In the early stages there may be a loss of memory, but as the illness progresses there is an increased dependence on others for care. Stigma and discrimination make worse the heightened psychological, social, emotional and financial impacts on the adult and their families. It is not uncommon for there to be increased physical and emotional abuse, social isolation and loss of dignity. By raising awareness and improving the understanding of dementia we can help mitigate the risk of mistreatment empowering individuals to remain in and be a part of society, living free from harm. Objectives of this presentation: provide insights into the intersectionality of dementia and abuse, and understanding how to support older adults in need.

### **Building Connections & Sharing Responsibility for Prevention of Abuse of Older Adults**

**Wed. Feb. 14, 10:30 - 11:30 am, 12:30 - 1:30 pm & 1:30 - 2:30 pm**

Abuse of older adults is not only a public health issue and a growing injustice, but it is a violation of human rights. Studies indicate 8 – 10% of seniors are experiencing abuse/neglect causing devastating impacts to their quality of life and well-being. Community care partners, many struggling with resourcing challenges are working together and making a difference in helping safeguard this vulnerable demographic. Sharing knowledge is key to successful interventions



***Marta Hajek**, as CEO of Elder Abuse Prevention Ontario, focuses the organization's priorities on implementing Ontario's Strategy to Combat EA through community coordination, awareness raising education and multi-sectoral training for all who engage with seniors. Under her stewardship, EAPO continues to expand its circle of strategic partnerships across the Pan-Canadian spectrum and globally. In April 2023, Marta addressed the United Nation's Open Ended Working Group on Aging as part of a Canadian Coalition Against Ageism, advocating for the protection of human rights of seniors through the declaration of a convention for the Rights of Older Persons.*

## **DR. ALEXA LESPERANCE | ROCKY BAY & WHITEFISH BAY FIRST NATION**

### **Addressing Anti-Indigenous Racism**

**Wed. Feb. 14, 9:00 - 10:00 am**

In this session, participants will learn practical applications for how to identify and combat anti-Indigenous racism in health care settings and practices. The session is meant to be reflective and also will be using case based examples.



***Dr. Alexa Lesperance** is Anishinaabe Family Physician working with her home communities in the Treaty #3 and Robinson Superior treaty areas. She is a physician director at the Indigenous Physicians Association of Canada and works in communities on and off reserve*

## **CARLA BIRD | PEGUIS FIRST NATION**

### **Traditional Medicine Teaching**

**Wed. Feb. 14, 10:30 - 11:30 am, 12:30 - 1:30 pm & 1:30 - 2:30 pm**

In this workshop, Carla Bird, the Knowledge Keeper, will share about teachings and uses for common health conditions of the 1st year medicine plants. Participants will be introduced to the first 12 plants and explore ways to incorporate the use of traditional medicines in their home care work.



**Carla Bird** is Anishinaabe-qwe from Peguis First Nations, Manitoba. She carries the spirit names Nazhoo Benasie-quay and Thunderbird Woman and she is of the eagle clan. She is of Ojibway and Cree ancestry. Having learned traditional medicines and healing ceremonies under the direct mentorship of Knowledge Keeper Kathy Bird, Carla is a helper and assistant to Winnipeg Regional Health Science Centre Traditional Medicine Clinics and at the 4 year Waasegiizhig Nanaandawe'iyewigamig and Namay Mooki Traditional Medicine Camps. Carla is honoured to share teachings and the gifts that she carries.

## **JILL MARCELLA & SHERRI HENDERSON | NORTH WEST REGIONAL PALLIATIVE CARE PROGRAM, ST. JOSEPH'S CARE GROUP**

### **Supporting Successful Conversations When There is a Change in Health Condition**

**Wed. Feb. 14, 10:30 - 11:30 am, 12:30 - 1:30 pm & 1:30 - 2:30 pm**

In this session participants will learn some common signs that indicate a change in a person's illness/condition. Participants will have the opportunity to explore the use of resources to initiate conversations that will help the care provider/family/caregiver understand what the individuals wishes are related to the change in condition.



**Jill Marcella** is the Manager for the North West Regional Palliative Care Program, St. Joseph's Care Group, and a registered Social Worker with a specialization in Gerontology. Jill also facilitates Palliative Care, Health Care Consent, and Advance Care Planning education.



**Sherri Henderson** is the Palliative Care Telemedicine Nurse Consultant with the North West Regional Palliative Care Program, St. Joseph's Care Group. Previously, Sherri was a Hospice Nurse at St. Joseph's Hospital for approximately 12 years. Sherri has a tremendous love for the outdoors and can often be seen walking or in her garden with her beautiful dog Mira.

## **NANCY FIDDLER & JOAN RAE | SANDY LAKE FIRST NATION**

### **Sandy Lake Home Care Success Story**

**Wed. Feb. 14, 3:00 - 3:40 pm**

The presenters will share Sandy Lake Home Care successes highlighting how their program is unique to their meet their client needs. In addition, the presenters will speak about mental health coping strategies, due to the many losses in their community.



**Nancy Fiddler** is Oji-Cree from Sandy Lake First Nation. She is a mother of one. Nancy was a PSW for 10 years and is now a Home Care Office Administrator.



**Joan Rae** is the Sandy Lake Health Director where she oversees the administration of the health programs in Sandy Lake, including the Home and Community Care Program. She has worked in the health field for many years and has been advocating for her community getting the best health care delivery possible.

## **DENNIS WINDEGO**

### **Indigenous Focusing-Oriented Therapy (IFOT) - Indigenous Ways of Helping**

**Thurs. Feb. 15, 9:00 - 10:30 am & 10:45 am - 12:00 pm**

The Indigenous Focusing-Oriented Therapy (IFOT) process reflects Indigenous ways of healing and selfcare for clients and caregivers. Through workshop presentations and experiential exercises you will gain insights into dealing with trauma and vicarious trauma in the workplace.



**Dennis Windigo, MSW**, embodies a cultural approach to healing trauma and vicarious trauma, addictions, and grief. He has been a keynote speaker at conferences, sharing his wisdom with judicial, educational, and healthcare professionals. Dennis is a Residential School survivor, and his personal healing journey, coupled with academic training, informs his work.



## HEATHER ANDY | WAASEGIIZHIG NANAANDAWE'YEWIGAMIG

### Understanding Complex Patient Navigation in Northwestern Ontario

**Thurs. Feb. 15, 1:00 - 1:45 pm**

In this presentation, Heather will share the experiential navigational processes used in the planning and collaboration to support Asubpeeschoseewagong (Grassy Narrows) community members who participated in the Niibin Mercury Poisoning Study, and to engage them in complex testing/imaging recommendations requested by the Niibin Mercury Poisoning Study Clinical Team.



*Heather Andy is a band member of Mishkosiminiziibiing (Big Grassy First Nation) which is located in Treaty Three Territory. She currently resides in Kenora and is an employee of Waasegiizhig Nanaandawe-iyewigaming - designated as one of three Indigenous Transition Facilitators. Her primary focus in the scope of her career has been social services with, in recent years, a focus on health systems navigation. Heather's free time is spent with her partner Mark fishing and travelling when the opportunity presents itself.*

## DR. MIRANDA LESPERANCE | THUNDER BAY REGIONAL HEALTH SCIENCES CENTRE

### Indigenous Collaboration Equity & Inclusion

**Thurs. Feb. 15, 2:00 - 2:45 pm**

Dr. Miranda Lesperance and team will provide an update on the Thunder Bay Regional Health Science Centre's Indigenous Collaboration Equity & Inclusion Pillar from their 2026 Strategic Plan. They will highlight how Indigenous Patients can access Indigenous Health Services within different areas of the hospital and how TBRHSC collaborates with external partners on providing additional services.



*Dr. Miranda Lesperance (pronouns: she/her) is an Anishinaabekwe (Ojibwe woman) from Opwaaganisiniing, Red Rock First Nation – Lake Helen Reserve, in Ontario, Canada. She holds a Ph.D. degree in Social and Behavioural Health Sciences from the Dalla Lana School of Public Health at the University of Toronto. Her research interests include Indigenous Peoples' health equity, health behaviours, and the social and cultural determinants of health. She worked with the Public Health Agency of Canada for over 14 years prior to a Postdoctoral Fellowship with the Bruyère Research Institute and the University of Ottawa conducting health equity research. Dr. Lesperance recently returned home to be closer to land, family, and community, and she is now the Vice President of Indigenous Collaboration, Equity, and Inclusion at the Thunder Bay Regional Health Sciences Centre. Between her work in Indigenous healthcare, research, and lecturing at Lakehead University, she spends as much time as possible on the water with her partner and her two children, Noodin and Waaseyaa.*

## **KEEWAYTINOOK OKIMAKANAK (KO) HOME AND COMMUNITY CARE DEPARTMENT | KEEWAYTINOOK OKIMAKANAK (KO)**

### **Keewaytinook Okimakanak Home Care Success Story**

**Thurs. Feb. 15, 2:45 - 3:15 pm**

Keewaytinook Okimakanak (KO) Home and Community Care Team will provide a brief introduction of each team member: HCC Nurse Manager, HCC Assistant Nurse Manager, HCC Nurses, Palliative Care Nurse, Discharge Planner, Foot Care Program, Diabetes Nurse Educator, PSW Lead, HCC CeMR Coordinator, Inventory, and Administrative/Travel.

The Keewaytinook Okimakanak (KO) Home and Community Care Team Home Care Team will highlight how they work together to achieve delivery of culturally appropriate home care services within the interdisciplinary approach, to assist home care clients.

**Keewaytinook Okimakanak (KO) Health Department** is one of the service areas established by KO Tribal Council. The mandate of KO Health is to plan, deliver, monitor, and report on health services, which includes high quality community-based health care and support services as well as improved productivity and performance. The geographic area covered by KO Health includes 6 remote First Nation communities - Deer Lake, Fort Severn, Keewaywin, McDowell Lake, North Spirit Lake, and Poplar Hill. KO Health also assists community members of KO communities living in urban areas such as Thunder Bay, Dryden, Red Lake, and Sioux Lookout in accessing healthcare services. KO health has been working proactively on health transformation of the clinical processes and systems across care settings through Nishnawbe Aski Nation health transformation initiative to enable a high-quality equitable access to health services for its community members. The KO health service providers visit the KO communities regularly to provide services to its members. KO Health service providers include a wide variety of professionals and experienced community members who work in collaboration with the community health staff.

