

5TH ANNUAL GATHERING



**Northern Ontario
Home and Community Care
Network**

Resiliency

And The Path Forward

JANUARY 21-23, 2025

**1 VALHALLA INN ROAD
THUNDER BAY, ONTARIO**

GATHERING PROGRAM

FINAL REPORT

Respectfully Submitted by Marianne Bortolin

February 24, 2025

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Summary

The Northern Ontario Home and Community Care Network (NOHCCN) held its Fifth Annual Gathering – Resiliency and the Path Forward – on January 21 to 23, 2025 at the Valhalla Inn in Thunder Bay, Ontario. The Gathering was free to attend and open to all those who work in Home and Community Care Programs in Northern Ontario.

Planning Committee

Planning for the Gathering started in September 2024. The Planning Committee met every three weeks for two hours and held more frequent meetings as the event approached to finalize details. NOHCCN acknowledges the following Planning Committee members for their contribution to the NOHCCN Gathering:

Philina Sky Kerri Koski Miriam Cook Donna Corston
Michelle Kakegamic Barbara Singleton Denise Taylor Tina Dennis

Agenda Overview

The Gathering opened with prayers from Elders Teri Redsky-Fiddler and Sam Achneepineskum, followed by remarks from the NOHCCN Board and a welcome from a representative from Indigenous Services Canada. The NOHCCN Board introduced a video that was made for the Gathering of Elders in their Community sharing their experiences with Home Care and the impact it has made in their lives. The video played during breakfast on Days 1 and 2. Brent Edwards – Mooselegs was hired as MC for the Gathering but was unable to attend. Ron Kanutski and Janine Desmoulin were hired at the last minute to fill the roles. Ron Kanutski was MC on Day 1 and Day 2. Janine Desmoulin was MC on Day 3.

The three-day event featured: concurrent workshops on Days 1 and 2, plenary sessions on Days 2 and 3, and a daily wellness activity (i.e., painting, meditation, chair yoga, and cedar foot baths). Each day ended with wrap up remarks and a Mentimeter evaluation. Registration and a hot breakfast took place from 8:00am to 9:00am. Food and beverages were provided for the AM and PM breaks and the daily lunch. Community organizations and local artisans had tables set up in the hallways from 10:00am to 4:00pm on each day of the Gathering.

In addition to the Gathering's main sessions, two optional evening engagement sessions were held. First Nations Digital Health Ontario (FNDHO) hosted Frantic Faxes and Information Gaps – Gathering Stories from Home and Community Care on Day 1 from 5:00pm to 6:30pm. The Community Based Stroke Rehab Outreach Team hosted Enhancing Access to Stroke Rehabilitation in Communities through the Community Based Stroke Outreach Program: New Program Info Session on Day 2 from 6:00pm to 7:00pm. A Wednesday evening social event was organized on Day 2 and hosted by Ron Kanutski. Ron performed comedy and facilitated games for prizes. An appetizer and beverages were served.

Concurrent Workshops

Concurrent workshop sessions were offered on Days 1 and 2 of the Gathering. The workshops on Day 1 were designed in three streams: Stream A was for Home Care Workers, Stream B for Health Care Providers and Stream C for Managers, Coordinators and Health Directors. Each stream offered sessions tailored specifically to those roles to broaden the skillset and capacity of those delegates.

Some of the Day 1 concurrent workshops included:

- for Home Care Workers: Chronic Disease Management: Diabetes and Kidney Disease – Building Competencies for Home Care Workers with SE Health First Nations, Inuit and Metis Program;
- for Health Care Providers: Walking the Foot Path: Prevention and Management of Foot Wounds with St. Joseph’s Care Group and 7 Generations; and
- for Managers, Coordinators & Health Directors: How to Access Provincial Clinical Viewers and What to Do with FNIHCC Digital Health Funding to Support Client Care with First Nations Digital Health Ontario.

On Day 2, concurrent workshops were structured so each delegate was assigned to group 1, 2 or 3. The groups rotated through all three workshops, allowing delegates to participate in each.

The Day 2 concurrent workshops were:

- Traditional Medicines Teachings with Tom Chisel;
- Safeguarding Client Information: Privacy & Security in Action with FNDHO; and
- Foot Health at Home with St. Joseph’s Care Group.

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

Plenary Sessions

Plenary sessions were scheduled on Day 2 and Day 3 of the Gathering. Some of the plenary sessions offered throughout the Gathering included:

- Southwest Home and Community Care Network Association Updates & Six Nations of the Grand River Hospice Update;
- Caring for Our Elders – New Knowledge Keepers Elder Complex in Pikangikum by the Pikangikum Health Authority; and
- Creating Your Personal Wellness First Aid Kit with CMHA and Beedaubin Counselling.

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

For speaker biographies and session summaries for all of the Gathering sessions, please see Appendix C – Speaker Biographies and Session Summaries.

Wellness Room Activities

Each day of the Gathering, a wellness activity was offered to participants (and, in one instance, their families). The activities were scheduled each morning and lasted into the afternoon. The wellness activities offered were:

- Day 1: Drop-in Painting with Joshua LeClair;
- Day 2: Cedar Foot Baths with Laura Horton; and

- Day 3: Meditation and Chair Yoga with Michelle Desrosier.

For wellness activity summaries and facilitator biographies, please see Appendix C – Wellness Room Summaries & Biographies.

Funders & Sponsors

The NOHCCN Gathering received its main funding from Indigenous Services Canada. The Gathering was also supported by several community organizations that offered their presentations in-kind, as follows:

- Canadian Mental Health Association
- First Nations Digital Health Ontario
- First Nations Inuit and Metis Program
- Indigenous Services Canada
- Motion
- Northwestern Ontario Regional Stroke Network
- SE Health First Nations, Inuit and Métis Program
- St. Joseph’s Care Group, North West Regional Rehabilitative Care
- Seven Generations Medical Ltd.
- Southwest Regional Home & Community Care Network Association
- Thunder Bay Regional Health Sciences Centre

Please see Appendix D – Sponsors for sponsor logos.

Registration/Attendance

In total 154 participants were registered for the Gathering. This number included delegates and approximately half of the presenters.

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. If a delegate did not complete the daily registration check-in their attendance could not be captured.

Several of the registrants did not attend the full three days. Although presenters were required to register to collect accurate numbers, only approximately half registered. In total, there were 41 presenters who supported the Gathering. Local presenters were requested to join for the day of their presentation or workshop only. Daily attendance for the Gathering was as follows (excludes Information/Vendor and Volunteer numbers):

Day/Date	Attendance
Day 1 – Tues. Jan. 21	135
Day 2 – Wed. Jan. 22	124
Day 3 – Thurs. Jan. 23	117

Information/Vendor Tables

NOHCCN invited artisans and community programs/organizations to participate at the Gathering by setting up information tables or vendor tables. These participants were given flexibility in how many days they could participate (i.e. was not mandatory to have a display table for all three days of the event). NOHCCN did not charge a vendor fee to participate.

27 organizations or individuals participated with an information booth or vendor table. This was made up of 17 community organizations and 10 artisans/vendors.

The 17 community programs/organizations which set up information tables were as follows:

- Alice Sabourin - Beedaubin Counselling
- Canadian Mental Health Association (CMHA)
- First Nations Digital Health Ontario
- Hospice Northwest
- Indigenous Services Canada (ISC), Home and Community Care, First Nations & Inuit Health Branch, Ontario Region, Government of Canada
- Motion
- NAN Hope
- N'doo'owe Binesi
- Ontario Health (North West Region)
- SE Health First Nations, Inuit and Métis Program
- Sioux Lookout First Nation Health Authority (SLFHNA)
- St. Joseph's Care Group, Ontario Structured Psychotherapy
- St. Joseph's Care Group, Regional Programs (Rehab, Palliative and Seniors)
- St. Joseph's Care Group, North West Regional Wound Care Program
- The Ontario Caregiver Organization
- Thunder Bay Regional Health Sciences Centre, Indigenous Care Coordinators
- Thunder Bay Regional Health Sciences Centre, Prevention & Screening Clinical Services

The 10 businesses/artisans that participated were:

- Crafts for Healing/Charlene Tyance
- Dawson Creations/Ashley Wilson
- Cheyenne Traders/George Line Elk
- Martin Cedar Products/Steven Martin
- Annie Oskineegish
- Made by Caroline /Caroline Derouin
- Colleens Creations/Colleen Johnup
- Davis Moccasins & Regalia/Diane Nawagesic
- Jessica Robinson/Mamakeesic Roots
- Queen of the Pirates/Ocean Wynne

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 (excludes presenters):

- 42 Managers, Coordinators, Health Directors
- 40 Home Care Workers
- 32 Health Care Providers

Communities/Organizations

There were 68 communities/organizations represented at the Gathering. They are as follows:

- | | |
|---|--|
| 7 Generations Medical | Matawa Health Cooperative |
| Aamjiwnaang First Nations Home & Community Care | Mattagami First Nation |
| Animkee Wah Zhing #37 | Mino Giizhiigad |
| Bearskin Lake / Windigo First Nations Council | Moose Cree First Nation Health Services |
| Beedaubin Counselling | Motion |
| Biigtigong First Nation | Muskrat Dam First Nation |
| Boreal Wellness | Muskrat Dam Health Centre |
| Canadian Mental Health Association | Naotkamegwanning |
| Cat Lake/ Windigo First Nations Council | N'doo'owe Binesi |
| Constance Lake First Nation | Neskantaga First Nation |
| Creative Therapy Associates | Netaawgonebiik Health Services |
| Deer Lake First Nation | Netmizaaggamig Nishnaabeg Health Center |
| Dilico Anishinabek Family Care | Nigigoonsiminikaaning First Nation |
| Eabametoong Health & Social Services | Nishnawbe Aski Nation |
| Eabametoong Home & Community Care Program | North Caribou Lake First Nation |
| Eagle Lake First Nation | Northern Ontario Home & Community Care Network |
| First Nations Digital Health Ontario | NOSM University |
| Garden River Wellness Centre | Oshki-Wenjack Education Institute |
| Grassy Narrows First Nation | Paawidigong First Nations Forum |
| Health Community Support Home & Community Care | Partners in Rehab |
| Indigenous Services Canada | Pikangikum Health Authority |
| Keewaytinook Okimakanak HCC Health Keewaywin | Rainy River First Nations |
| Kiiwetinoong Healing Waters OHT | Red Rock Indian Band |
| Kitchenuhmaykoosib Inninuwug | Sachigo Lake/Windigo First Nations Council |
| Lac Seul First Nation | Sandy Lake First Nation |
| Lac Seul First Nation Home & Community Care Program | SE First Nations, Inuit, and Métis Program |
| Lac Seul Home & Community Care Program | Shibogama First Nation Tribal Council |
| Manifesting Movement | Sioux Lookout First Nations Health Authority |
| | Spinal Cord Injury Ontario |
| | St. Joseph's Care Group |
| | Thunder Bay Regional Health Sciences Centre |

Wabigoon Lake Ojibway Nation
Wabun Tribal Council
Weagamow Lake
Webequie First Nation

Whitefish Bay Home Care
Windigo First Nations Council
Windigo Tribal Council

Event Overview

Each day of the three-day Gathering started with hot breakfast and registration from 8:00am-9:00am 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 collect attendance. Volunteers were enlisted to support the Gathering with setup and takedown, at the registration table, and with the wellness activities. 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 the Elders and Home Care video (on Day 2 and 3) played in the background.

Alongside the Gathering, delegates were invited to participate in wellness activities on all three days. Day 1 featured a drop-in painting session with Joshua Leclair which was open to family and friends of the Gathering. Approximately 30 delegates participated in the drop-in painting throughout the day. Day 2 featured 45-minute cedar foot baths and teachings that occurred every hour between 10:00am and 3:00pm. Sign-up was required as space was limited to four or five spots (volunteer dependent) and each spot was taken. Day 3 featured two meditation sessions, and a chair yoga session with Michelle Derosier of Manifesting Movement. Sign-up was required and each session had 12 participants.

Day 1 was opened in a good way with a prayer and a smudge by Elder Teri Redsky-Fiddler and Elder Sam Achneepineskum. An Elder's Lounge/Mental Health Space was available for anyone who would like to speak or smudge with an Elder in a quiet area.

Brent Edwards "Moose Legs" was hired to provide MC services. Brent Edwards was unfortunately unable to attend, and replacement MCs were sourced: Ron Kanutski on Day 1 and Day 2; Janine Desmoulin on Day 3. Collectively, their energy, humour, and ability to engage the audience enhanced the Gathering. Both MCs distributed prizes via raffles throughout the Gathering.

NOHCCN Board Members provided opening remarks and showcased the Elders and Home Care video to start Day 1, followed by remarks from Indigenous Services Canada representative, Heather Meekis. Following the opening ceremonies delegates moved into breakout rooms for their specific streams for the day. 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 Chronic Disease Management: Diabetes and Kidney Disease – Building Competencies for Home Care Workers facilitated by SE Health

First Nations, Inuit and Métis Program and Hands-On Learning – Reviewing Bed Mobility and Transfers facilitated by St. Joseph’s Care Group (SJCG).

Stream 2 for Health Care Providers had a session on rehabilitation equipment presented by North West Regional Rehabilitative Care & Motion. The New Community-based Stroke Outreach Team and Stroke Navigator, and a Community Rehab Worker (CRW) Role update was presented by SJCG and NWO Regional Stroke Network. SJCG and 7 Generations facilitated a Walking the Foot Path: Prevention and Management of Foot Wounds session.

Stream 3 was tailored for Managers, Coordinators and Health Directors. Heather Meekis (Indigenous Services Canada) provided an update on First Nations Inuit Home and Community Care. Session two was entitled Policy and Procedure Development: Building Resilience and Enhancing Quality and was facilitated by SE Health First Nations, Inuit and Métis Program. The third session was How to Access Provincial Clinical Viewers and What to Do with FNIHCC Digital Health Funding to Support Client Care and was presented by First Nations Digital Health Ontario (FNDHO).

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

FNDHO hosted a Tuesday evening engagement session entitled Frantic Faxes and Information Gaps – Gathering Stories from Home and Community Care from 5:00pm-6:30pm.

Approximately 20 participants attended. Pre-registration was required to collect numbers but was open to anyone who wanted to attend.

The Day 2 agenda was adjusted slightly for the morning sessions as Brent Edwards’ language bingo was replaced with teachings on cedar baths presented by Laura Horton. Following the cedar bath teaching, Southwest Home and Community Care Network Association provided an update on their work and the Six Nations Of The Grand River Hospice.

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 Tom Chisel, Safeguarding Client Information: Privacy & Security in Action with FNDHO, and Foot Health at Home with SJCG. 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 Emily Pynn, NOSM University with a short presentation entitled Burn Injury Prevention & Care: Shaping Future Initiatives in The North.

On the evening of Day 2 the Community Based Stroke Rehab Outreach Team hosted Enhancing Access to Stroke Rehabilitation in Communities through the Community Based Stroke Outreach Program: New Program Info Session from 6:00pm to 7:00pm. Approximately five people joined this session. This session was a last-minute addition and as a result received minimal promotion. A Wednesday evening social event followed from 7:00pm to 9:00pm and was hosted by Ron Kanutski. Ron performed comedy and facilitated games for prizes. A 360

photobooth was also available throughout the day from 2pm to 9pm for anyone wishing to participate. An appetizer and beverages were served and sponsored by the Community Based Stroke Rehab Outreach Team. Approximately 30 attended.

Day 3 of the Gathering opened with an opening prayer with Elders Reta and Morley Beardy. Following the opening prayers, Pikangikum Health Authority presented Caring for Our Elders - New Knowledge Keepers Elder Complex in Pikangikum. One community member presented in her language.

Following the Pikangikum plenary session, delegates were provided the option to listen to a panel discussion in the Ballroom entitled Indigenous Perspectives on End-of-Life with panelists: Elder Beatrice Twance-Hynes, Elder Gerry Martin, Ken Nash and Annie Aysanabee and moderated by MC Janine Desmoulin, or to listen to Reta and Morley Beardy share on Spiritual Perspectives On The End-of-Life in the Scandia 1 room. Approximately 30 people attended Reta and Morley Beardy's End-of-Life session. The End-of-Life sessions were followed by a grounding exercise with Michelle Derosier to bring everyone together after a potentially heavy and triggering topic.

The afternoon of Day 3 started off with the final presentation of the Gathering which was a collaborative session with Canadian Mental Health Association & Beedaubin Counselling on Creating Your Personal Wellness First Aid Kit.

To wrap-up the Gathering, delegates participated in We Want to Hear from You! round table discussion and were provided two questions to discuss with their table. Tables were instructed to assign a notetaker to each table to capture the discussions and were provided with the opportunity to report back to the large group. This was followed by Day 3 Mentimeter evaluations, NOHCCN Board closing remarks, door prize raffles and a handshake closing circle activity. Elder Sam closed the three-day Gathering in a good way.

Appendix A – Agenda

Day 1 – Tuesday, January 21, 2025

8:00 - 9:00 AM	REGISTRATION & HOT BREAKFAST		
9:00 - 10:15 AM	WELCOME: MC Ron Kanutski OPENING PRAYER: Elders OPENING REMARKS: N0HCCN Board WELCOMING REMARKS: Indigenous Services Canada		
10:15 - 10:30 AM	BREAK		
10:30 - 12:00 PM	CONCURRENT WORKSHOPS SERIES 1 Delegates will be assigned to Stream A, B or C		
	A SCANDIA 3	B BALLROOM	C VIKING ROOM
	Chronic Disease Management: Diabetes and Kidney Disease – Building Competencies for Home Care Workers SE Health First Nations, Inuit and Métis Program	Understanding the Rehabilitation Equipment You Are Ordering! North West Regional Rehabilitative Care & Motion and The New Community-based Stroke Outreach Team & Stroke Navigator & an Update on the Community Rehab Worker (CRW) Role SJCG & NWO Regional Stroke Network	First Nations Inuit Home and Community Care Updates Indigenous Services Canada
12:00 - 1:00 PM	LUNCH BREAK		
1:00 - 2:30 PM	CONCURRENT WORKSHOPS SERIES 1 Continued. Delegates will remain in assigned Stream A, B or C.		
	A BALLROOM	B SCANDIA 3	C VIKING ROOM
	Hands On Learning – Reviewing Bed Mobility and Transfers St. Joseph's Care Group (SJCG)	Walking the Foot Path: Prevention and Management of Foot Wounds SJCG & 7 Generations	Policy and Procedure Development: Building Resilience and Enhancing Quality SE Health First Nations, Inuit and Métis Program
2:30 - 2:45 PM	BREAK		
2:50 - 3:50 PM	CONCURRENT WORKSHOPS SERIES 1 Continued. Delegates will remain in their assigned Stream A, B, or C.		
	A BALLROOM	B SCANDIA 3	C VIKING ROOM
	Hands On Learning- Reviewing Bed Mobility and Transfers (continued)	Walking the Foot Path: Prevention and Management of Foot Wounds (continued)	How to Access Provincial Clinical Viewers and What to Do With FNIHCC Digital Health Funding to Support Client Care First Nations Digital Health Ontario (FNDHO)
3:50 - 4:30 PM	DAY 1 WRAP UP & EVALUATION		
5:00 - 6:30 PM	FNDHO ENGAGEMENT SESSION: Frantic Faxes and Information Gaps – Gathering Stories from Home and Community Care Pre-Registration Required.		

Day 2 – Wednesday, January 22, 2025

8:00 - 9:00 AM	REGISTRATION & HOT BREAKFAST
9:00 - 9:15 AM	WELCOME & DAY 2 OVERVIEW: MC Ron Kanutski SMUDGING CEREMONY: Elders
9:15 - 10:00 AM	CEDAR BATH TEACHINGS: Laura Horton
10:00 - 10:45 AM	SOUTHWEST HOME AND COMMUNITY CARE NETWORK ASSOCIATION UPDATES & SIX NATIONS OF THE GRAND RIVER HOSPICE UPDATE
10:45 - 11:00 AM	BREAK
11:05 - 12:05 PM	CONCURRENT WORKSHOPS SERIES 2 <i>Delegates will be assigned to Group 1, 2 or 3 and will rotate through all workshops, completing all three workshops within the day.</i>
1 SCANDIA 3	Traditional Medicines Teachings Tom Chisel
2 VIKING ROOM	Safeguarding Client Information: Privacy & Security in Action FNDHO
3 BALLROOM	Foot Health at Home SJCG & Matawa Health Co-Op
12:05 - 1:05 PM	LUNCH BREAK
1:05 - 2:05 PM	CONCURRENT WORKSHOPS SERIES 3
2 SCANDIA 3	Traditional Medicines Teachings Tom Chisel
3 VIKING ROOM	Safeguarding Client Information: Privacy & Security in Action FNDHO
1 BALLROOM	Foot Health at Home SJCG & Matawa Health Co-Op
2:10 - 3:10 PM	CONCURRENT WORKSHOPS SERIES 4
3 SCANDIA 3	Traditional Medicines Teachings Tom Chisel
1 VIKING ROOM	Safeguarding Client Information: Privacy & Security in Action FNDHO
2 BALLROOM	Foot Health at Home SJCG & Matawa Health Co-Op
3:10 - 3:25 PM	BREAK
3:30 - 4:00 PM	BURN INJURY PREVENTION & CARE: SHAPING FUTURE INITIATIVES IN THE NORTH: Emily Pynn, NOSM University
4:00 - 4:30 PM	DAY 2 WRAP UP & EVALUATION
5:00 - 6:30 PM	ENHANCING ACCESS TO STROKE REHABILITATION IN COMMUNITIES THROUGH THE COMMUNITY BASED STROKE OUTREACH PROGRAM: NEW PROGRAM INFO SESSION! Drop-in

Day 3 – Thursday, January 23, 2025

8:00 - 9:00 AM	REGISTRATION & HOT BREAKFAST	
9:00 - 9:15 AM	WELCOME & DAY 3 OVERVIEW: <i>MC Janine Desmoulin</i>	
	OPENING PRAYER: <i>Elders Morley & Reta Beardy</i>	
9:15 - 10:00 AM	CARING FOR OUR ELDERS - NEW KNOWLEDGE KEEPERS ELDER COMPLEX IN PIKANGIKUM: <i>Pikangikum Health Authority</i>	
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10:00 - 10:15 AM	BREAK	
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10:15 - 11:45 AM	INDIGENOUS PERSPECTIVES ON END-OF-LIFE PANEL: BALLROOM <i>Elder Beatrice Twance-Hynes, Elder Gerry Martin, Ken Nash & Annie Aysanabee</i>	SPIRITUAL PERSPECTIVES ON THE END-OF-LIFE: SCANDIA 1 <i>Elders Morley & Reta Beardy</i>
11:45 - 12:15 PM	GROUNDING EXERCISE: <i>Manifesting Movement</i>	
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12:15 - 1:15 PM	LUNCH BREAK	
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1:15 - 3:15 PM	CREATING YOUR PERSONAL WELLNESS FIRST AID KIT: <i>Canadian Mental Health Association & Beedaubin Counselling</i>	
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3:15 - 3:30 PM	BREAK	
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3:30 - 4:00 PM	WE WANT TO HEAR FROM YOU! NOHCCN NEXT STEPS	
4:00 - 4:30 PM	WRAPPING IT ALL UP, EVALUATIONS & DOOR PRIZE CLOSING PRAYER: <i>Elders</i>	

Appendix B – Speaker Biographies & Session Summaries

Biographies and summaries are in order as the presenters appear on the agenda.

OPENING & CLOSING PRAYERS & ONSITE MENTAL HEALTH SUPPORT

ELDER TERI REDSKY-FIDDLER

Theresa Fiddler, also known as Elder Teri Redsky-Fiddler, is from Sandy Lake First Nation but originally hails from the Treaty 3 area, including Big Grassy First Nation and Shoal Lake 40 First Nation. Teri is 73 years old and has four adult children, though she tragically lost a son in November 2022. She is a grandmother of 19 and a great-grandmother of 21. Teri has worked in the health field as an independent consultant and traditional cultural mental health counselor. She is also an Elder/Knowledge Keeper for AFN, COO, NAN, and other organizations.



ELDER SAM ACHNEEPINESKUM

Elder Sam Achneepineskum grew up in the remote bushlands, where his first 12 years were spent learning traditional skills like hunting and trapping from his family, laying a solid foundation for his life. This early experience in nature has guided him through various challenges and career paths. Over the years, Sam has worked in numerous roles primarily to support his family. In 1992, he began focusing on Indian Residential School (IRS) issues, dedicating himself to understanding and addressing their impacts on Indigenous communities. His ongoing work in this field has taken him far and wide, reflecting his commitment to applying both traditional wisdom and contemporary knowledge to foster reconciliation and support for his people.



MASTER OF CEREMONIES - DAY 1 & 2

RON KANUTSKI

Ron Kanutski is a registered social worker and mental health, addictions and cultural workshop facilitator and trainer with 35 years of experience in the helping profession. He has been sober and drug free for over 3 decades. For the past 25 years, Ron has been a consultant, educator and presenter of Anishnawbe cultural and traditions for events related to addictions, mental health and wellness. He has been married for 26 years and is a caregiver, father and support to 25 children and youth.



MASTER OF CEREMONIES - DAY 3

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.



OPENING REMARKS

NORTHERN ONTARIO HOME AND COMMUNITY CARE NETWORK BOARD

The NOHCCN membership is made up front-line home care workers and providers who work directly in Northern Ontario First Nation Home & Community Care Programs. The NOHCCN provides a platform for community staff to share their concerns and pressing home care needs as it relates to client care.

The Northern Ontario Home & Community Care Network bridges the distance between communities and programs by offering advocacy, education and training, special projects to build capacity and building connections through networking. The NOHCCN Board Directors is 100% Indigenous-led and provides strong direction to the operations of the network based on health priorities and feedback from members. The Board is comprised of seven seats of experienced home care providers who live and work in Northern Ontario. As of January 2025, the current NOHCCN Board of Directors are Michelle Kakegamic, Karyn Meekis, Carol Fobister, Kerri Koski, Miriam Cook, Stacey Fiddler and Donna Corston, who wish all the participants a warm welcome and look forward to this time together.



Chronic Disease Management: Diabetes and Kidney Disease - Building Competencies for Home Care Workers

SE FIRST NATIONS, INUIT, AND MÉTIS PROGRAM

This session empowers Home Care Workers with the knowledge and skills to support clients living with diabetes and kidney disease. Participants will gain a foundational understanding of these chronic conditions, learn to interpret vital signs (blood pressure, temperature, respirations, height, weight, and blood glucose), and build practical skills to enhance client care and well-being.

Policy and Procedure Development: Building Resilience and Enhancing Quality

SE FIRST NATIONS, INUIT, AND MÉTIS PROGRAM

This interactive session will provide tools and knowledge for Managers, Coordinators, and Health Directors to develop effective policies and procedures (P&Ps). Participants will explore the importance of P&Ps, the unique factors and challenges, engage in practical drafting exercises, and learn to adapt Ontario Region's HCC P&P Manual for their communities.

Workshop Series 1
SCANDIA 3 | STREAM A
Tuesday, January 21
10:30 am - 12:00 pm

Workshop Series 1
VIKING ROOM | STREAM C
Tuesday, January 21
1:00 - 2:30 pm



Laurie Lee Gravelle, a Registered Nurse with 37 years of experience, joined the SE First Nations, Inuit, and Métis Program in 2022. She specializes in palliative care, policy development, and is an ally for culturally safe care. She is from Kingston, Ontario on the traditional lands of the Haudenosaunee, Anishinabek, and Wendake peoples.



Aanii Boozhoo, Nindizhinikaaz Natalie DiFebo. Natalie is a Registered Nurse and a member of Wasauksing First Nation. Natalie is a dedicated healthcare professional with 12 years of experience in various health care sectors such as Long-Term Care, Home and Community Care, Service Delivery and Education. Natalie is a member of the First Nations, Inuit, and Métis Program team at SE Health and currently works as an Education Liaison and Program Instructor.



Understanding the Rehabilitation Equipment You are Ordering!
NORTH WEST REGIONAL REHABILITATIVE CARE & MOTION

This session will provide a demonstration of common equipment for your clients - when to use it, how to use it and how to maintain it.

Denise Taylor has been a Physiotherapist in Thunder Bay for over 30 years. She is currently the Manager of the North West Regional Rehabilitative Care Program- a system planning and quality improvement program to improve access to rehabilitation across the Northwest.

Greg McKenzie is a dedicated health equipment provider with over three years of hands-on experience in the medical and healthcare industry. With a passion for enhancing patient care and improving healthcare outcomes, Greg has built a reputation for delivering high-quality medical equipment and solutions to healthcare facilities, clinics, and individual clients. Throughout his career, Greg has developed a deep understanding of the diverse needs within the healthcare sector, from providing durable medical equipment (DME) to offering innovative technologies that support rehabilitation, mobility, and patient comfort. His work revolves around offering personalized consultation to ensure that each client receives the right products to suit their specific medical needs, whether it's for home care or clinical environments.

The New Community-Based Stroke Outreach Team & Stroke Navigator and an Update on the Community Rehab Worker (CRW) Role

ST. JOSEPH'S CARE GROUP COMMUNITY-BASED STROKE REHAB OUTREACH TEAM & NORTHWESTERN ONTARIO REGIONAL STROKE NETWORK

Introducing the new Community-based Stroke Outreach Team and Stroke Navigator role servicing communities east of Thunder Bay and remote First Nations in Treaties 5 and 9. Meet the team, ask questions, and understand the opportunities for rehabilitation close to home. An update on the CRW role and the intersection with the Outreach Team will also be shared.

Denise Taylor, Kirsten Pavelich, Linda Sanzo, Darien Shelp, Jeshin Varghese, and Kristin Adams are members of the Stroke Outreach Team at St. Joseph's Care Group. Together, the Stroke Rehab Outreach team has over 140 years of experience working in stroke rehabilitation in the North West. Tara Lewis is the Rehab Specialist for the Northwestern Ontario Stroke Network.

Workshop Series 1
BALLROOM | STREAM B
Tuesday, January 21,
10:30 am - 12:00 pm



Workshop Series 1
BALLROOM | STREAM B
Tuesday, January 21
10:30 am - 12:00 pm



First Nations Inuit Home & Community Care Updates

INDIGENOUS SERVICES CANADA

Indigenous Services Canada will provide First Nations Inuit Home and Community Care regional updates and collaboration with Northern Ontario Home and Community Care Network.

Heather Meekis is a settler connected to Sandy Lake through marriage, where she began her nursing career. Heather has worked in home care within a provincial setting, including home visiting and care coordination. She has also worked in the community as a home care nurse, with ISC as a Nurse Advisor, and is now a Regional Coordinator.



Workshop Series 1
VIKING ROOM | STREAM C
Tuesday, January 21
10:30 am - 12:00 pm



Walking the Foot Path: Prevention and Management of Foot Wounds

ST. JOSEPH'S CARE GROUP & 7 GENERATIONS

This case study takes a client down the foot path, beginning with an unexpected wound on their foot. This path includes assessment, identifying contributing factors, footwear checks, and the care plan to prevent further injury. Participants will get hands on experience with performing a foot/wound and footwear assessment, and review wound dressing options.

Allison Luther has been an Occupational Therapist since 2006. She attended the University of Western Ontario and completed the Master of Clinical Science, Wound Healing Program in 2020 and is currently the Manager of the Regional Wound Care Program for St Joseph's Care Group, in Thunder Bay. Allison's role is focused on adoption of best practices and building capacity for wound care across Northwestern Ontario. Since the fall of 2022, Allison has been the implementation lead for the Lower Limb Preservation Strategy for Northwestern Ontario.

Workshop Series 1
SCANDIA 3 | STREAM B
Tuesday, January 21
1:00 - 3:50 pm



Hands-On Learning - Reviewing Bed Mobility and Transfers

ST. JOSEPH'S CARE GROUP, NORTH WEST REGIONAL REHABILITATIVE CARE

This session will provide hands-on experiential learning for safe body mechanics, 1 and 2 person transfers, pivot disc transfers, sit to stands, and bed mobility.

Denise Taylor, Tara Lewis, Kirsten Pavelich, Linda Sanzo, Esme French, Kate Melchiorre, and Madeleine Hongisto are all Rehabilitation Health Care professionals at St. Joseph's Care Group and the NWO Regional Stroke Network. Together this team has over 140 years of experience working in stroke rehabilitation in the North West.

Workshop Series 1
BALLROOM | STREAM A
Tuesday, January 21
1:00 - 3:50 pm

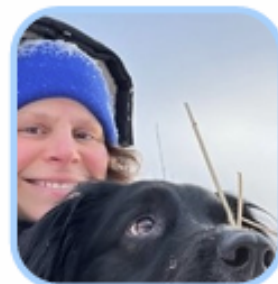


Walking the Foot Path: Prevention and Management of Foot Wounds ... continued

Shelley Tees has been a registered nurse for 32 years, in a variety of roles. She obtained her Masters of Clinical Science in Wound Healing and spent the past 10 years as a Clinical Nurse Specialist in wound healing. She played a critical role in the development of a Limb Preservation Program in Thunder Bay, which works to improve access to specialized wound care for NWO regional and remote communities. She is passionate about wound care and sharing her knowledge through education and training events.



Julie Colbourn, registered Occupational therapist has 25 years of clinical experience working in various areas of occupational therapy but has specific interests in wounds, diabetes, orthopedics. She has special interests in Footwear assessment, splinting and orthotic fabrication. Currently she works at St Joseph's Care Group and Thunder Bay Regional Health Sciences Center in the following areas: Outpatient Orthopedics, Wound Clinic, Lower Limb Preservation (LLP) and Centre for Complex Diabetes Care.



Nick Kwiatkowski has been a dedicated RN for over seven years. He earned his Bachelor of Science in Nursing (BScN) from Lakehead University in 2017. After graduation, he began his career in community health nursing, working with underserved communities and populations. Nick has gained extensive experience at Thunder Bay Regional Health Sciences Centre (TBRHSC), Dilico Anishinabek Family Care, the Victorian Order of Nurses (VON), and the Matawa Health Co-operative (MHC). In 2020, he became a Certified Diabetes Educator (CDE). Currently, Nick works at the Matawa Health Co-operative as a CDE and wound care specialist. He recently completed a Master's in Clinical Sciences - Wound Healing from Western University.



Michael Krawetz is a former medical researcher with 20+ years in the medical industry specializing in wound care, ostomy and continence care. He holds an Honours Bachelor of Science degree and Masters of Science. He is currently VP of Sales and Business Development for 7 Generations Medical, Eastern Canada.



How to Access Provincial Clinical Viewers and What to Do With FNIHCC Digital Health Funding to Support Client Care

FIRST NATIONS DIGITAL HEALTH ONTARIO (FNDHO)

In this session, FNDHO will provide information on the 'Connecting Ontario Clinical Viewer': a provincial web-based portal that provides healthcare providers with timely and secure access to comprehensive client health information. Presenters will discuss how First Nations Home and Community Care teams get access to the viewer, the benefits for providers and clients, and discuss how Home and Community Care teams can utilize their FNIHCC Digital Health Funding to support service delivery and enhance client care.

First Nations Digital Health Ontario (FNDHO) is a First Nations-led organization dedicated to advancing digital health access and equity for First Nations communities across Ontario. Mandated by a Chiefs of Ontario resolution and funded by Indigenous Services Canada, FNDHO collaborates with First Nations Health Teams to enhance digital health capacities, ensuring healthcare services are both accessible and culturally respectful for First Nations Communities.

Workshop Series 1
VIKING ROOM | STREAM C
Tuesday, January 21
2:50 - 3:50 pm



Southwest Home and Community Care Network Association Updates and Six Nations of the Grand River Hospice Update

SOUTHWEST REGIONAL HOME & COMMUNITY CARE NETWORK ASSOCIATION

During this presentation, Lori Monture, President of the Southwest HCC will share updates from the announcement made on October 16, 2024, regarding the new hospice being constructed in the Six Nations of the Grand River. This five-bed hospice is designed to provide Indigenous people with access to culturally appropriate and dignified end-of-life care.

Other members will present information about the Southwest HCC Network, offering recent updates from the Southwest Regional Home and Community Care Network Association. We will also take the time to introduce our Board of Directors and purpose of the Southwest Home and Community Care Network.

The Southwest Home and Community Care Network was established in 2004. This was based on a need to provide peer support to First Nations communities who had a Home and Community Care program. It was decided that an annual training event would occur based on the needs of the Personal Support Workers. The current participants of the Southwest Home and Community Care Network are Chippewas of Nawash, Chippewas of Saugeen, Chippewas of the Thames, Kettle and Stoney Point, Oneida of the Thames, Aamijiwnaag, Delaware, Bkejwanong, Munsee Delaware Nioissing and Six Nations of the Grand River.

Wednesday, January 22
9:15 - 10:00 am
BALLROOM



Traditional Medicines Teachings

TRADITIONAL HEALING PRACTITIONER TOM CHISEL

In this workshop, Traditional Healing Practitioner Tom Chisel will teach participants about plants and their medicinal properties. Participants will have the opportunity to inspect various plants used for traditional medicines.

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 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 a Traditional Healing Practitioner and a member of Midewiwin.

Workshop Series 2, 3 & 4 SCANDIA 3

Wednesday, January 22
Series 2, 11:05 am - 12:05 pm |
Series 3, 1:05 - 2:05 pm |
Series 4, 2:10 - 3:10 pm



Safeguarding Client Information: Privacy and Security in Action

FIRST NATIONS DIGITAL HEALTH ONTARIO (FNDHO)

Privacy and security awareness is important to protect client information, maintain trust, and build knowledge within Home and Community Care teams. Through real-world scenarios, shared experiences, and stories from other First Nations Health Centres, you'll gain insights into addressing common privacy challenges and how to safeguard sensitive data effectively.

For biography, please see page 11.

Workshop Series 2, 3 & 4 VIKING

Wednesday, January 22
Series 2, 11:05 am - 12:05 pm |
Series 3, 1:05 - 2:05 pm |
Series 4, 2:10 - 3:10 pm



Foot Health at Home

ST. JOSEPH'S CARE GROUP

This hands-on skills lab will provide basic foot and footwear assessment for all skill levels, beginning with an unexpected wound on a lower limb. This path includes wound care principles, assessment, and developing a care plan to prevent further injury. Participants will decide what care they can provide and when to refer for specialized treatment.

Workshop Series 2, 3 & 4 BALLROOM

Wednesday, January 22
Series 2, 11:05 am - 12:05 pm |
Series 3, 1:05 - 2:05 pm |
Series 4, 2:10 - 3:10 pm



**Burn Injury Prevention & Care:
Shaping Future Initiatives in the North**

**NORTHERN ONTARIO SCHOOL OF MEDICINE
(NOSM) UNIVERSITY**

This presentation highlights the need to improve burn injury care and prevention in Northern Ontario Indigenous communities. It introduces a survey designed to identify resource gaps, understand challenges, and guide culturally appropriate solutions. Attendees will explore the survey's importance for shaping initiatives to enhance burn prevention and care across the North.

Emily Pynn is a 2nd year medical student at Northern Ontario School of Medicine, previously completing a Bachelors of Science (Honours) at Queen's University. Her research explores inequalities in underprivileged populations. She is passionate about advocacy and focuses on developing preventative health measures to address the needs of underrepresented communities.

**Wednesday, January 22
3:30 - 4:00 pm
BALLROOM**



OPENING PRAYER (DAY 3)

Spiritual Perspectives on the End-of-Life

ELDERS MORLEY AND RETA BEARDY

Elders Morley and Reta Beardy will discuss the following topics; spiritual beliefs on life and end-of-life/death, cultural customs, and care of the grieving family and community. As well as the importance of self-care, understanding the effects of trauma and debriefing with cultural considerations.

Both Morley and Reta have worked among the Northwestern Ontario First Nations Communities as People Helpers in various capacities. Morley has worked as a teacher, as a Mental Health Counsellor and Frontline Crisis Worker, and more recently has done Ministerial duties.

Reta has worked many years at Nodin Counselling Services under Sioux Lookout First Nations Health Authority. This work consisted as a Specialized Counsellor, Clinical Crisis Coordinator and some Clinical Supervision duties. This work provided services for the First Nations communities in Northwestern Ontario. Reta recently worked alongside with Morley as Mental Health Counsellor and as Frontline Crisis Worker. This work is under the community's Health/Mental Health Programs.

Reta and Morley have worked in six communities in the past 17 years. They have provided services to one community for the past 13 years and it has been a privilege and honour to them to work in their community.

**Thursday, January 23
10:15 - 11:45 am
SCANDIA 1**



**Caring For our Elders - New Knowledge Keepers
Elders' Complex in Pikangikum**

**Thursday, January 23
9:15 - 10:00 am
BALLROOM**

PIKANGIKUM HEALTH AUTHORITY

In the Caring for our Elders – New Knowledge Keepers Elders' Complex in Pikangikum presentation, participants will learn about how Pikangikum First Nation, a remote community of over 4,200 people with a significant Elder population, addressed housing challenges by the development of a 20-unit Elder's complex and the journey it took to get there.

Julia Jardine is a Registered Nurse who earned a Diploma of Nursing from Confederation College in Thunder Bay and went on to earn a Bachelor of Nursing degree from Lakehead University, Thunder Bay in 2002. Grounded in her roots as an Indigenous person with grandparents from Lac Seul First Nation, Julia is an Ojibway-speaking nurse who has worked extensively with Indigenous people and communities since 1991. Julia is a firm believer in promoting teamwork and collaboration with a focus on enhancing Home and Community Care services for people in Indigenous communities. Over the years she has had many creative solutions to advance care in several remote and isolated communities. Julia served as a Board Director for the Northern Ontario Home and Community Care Network (NOHCCN) from 2019 – 2024. She is grateful for having had the opportunity to assist with influencing Home and Community Care outcomes in northern Indigenous communities. During her time away from the communities, Julia is re-energized by spending time with her family, especially her grandchildren who fill her with hope for the future.

Timothy Moose grew up in Poplar Hill First Nation and moved to Pikangikum in January 2024. He attended Red Lake High School for Grade 9 and then Pelican Falls High School for Grade 10. Timothy started working for Pikangikum Health Authority in October 2024 as a Personal Support Worker Assistant. He enjoys working with the Elders, as they are usually happy. Timothy speaks his Anishinaabemowin language which makes it easy to talk to the Elders. He wants to learn more about the health care field and plans to complete high school and take the Personal Support Worker (PSW) course. He is happy to know that the PSW course is offered in Pikangikum so he can complete it while being at home with his family. In his spare time he enjoys writing music and poetry and playing guitar. His reason for attending/ participating in this year's Conference is to learn from others and listen to everyone's stories.



Indigenous Perspectives on End-of-Life Panel

**ELDER BEATRICE TWANCE-HYNES, ELDER GERRY MARTIN,
KEN NASH & ANNIE AYSANABEE**

**Thursday, January 23
10:15 - 11:45 am
BALLROOM**

The Indigenous Perspectives on End-of-Life Panel discussion will offer insights into the cultural, spiritual, and community practices surrounding our next spiritual journey. Panelists will share Indigenous knowledge about their lived experiences and traditional practices that support individuals and families through the end-of-life passage. The discussion highlights the importance of family, community, and ancestral connections in grief and loss, as well as the need to respect of our way of life and promote self-care for caregivers. The panel will foster a deeper understanding of Indigenous approaches to end-of-life care.

*Beatrice Twance-Hynes, from the Bear and Deer Clans of Biigtigong First Nation, has lived in Thunder Bay since 1988. Beatrice is the founding member of the Medicine Wheel Spirit Singers and released a solo CD, *Indian Chief's Daughter* (2017). A traditional women's dancer, pipe carrier, and former Cultural Manager at Dilico (2012–2024), Beatrice facilitates sacred circles, rites of passage, and supports women on their berry fasts. She serves on the Elders Council at Lakehead University and the Association of Native Child and Family Services of Ontario. Beatrice also co-facilitates grieving workshops and provides Elder support for palliative care, trauma therapy, and traditional parenting.*



Chi Mishomis, Elder Gerry Martin is a former nurse and a student of traditional Indigenous healing methods. Gerry is from the Mattagami First Nation of Ojibways in Northeastern Ontario. Gerry feels very comfortable teaching, learning and sharing his knowledge of traditional Indigenous healing methods and considers it a life-long journey to learn more. Gerry is a son, father, grandfather and great-grandfather who follows his destiny and enjoys life to the fullest.



Ken Nash is from Animkee Wah Zhing #37, Regina Bay, located in the heart of Treaty 3. Within his role as Cultural Coordinator, Ken honours Anishinaabe Traditional Healing practices in the many roles he carries as a Drum and Lodge Keeper. Ken, is also a graduate and teacher of the Traditional Medicine Camp and passionately advocates for the integrity and inclusion of Anishinaabe healing practices and ceremonies within the client wellness journey.



Annie Aysanabee was born in Sioux Lookout and later moved to Sandy Lake. She met her husband in Deer Lake and married in 1990. When Annie was around 11 years old, she and a friend were asked to sit with an elderly couple overnight, as their other friends and family were too scared. When she asked her mother who would pay them for their time, her mother replied, "One day, you will get paid up there in heaven." From that moment, whenever elders were sick, Annie and her friends would visit them and sing for them.



Annie worked for Keewaytinook Okimakanak for 20 years as a PSW, and before that, she was a homemaker when her fourth child was three years old. She is currently serving as a Band Councillor in Deer Lake First Nation, with a portfolio focused on education and mining. Annie's passion is working with people to make a difference in their lives by showing love and compassion. She enjoys spending quality time with her family, having grown up in a close-knit family. She loves fishing, spending time outdoors, cooking over a fire, and practicing her faith. Annie is also grateful for the team that comes from Thunder Bay to look after their home care clients, appreciating the different skills they bring to the community.

Grounding Exercise

MANIFESTING MOVEMENT, MICHELLE DEROSIER

Manifesting Movement is a unique trauma-informed practice that intertwines yoga, breath-work, movement and storytelling to create transformation. It is rooted in an Anishinaabek worldview and decolonial framework.

Michelle Derosier is from Migisi Sahgaigan First Nation. She has lived in Thunder Bay for over 35 years. She is a proud mother, kokum, artist, filmmaker, and helper who is deeply rooted to her Anishinaabek culture. Michelle engages with art, movement and stories to help process intergenerational trauma and to find joy.

Thursday, January 23
11:45 am - 12:15 pm
BALLROOM



Creating Your Personal Wellness First Aid Kit
CANADIAN MENTAL HEALTH ASSOCIATION &
BEEDAUBIN COUNSELLING

This workshop is designed to help individuals cultivate resilience and grit while navigating challenges in the workplace. Drawing on the principles of Psychological Health and Safety from the National Standard, we will explore how to build both internal and external supports for well-being. Practical, actionable strategies will be shared to help individuals manage stress, maintain mental health, and thrive even in difficult work environments

Vannessa has over 10 years of frontline and leadership experience working in Indigenous Mental Health and Addictions in Northwestern Ontario. Her desire has always been, and continues to be, to engage in solutions-focused work that promotes positive community healing and growth, with the goal of seeing healthy and thriving organizations that provide optimal care to patients and clients. Vannessa's professional scope is strengths-based, client-centred, and trauma-informed care. Her professional passions include knowledge exchange, systems oversight and accountability, and building capacity in others to help them reach their desired career goals.

Alice Sabourin is an Ojibwe grandmother from Northern Ontario. Following the footsteps of her ancestors, she followed her cultural roots as part of her social work practice, working with First Nations youth, families, and communities. She is widely known for her incorporation of the arts as a way of engaging people and providing safe spaces. Her thesis research, 'From My Sewing Basket...traditional healing ceremonies and social work practice,' has guided her work, allowing for a truly authentic approach.

Thursday, January 23
1:15 - 3:15 pm
BALLROOM



Appendix C – Wellness Room Summaries & Biographies

Painting

Joshua LeClair is a proud, 2-spirit Anishinawbek man. He was born in 1989 in Thunder Bay, Ontario, and was raised in Ojibway's of the Pic River First Nation, now Biigtigong, Nishnaabeg. Living in Kakabeka Falls today, Lake Superior country remains his homeland. Life on the reserve in Northwestern Ontario shaped his artistic journey. His home, community, family, the land, teachings and ceremony served to inspire the stories he shares through his paintings. As a 2-spirit, he uses the sacred medicine, Woodland Art, to help tell his own story. Not only does he paint in the style of Woodland Art, but he is also an avid bead worker and birch bark basket maker. He is an artist.

Open to Gathering participant's family and friends. Drop-in. 40 spots available. First come, first served.

Tuesday, January 21
11:00 am - 4:00 pm
Scandia 1



Joshua LeClair

Cedar Foot Baths

Laura Horton, whose Anishinaabe name is Gini'w'ikwe, is a Dene Anishinaabe Elder from Rainy River First Nations, born and raised in Treaty 3 territory. A retired teacher and Knowledge Keeper of moon and cedar bath teachings and ceremonies, Laura is honoured to share wisdom and connect ceremony to wellness at the 2025 NOHCCN Gathering.

6 spots per session. Sign-up at registration desk is required.

Each session is approximately 45-min.

Schedule: Running every hour starting at 9:00 am.

Wednesday, January 22
9:00 am - 4:00 pm
Scandia 1



Laura Horton

Meditation & Chair Yoga

For Manifesting Movement - Michelle Derosier biography, please see page 19.

12 spots per session. Sign-up at registration desk is required.

Each session is approximately 20-min.

Schedule: 10:00 am - Meditation, 10:30 am - Chair Yoga, 1:30 pm - Meditation

Thursday, January 23
10:00 am - 1:30 pm
Odin



Michelle Derosier

Appendix D – Sponsors



NOHCCN would like to acknowledge the generous support of our funder, Indigenous Services Canada, whose contribution has been vital to the success of our initiatives.