



# FIRST NATIONS HEALTH CONSORTIUM

# Newsletter

2019-10-07

## *Welcome*

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The First Nations Health Consortium's priority is to improve access to health, social, and educational services and supports for Alberta's First Nations and Inuit children, youth and families.

The First Nations Health Consortium (FNHC) was created in 2017 to implement Jordan's Principle Child First Initiative – Enhanced Service Coordination for First Nations and Inuit families and their children throughout Alberta. Enhanced service coordination is about helping to connect families and their children to much needed services whether it is health, social or educational.

Contact our FNHC Access Workers either by emailing or calling:

**Toll Free:** 1-844-558-8748    **Email:** [nochild4gotten.com](mailto:nochild4gotten.com)

## *Inside This Issue*

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Enjoy reading about experiences of our staff  
Message from our esteemed management

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Preventative Flu & Cold measures  
Differences between NEEDS & WANTS

### PG.4

Explore some of the FAQ's  
List of FNHC Board of Directors &  
FNHC Management Team

Word Search

## *Northern Team:*

### **Bernadette Cardinal, RSC. Slave Lake**

Bernadette Cardinal recently had an experience where a family was challenged with damage to their home, both interior and exterior. With an unstable stairway, unsealed windows, and cracked floors, it was very evident that there were major safety issues for a young child.

When Bernadette surveyed the home she noticed that the sewage drainage system was also in need of repair, as raw sewage was draining towards the home. Working collaboratively with local agencies, Bernadette through her advocacy and working closely with the family and Focal Points, was able to get the home entirely repaired. With a replaced cistern, repaired septic and windows the child was now able to live in a safe healthy environment.

She worked diligently to advocate for this family and their children. Bernadette showcases the ethics and integrity this company prides itself on.

**“Fulfilling First Nations children’s inherent rights to holistic services and supports.”**

## **A WORD FROM OUR MANAGEMENT:**

Client demands for service continue to grow and in response the combined efforts of the First Nations and Inuit Health Branch and the First Nations Health Consortium are adding staff to ensure that No Child is 4 gotten.

Your First Nations Leadership through the Health Co-Management Agreement has approved the additional resources we will need to keep up with the demands for service.

Our TEAM of Regional Service Coordinators and Access Workers are available to assist in the coordination of services and close the gaps in Health, Education and Social inequality for First Nations children.

Call them at 1 (844) 558-8748 to get connected to the contact that can best serve your needs.

Barry Phillips, Executive Director

## *Southern Team:*

### **Beatrice Little Mustache, RSC. Kainai**

Beatrice received a file where a teenage boy was in need of a specialized vehicle. Diagnosed with Spastic Diplopia Cerebral Palsy, his grandmother has been supporting him. Every day this grandmother lifted her grandson in and out of his wheelchair to get into the car. As he grew older this became increasingly difficult.

Beatrice networked with various doctors, therapists, medical transportation personnel, and car dealerships.

After gathering all the information needed, Beatrice forwarded the Jordan’s Principle case. A new 2018 Handicap Van with an electric side was approved for this young man.

Beatrice brings her passion and empathy to her work every day. She will go above and beyond to help turn a bad situation to a happy and healthy reality while influencing these children’s day-to-day lives.





## **Communications Department:**

To book a presentation please contact  
Communications Officer Deanna Wolf Ear

Email: [Deanna@abfnhc.com](mailto:Deanna@abfnhc.com)

Cell: 403 404 4897

Office: 844 558 8748

If you have an upcoming event and would like one of our reps to come out and participate, call us and ask to speak with our Communications Department and they will assist you in making this happen.



One of the communities visited this month was the Big Horn Community, and presentations done, were well attended by community members.. A follow up visit took place October 24<sup>th</sup>, 2019 by the RSC – Michele Edwards. If you would like us to come out and visit your community please call and speak with our Communications Department.

## **How to prevent a cold or the flu**

**Practice good hygiene: Wash your hands**

Cover your nose and mouth when you sneeze or cough. Consider coughing or sneezing into the crook of your elbow, to avoid contaminating your hands and spreading germs to others. Throw away the used tissue immediately and then wash your hands.

**Sanitize shared spaces:**

Use surface disinfectant, if you do not have disinfectant, hot soap and water will do. Clean the places you use most often.

**Maintain good oral health:**

Brush your teeth daily.

**Get Vaccinated:**

Anyone from 6 months to 65 yrs. of age can receive flu vaccine. Report side effects such as fever, body aches, or soreness.

**Avoid contact with those that are sick.**

**Use your own items:**

For example: cups, forks, towels

**Keep your body hydrated:**

Drink water and fluids

## **Difference Between**

### **Wants and Needs:**

A want is something that an individual would like to have, it is not essential to survive. There are an unlimited amount of wants, and if it is not fulfilled it will likely result in disappointment.

Needs are basic requirement that are necessary to develop and grow. The elements of survival and normal mental and physical health, such as food, water, shelter, protection from environmental threats. There are defined needs such as mental health, physical health and connection.



I	J	G	F	C	A	N	A	D	A	<b>FNHC Word Search:</b>	
T	N	J	A	I	D	R	L	F	C	Family	Creator
R	P	D	M	A	C	O	B	V	U	Indigenous	Alberta
A	R	S	I	O	U	X	E	D	L	Love	Canada
D	A	X	L	G	F	H	R	I	T	Jordan	Pray
I	Y	U	Y	D	E	A	T	E	U	Culture	
T	J	O	R	D	A	N	A	M	R	Tradition	
I	C	R	E	E	S	L	O	V	E	Cree	
O	Z	X	Q	N	P	I	U	U	L	Dene	
N	O	C	R	E	A	T	O	R	S	Sioux	

## Frequently Asked Questions:

### Who does Jordan's Principle apply to?

Jordan's Principle is for children and youth from newborn to their 18th birthday, whom are experiencing gaps in service. This can be medical, social or educational.

### How do you access these services?

**Call: 844 558 874**

Call and ask to speak with an Access Worker and she will assist in getting you started.

### Who can make a referral?

Anyone can make a referral on behalf of a family, so long as the family is aware and gives consent. A school teacher, school administrator, your doctor, your friend, you can call personally and make a self-referral, your grandmother, your mother.

### How many times can a parent/advocator call on behalf of a child or youth?

There is no limit to how many calls and referrals can be made, so long as there is a gap in service. You or your advocate are welcome to call when there is an individual(s) experiencing a true gap in service. So long as there is a need, needing to be met, whether it is educational, social, or medical. If you're uncertain call and ask.

## FNHC Board of Directors:

**Tyler White, CEO**

Siksika Health Services

**Randy Littlechild, Health Director.**

Maskwacis Health Services

**Kirsten Sware, Health Director**

Kee Tas Kee Now Health Commission

**Gloria Fraser**

Bigstone Health Commission



## FNHC Management Team:

Executive Director: Barry Philips

Executive Assistant: Theresa Devost

SARF Manager: Julia Knott

[Julia@abfnhc.com](mailto:Julia@abfnhc.com)

Communications Officer: Deanna Wolf Ear

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Northern Alberta Team Lead: Dyan Harke

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Southern Alberta Team Lead: Lorinda Patterson

[Lorinda@abfnhc.com](mailto:Lorinda@abfnhc.com)

