

Are you vacationing out of Canada this Summer?

When traveling to another country it is important to take all the necessary precautions to ensure your health. Please call the Health Centre a few weeks before your departure date, let them know where you are going. They will then submit the information to Public Health and call you back with a list of immunizations and how much they are going to cost. It is important to give them time as some immunizations have a waiting period before they take affect.

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HEALTH BEAT

VOLUME 2, ISSUE 2



MAY 2006

Hilda Shepherd, 2005 Employee of the Year

I have been practicing Nursing since I graduated in St. John's, Nfld in 1981... and this is my 25th year being a Registered Nurse. My career has taken me in many different directions both professionally and geographically. Part of being married to a RCMP member has a tendency to take you to places you probably never planned when you thought of Nursing. I came to the North 4 years ago as part of those travels and worked for my first year in Tuktoyaktuk, NWT and then came to Fort Simpson where I am presently working in Home Care. I started out with Deh Cho as a CHN and then a little over a year ago I transferred to Home Care. Most of my career has been working in Intensive / Critical Care in big hospitals, i.e. Nfld. and Alberta so this was a big change, but my experi-



Hilda Shepherd, Homecare Coordinator is the 2005 Employee of the Year for Deh Cho Health and Social Services. The decision was made at the March 28th Board meeting.

ences in the North have been a very rewarding challenge. I go by the name, "Home Care Hilda" to most of my colleagues and sadly I will be transferring in July to return back East to Halifax, Nova Scotia....you guessed it ..part of the transient lifestyle. At least I can say as part of my Nursing career I have had the opportunity to work with Canadians from coast to coast. To say it has been extremely rewarding is an understatement. The satisfaction that comes from making a person feel better is the main reason I enjoy my career and admit I am not ready to give it up yet.

Mahsi Cho to all the people I have had the pleasure of meeting and Thank you for this honor from the bottom of my heart.

“NATIONAL NURSES WEEK”

A major reason I've returned this 4th time to practice medicine here in Ft Simpson is because of the excellent nurse practitioners. They see and manage 75% of what an urban general practitioner does and just as well. I would like to remind all residents of Ft Simpson and area of just how fortunate we are, both patient and doctor, for being blessed by the knowledge and skills of these nurse practitioners. In my relief work all around northern BC, Yukon and NT, I have known no other practice setting where nurses give such comprehensive primary care.

Thank you my colleagues! You are unique!!



Dr. David Skinner is a Locum Physician at the Fort Simpson Health Centre

Long Term Care

Deh Cho Health and Social Services operates a Regional Long Term Care Unit to provide a continuum of care and support for the aged, disabled and chronically ill persons who have or may be at risk of having functional limitations that diminish or threaten their independence. We offer care to eligible individuals



who require assistance beyond what can be provided in their own homes by family members and community support programs, in order to maintain maximum independence in a homelike setting. Long Term care residents are provided with 24 hour care by Licensed Practical Nurses and Residential Care Aides under the supervision of the Nurse/Supervisor. The residents benefit from rehabilitation designed to reactivate or maintain the highest possible



level of physical and social function. A coordinated effort by all health services is encouraged to meet the care requirements of the aged, disabled and/or chronically ill within the facility.

Lois Martin R.N.

LTC Nurse Supervisor

Mothers Day Tea



A mother's day tea was set up in LTC on the Friday afternoon prior to Mother's Day. Posters were put around town to invite family and friends to visit, and it was a huge success.

Staff, who were not scheduled to work, came in on their own time to decorate the dining room area and help set up for the celebration. They ended up staying the entire afternoon to assist the regular staff. Two staff members brought in cakes, made and decorated at home. There is obviously a lot of affection for the elders in their care. There were many visitors and the atmosphere was a happy one. The elders enjoyed the selection of deserts and sweets; and the chance to visit with old friends.

Some of the Long Term Care Staff



Lois Martin, Manager of Long Term Care
I have worked for DCHSS for 10 years as CHN III. I have done relief work as Acting Nurse in Charge in Fort Liard and Fort Providence and have done settlement visits to all of the satellite communities in the Deh Cho. I worked for 6 months in Home Care as Home Care Coordinator for the Deh Cho region, and just recently applied for the Long Term Care Supervisor position and as of 10th of April I have been in this position.

I love my work as a nurse. It sounds cliché but to relieve one's pain, suffering and anxiety, and to provide reassurance and hope, this is very satisfying. It feels good at the end of the workday if this has been accomplished.



Margo Wrigley, I was hired as receptionist with Public Health October 1994 to 1997. When we changed over from Hospital to Health Centre, I started working as clerk/receptionist with DCHSS. I do clerical duties in the LTC unit as well as the Health Centre. I work in purchasing supplies for the Facility which I enjoy doing. Inspiring to me is my continually learning of Medical Terminology i.e.: diseases, treatments and medicines. There is so much to learn in this area.



Delores Deneyoua, Activity Aid Long Term Care

I was born and raised in Fort Simpson by my grandparents. I have worked at the Stanley Isaiah Supported Living Home, Bompas Elementary, and now I am an Activity Aid at the Long Term Care. I enjoy My work here, I find it interesting and challenging. It's a learning experience. I love hearing stories from our elders

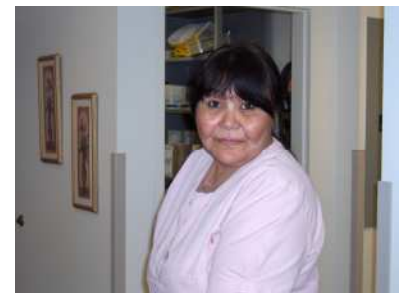
of long ago; Very Interesting! I'm learning a lot about our history.



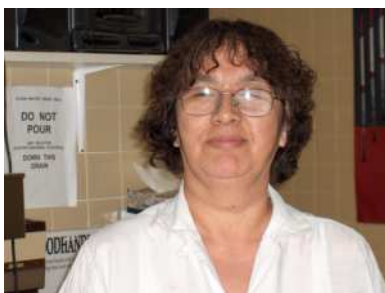
Irene (Dolly) Sibbeston, Resident Care Aide (RCA) I



Left to Right: Norma Nicholson, Licensed Practical Nurse, Lerma Stevens (casual), RCA I, Dorothy Sibbeston, RCA I



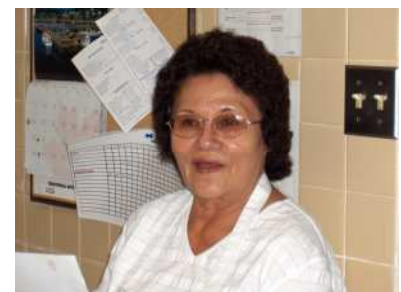
Sandra Edda (casual), Housekeeper



Audrey Antoine (casual), Assistant cook/housekeeper has been working with DCHSSA since July 1975!



Dorothy Sibbeston, RCA I



Florence Isiah, Assistant cook

What do you enjoy about being a nurse?



Jeannine Gaulin, Acting Nurse Administrator: I have been a nurse for the past 40 years. Fort Simpson is a wonderful community, the people are very friendly and nice to work with. They really appreciate it when you are able to help them. I enjoy the cultural diversity in this town, as well as all the activities to do after work hours, biking, hiking canoeing things like that. It's also a wonderful place for my grandchildren to visit. They think Fort Simpson is the best place on earth, four of them are coming to visit this summer.

Barbra Bryant, Relief Nurse Fort Simpson Health Centre: I am a nurse from Canmore, Alberta that has decided to do relief nursing in the NWT. I have just celebrated 30 years of nursing, and decided that since my 4 children are now out of the house I am going to go and explore Canada by nursing away from home. I was in Fort Simpson for the month of March and now returned for the month of May. My role with DCHSSA takes me away from the Fort Simpson Health Centre to some of the smaller communities. The expanded role is a challenge but very interesting. I enjoy the varied responsibilities of working as a Community Health Nurse, such as doing the Well Child School program and Health teaching.



Lennox Griffith (left) and Martha Cooper (right) are both Relief Nurses. Martha says: she wanted to be a nurse because she knew it would someday take her to the north to work.



Mary Morrison has been doing Relief Nursing at the Fort Simpson Health Centre since December 2005. Thank You!

Health Centre Support Staff



Hilda Cazon: I was born and raised in Fort Simpson. My first language is South Slavey, English is my second. The thing I enjoy the most about this community is being in the company of my family and friends. I am the clerk/receptionist at the Fort Simpson Health Centre, my duties include answering the phone, booking appointments, setting up specialist clinics and interpreting for patients who are not fluent in English. I have a south slavey medical terminology package which I study so I can explain to the patients what it is that is ailing them. It makes me very happy to hear them say thank you for going in with them and letting them know exactly what is wrong, when they wouldn't understand without me. My favourite thing about working at the Health centre are meeting new people (which doesn't happen very often) and seeing new medical diagnoses. The nurses are very friendly, if you don't understand then just ask them he/she will always take the time to explain. That's what I call teamwork!



Debbie Norwegian: My husband Bob and I moved here 31 1/2 years ago from Edson, Alberta where I worked in the Medical Centre for 14 1/2 years. We have 3 children (all grown) and 3 grandchildren. I enjoy the small town pace in Fort Simpson, the view of the river flowing right in front of my house, and the ability to walk anywhere you want to go. I was originally hired on at the health centre as the records management clerk, but at the moment I'm working in the medical travel office full time. My duties are to arrange travel for patients and escorts (if needed) also to confirm, cancel and rebook appointments for Fort Simpson, Jean Marie River, Trout Lake, Nahanni Butte and Wrigley. I enjoy my position because it keeps me busy, I get to meet a lot of people that I normally would not get to meet from Fort Simpson and the surrounding communities.

Kathleen Gast: Nursing Student

I have just finished my 3rd year of nursing at the University of Alberta. I look forward to coming home permanently to work and live with my family again full time. I started my career in nursing in the year 2000 after I finally graduated from High School.

Beginning by working as a personal care aide I learned from the Licensed Practical Nurses (LPN's) and the many other employees at the Long Term Care. Next I took a correspondence course through Nor Quest College, in Edmonton and received a diploma in practical nursing. Currently I am a licensed practical nurse and I am registered to practice in the Northwest Territories. Again I had many people who helped me like the LPN's and RN's (Jeannine, Lois, Hilda and Lizanne). Deh Cho Health and Social Services has been supportive of me by giving me a place to learn and practice my nursing skills each year since.

In September 2002, I was accepted into the university of Alberta, in to the Transition Year Program (with access to Nursing). My husband Mitch and children Jennifer and Michael stayed here in Fort Simpson, while I began my university life.

Each Summer I would return to Fort Simpson to have a summer position at the Health Centre. While here I would learn about my community's health concerns, increase my nursing skills and apply what I have learned in University. Both Kathy Tsetso and Minnie Letcher encouraged and supported my efforts by reminding me that there are many here in Fort Simpson who are waiting for my return, I want to thank them, for

this gave me more incentive to finish my degree. Thank You! I look forward to my degree in Nursing because I feel the need to help people. When I was small, an elder said to me that I was a healer and I should learn to help people. I was only six or seven years old, and I knew then that I wanted to be a nurse, a teacher or a social worker. I think Nursing encompasses all these roles as well as others such as a leader, health promoter, facilitator, educator, personal and family assistants, and nutrition councilors to mention a few of the roles we play while providing health care services.

I plan to work here in Fort Simpson or the Deh Cho Region when I graduate. In the future I plan to go back to University to gain my masters in Nursing and become a Nurse Practitioner and practice here in Fort Simpson. Over the past four years I have received financial assistance from Liidlii Kue First nation, Dehcho First Nations and the GNWT-Department of Health and Social Services. I want to take this opportunity to thank them. Thank You.

I hope to see you next summer when I have my degree in Nursing and I am working here in Fort Simpson. Please take care, until then.



Kathleen Gast is from Fort Simpson, currently a summer student at the Fort Simpson Health Centre, she is studying at the University of Alberta to gain her degree in Nursing.

Sara Simons: Physical Education/Recreation Student

As the Summer Student Activity Aid for Fort Simpson Home Care, I am responsible for designing and implementing programs and activities that promote socialization and life skills, as



well as physical and recreational activities to improve the quality of life and independence of the Home Care clients. This fall I will be entering my third year at the University of Alberta, in a Bachelors of Physical Education and Recreation program, concentrating in Physical Activity and Sport Performance, where I will continue on to a Masters degree in Physical Therapy.

Carsen Hardisty: Health Centre Reception

I have been in Fort Simpson for the past 22 years, born and raised here. My favourite things about Simpson are the smell of the air, being with my family and friends, and the beautiful scenery and pink skies at night. My position at Deh Cho Health and Social Services has me doing clerical support at the reception area of the health centre. I also assist the health centre staff with filing, statistics. I also help with the medical travel if Debbie needs me. I really like working at the health centre my favourite things about it are working with the medical team, the busy Monday's and of course Jeannine's Muffins on Friday mornings.





We want your Feedback!

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Featured Trustee: Margaret Ireland

Margaret Ireland is an Aboriginal woman from Jean Marie River. She left her community at approximately 14 years of age to continue her education. During this time, Margaret returned yearly to Jean Marie River to visit her community. Margaret, her husband and two children moved to High Prairie, Alberta and then back to Fort Simpson in 1993. In 1997 they returned to her home community of Jean Marie River. Margaret has been on the Deh Cho Health and Social Services Board for seven years, the Jean Marie Dene Band, and Native Women of the NWT councils for six years, and on the Deh Cho Education Board for the last three.

1-888-255-1010

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

24 HOURS A DAY • 7 DAYS A WEEK



Come out and celebrate with us on Aboriginal Day June 21, as we see our Aboriginal Community Health Workers graduate from their training. They have been working hard since April 2004 to get to this day!



What can you do to keep your teeth healthy?



Gabrielle Norweigan: Plaque is sticky and white and causes cavities. If you don't brush your teeth, you will get cavities.



Rosalie Norweigan: It is important to brush your teeth at least twice a day, once in the morning and once before bed.



William Alger: I like it when my teeth get loose and fall out because I get money from the tooth fairy.



Devan Horassi: If you don't floss and brush, your gums will become swollen and bleed easily, this is called gingivitis.