

**DID YOU KNOW?**

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FALL 2006

63% of all youth in grades 7-9 had tried alcohol compared with 54% in 2002. The average age of first trying alcohol was 10 and a half years old. 37% of these youth had five or more drinks on at least one occasion. 17% of youth in grades 7-9 had tried smoking marijuana at some point, with the average age of first use being 12 years old.

(Health Canada, 2004/05 Youth Smoking Survey)

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## Elders Carnival

Weeks of planning brought the excitement of a Carnival for the Elders and community members of Fort Simpson on the 20<sup>th</sup> of July. Many games were played including BINGO, card games, dice, can pyramid, calk walk, polka dot game, lawn bowling,



our elders from Home Care and Long Term Care, along with community members came to join in the festivities. Everyone won prizes and many talents and skill were brought out of the woodwork.

Events cannot be made possible without our devoted volunteers, and I must say our community is full of them. I would like to



send out a HUGE thank you to Nancy Lund, Donavan Peterson, Morley Moses, Gerald Hardisty, Senga and Ivan Simons, Kristy Simons, Shawn Kantymir, Jesse Arseneau, Janet Fallow, Kenny Fallow, Janel Mckee, Leah Keats, Janice Hillaby, and Virginia Sabourin, as well as Karen Haukaas and Beatrice Antoine from Home Care for all

balloon pop, and finger nail painting for the ladies. The event was a huge success; many of



of your help, I most definitely could not have done it without you guys. I would also like to thank the Friendship centre, Dehcho First Nations,

Liidlii Kue First Nations, Simpson Air, the Village of Fort Simpson,



and Joyce Moses and Ann Mckee for donating to the Carnival; we really appreciate your support.

I hope that everyone enjoyed himself or herself, and hopefully next year will bring a larger



crowd and more fun and games. Thank you again and have a fantastic summer.

Sara Simons  
Home Care Activity Aide

# Recreation and Long Term Care

Since becoming Activity Aid in Long Term Care in Fort Simpson I have had the challenge and privilege of programming recreation activities for a variety of residents of different abilities, ages and language. I also implement individual physiotherapy exercise programs for some of the residents.

Recreation activities I have implemented in Long Term Care include; cookouts, bingo, puzzles, beading, cooking painting, crafts, darts, cultural movies, and visits from local groups such as day care and Recreation Centre staff.

One very successful activity has been a cook-out in the gazebo. We enjoyed a wonderful afternoon outside in the gazebo sitting around a campfire and cooking hotdogs on the open fire using sticks. This was such an enjoyable time that we scheduled another cookout to enjoy while the weather is good and the bugs



Above: Janice Hillaby plays dice with an elder outside the Long term Care at the Elders Carnival.

are at a minimum.

By far the most popular activity for the residents has been BINGO. Due to the popularity of this activity we have extended this invitation to those clients of Home Care and Stanley Isaiah Supported Living Home. The majority

of residents participate in this event. It is a fun afternoon where most of the residents are engaged in the socialization and benefit from the interaction and laughter.

An activity the ladies enjoy is beading. They especially like to bead with the colourful wooden beads and hemp cord. These beads are large enough for the ladies to handle and to see. They enjoy working with their hands and having some social time together.

The men enjoy having some of the local recreation staff come over to spend time with them playing cards, crib, checkers and darts. This gives them some time to converse with others from the community and to spend time participating in the things they enjoy.

I am planning a monthly community tea for the residents where community members will feel welcomed to come and have a cup of tea and share some time visiting with the residents.

I enjoy working with the residents of long term care. This work is a challenge but it is a challenge I look forward to having. I am very appreciative of the nurses and care aids who assist in the activities when they can. We all have special roles in enhancing the quality of life of the residents and to contribute to their overall wellbeing.

Janice Hillaby  
Activity Aide  
Fort Simpson Long Term Care



# Who's new at Deh Cho Health?



Hi my name is Amy Fraser and I am a new Community Social Worker for Deh Cho Health and Social Services. I grew up on Cape Breton Island, but before coming to the north, I spent 16 years in Toronto, so needless to say this has been a BIG change. I have had the opportunity over the last 10 years to be able to have a broad range of experience working with children and youth from ages 11 to 19. I

came to Fort Simpson in April and I feel fortunate to have this opportunity. Fort Simpson is breathtaking, the people are so welcoming, the children so innocent, the elders so spiritual and I can't imagine being anywhere else.

Mahsi Cho!  
Amy Fraser



It is with great anticipation that my family has come to Fort Simpson. Having traveled to various regions to assume positions of employment, I look forward to this new opportunity in the NT. As a health care professional I bring over 12 years of experience in a variety of different areas. It is my hope to work closely with the health care workers and the communities to enhance and promote health care in the Deh Cho Region.

Tracy Humphrey  
Manager, Health Services



Life is best lived as an adventure and the journey is at least as important as the destination. My family and I are excited about sharing the next leg of our journey with you in the Deh Cho. Please don't hesitate to call or send an email should you have any questions or concerns related to finance at the Deh Cho Health and Social Services. or just to say hello!

David Humphrey,  
Chief Financial Officer

Upon being appointed to one of the community health nursing positions at the Deh Cho Health and Social Services



Center, my family and I have willingly decided to move from New Brunswick to take up residency in the Village of Fort Simpson. I was delighted to accept the challenge and unique opportunity to develop my skills as a nurse here, and to raise my family in the atmosphere of a small northern community. I obtained my Bachelor of Nursing Degree in 1999 at the University of New Brunswick and gained experience in the Southeast Healthcare System working as a medical-surgical nurse. Since my career began, it has been my aspiration to grow professionally within a community that places high value on the health promotion and illness prevention of its residents. With programs such as Well-woman and Well-child, amongst others, the Deh Cho Health Center has fit that desire perfectly. It is a privilege to be working alongside the health-care professionals here, and I look forward to serving the residents of Fort Simpson as we settle into our new home.

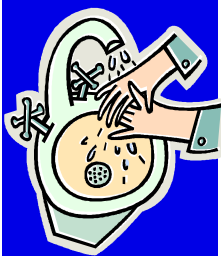
Michelle Vigneault (B.N.)



Elsie Gresl and her husband Larry have returned to Fort Simpson in June 2006 after being away for about 3 and a half years. They are happy to be back in the Deh Cho Region. Elsie is originally from Aklavik and grew up in Inuvik. She has many years of experience in social work having worked in Inuvik,

Rankin Inlet, Nunavut, Fort Simpson, Hay River and Yellowknife. Elsie says she is looking forward to working with the people of the Deh Cho Region. She can be reached at Deh Cho Health and Social Services in Fort Simpson.

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OR  
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WASH  
YOUR  
HANDS**



## Summer Student Submission

First of all I would like to thank, Deh Cho Health and Social Services for giving me the chance to experience working in a different kind of work field. A work field that I would enjoy coming back to any day!

During my time working for DCHSS (Regional Office) I was a clerk receptionist. I completed many jobs and learned more than what I knew when I walked through those doors on my first day.

During my days working there: I answered phones, filed, checked and logged the mail, and helped others when they needed things to be done. I learned many new objectives when working there, not only did I learn, but I gained more knowledge.

This fall I am planning to get into Nursing Access Program, in Yellowknife at the Aurora College. Therefore working at the Regional Office this summer has given me some exposure to the nursing field. It gave me exposure to the administrative and the medical side of the nursing field.

It wasn't the work that made it such a good place to work it was the people who I worked with. They always knew what they were doing, and there is nothing that they didn't know how to do, you give them something to do and they'll do it! Everyday when you walk through the doors you'll always see friendly faces and a "good morning" or a "good afternoon"! Working with them during the summer made it a more pleasant place to work; they are such kind-hearted people.

I am looking forward to working for Deh Cho Health & Social Services in the near future, after I am done with my education.

To all the people of Deh Cho Health & Social Services keep up the hard work, you'll be in my thoughts!

Thanks again for giving me the chance to work for you!!

Malerie Hardisty



Malerie Hardisty, Archiving Files

## THANK YOU!

Deh Cho Health and Social Services would like to thank Malerie and all of our summer students. Sara Simons, who worked as an activity aid for homecare and did an outstanding job organizing activities such as the Elders carnival, as well as the elders in motion parade. Carsen Hardisty who returned again to work at the health centre front desk. Janel Mckee who has a certificate in biomedical engineering unfortunately she did not have the opportunity to show us her skills, she helped with the maintenance doing lawns and washing vehicles. Malerie Hardisty who helped us out at the regional office. A huge thanks for all her help with the records storage (note the picture above!) Last but not least Kathleen Gast, who works as a nurse at the Fort Simpson Health Centre during the summer. We can't wait to have her back full time once she's done her schooling!

## FRIENDS For Life—The World's Leading School-Based Anxiety Prevention Program

The Department of Health and Social Services, in conjunction with the Canadian Mental Health Association secured funding for professionals within the Northwest Territories to become trainers in the FRIENDS For Life program. The FRIENDS For Life Program is a school-based prevention program which reduces anxiety and depression in children and youth. It can inoculate young people for up to six years against anxiety. The most common mental health concern in Canada is anxiety, and affects children's school functioning, peer relationships and family interaction. If untreated, anxiety can lead to depression in young adulthood. The Mental Health and Addictions Team, with Deh Cho Health and Social Services, was fortunate to participate in the training held in Fort Simpson on August 23, 2006. By receiving the training, members of the Community Counseling Program plan to work with the elementary and junior/senior high schools to help reduce anxiety and depression in our young people.

### The Facts:

Anxiety is the most common form of mental disorder, it affects up to 15% of children and adolescents. If left untreated anxiety may continue into young adulthood and could lead to depression. Over 100 schools in Canada have used the FRIENDS program and over 100,000 students have taken it.

## National Day of Healing and Reconciliation



"The National Day of Healing and Reconciliation (NDHR) is an initiative to effect healing and reconciliation among all races, creeds, and denominations. NDHR is to be observed on May 26th of every year hereafter. This brave initiative is a means of creating an awareness of reconciliation amongst people throughout Canada. There are as many methods as there are motivations to reconcile."

We need to reach a mutual respect about leadership, collaboration and believe in each person's capacity to create a better Canada. The National Day of Healing and Reconciliation is a program of Native Counseling Services of Alberta based in Edmonton. We recognized this community event in Fort Liard. Our well designed banner was crafted by a very talented young man from the Fort Liard community who attends Echo Dene School. We coupled this event with International Day of Families. A hot, very delicious lunch was served at the Alcohol and Drug Building. It was well attended by the community members. Reading materials were distributed. We were able to obtain some free promotional items from NDHR in Edmonton. The young people in the community enjoyed the many give-a ways.

### Symbolism of the logo

According to the NDHR, the symbolism of the logo is as follows:

The rainbow across the sky reminds us of our hope for the children that are not yet born. The rainbow under the ground reminds us of the people who have experienced painful events and have passed on.

Green symbolizes grass and growth of the NDHR movement. Blue symbolizes water to nurture our commitment to ensure history is not repeated.

The four figures joining hands symbolize the four colours of people joining in spirit and walking towards the sun to provide energy to the NDHR vision - a movement toward action and taking responsibility.

For more information on the National Day of Healing and Reconciliation and events happening in and around your community, please visit:

[www.ndhr.ca](http://www.ndhr.ca)



## We want your Feedback!

**Box 246  
Fort Simpson, NT  
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**Phone:** (867) 695-3815  
**Fax:** (867) 695-2920  
**E-mail:** [Health\\_Beat@gov.nt.ca](mailto:Health_Beat@gov.nt.ca)

## LONG SERVICE AWARDS

We would like to take this opportunity to thank the following Employees who are receiving long services awards this year for their hard work and dedication to this organization and the GNWT over the years.

### Thank You

#### 5 Years

- Hazel Isiah-Tanche
- Joyce Villeneuve
- Sharon Allen
- Joanne Montgomery
- Sylvie Clement
- Bertha Deneron
- Kimberly Riles
- Virginia Sabourin
- Marlene Konisenta
- Hilda Cazon

#### 10 Years

- Minnie Letcher
- Margo Wrigley
- Lois Martin
- Jeannine Gaulin

#### 15 Years

- Stephanie dePelham
- Millie Sibbeston
- Christina Holman

#### 35 Years

- Diane Edwards



Diane Edwards, receives her 35 year certificate from Kathy Tsetso

## IMPORTANT PHONE NUMBERS

Fort Simpson Health Centre  
695-7000 (fax 695-7017)  
Fort Providence Health Centre  
699-4311 (fax 669-3811)  
Fort Liard Health Centre  
770-4301 (fax 770-3235)  
Wrigley Health Cabin  
581-3441 (fax 581-3200)  
Jean Marie River Health Cabin  
809-2900 (fax 809-2902)  
Trout Lake Health Cabin  
206-2838 (fax 206-2024)  
Nahanni Butte Health Cabin  
602-2203 (fax 602-2021)  
Mental Health/Social Services Fort Providence  
699-3241 (fax 699-4626)  
Mental Health/Social Services Fort Liard  
770-4301 (fax 770-4770)  
Mental Health/Social Services Fort Simpson  
695-7070 (fax 695-7071)  
**EMERGENCY**  
695-3232  
**We accept collect calls**

## Featured Trustee: Peter Sabourin

Peter Sabourin has lived in the Hay River Reserve all his life. His wife and him raised there two kids a daughter Wanda, and a son Jonathan, one grandson Isaac and a foster child who they had for one year. Peter worked for evergreen forestry for 30 years and now works for the Hay River Dene Band. He has worked there for the last two years or so. Peter likes fishing, hunting and trapping. In addition to being a member of the Deh Cho Health and Social Services

Board since January 2004, he is also a member of the Hunter and Trappers committee, and belongs to the Fisherman's Foundation Committee.

Thank you Peter for your dedication over the past few years!

