

Did you know that adults laugh approximately 15 times a day whereas children laugh about 400 times a day?

There are a lot of things that we can do to bring fun into our days. Here are some suggestions:

- Read a funny book or joke
- Remember a funny moment
- Rent a funny movie
- Collect funny comics, jokes, and cartoons that make you laugh, and display them where you will see them.
- Find humor in situations that make you feel stressed or frustrated
- Laugh at yourself
- Act silly
- Play with a pet or with your children
- Play a game (cards, board games, ect)
- Don't take yourself so seriously

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About Our Board "Working together for Health Lifestyles"

Chair – Allan J. Landry

Allan J Landry is the Chairperson of the Deh Cho Health and Social Services Authority. He is also a Board member of Deh Cho Divisional Education Authority and sits on numerous political and sports boards and committees. He is a First Nation Councilor and private businessman residing in Kakisa. Allan has lived all his life in the Northwest Territories. He is an avid dog-team racer who has traveled throughout the Northwest Territories and Canada racing his dog-team. Joining Mr. Landry on the board are:

Margaret Ireland
Jean Marie River

Peter Sabourin
Hay River Reserve

Sandra Rowe
Fort Simpson

Priscilla Betsaka
Nahanni Butte

Julie Capot-Blanc
Fort Liard

Vacant
Wrigley
Vacant
Trout Lake
Vacant
Fort Providence



Left:

Allan J Landry,
Deh Cho Health and Social
Services Board Chair.

of significant personnel shortages, the staff have supported each other in covering multiple positions at both the Regional and Territorial levels and seen to it that programs at the front line have continued with quality service. They have continued their participation in Territorial groups and training as well as supporting the community at large. And if this was not enough they have worked hard to establish the new Mental Health and Addictions Unit and blend it in with the

team. While sometimes frustrations, difficulties, and as a result stress, have seemed insurmountable, the team has kept the client at the forefront and forged ahead. The Deh Cho Health and Social Services Authority is comprised of caring, dedicated, and hard working people!

**Thank you everyone
for doing a great
job!**

Teamwork is Vital!!

The value of a strong team is no more apparent than in the performance of all of the Deh Cho Health and Social Services employees over the past year. In spite

Who is at the Deh Cho Health and Social Services Regional Office?

Kathy Tsetso, Chief Executive Officer

Kathy is accountable for the delivery of all health and social services within the Deh Cho Region in accordance with Department of Health and Social Services and Board direction to ensure that all



residents in the Deh Cho have access to timely, professional and sustainable health and social services. Kathy leads a team of 118 staff, of which 50 are remotely located in 8 smaller communities throughout the region, in the provision of expertise, guidance, and / or direction pertaining to the delivery, customization and implementation of Health and Social Services programs to approximately 3400 residents.

Hazel Isiah, Executive Assistant



Hazel provides senior administrative support to ensure that the functions of the organization are carried out effectively and efficiently. She works closely with Kathy Tsetso, in preparing, organizing and monitoring several committee activities. Her duties involve highly confidential and sensitive information, such as personnel matters, customer complaints, financial information and confidential Board activities

Lauren Muir, ISDM Coordinator



Lauren is responsible for coordinating the implementation and evaluation of the Integrated Service Delivery Model (ISDM). The Project Coordinator implements, adminis-

ters and coordinates the necessary functions of the program and project plans to ensure coordinated, consistent and appropriate implementation of the ISDM, within the Deh Cho Region.

Amanda Ocko, Clerk / Receptionist



Amanda's duties include data entry, helping out with accounts payable, newsletter formatting, records management and other clerical support while under the supervision of the executive assistant, Hazel Isiah.

Ethel Lamothe, Manager, Mental Health and Addictions

Ethel provides professional support and supervision for Mental Health and Addictions, staffing and retention, orientation, and in service programming for her staff. She ensures the delivery of



quality Mental Health and Addictions and family Violence Services, which involves planning, implementation, and evaluation of community mental health, addictions and family violence services, treatment, health promotion and support services.

Christina Holman, Finance Clerk



Christina performs all clerical accounting functions for DCHSSA in order to provide current, complete and accurate accounting records. She is responsible for making accounting entries for

accounts payable, accounts receivables and recording all financial transactions.

Minnie Letcher, Director Community Programs and services

Minnie manages the Health and Social Services program development and delivery that meets future needs by having in place effective strategies that will minimize the negative impacts on and improve the general state of health and social wellness of the residents in the Deh Cho Region.

-Photo Unavailable-

Ken Stewart, Contract / Purchasing Officer



Ken is responsible for all aspects of contracts and procurement, accomplished by planning, organizing and conducting procurement and administrative contracts. He develops issues and administers contracts for the movement of government personnel materials.

Health Centre Schedules and Announcements

All Health Centres will be closed for Christmas, Boxing Day, and New Years, which fall on the Following Dates:

December 26th, 27th, and January 2nd, 2006

Residents are advised to request any medications needed for that period, during the week previous.

Emergencies ONLY will be seen at this time

Emergency Numbers

Fort Simpson 695-3232

Fort Liard 770-4301

Fort Providence 699-4311

Wrigley, Jean Marie River, Trout Lake Call (867) 695-3232

Walk in Clinics will be open on December 28th, 29th, 30th, and January 3rd.

Why should I get the flu shot?

The #1 reason you should get the flu shot is...you care about your own health and the health of those around you!

Flu shots are available November and December at the Health Center Clinic. Please make an appointment for your shot today!

So what is the flu anyway?

It is an infection in the airways caused by the influenza virus. Flu is easily caught and easily spread. And although some symptoms may be cold-like, they are far more serious: Rapid onset of feeling sick, fever lasting for 3-4 days, chills, muscle and joint pain, headaches, dry cough, fatigue, sore throat, runny nose.

What do I do if I get the flu?

Rest and drink plenty of fluids. The aches and fever can be treated with over the counter medication such as Tylenol. If your symptoms do not improve after a couple of days, make an appointment to be seen at the Health Center. You may be suffering from serious side effects of the flu.

ANTIBIOTICS HAVE NO EFFECT ON A VIRAL ILLNESS LIKE THE FLU.

How can I avoid getting the Flu?

I Should have Gotten a Flu Shot!

If you are feeling sick and don't know what to do call:

Tele Care NWT 1-888-255-1010

Tele-Care is a toll free number that any NWT resident can call 24 hours a day, 7 days a week. This call center provides health and social service advice. Tele-Care NWT provides interpretation services in all of the NWT Official Languages.



Health Questions? Call Tele-Care NWT

1-888-255-1010

1-888-255-8211 (TDD/TTY)

24 HOURS A DAY • 7 DAYS A WEEK



Bernice Hardisty and Margret Watson

Bernice Hardisty, the Community Wellness Worker, started in this position November 2004 and Margret Watson, the Mental Health Counselor, started February 2005. They are both involved in client work which involves individual and group counseling, assessments and referrals. They are also involved in community development endeavors that involve healthier lifestyles.

The counselors have been involved in the following community activities:

Acho Dene Koe Band for the Breakfast Program at the school and Inter-Agency Meetings.

Fort Providence:

Monday Nov 21—Sobriety Walk sponsored by the Brighter Futures Program.

Tuesday, Nov 22—Open house at the Friendship Centre from 1:00 – 5:00 pm with door prizes. There is an open house for families from 7:00 to 10:00pm (Door prizes!)

Wednesday Nov 23—Community visit by Mental Health Team to **Kakisa**.

Thursday, Nov 24—Hand game tournament in the community hall during the evening.

Friday Nov 25—Jam Session from 7:00 to 10:00 pm at the community hall. Refreshments available!

Saturday Nov 26—AA meeting with a guest speaker starting at 2:00 pm (location to be announced). The day will end with a Feed the Fire Ceremony.

School presentations by Mental Health and Addictions Team on November 21, 22, and 24.

Hay River Reserve:

There will be prizes throughout the week, and people can enter at each event for a chance at the Grand Prize. Information table will be at each event to provide information on addictions.

Sunday, Nov 20—Opening Ceremonies at Chief Lamalice Complex at 2:00 p.m. There will be a Feeding the Fire Ceremony, guest speakers, jam session, scavenger hunt, and refreshments.

Monday Nov 21—Sober Walk at 11 a.m., starts at Chief Sunrise school and will finish with an open house at Nats'ejee K'eh with hot dogs and hot chocolate.

Tuesday Nov 22—Presentation in the schools

Wednesday Nov 23—Sober house party at the Chief Lamalice complex at 7:00 pm with music, refreshments and fun for the whole family.

Thursday Nov 24—Traditional Hand games, location will be announced.

Elder's Tea from 2:00 to 4:00pm at Judith Fabien House with music and door prizes.

Friday Nov 25—Family dance at the Soaring Eagle Friendship Centre at 8:00 pm.

Saturday Nov 26—Closing Ceremony at 5:00 pm with feast and drum dance, speakers, judging of scavenger hunt, and grand prize draw (trip for 2 and overnight accommodations in Yellowknife)



Ethel Lamothe, Jennifer Olson, Kathleen Szirtes, of Fort Simpson, Margret Watson, Fort Providence, Tina Gargan, Fort Providence, Ann Firth-Jones, Hay River Reserve Cecilia Smith, Fort Providence. (Missing Bernice Hardisty Fort Liard)

Fort Simpson

TV Bingo is cancelled for the duration of National Addictions Awareness Week.

Sunday Nov 20—Church Service- Pentecostal Service. Refreshments to follow.

Monday Nov 21—Deh Cho Health & Social Services video presentation from 1:00 to 4:00 pm in the reception area of Health Centre, with Tea and Snacks at 3:00 pm

Tuesday November 22—Youth Talent Show from 6:00 to 10:00 pm (location to be announced). Door Raffle, draw prizes. Community visit by Mental Health Counsellor to Jean Marie River.

Wednesday Nov 23—Noon Hour Sober Walk starting at TSS. Chili lunch to follow at the Cultural Centre. 3:00 pm “Keep The Circle Strong” music/song TSS

Thursday Nov 24—From 9:00 am to 3:30 pm- “Stop Impaired Driving Workshop” by Ann McGuire of the Residential School Society for youth. At 6pm there is a Family Feast and Drum Dance.

Friday November 25—From 9:00 am to 3:30 pm-“Stop Impaired Driving Workshop” for youth, facilitated by Ann McGuire.

Saturday November 26—BBQ (To be announced).

Fort Liard:

Sunday Nov. 20—Church Service at 11.00am at the Community hall

Monday Nov. 21— Sobriety Walk at 6.30 pm from the A & D Building to the Community Hall, Forum, Film and Panel Discussion, 7:00 to 9:00 pm at the Community Hall-Free refreshments.

Tuesday Nov. 22—Family Literacy Night with Aurora College (7:00 to 9:00 pm) with a focus on drugs and alcohols

Wednesday Nov 23—Community feast and Judging of DAW Poster, 6:00 to 9:00 pm at the Community Hall

Thursday Nov 24—Drop In at the A & D Building from 1:00 to 4:00 pm Refreshments served

Friday Nov 25—Family Dry Dance 7:00 to 9:00 pm at the Community Hall.

Social Services Fort Liard

Mike Drake, Nancy Smith

Mike and Nancy have been members of “The Community Action Team” committee, which is a voluntary committee. The committee’s focus is the promotion of healthy lifestyles in the community of Fort Liard, for the youth and their families. Since the committee formed in 2004, several workshops were hosted to promote a healthy community. Workshops such as:

- Traditional Healing Workshop
- A bullying workshop
- Grieving Workshop
- HIV presentation
- Alcohol and Drug Presentation

In April of 2005, the committee invited Dakota House, North of Sixty actor, Travis Dugas, actor, and Dallas Arcand, a world-renowned traditional hoop dancer to Fort Liard. Dakota and Travis worked with the youths; their focus was on peer pressure, trust and building healthy relationships, and being proud of one’s heritage. The youth preformed a skit for the community, on alcohol and drugs, peer pressure and staying true to themselves. Dallas also taught many of the youths how to hoop dance.

The overall reaction for the community was extremely positive; the committee could not have imagined the high number of youths that showed up for the activities, and the pride they felt during their performance.

SOCIAL SERVICES’ TWO BITS

Hello from the Social Services team and it’s members throughout the region. Our team consists of: Debra Chemerys our Manager, Angelina Antoine and Marek Napiorkowski in Fort Providence, who also provide services to Kakisa. Nancy Smith and Mike Drake of Fort Liard, who provide services to Trout Lake and Nahanni Butte, and Cindy Browning, Stephanie DePelham, Connie McNab, Chris Misecevius and Constance MacIntosh in Fort Simpson and provide services to Jean Marie River and Wrigley.

November 2005 marks the 22nd year of Social Work for Deb Chemerys!!! When asked what keeps her intrigued? She responds, “Getting the resources to enable the Social Workers to help the people – the ultimate goal being that people get the help they need - I help because I care about the people of our communities and that’s what keeps me going”

A fond farewell to Marek Napiorkowski who will be leaving us in November to take to the ski slopes in Fort Smith. Thank you for all your hard work and dedication and the very best of luck to you!!!!

Some activities we’ve been involved in the last little while include:

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|--|---|
| Leadership Training | Activities for Family Violence Awareness Week |
| Forensic Child Abuse Investigation Training | Suicide Risk Assessment Training |
| Post Traumatic Stress Disorder Training | Booth at the Career Fair in Fort Simpson |
| Foundations: The Alberta Association of Rehabilitation Centres | |

FOSTER HOMES ARE NEEDED and recruitment is ongoing. If you are interested in helping a child in your community or region please contact your nearest Social Services office to find out how you can help.

If you are interested in adoption or would like more information it, contact your nearest Social Services office.

Helpful Hints: Precook Meals large enough to save for another day as well. –Kim

Clean one room during the week, it’s less to do on the weekends. -Deb

Grief and Loss During the Holidays

By Jen Olson, Mental Health and Addictions Counsellor

The holiday season is a time of year when most people spend time with family and friends. Many people look forward to the holidays, but for those of us who have lost a member of our family, a partner, a child, or a parent, the holidays are often a difficult time. If we are mourning the death of someone we love, the pain seems to grow during times like the anniversary of their death, their birthday, or the holidays.

It is natural that our grief makes special occasions more difficult. We remember the last Christmas and what it was like to have that person with us. Things just don't seem the same without them there. Sometimes we wonder if it will ever feel normal again. Sometimes we feel we are going crazy, because everyone around us looks so happy, and we feel so lonely and sad inside. Sometimes we feel fragile, and the smallest things make us angry or want to cry. Sometimes we judge ourselves and wonder why we can't get over it. These are all normal reactions to the pain we feel when we are trying to grieve and find a way to live our lives without the person we love.

Any type of loss can make us feel this way. If we are going through a divorce or separation, if we have had a miscarriage or abortion, if we have lost a pet, if we have moved away from our home, we feel like we have lost a part of ourselves. We have to be gentle with ourselves during the upcoming holiday season, because it brings up so many memories and emotions.

What can we do about it?

- Remember that all of feelings of sadness, anger, depression, resentment are normal. You don't have to feel happy during the holidays.
- Share your thoughts and feelings with someone. You might feel many different emotions, and it helps to be able to share. None of us can handle grief by ourselves. If your family typically doesn't like to talk about feelings, it might be difficult to bring up the subject, but it might be a relief to the rest of your family if you can say to them "I'm really missing Mom right now". It might help other people to share their feelings, too.
- Write in a journal if you don't feel comfortable sharing your feelings with another person.
- Write a letter to the person you are missing and tell them all about what it is like not to have them around.

- Find some quiet time to be by yourself, and allow yourself to cry.
 - Do something different than usual. Change your tradition. If you normally have dinner together with your family on Christmas day, maybe ask a friend if you can come to their house this year. Or invite a friend to come to your house for dinner. Go south for the holidays. Light a candle for your loved one.
 - Be around people who understand how you are feeling.
 - Ask for help. If you don't have the energy to prepare a feast for your family, or buy all the gifts, or baking lots of goodies, ask someone to help. We are not superhuman.
 - Scale back your celebrations. If it is too much to decorate the whole house, pick something small and manageable, like decorating a tree.
 - Avoid eating too many sweets. Candy initially raises our sugar levels but then causes it to crash, leaving us feeling depressed.
 - Avoid celebrating with alcohol. Alcohol makes us feel depressed and can make us feel even more sad. Or it will cover up our feelings temporarily and make us feel better, but when the alcohol is gone, the pain is still there.
 - If your family drinks and you don't want to be around alcohol, make other plans so that you won't feel pressured into having a drink.
 - Go for a walk. Nature is sometimes the best healer.
 - Pray (if that works for you).
 - If you know of someone who is struggling with loss, ask them if they need any help or if they need someone to talk to.
 - Call the 24 hour crisis line at Nats'ejee K'eh if you need someone to talk to. 1 800 661 0846.
 - Talk to a Counsellor with the Deh Cho Mental Health and Addictions Team.
 - o Fort Simpson 695-7070
 - o Fort Providence 699-3421
 - o Fort Liard 770-4770
 - o Hay River Reserve 874-2838
- You don't have to be alone. No one can get through these times by themselves. You just need time and support to heal. Take it one step at a time.

“Surround yourself with people who have a good sense of humor”

In Honor of Foster Parents & Foster Family Appreciation Week



Left:
Foster Parents
and Social
Workers

The Deh Cho Health and Social Services in Conjunction with Liidlii Kue First Nation held a community feast and drum dance to honor our Foster Parents. Thank You to the social services staff for all of your hard work. Also Mashi Cho to the Deh Cho Drummers and guest speakers.

Right:
Social
Worker
Connie
McNab
presents
foster Par-
ents with
flowers,
and certifi-
cates of
apprecia-
tion.



Above: Chief Keyna Norweigian & Marie Lafferty, Metis Association address the Foster Parents.

Right: Parents and
Children Drum
dancing.





We Want Your Feedback!!

Deh Cho Health and Social Services

Box 246
Fort Simpson, NT

Phone: (867) 695-3815

Fax: (867) 695-2920

E-mail: Health_Beat@gov.nt.ca

You Did a Great Job!

On October 18th Dale Howard Research Consulting from Calgary conducted surveys on the use of the Tele-Care NWT Family Health and Support Information Line. Their gratitude and the praises from the Department of Health and Social Services has been unending with regards to the feedback that they received. Important information was captured not only about Tele-Care but also about life and culture in the Deh Cho. Community members and Deh Cho Health and Social Services staff provided insightful and realistic portrayals of life in many of the communities in the Region and their use of the Tele-Care service. The youth provided yet another valuable perspective and produced some creative advertising ideas. The researchers came away not only with answers to their survey questions but an incredible learning experience of life in the North. Thank you to all of our community partners who helped to organize the event. Thomas Simpson School and the Deh Cho Friendship Centre did an excellent job of coordinating the youth sessions. To everyone who helped to organize, support, and took the time out of their busy schedules to participate in the event, a heartfelt 'thank you'! Job well done! Apologies are extended from Northwest Tel about the technical difficulties for those participants of the first tele-conference. Sun Transit times impeded the service. Please note however, that the comments you submitted verbally and/or in writing were conveyed to the researchers. -Lauren Muir, ISDM Coordinator

HOME CARE: Housekeeping Services

There has been a proven link between a person's living environment and their physical and emotional health. A clean, tidy environment coupled with a supportive family can make a great deal of difference in a person's health and outlook on life. When a family member becomes unable to manage because of health problems, a disability, aging, or some other reason, they may become more depended on family members. Sometimes, family may be unable to take on the added responsibility. One of these added responsibilities may be housekeeping.

There are services available in the community for home care clients. There are individuals who, for a fee, will provide housekeeping services.

The client criteria to qualify for these services from home care are as follows:

- Must have a documented medical problem that makes it too difficult to do household tasks themselves.
- Must have been seen by a Doctor/Nurse for this documentation.
- There is no family support available.

Services available from home care for clients in need include:

| | |
|----------|--------------------------|
| Dishes | Light mopping of floors |
| Dusting | Cleaning bathrooms |
| Sweeping | Cleaning clients bedroom |

Questions can be directed to the home care office at 695-7079 or 695-7036.

We will help you with deciding if your family member needs our help and how to go about making a referral to the home care department.

Lois Martin, Home Care Coordinator

Deh Cho Health and Social Services Employee of the Year for 2004/05

It is my pleasure to announce the 2004/05 employee of the year "Shelia Gunderson"

Sheila has been working at the Fort Simpson Health Centre as an assistant cook. This is a position she's held for 17 years. Sheila has demonstrated her dedication and commitment to her job, but goes beyond her job duties by passionately supporting residents at long term care during her work day, after hours and on



weekends. Her Smile and sunny disposition make for a positive work place.

Congratulations, from Kathy Tsetso and the Deh Cho Health and Social Services Board Trustees!