

# SERDC NEWS

SUMMER 2024 VOLUME 10 ISSUE 1

INSIDE THIS ISSUE:

SERDC PURCHASES  
AUTOMATED EXTERNAL  
DEFIBRILLATORS (AEDs)  
FOR ALL MEMBER  
COMMUNITIES

SPIRIT OF GIVING  
FUNDRAISING GOLF  
TOURNAMENT  
CELEBRATES 30 YEARS

FOOD SOVEREIGNTY  
PROGRAM PROVIDES  
SUPPORT TO MEMBER  
COMMUNITY PROJECTS



Southeast Resource Development Council

# NOONGOM



## MEMBER COMMUNITIES



**Berens River First Nation #266**  
204-382-2161



**Black River First Nation #260**  
204-367-4411



**Bloodvein First Nation #267**  
204-395-2148



**Brokenhead Ojibway Nation #261**  
204-766-2494



**Hollow Water First Nation #263**  
204-363-7278



**Little Grand Rapids First Nation #270**  
204-397-2448



**Pauingassi First Nation #327**  
204-397-2371



**Poplar River First Nation #277**  
204-244-2267

**HEAD OFFICE**  
BROKENHEAD OJIBWAY NATION  
SCANTERBURY, MB  
204-766-2386

**WINNIPEG OFFICE**  
360 BROADWAY, WINNIPEG  
204-956-7500

- Administration
- Advisory Services
- Clinical Services  
(Nursing, Home and Community Care, Foot Care, Children's Oral Health Initiative, Diabetes Initiative)
- Commercial Tobacco Reduction Strategy
- STAR Regional
- Social Development
- Shawano Wapunong Investments Corp
- Shawano Consulting

**EDMONTON STREET OFFICE**  
208 EDMONTON ST., WINNIPEG

- Student Services  
(204-953-2120)
- Economic Development  
(204-943-1656)

**SOUTHEAST WELLNESS LODGE**  
225 MASTERS AVE. WEST ST. PAUL  
431-977-0720

- Jordan's Principle
- STAR
- Wellness
- Conference/events facility



# CONTENTS

SUMMER 2024 VOLUME 10 ISSUE 1

<b>1</b>	..... In Memoriam: Chief Roland Hamilton
<b>2</b>	..... Greetings from the Executive Director
<b>3</b>	..... 30th Anniversary: Spirit of Giving
<b>7</b>	..... Food Sovereignty
<b>8</b>	..... Congratulations to the SEC Graduates of 2024
<b>9</b>	..... SECFS: Family Healing and Wellness Lodge
<b>13</b>	..... First Aid & AEDs: Emergency Program Continues to Support Communities
<b>15</b>	..... Jordan's Principle Program Has Expanded Services
<b>17</b>	..... Ceremonial Tobacco Garden Goes In
<b>19</b>	..... Firefighting Vehicles for Communities
<b>22</b>	..... Greetings From the Southeast Personal Care Home
<b>23</b>	..... Shawenim Abinoojii is Settled in at 865 Main Street
<b>26</b>	..... Accreditation Continues to Progress for SERDC Community Health Centres
<b>27</b>	..... Ministry Approves Expanded Access to Dental Hygiene Services in SERDC Communities
<b>30</b>	..... Celebrating Elders
<b>31</b>	..... Footcare Nurses: The Heartbeat of Healthcare
<b>33</b>	..... Supporting Diabetes Prevention Through the Tribal Diabetes and ADI Teams
<b>35</b>	..... Tribal Nursing
<b>35</b>	..... Regional STAR
<b>36</b>	..... The Role of Environmental Health Officers
<b>37</b>	..... The Life Saving Importance of Naxolone in the Opioid Crisis
<b>39</b>	..... Another Success Story: Training and Employment Program
<b>42</b>	..... Prioritizing Our People
<b>43</b>	..... Summer Tech Tips from IDfusion
<b>44</b>	..... Shawano Consulting
<b>44</b>	..... Social Development

## *In Memoriam, Chief Roland Hamilton*

*SERDC wishes to honour the memory of Chief Roland “Rollie” Hamilton, the beloved leader of Bloodvein First Nation who passed away suddenly on July 12. Chief Hamilton’s legacy tells a story of dedicated service to his community, advocacy, and commitment to his large family.*

*Chief Hamilton’s journey as a leader began over a decade ago when he began the role of Chief of Bloodvein. For 12 years (14 including two years as a councillor), Chief Hamilton worked hard to bring about advancements in education, healthcare, and economic development. He was instrumental in advocating for improved fire protection services like the new firefighting vehicle his community obtained earlier this year.*

*Chief Hamilton was a driving force in his dedicated leadership as a member of the SERDC board as the Chair and Board Member for several terms. He is greatly missed by the SERDC Chiefs Board Members.*

*In addition to his achievements in leadership, Chief Hamilton was also a skilled pilot, a career that reflected his love for connecting people. Chief Hamilton’s legacy is not just in his political work, it is also in the respect and admiration he earned from those around him, referred to by some as their “favourite pilot”.*

*As we mourn the loss of Chief Rollie Hamilton, we also celebrate his life and the positive impact he has made on the community. His contributions will continue to be felt through the lives he touched and the progress he made.*

*May we carry forward  
his spirit of leadership...*

Photo: Bloodvein First Nation



## **Greetings From the Executive Director**

It is eight months since I began as SERDC’s Executive Director and my learning curve listening and learning about the organization’s programs and services and upholding the SERDC vision and mandate.

I report directly to the SERDC Board Co-Chairs, Chief Gordon Bluesky, Brokenhead Ojibway Nation and Chief Roddy Owens, Pauingassi First Nation and collectively to all eight Board of Directors. Since starting January 2024, we have had six board meetings where I’ve reported on financial administration and human resources recruitments. Program reports at these meetings have included the directors of economic development, advisory services, health services, finance and HR. The last four First Nations by band council resolutions are taking over their own administration of post-secondary education services that will conclude SERDC administration by March 2025.

A leadership seminar was held March 4 and 5, 2024 at Dakota Dunes which included the Chiefs/ Board of Directors as well as SERDC senior staff, Shawano Wapunong Investments Corp. (SWIC) representatives, SERDC affiliates (Shawano Consulting Services Ltd., Shawano Pharmacy, Southeast Personal Care Home, Southeast Collegiate, Southeast Wellness Lodge, The Players Golf Course, Southeast Child and Family Services, Shawenim Abinoojii), and consultants Trippier Law and IDFusion.

Led by SWIC’s CEO, Kyle Prystupa, the focus was on three key areas of accountability within SERDC/SWIC and clarity in reporting to leadership and communities; Communication (internally and externally); and Efficiency (services in growth strategies and delivery). The outcomes included working on improved partnership communication and reporting to the board, interdepartmental networking, communicating to communities, and improving on strategic community program and service delivery.

“

I have started community visits attending Chief and Council and community meetings at Black River First Nation, Hollow Water First Nation, Pauingassi First Nation, Treaty days at Poplar River First Nation and Little Grand Rapids First Nation’s Winnipeg office. Also, I attended NORWIN Construction meetings on winter roads construction and maintenance with another shortened season impacted by climate change.

At the Southeast Collegiate graduation it was an honor to be asked to present the Rod Bushie Award and to speak to his leadership and contributions to Hollow Water First Nation. I highlighted his passion for the Spirit of Giving annual golf tournament, and his roles as Grand Chief of the Assembly of Manitoba Chiefs where I worked.

I look forward to the opportunity for more community visits, working with the staff and board, and especially speaking Anishinaabemowin more often that I believe is the source of our life guidance and empowerment. Gitchi – Miigwetch

*Linklater*



# 30th Anniversary Spirit of Giving

Spirit of Giving is a fundraising golf tournament held annually to support youth recreation in SERDC communities. This year marked 30 years for the event, and a special guest Elma Arthurson, niece of Rod Bushie - founder of Spirit of Giving - told the warm story of Rod's inspiration behind the beloved event.

Here is what she had to share:



Thirty years ago at SERDC offices on Ellice Avenue a vision took root – a vision that would transform lives, ignite hope, and leave a mark on generations of youth. I spoke with Val Flett, and she said Rod gave the staff two weeks to organize this event, Rod did not allow the employees to give up he had confidence in that the staff could do it! This determination and unwavering commitment from him and the employees of Southeast set the stage for what would become the legacy of “The Spirit of Giving.”

Before I share the purpose of “The Spirit of Giving” I must share a bit about Rod to help understand his vision for why the Spirit of Giving exists.

For those who did not know Rod, Rod was born in Hollow Water First Nation, and he carried within him an incredible love for sports. Rod attended the Indian Day school in his community and the Assiniboia Residential

School in Winnipeg. His wife Eileen shared that his time at the Assiniboia Residential School fueled his passion for sports, and he excelled in hockey, football, and baseball. Brick number 404 is a testament to his presence at the school and is a reminder of his journey there as a student.

Rod's aspirations extended beyond personal achievement. He saw a need for representation – for Indigenous youth to stand proudly on the sporting stage. Rod and his cousin Joe King organized youth hockey teams, their uniforms impeccable because of company sponsorships. Their teams embarked on journeys around the area. He formed other teams that attended sporting events across the nation. The excitement in the youths' eyes as they witnessed new landscapes, the mountains of Prince George, British Columbia left a lasting mark for youth some seeing them for the first time. (continues on page 6)



Joined by special guests including two-time stanley cup winning former NHL hockey player, Jamie Leach.



The catchphrase “our children are our future” resonated deeply with Rod. He saw a gap: ball tournaments, hockey games, and golf events for everyone, but rarely did Indigenous youth participate.

For Rod, it was not about winning trophies; it was about granting opportunities that might not have happened.

His dedication did not stop there. Rod played a pivotal role in bringing the MJHL to the Southeast Tribal Council. The Southeast Thunderbirds, an Indigenous-owned team, welcomed players from as far as Nunavut. Rod saw these young athletes not just as players but as role models, shaping the future.

In 1997, Rod joined the “Dream Team”, a group identified by the Manitoba Aboriginal Sports and Recreation on a mission to secure the North American Indigenous Games (NAIG) for Winnipeg in 2002. Their success echoed through the old Winnipeg stadium, where over 10, 000 people gathered in an atmosphere celebrating Indigenous pride, those games are still talked about today.

And then, the heart of it all: “The Spirit of Giving.” Rod and Eileen believed in ceremony and shared the Sundance with his family. To give, for Rod, meant selflessness, a contribution to others’ well-being. It brought satisfaction to see youth succeed in sport with no worries about how they were getting to the game, where they would stay or what they would eat.

Eileen witnessed Rod’s generosity firsthand and shared that he gave tirelessly, leaving a positive imprint on countless lives, even if it was only temporary. The catchphrase “our children are our future” resonated deeply with Rod. He saw a gap: ball tournaments, hockey games, and golf events for everyone, but rarely did Indigenous youth participate. His intention was clear - to empower the next generation, to let them know someone cared.

And so, “The Spirit of Giving” was created – an inspiration for our youth who constitute 25% of our population but represent 100% of our future. The legacy of “The Spirit of Giving” reminds us that compassion, empowerment, and selflessness can change the world, one act of giving at a time.

The family thanks the golfers for continuing to support this event, sponsors, tribal council, communities, and the youth that continue to take their spot on the grand stage. It is events like this that provide support to the youth. The family message to the Tribal council and the supporters “continue to do good work and thank you for carrying the legacy of the Spirit of Giving.”

# Food Sovereignty

## Support for local food systems



Indigenous people have always been food sovereign, which means our communities define our own food systems to produce healthy and culturally appropriate food for community members, through sustainable and environmentally-friendly methods (Source: National Farmers Union, Saskatoon, SK, 2024). Food continues to be harvested each season in SERDC communities, which provide numerous benefits to members, such as:

- ⊗ Strengthens connections to the land
- ⊗ Revitalizes cultural practices
- ⊗ Healing to our mind, body and spirit
- ⊗ Engages youth in land-based learning
- ⊗ Provides healthy food to community members

Little Grand Rapids has been harvesting and distributing moose, beaver, rabbit, bush chicken, duck, fish, and wild rice to Elders and also serving these foods at community dinners. The Wellness Program provided a workshop on cleaning the ducks and wild game is kept frozen at the recreation centre.

Paungassi is also distributing moose, ducks, beavers and doing a fish netting harvest. Youth are invited to participate in preparing the wild foods for the Elders and households.

*In my role as Food Sovereignty Coordinator, I will be providing support to community projects that involve harvesting, procuring and distributing food to their members. This includes both traditional Indigenous foods as well as market/store-bought foods. I look forward to making connections and visiting each community, and learning what their goals and priorities are for their food systems.*

**- Kerry Spence, Food Sovereignty Coordinator**

### Community Updates

The Poplar River Traditional Lands/Lands Guardian Program is providing wild foods such as moose, ducks, geese, chickens, fish, rabbits, beaver, muskrat, and berries to their members. They are also teaching youth the skills of preparing and storing wild foods from Elders, trappers, hunters, fishers, and berry pickers. They are also putting up and providing over 30 home gardens throughout the community, with ongoing assistance. They have a large community garden and distribute their vegetables grown there. They are starting the process of creating an approximately three acre farm to provide fresh produce for the community.

# Congratulations! SEC Graduates of 2024

Pictured are the 2024 graduates from SERDC member communities.



Allana McKay,  
Berens River



Charlie Hudson,  
Poplar River



Elias Kent,  
Brokenhead



Jenelle Cook,  
Bloodvein



Jolene Hudson,  
Poplar River



Kasson Fisher,  
Bloodvein



Kendal Bear,  
Brokenhead



Kerwin Goosehead-Semple,  
Berens River



Nicholas Hudson,  
Poplar River



Tania Bird,  
Black River



### AWARDS

Terry Duguid Member of Parliament Award  
Business and Entrepreneurial Award

Marcie Harper  
Kevin Semple

Karlie Kind Award  
Trippier Law Bursary

Kylene Mason  
Deidre Wood

Jim Bear Outstanding Leadership and Citizenship Award  
Rod Bushie Award

Jenelle Cook  
Kerwin Goosehead Semple

Governor General Award for Highest GPA

Falene Munroe



# Family Healing and Wellness Lodge



## Updates from Southeast Child and Family Services

**Located across from Little Grand Rapids First Nation, the Family Healing and Wellness Lodge offers healing services that incorporate cultural and land-based programs and is open to any Southeast Child & Family Services families from any of the eight communities. Families or individuals do not need to be living in their community to qualify.**

Participants are empowered to learn coping mechanisms and strategies to address various traumas and build healthier familial relationships. By operating as a transformative space, the Family Healing & Wellness Lodge provides a supportive and

safe space to assist in the development of resilient and thriving families. Programming length varies from day programming up to 10-day stays.

### Programming provided:

traditional parenting, domestic violence, healthy relationships, grief and loss, raising children with disabilities, self care, and awareness.

### Cultural offerings:

sweat lodge, naming ceremonies, cedar bathes access and teachings of the medicines, medicine wheel teachings, stages of life, tipi teachings, ribbon shirts and ribbon skirts, hand drums and rattles. Life skills such as cooking, low-cost healthy meal prep, organization in your home, building routine and responsibility.

If you have any questions about the Family Healing & Wellness Lodge or the referral process please connect with:

**Jackie Anderson**  
**Program Manager**  
[jackie.anderson@secfs.ca](mailto:jackie.anderson@secfs.ca)



## Family Preservation Unit

SECFS's Family Preservation and Post Majority work closely to support the family unit. The staff consists of Lee Bornhorst (Director of Post Majority), Dina Bruyere (Manager of Family Preservation), Program Assistants Jacob Boulette, Tempest Bruce, Darren McIvor, Taylor Boucher, Robert McCorrister, Justin Poirier and Vincent Dorie.

Events hosted in June included a Fathers Wellness Day in Winnipeg, Bingo in Pauingassi and Hollow Water, Family movie night in Pauingassi, moccasin, regalia and starblanket making as well as sweat lodges, art programs and support groups.

We also partnered with the Manitoba for Young People's Native Youth Theatre to bring their program "Act it Out" for community youth.

Upcoming Family Camps at the Grey Buffalo Grandfather Wellness Lodge and Aug 26-28.

Youth camp for females ages 12-14 are on Aug 18-20 and for males from Aug 21-23 located at the Stanley Knowles Centre Lodge in Whiteshell Provincial Park.

**For more information contact us by email**  
[family.preservation@secfs.ca](mailto:family.preservation@secfs.ca)

*\*Priority for this programming is for SECFS open files.*





**Fathers day bingo at Pauingassi School**

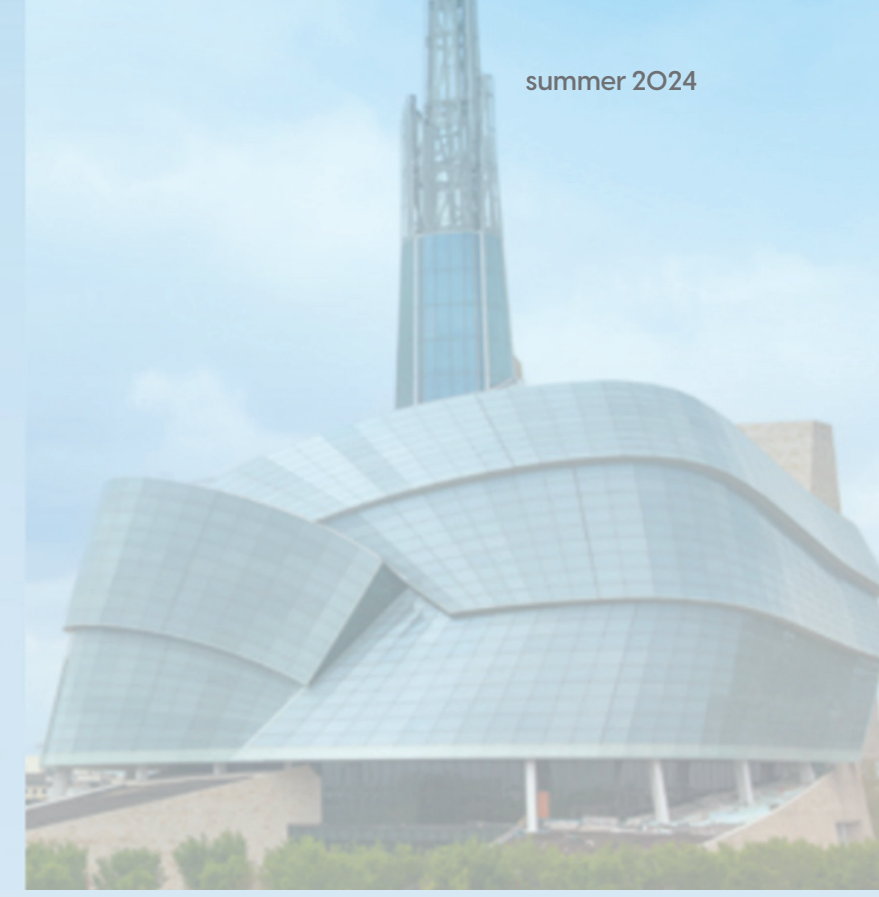


Welcome to the Southeast Child & Family Services

# Honouring Gifts

## High School Graduation Celebration

*Friday, July 12, 2024*



Southeast Child & Family Services is thrilled to celebrate the achievements of this year's 41 High School Graduates. Thank you to the Graduates and their families and friends for joining us at "Honouring Gifts" a wonderful celebration that took place in their honour at the Canadian Museum for Human Rights on Friday, July 12, 2024.

Graduates, your dedication and hard work have paid off, and we couldn't be prouder of you. As you embark on the next steps of your journey, remember that you have the power to achieve anything you set your mind to. Best wishes for a bright and successful future!

- Berens River First Nation - 7**
- Black River First Nation - 1**
- Bloodvein First Nation - 9**
- Brokenhead Ojibway Nation - 3**
- 5 - Hollow Water First Nation**
- 5 - Little Grand Rapids First Nation**
- 4 - Pauingassi First Nation**
- 7 - Poplar River First Nation**

### **Yellowquill University College Grads**

We would also like to congratulate the graduates of the inaugural First Nations Child and Family Services Worker Diploma Cohort in partnership with Yellowquill University College. Completing this program is a remarkable achievement and a testament to your hard work and dedication. Your success will surely benefit your careers but also bring positive change to our communities. Thank you for your commitment and perseverance!

- Lisa Buffalo**
- Cecilia Cook**
- Tammy Ducharme**
- Sherri Hudson**
- Blaine Johnston**
- Corinna Kotak (Andruschak-Bouchie)**
- Betty Sainnawap**
- Candace Stoneman**
- Sandra Sveinson**
- Ernestine Swain**
- Chasity Thomas**
- Ginger Whiteway**
- Cindy Young**
- Frank Young**





# First Aid and AED's: Emergency Response Program Continues to Support Communities

## +SERDC creates emergency management team

This past May SERDC and St. John Ambulance ran our first joint first nations advanced first aid course in Poplar River. 12 students participated in the three-week course. Students learned advanced lifesaving medical training that they can use in their community to save lives. The Poplar River course was a huge success. Thank you to Poplar River fire chief Willard Bittern for organizing the course, and to St. John Ambulance instructor Sully for your dedication to the group.

Over the winter and spring, we have been busy putting together an emergency management team at SERDC.

The team consists of members of our health department who will allow us to provide continued support to our communities in the event of an emergency or evacuation. Our goal is to work with

our communities and other agencies such as the Canadian Red Cross, identify gaps in service, and fill those gaps when a community is being evacuated.

At our last meeting we spent the morning with the Red Cross to determine how we can work together to support our communities when evacuated and took part in a joint tabletop exercise with them. In the afternoon we had collaboration meetings with the Turtle Team, Northern Connections Medical Center, and Shared Health Emergency Management.

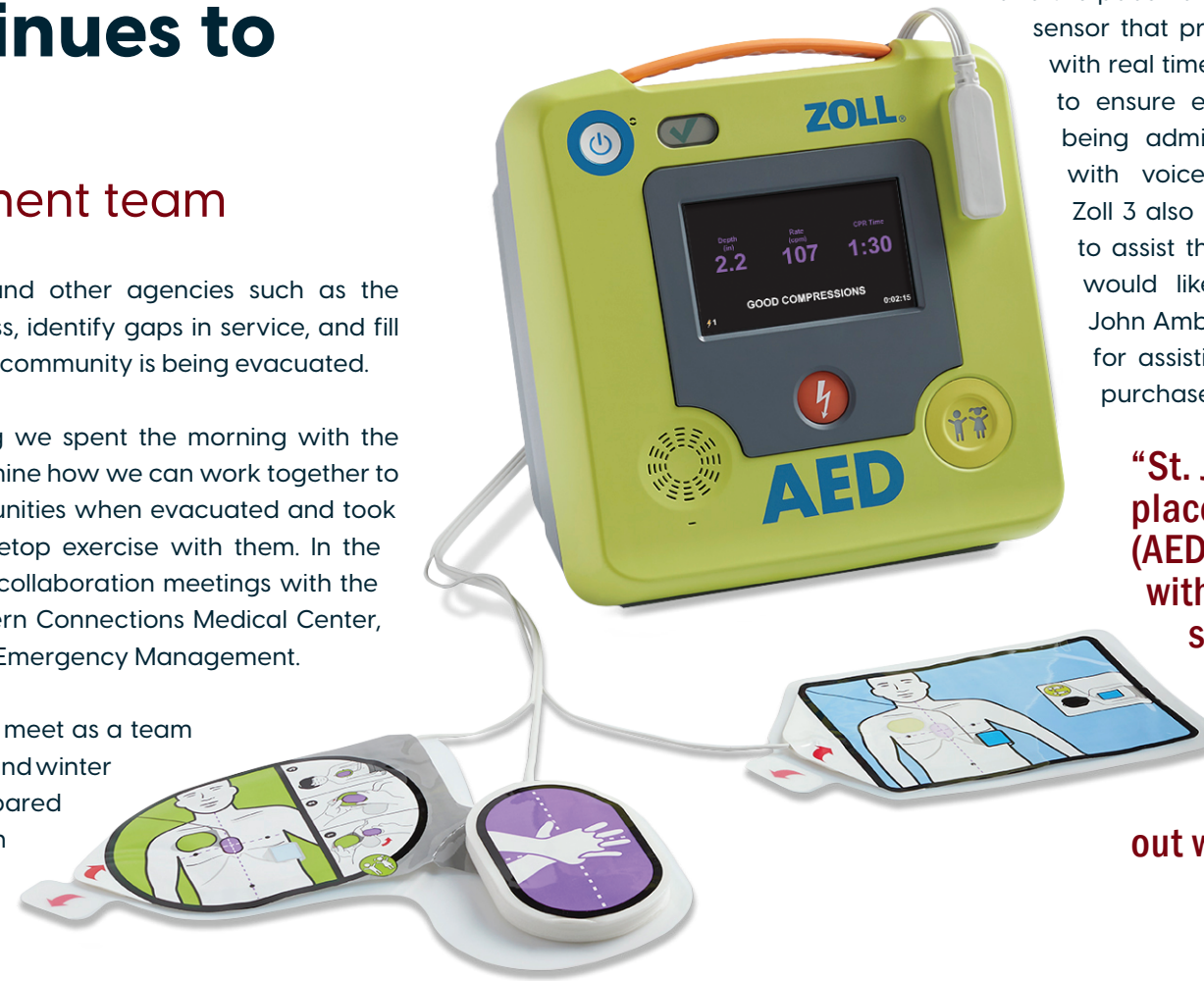
We will continue to meet as a team throughout the fall and winter to be better prepared in the event of an emergency.

## AEDs for Each Community

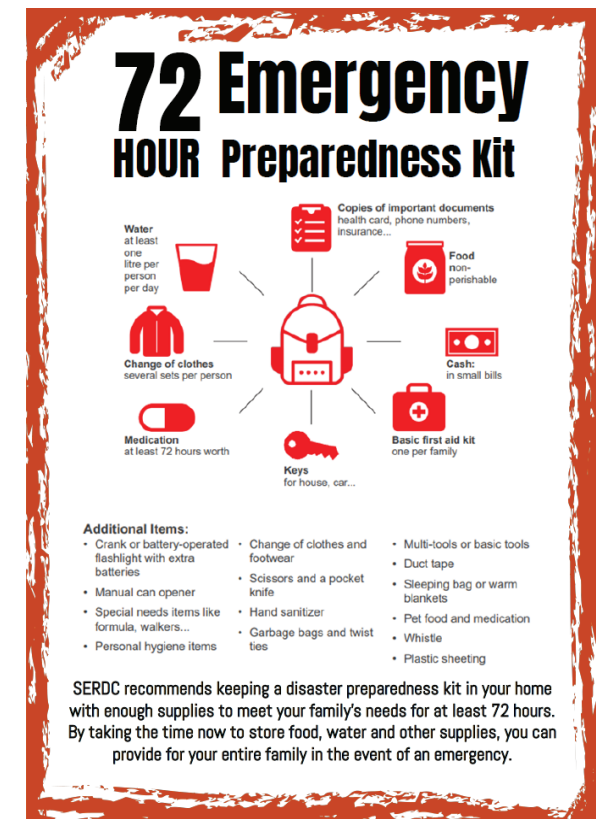
SERDC has purchased Automated External Defibrillators (AED) for all member communities with each community receiving eight AED units. Five of those will be wall mount units located in buildings and three will be in mobile cases for portable use.

An AED is a small, portable device used to identify cardiac rhythms and deliver a shock to correct abnormal electrical activity in the heart. As a result of the sophisticated electronics in an AED the operator will only be advised to deliver a shock if the heart is in a rhythm which can be corrected by defibrillation. When an AED and CPR are immediately available, the chance of survival from sudden cardiac arrest is substantially improved. Combined with CPR, the use of an AED may increase the likelihood of survival by 75% or more.

We selected the Zoll 3 AED unit for our communities. This unit uses one set of pads for both adults and children, and the pads have a built in CPR sensor that provides the user with real time CPR feedback to ensure effective CPR is being administered. Along with voice prompts, the Zoll 3 also provides pictures to assist the operator. We would like to thank St. John Ambulance and Zoll for assisting us with this purchase.



**“St. John Ambulance congratulates SERDC on the placement of automated external defibrillators (AED) in each of your communities. Use of an AED with CPR can dramatically improve the chances of survival from sudden cardiac arrest. You do NOT need to be certified to use an AED; simply turn it on and follow the voice or visual display prompts. AEDs are placed in highly visible locations throughout your community. Find out where yours are located today.”**



**Program contact:**  
**David Schellenberg**  
[dschellenberg@serdc.mb.ca](mailto:dschellenberg@serdc.mb.ca)



# Jordan's Principle Program Has Expanded Services

The Jordan's Principle program has expanded to include Nurse Practitioner services. Our team identified that many children and youth were not able to access medical services, thus we will now be offering these services through Kaitlyn Yurick (pictured top left). Kaitlyn works closely with our team to identify clients who require care. She is currently offering home visits, virtual visits, coordination of care, and education.

Increasing access to medical care services will further be achieved through a medical clinic in Shawano Pharmacy, at Unit 2 - 2521 McPhillips Street. Services will include: routine check-ups, minor illness check-ups, immunizations, referrals, prescriptions, case coordination, education, home visits, virtual visits, telehealth visits, pre-operative assessments, discharge care, mental health assessments and coordination.

## What is a Nurse Practitioner?

A Nurse Practitioner provides the same services as a family doctor. A nurse practitioner has a Bachelors Degree in Nursing and a Master's Degree Nurse

Practitioner stream that prepares them to practice to full scope in their area of training.

### Kaitlyn Yurick RN NP

*Hi my name is Kaitlyn Yurick, and I am excited to be offering health services to our Jordan's Principle families. I have been practicing as a nurse since 2008 and as a Nurse Practitioner since 2012.*

*My basic training was in Family All Ages Medicine, but I have spent more time with pediatrics and women's health. I have supported many panels of patients with complex chronic diseases as well. I have also worked in walk-in clinics and emergency care settings. Although I have worked in a variety of settings, my favorite area to work is community medicine.*

*I have a passion for upstream, preventative medical care with the aim of keeping people healthy in their communities. I believe that it is a privilege to provide health care and I hold my practice and health care delivery to a high standard.*

SERDC Jordan's Principle intake is available 5 days a week, 8:30am-4:30pm Mon-Fri  
Mindy Brooker PH: 431-977-0832 Fx: 431-997-0852 E: serdcjordansprinciple@serdc.mb.ca

## Culture, Sports and Recreation

In early 2024, we hosted our 3rd annual Family Winter Festival in Sagkeeng First Nation. Over the two days, we wanted to ensure that the activities would be suitable for all individuals to participate. We achieved this by removing financial, physical, mental and emotional barriers in these areas. We had a tremendous turnout of over 300 SERDC member participants.

The three on three break away street hockey tournament is the largest annual street hockey event in Winnipeg which took place May 25-26, 2024.

Our Recreation Coordinator coached and assisted the U16 female team representing Berens River First Nation to their second championship in a row.

### 2023 photo (top middle)

Left to right: Persais Everett, Aurora Fisher, Addison Ross, Sancia Semple, Layla Flett, Cassy Flett

### 2024 photo (purple shirts)

Left to right: Aurora Fisher, Kassa Ewen, Bella Ross, Layla Flett, Sancia Semple, Indiya Barten, Persais Everett

## Clothing Drive

On May 24, our SERDC Jordan's Principle organized a clothing drive for children, youth, and parents (pictured top right). During our clothing drive, we unloaded 850 pounds of donated clothing for distribution. We had 181 children attend at our 360 Broadway location where families walked through the aisles of clothing and filled their bags. After its success, we are working towards hosting another clothing drive prior to the 2024-2025 school year.

## Geography

SERDC Jordan's Principle covers the surrounding southeast municipal region of Manitoba. This area includes: Lundar, South highway 6, to the U.S border, Riverton, Gimli, Selkirk, all of Winnipeg, extending east to the Ontario border, onward south to Steinbach, and to the U.S border. SERDC members live in several municipal communities, and we continue to reach out to fulfill the gaps identified from our Jordan's Principle members.

FNIHB intake: Available 24 hours, 7 days a week  
Jordan's Principle Call Centre: 1-855-JP-CHILD (1-855-572-4453) telephone: 1-866-553-0554



# Ceremonial Tobacco Garden Goes In!

## Aiming to grow over 2000 plants this year

It was a slow start getting the garden in this spring due to weather. Jason Leshchyshyn, Tobacco Reduction Facilitator for the Southern Manitoba First Nations Commercial Tobacco Reduction Strategy (SMFNCTRS), has planned a unique flower garden in the centre of the tobacco garden representing a healing circle with a path surrounding it. And surrounding that, a three sisters garden, signifying a place to enjoy the hard work one has done.

The plants did very well in the new greenhouses we purchased in the spring, and this year we hired a garden assistant to aid Jason with the project.

We are aiming to grow 2000 plus tobacco plants this year (double the size from last year), along with vegetables to go to our northern communities to aid in food security. Throughout the summer as the

vegetables are ready for harvest, we are planning workshops on how to preserve and freeze food.

If anyone is interested in tours of the garden they are more than welcome to visit and we would be happy to show and discuss our project!

Jason is assisting two communities in growing their own traditional tobacco from start to finish, along with how to harvest and prepare it for community members.



**“The traditional tobacco garden project is to bring back a tradition that has been taken over by commercial tobacco companies and the government for profit and gain.”**

Traditional tobacco is to be distributed to members of the community at no charge and with respect. The group involved with managing the garden has been asked to help gather information about traditional tobacco use within their community, and record what they find. This information is being used to create a book about our history from our own words, to pass it on to future generations.

Traditional tobacco is a sacred medicine to be used in a good way for ceremonies, gifting, prayers and to offer to the land when hunting, foraging and fishing.

### SMFNCTRS Goes to Halifax

Jason Leshchyshyn and Elizabeth Proskurnik, Health Promotion Supervisor, traveled to present at the Canada Tobacco Strategy Community of Practice Gathering in Halifax Nova Scotia May 14-16 hosted by the National Indigenous Diabetes Association. The pair presented on the SMFNCTRS, with the main focus being the traditional tobacco garden.

### Tobacco Circle Committee

The Tobacco Circle Committee strives to provide input for the program staff to conduct prevention and intervention activities to the 36 member First Nations.

The Committee offers expertise in their knowledge of the communities they work with and specific program areas of their employment. Additionally, the Committee wishes to highlight the importance of traditional tobacco, while bringing knowledge on the differences between traditional and commercial tobacco. These goals will ultimately be achieved through collaboration between community members, tobacco circle members and the SMFNCTRS Team.

The Tobacco Circle met January 16, April 4 and June 6 to help with planning the Youth Camp being held August 13-16, 2024 at Camp Brereton, as well as the 2024-2025 work plan and the new direction of data collection for the program.

### Introducing a New Team Member

*“Hello, my name is Carroll Hull, I recently joined the Commercial Tobacco Reduction Team. I am delighted to start my new position with SERDC. I was born and raised in Ashern. I previously worked for the IERHA in various positions, most recently as Cancer Navigation Liaison. I look forward to visiting your community and engaging community members in implementing tobacco reduction strategies.”*





Black River



Bloodvein



Pauingassi

# Firefighting Vehicles for Communities

SERDC Advisory Services continues to support our communities with fire prevention awareness and increased fire department capacity. Funding was secured through Indigenous Services Canada to purchase Emergency Response Vehicles for 4 SERDC communities. Pauingassi, Black River and Bloodvein took delivery of their new trucks in late winter and early spring.

They were a welcomed addition in all three communities and were utilized almost immediately, responding to grass and brush fires. Little Grand Rapids' truck will be delivered when the winter road system allows and will be available to the community early in 2025.

The vehicles are based on a Ford F350 4x4 Crew Cab chassis with a removable skid unit in the box. The trucks are equipped with emergency lighting packages, sirens, VHF radios, reflective striping and Fire Department decals. Upgrades also include rear suspension airlift, heavy duty front bumper and winch that can be mounted on the front or rear of the truck. A Sea Hawk AmbushX Deluxe skid unit is installed and includes 2 storage drawers, a 200 Gallon Water Tank, 3-stage Pump, Hose Reel, Foam Water Tank, Intake Hose Storage Trays and Portable Backpack Storage Tray.

The trucks are capable of pumping from the water tank, drafting from a static source or hooking to a fire hydrant.

The fire protection program on reserve forms an integral part in promoting community wellbeing and safety by identifying fire hazards, mitigating fire hazards, teaching membership good fire safety practices, and fighting fires that may occur in our communities. The threat of wildfires in communities starts as soon as the snow melts, continues through the hot summer months and does not end until the cooler weather returns in late fall.

## How FireSmart Treatments Influence the Spread of Wildland Fire

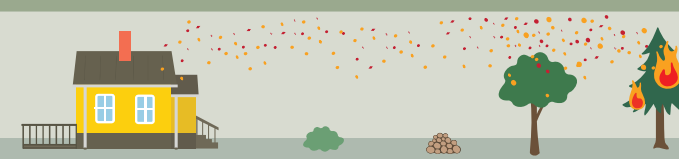
Wildland fire can follow a path from the forest or grassland to your home. A wildland fire moving via the tops of trees can be slowed if the trees are spaced. It can be further slowed by flame-resistant plants and shrubs in your yard. As plants have different flammability, consider spacing your plants to increase your home's ability to withstand a wildland fire.

## UNDERSTANDING FIRE BEHAVIOUR

### FIRE + FUEL = WHY HOMES BURN



Unmitigated Property



FireSmart-Mitigated Property

Fuels include trees, woodpiles, structures, fences, plants, etc.



### How Wildland Fires Spread

#### Embers & Sparks

Embers and sparks can blow up to two kilometres ahead of a wildland fire. They can ignite materials on or near your home causing severe damage.



#### Extreme Heat

Radiant heat from a wildland fire can melt vinyl siding, ignite your home, and even break windows. Extreme heat can come from flames within 30 metres of your home.



#### Direct Flame

As wildland fires spread toward homes, they ignite other flammable objects in their path. To stop wildland fire from directly affecting your home, create breaks in this path, especially close to your home.





The fire safety program obtained funding to purchase eight inflatable fire safety houses - one for SERDC and the other seven for SERDC communities where the fire departments will be responsible for them. They will be used as a public education tool with the focus on fire safety and will be available for any and all community events.

Although it looks like a bouncy house, they are grounded with a hard floor to help keep kids focused on important fire facts and activities. Make no mistake, the inflatable fire safety house is a fun fire prop, but is still an educational tool. All ages enjoy the immersive experience; bright colors and stimulating visuals. Not to mention the excitement and anticipation of the landing pad.



# Greetings From the Southeast Personal Care Home

Busy, busy, busy enjoying the spring and summer months!

**W**e have been out to taste ice cream, catch fish, and to listen to country music on a lazy Friday afternoon. We have had visits from a University in Mexico, Johnny Cash, and Elvis himself! And we burn off energy by racing cars, playing bingo, hunting cardboard animals, and a lot more. We honoured those who passed with our celebration of life, and now look forward to visits from another Elvis, a petting zoo, celebrating the Olympics, and of course, more bingo. We send love and joy your way, and welcome anyone who wants to come by and say hello!



# Shawenim Abinoojii is Settled in at 865 Main Street



**A collaboration with Shawano Wapunong Investments Corp. that promotes and preserves economic investment between regional entities.**

Updates from Shawenim Abinoojii Inc.

Shawenim Abinoojii Inc. has successfully transitioned into our new office at 865 Main Street, Winnipeg. This move marks a significant milestone for our organization as we amalgamate our offices from 1386 Main Street, 1970 Main Street, 181 Higgins Ave, and 1344 Main Street into one centralized location.

Our central office has been located at 1386 Main Street for the past five years, and this move has brought most of our core staff under one roof, fostering a more collaborative environment.

Our move took place in September 2023, and though it has not been without its challenges, we recognize the operational benefits being afforded to us with this change. The move has allowed us to streamline our work processes by being in the same building and facilitate more face-to-face interactions.

We celebrated a grand opening with two special events. On October 17, 2023, we hosted an event for stakeholders, Southeast community members, and partnering organizations. This was followed by a public event on October 20, 2023 where we invited everyone in the North End community to join us.

865 Main Street, formerly Neechi Commons grocery store, is a centralized location in the north end community close to downtown Winnipeg. This central location makes it easier for our support workers and caregivers to access our services and report to the central office. The new building provides ample space for meetings, staff, and storage for all our program areas. Additionally, the nearby shops offer convenient options for staff to explore the community during lunch breaks. We have had a wonderful experience getting to know our new neighbours and have hosted community events to engage with our local people.

The purchase and retrofit of this building are an example of Shawenim Abinoojii collaborating with our partner organization, Shawano Wapunong Investments Corp. (SWIC) to promote and preserve economic investment within our regional entities. This space is a new asset to our region and the investments in this space are maintained by our companies. The retrofit was undertaken by Bockstael Construction, who has since entered a project with SAI to develop the Wiichi'eyag Oshkidiziwad Waabung employment program for our youth. This program allows our young people to obtain summer employment with Bockstael Construction and participate in a paid carpentry apprenticeship program.

We are excited about the opportunities this new space offers and look forward to the enhanced collaboration and community engagement it will bring. This move reflects our dedication to our mission and vision, as we continue to provide culturally relevant programs and services to the communities we serve.

**S**havenim Abinoojii, meaning “Nurture the Child” in Ojibway, is a First Nations-led service provider for children and families. Serving approximately 300 children in over 60 homes, primarily within their home First Nation, SAI operates in Treaty 1 and Treaty 5 territories. A report was developed to summarize community engagements from February to May 2023 in the eight Southeast First Nations. The sessions

opportunities for children, youth, adults, and elders in various skills and life aspects. Ensuring practices where families feel safe sending children to SAI programs was also highlighted.

The phrase “Nurture the Child” was interpreted as a love commandment, emphasizing unconditional love for all children. Supporting youth in making good

**“Communities shared their unique strengths and histories, such as strong leadership, respect for traditions, and a deep connection to the land. Each community’s feedback highlighted the importance of preserving their cultural practices and ensuring the wellbeing of their children and families.”**

aimed to share information about SAI’s programs and gather feedback to make these programs accessible, safe, and culturally relevant.

From October 2022 to January 2023, a pre-planning committee prepared for the Community Information Sessions. Eight sessions were held from February to May 2023, engaging 262 community members. The main goals were to share information about SAI’s services and build relationships with the communities.

Feedback and recommendations included a desire for more youth programming, such as storytelling, mentorship, rites of passage, life skills training, and cultural arts communities also emphasized the importance of consistent visits and communication with local resources to avoid program duplication and share costs. There was a call for more training

choices and knowing their identity was deemed crucial. Communities recommended utilizing Elders’ wisdom and involving them in community activities and mentorship. There was also a need for programs to help adults overcome addictions, grief, and support healing.

Hiring and retaining community members, hosting job fairs, and simplifying the application process were suggested to focus on local hiring. Rooting programs in First Nations culture, language, and way of life was deemed essential.

We will be conducting community information sessions again this fall to provide updates on how we have implemented feedback, ask new questions, recruit staff and caregivers, and continue to ensure our services are community driven.



## Accreditation Continues to Progress for SERDC Community Health Centres

### Adam Hardisty Health Centre in Hollow Water now successfully accredited

**W**onderful news to share! In April 2024 Adam Hardisty Health Centre in Hollow Water First Nation successfully achieved accreditation by the Canadian Accreditation Council (CAC) for a duration of three years! This is their first accreditation.

We applaud all of the health staff and partners for their dedication in preparing their program policies and procedures to gain this achievement.

Black River First Nation, Brokenhead Ojibway Nation and Pauingassi First Nation are currently working through the accreditation process as well.

by the Board of Directors, Accreditation Panel, Process Review Committee, Indigenous Advisory Council, staff and stakeholders as well as support regional engagement, promotion and the monitoring of trends.

The RAC also supports processes that will provide the Canadian Accreditation Council with feedback about the direction of ongoing development of standards and will also identify and inform CAC of regional issues and trends from a broad range of stakeholders.

**“The purpose of accreditation is to support the creation and maintenance of viable structures, processes, and practices that allow organizations to offer the best possible programs and services to their clients”. Source CAC 2024.**

SERDC Accreditation Coordinator will be participating with the Manitoba Accreditation Committee - Regional Advisory Council (RAC) which will meet twice per year. The purpose of the Committee is to provide regional expertise, direction and feedback on standards and processes, including, but not limited to issues brought forward



# Ministry Approves Expanded Access to Dental Hygiene Services in SERDC Communities

News and tips from the Children's Oral Health Initiative



Since the introduction of the Children's Oral Health Initiative (COHI) program in 2019 for SERDC communities, enrollment has been increasing each year. From September 2023 to June 2024 a total of 573 children received dental screenings across our eight communities. We have identified a need to expand dental hygiene services for all age groups.

Currently, dental hygienists can work in First Nations communities through the COHI program serving only 0-7 years old. This limits services to youth over seven, adults, and elders.

**"As a result of a request to the College of Dental Hygienists of Manitoba, it was announced on April 10, 2024 that the Minister of Health has granted approval for dental hygienists to provide services to the eight communities that make up the Southeast Tribal Council. This is a great opportunity to help close this gap and give all community members access to dental hygiene services including routine dental cleanings without having to travel outside the community. More to follow on this exciting initiative!"**

## What services do dental hygienists provide?

### Dental cleanings

During a routine dental cleaning, a dental hygienist uses special instruments to remove plaque and tartar from the surfaces of your teeth. They'll also polish your teeth using paste and a rubber cup. Regular dental cleanings help prevent cavities and gum disease.

### Scaling and root planning

This treatment involves removing plaque and tartar beneath the surface of your gums, where your

toothbrush can't reach. Once the hygienist cleans your teeth, they'll smooth out the root surfaces to prevent more plaque and tartar from reattaching.

### Administering local anesthesia

Dental hygienists can give injections of local anesthesia (which numbs your mouth) to keep you comfortable during your procedure. (if needed)

### Oral health screenings

Dental hygienists also perform routine oral health screenings. During these exams, they check for things like cavities, gum inflammation and signs of oral cancer. These routine screenings help identify issues early on before they get worse.

### Blood pressure readings

Your blood pressure and oral health are more related than you may think. Research has suggested that oral issues like gum disease may be linked to increased risks of systemic issues like cardiovascular disease, and vice versa. In fact, oral bacteria can travel into other parts of the body through the bloodstream. This can lead to an inflammatory response affecting the heart and blood vessels. It is truly important to maintain good oral hygiene not just for your teeth, but for the health of the rest of your body. Monitoring blood pressure is another step to the process of maintaining good oral health and overall well-being.

Prevention is the best method to help avoid serious health problems, which is why blood pressure screenings are essential.

### Dental history review

A dental hygienist talks with you about your dental and overall health history. This helps them better understand your past dental experiences and your goals for the future. It's also important for them to know about any medications or supplements you're taking.

### Dental sealants

This common preventive treatment involves applying a protective coating to your back teeth. Your back teeth often have deep grooves and pits where plaque,



food particles and bacteria can hide. Sealants shield these areas, prevent food and plaque from collecting there and reduce your risk of cavities.

**The importance of regular dental cleanings**

When it comes to oral health, consistency is key. It is recommended to have your teeth cleaned twice a year as a standard practice. People with diabetes or gum disease are encouraged to have their teeth cleaned every three or four months to help prevent oral health concerns from developing. Regular dental cleanings serve as a preventive measure, a routine check-up for your mouth where potential issues can be detected and addressed early.

These sessions are not just about keeping your teeth shiny; they are comprehensive health checks that play a crucial role in maintaining your overall oral health.

Professional dental cleanings is a meticulous process that goes beyond your daily brushing and flossing routine. It involves the removal of dental plaque and tartar, substances that can accumulate on your teeth over time and lead to oral diseases. Regular cleanings ensure that these harmful substances are kept at bay, reducing the risk of cavities and gum disease.

In essence, regular dental cleanings are a commitment to your oral health, a preventive strategy that keeps your teeth and gums in optimal condition.

**COHI program contact**  
Office line: 204-934-7096

**Dental Hygienists:**

Nicole Arch  
nicolea@serdc.mb.ca

Makenna Nachtigall  
mnachtigall@serdc.mb.ca

**Welcome to our newest team member**

Mackenna is a dental hygienist who recently joined the SERDC COHI team on June 3, 2024. She will be working in the communities of Hollow Water, Bloodvein, Berens River and Little Grand Rapids.

“My name is Mackenna Nachtigall, I am born and raised in Winnipeg and completed my Diploma in Dental Hygiene at the University of Manitoba.

I am excited to start visiting the communities regularly and implementing the COHI program. I look forward to sharing my knowledge and passion for oral health with all.”



**Celebrating Elders**

A heartwarming gathering in Little Grand Rapids



March 6, 2024 in Little Grand Rapids an elders gathering was held. Organized by the homecare coordinator, homecare nurses, homecare staff, SERDC staff, health centre staff and community members, the gathering was a heartfelt celebration. It blended fun activities with essential health information.

The event featured a bingo where there was lots of laughter. Beyond the entertainment, the gathering had a deeper purpose. Health education sessions discussed topics such as managing chronic conditions, maintaining mobility, and the importance of regular check-ups. The home care team provided personalized advice and answered questions.

Star blankets were gifted to each elders - a symbol of respect and honour.

The gathering showcased the power of coming together, sharing knowledge, and celebrating those who have contributed so much to their families and community.

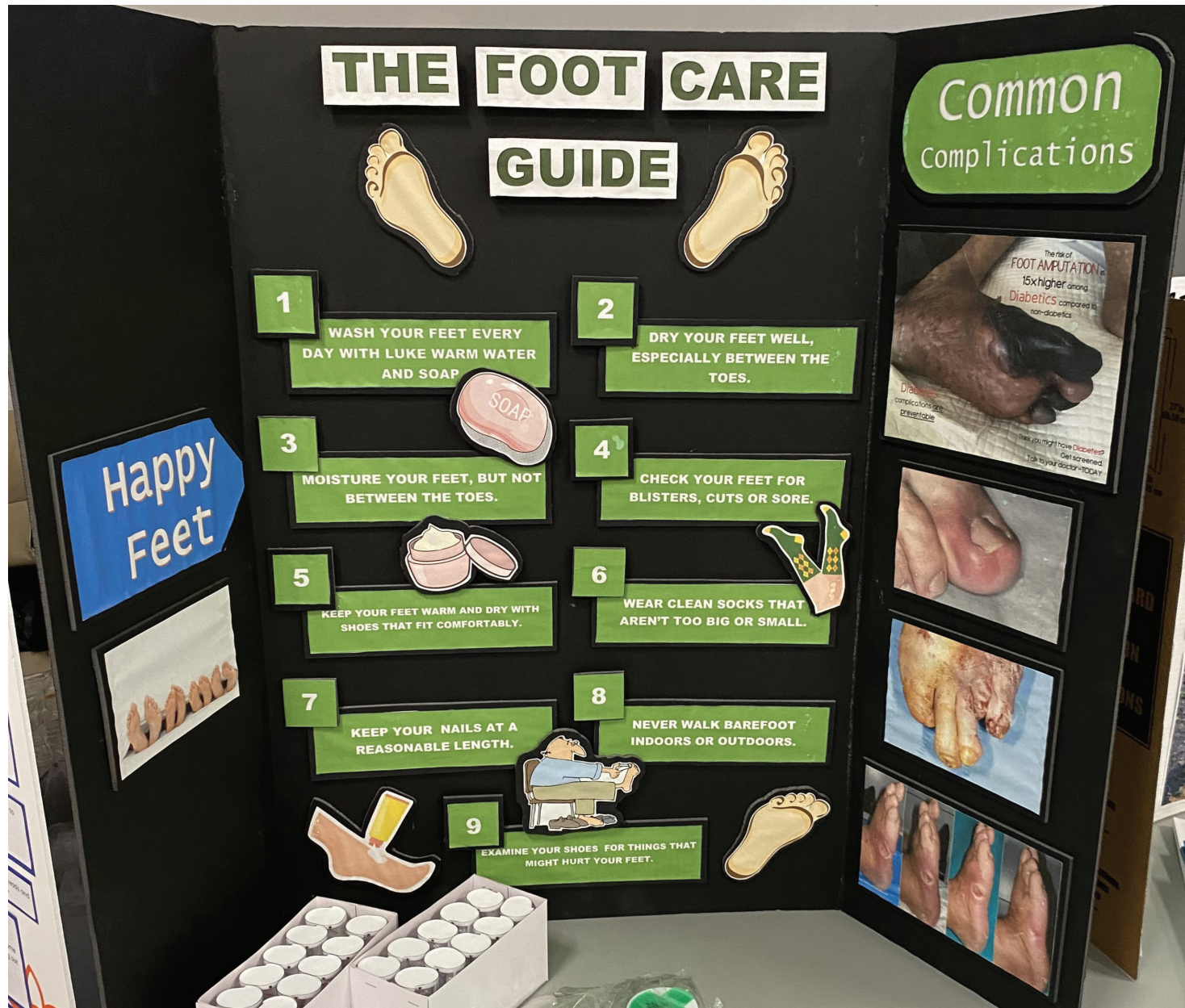
In Little Grand Rapids, this day reminded us of the importance of elder care and community spirit.



# Footcare Nurses: The heartbeat of healthcare

## The impact of dedicated footcare nurses in SERDC communities

Footcare nurses are often the unsung heroes in the healthcare system, especially in Indigenous communities where the need for specialized care is critical. These nurses not only provide essential medical services, but also play a vital role in enhancing the overall health of community members. **Norisa Rumbaoa, Divina Del Rosario, and Lynn Wiebe** are SERDC's three footcare nurses.



Footcare nurses address a range of issues, from routine foot maintenance to more complex conditions like diabetic foot ulcers and infections. Their work is particularly crucial in Indigenous communities, where higher rates of diabetes and other chronic conditions can lead to serious foot health problems if not properly managed.

These nurses bring more than just medical expertise; they bring compassion, cultural sensitivity, and an understanding of the unique challenges faced by these communities.

### The Lifesaving Importance of Footcare

For many Indigenous people, proper footcare is not just a matter of comfort—it's a matter of survival. Diabetes-related complications can lead to severe infections and even amputations if not addressed promptly and effectively. By providing regular check-ups, educating patients about foot health, and offering early interventions, footcare nurses prevent these severe outcomes and improve their patients' quality of life.

**SERDC footcare nurses help reduce the overall burden on the healthcare system. Preventative care and early treatment reduce the need for hospitalizations and complex medical procedures, leading to significant cost savings and better patient outcomes.**

### Building Stronger, Healthier Communities

The work of footcare nurses goes beyond individual patient care. By fostering a healthier community, they contribute to the overall well-being of Indigenous populations. Improved foot health allows community members to remain active and engaged, which is essential for maintaining the social and cultural fabric of their communities.

Programs led by footcare nurses often include education on proper footwear, foot hygiene, and the importance of regular check-ups.



### Stories of Hope and Healing

Consider the story of Divina Del Rosario, a footcare nurse who has been working in Little Grand Rapids one of SERDC's Indigenous communities for years. Divina travels long distances to reach her patients, often visiting them, and staying past working hours to ensure they receive the care they need. Her dedication has not gone unnoticed.

### A Call to Action

The inspiring work of footcare nurses in Indigenous communities highlights the need for continued support and investment in these essential services. By raising awareness of their contributions, we can help ensure that these programs receive the funding and resources they need to thrive.

Footcare nurses exemplify the spirit of dedication and compassion in healthcare. Their efforts are not just about treating feet—they are about taking meaningful steps towards healing and empowering entire communities. As we celebrate their hard work, let us also commit to supporting and expanding their vital services, ensuring that every step forward is a step towards a healthier future for Indigenous communities.

# Supporting Diabetes Prevention Through the Tribal Diabetes & ADI Teams

Helping people make healthy lifestyle choices

The Aboriginal Diabetes Initiative (ADI) program is a primary prevention program which supports all community ADI workers, meaning the focus is on helping people make lifestyle choices that can contribute to preventing or delaying diabetes. It also supports the management of diabetes for those who are living with the disease.

This can be done through managing how we chose and prepare the foods we eat, how we move our bodies, manage mental wellness and stress.



Elizabeth Proskurnik returned from parental leave in December 2023 and has been reconnecting with the community ADI workers, and Tribal Diabetes Coordinators from the other Tribal Councils. She has also been working with the Manitoba First Nations Diabetes Leadership Council to improve funding and access to diabetes prevention programs.

The project involves identifying strengths and opportunities to support diabetes prevention and healthy lifestyle planning, building community advisory groups, exploring different healthy lifestyle interventions, sharing efforts and successes within the communities, as well as sharing with other communities involved in the project.

## SunLife/University of Winnipeg Youth Diabetes Prevention Program Training

In May, SERDC partnered with the University of Winnipeg to offer a two and a half day 'Train the Trainer' course on the SunLife/University of Winnipeg Youth Diabetes Prevention Program.

All SERDC communities, and the independent communities in the geographical area were invited to participate. The course was held at the University of Winnipeg RecPlex and the 12 participants learned about how the University of Winnipeg runs their programs. They participated in a variety of games and activities to teach about diabetes, nutrition and physical activity. The participants grouped together to brainstorm how they would adapt the activities to work in their communities.

This annual gathering gave SERDC and the three communities the opportunity to share and learn from other communities in Ontario and Quebec.

## Kahnawake Schools Diabetes Prevention Program (KSDPP) Community to Community Gathering

On June 17 and 18, Elizabeth Proskurnik and Candace Linklater from SERDC, Jean Bear, Sandy Koropas and Tanager Abigosis from Brokenhead Ojibway Nation, and Lucy Bird and Shiniyah Simard from Black River First Nation attended the Mobilizing Resilience Through Community-to-Community (C2C) Exchange: Seven Generations Thinking for Wellness and Diabetes Prevention Gathering at the Canadian Museum of Human Rights in Winnipeg. SERDC, Brokenhead Ojibway Nation, Black River First Nation, and Hollow Water First Nation are partners in the project.



# Tribal Nursing

In First Nation communities, our nurses are the main point of contact in health centres and nursing stations. Our nurses in particular are advocates, health teachers, and healers who bring their passion, expertise and cultural knowledge to their practices. In honour of Nurses Week we thank you for your patience and guidance towards supporting our health journeys as individuals and for our families and communities.

**National Nurses Week was May 6-12, 2024 and the theme was 'Changing Lives. Shaping Tomorrow'. The elements of the theme were:**

### Changing Lives:

**Patient impact:** Nurses play a crucial role in directly impacting the lives of patients. Through their care, compassion and expertise, they contribute to positive changes in the health and well-being of individuals.

**Advocacy:** Nurses often advocate for their patients, ensuring they receive the best possible care and support. This advocacy can bring about transformative changes in people's lives.

### Shaping Tomorrow:

**Innovation:** Nurses are at the forefront of health-care innovation, contributing to advancements in treatments, technologies and patient care practices. Their commitment to learning and adapting helps shape the future of health care.

### Educational Influence:

Nurses, as educators, have a significant impact on shaping the next generation of health-care professionals. Their knowledge and mentorship influence the future of the nursing profession.

# Regional STAR Program

## Continues to thrive in community development

The Regional STAR Program (RSP) supports 27 First Nation communities in Manitoba by gathering all STAR mentors and supervisors for quarterly meetings throughout the year.

The goal of the program is to support FASD prevention and harm reduction in communities, and to provide training, and advocacy.

Regional STAR has been working on updating the program policies/standards, including exploring better ways to capture data and writing their own training modules, based on community priorities.

For the 2024/2025 fiscal year, the plan going forward is to continue to work with the STAR program managers/supervisors/mentors, collaterals, along with other regional programs and communities.



# Role of the Environmental Health Officers

Environmental Health Officers (EHOs) offer advice, guidance, education, public health inspections, and recommendations to First Nations and their leadership to help manage environmental public health risks. They collect data to determine necessary steps for promoting public health in First Nations communities. Some EHOs are employed by the First Nations and Inuit Health Branch (FNIHB), while others work for First Nations or Tribal Councils. SERDC employs two EHOs, Mike Fontaine and Keenan Fernandes. Keenan was previously employed by the Province of Manitoba as a Practicum Student in Brandon, and then a Public Health Inspector who served for one year in the Parklands (Dauphin) region of Manitoba. Both Mike and Keenan serve all eight SERDC communities. All EHOs working in First Nations communities must hold a Certificate in Public Health Inspection (Canada).

EHOs visit First Nations to perform inspections, conduct investigations, and provide education and training sessions. Routine activities follow community work plans agreed upon by Environmental Health Officers and Chiefs and Councils. Additional activities are completed as needed, upon request by Chiefs, Councils, and community health staff. EHOs identify potential public health risks in First Nations communities and provide recommendations for addressing these issues. EHOs may also help facilitate interactions between various government organizations when necessary to deal with a range of public health concerns outside of the EHO program. It is the responsibility of Chiefs and Councils to implement the recommendations provided.

### Duties and responsibilities:

Environmental Health Officers inspect public and private facilities such as:

- ⊗ food processing, preparation and service establishments
- ⊗ waste management systems

- ⊗ workplaces
- ⊗ housing
- ⊗ hotels, motels and other public accommodations
- ⊗ schools
- ⊗ child care facilities
- ⊗ long term care facilities
- ⊗ animal facilities
- ⊗ private and public water supplies
- ⊗ swimming pools, whirlpools and water spray parks
- ⊗ public beaches and recreational camps
- ⊗ places of entertainment
- ⊗ personal services facilities (for example, tattoo shops)
- ⊗ work camps.

In general, Environmental Health Officers assess the environmental health risks to community members. They provide advice and recommendations to Chief and Council and pertinent Health staff in mitigating these risks, regarding:

- ⊗ food and water borne communicable diseases
- ⊗ insect and rodent control
- ⊗ food problems and institutional sanitation
- ⊗ public health complaints
- ⊗ outdoor and indoor air quality
- ⊗ contaminated land.

EHOs also educate community members to help people understand regulations and the need for proper health protection. For example, they may be involved in food safety training, water safety workshops and other health promotion programs.

**Any SERDC community member(s) experiencing public health, environmental and/or safety concerns can contact an EHO anytime at 204-956-7500 for further assistance.**



**Importance of Naloxone or Narcan Training**

A common comment from peers is that Narcan Naloxone nasal spray is more user-friendly than Naloxone injection. It is important to know how to use both Naloxone versions correctly. Understanding the signs of an opioid overdose or poisoning, and the steps for administering Narcan can make the difference between life and death. Training is readily available, ensuring that you are prepared to act swiftly and effectively.

**To get trained:**

- Visit Toward the Heart ([towardtheheart.com/naloxone-training](http://towardtheheart.com/naloxone-training)) for online training options. Certificate will be issued when you complete the online training.
- Book in-person training in your community through our Harm Reduction Response Coordinator, Helene Estrada. We have several SERDC Health Staff that are trained to facilitate Narcan and Naloxone education to your community. Certificate of participation can be requested.

**Stay Informed**

Staying updated on drug alert trends is also crucial for those looking to prevent overdoses. Safe Sites offers timely information on the latest drug alerts and trends:

- Visit the Safer Sites website ([safersites.ca](http://safersites.ca)) for updates. You can sign up for e-mail updates.
- Follow Safer Sites on Facebook ([facebook.com/safersites](https://facebook.com/safersites)) and Instagram ([instagram.com/safersites](https://instagram.com/safersites)) for the latest news.

**Harm Reduction is an Act of Love & Care**

Carrying Narcan is an excellent practice that can transform you into a lifesaver. By including it in your first aid

kit and knowing how to use it, you become part of the solution to the opioid crisis. Equip yourself with Narcan, get trained, and stay informed to help create a safer community.

Together, we can make a significant impact. Get trained today and be prepared to save a life.



# The Lifesaving Importance of Naloxone in the Opioid Crisis

Get trained today and be prepared to save a life

Manitoba, like many regions, is grappling with the devastating effects of the opioid crisis. With overdose rates climbing, the need for effective, immediate responses has never been greater. Among the most crucial tools in combating this epidemic is Narcan (naloxone), a lifesaving medication that can reverse the effects of an opioid overdose.

**What is Narcan or Naloxone? Why Carry Narcan or Naloxone?**

Naloxone is an opioid antagonist, meaning it can quickly counteract the life-threatening depression of the central nervous system and respiratory system caused by an opioid overdose. It is simple to administer and can be used by anyone who has received basic training, making it an essential item for anyone who may encounter an overdose situation. "Narcan" is another word used for the nasal spray version of Naloxone; the other version is Naloxone injection.

Carrying Narcan or Naloxone is not just for healthcare professionals; it is a practice that can be adopted by anyone. We at SERDC Health are starting to offer workshops to students as we have heard stories from our little ones having to save an adult from drug overdose or poisoning. Including Narcan or Naloxone in your first aid kit is a proactive step toward being prepared for emergencies, much like carrying bandages or antiseptics. By having Narcan or Naloxone on hand, you could save the life of a friend, family member, or even a stranger.



# Another Success Story: Training & Employment Program

*My name is Symba Moneyas. I have been in the construction industry for seven years. I started off as a trainee doing painting, demo and light carpentry. Soon after I worked my way up to a lead hand painter and then to a supervisor for the siding division where I stayed for two years. Everything was going well until I received some sad news from my mom - she had been living with pulmonary hypertension and it had progressed very rapidly. She went from living on her own to having to move into my home where I could take care of her. It wasn't until a month later where she was moved to St. Boniface hospital. I made the decision to put my work on hold to be by her side. My mom passed away a month after being admitted.*



*Three months before my moms passing she and I spoke on how I wanted to get my heavy equipment license and I went for an assessment with OETIM. That very afternoon I received my acceptance letter. It wasn't until months later I decided to continue that journey. I have enjoyed the course and plan on looking for employment in this field because I can wake up in the morning and enjoy going on the machines! Thank you!*

**- Symba Moneyas, recent graduate of the Heavy Equipment Operator program, OETIM**

Southeast Economic Development's directors and staff want to congratulate all those who graduated from the Training and Employment program in the last six months!

# CONGRATULATIONS

- TRAINING AND EMPLOYMENT PROGRAM GRADUATES -

**Reva Smith** – Black River, Heavy Equipment Operator - Neeginan College

**Krysten Berens** – Poplar River, Vet Assistant - Robertson College

**Marina Champagne** – Hollow Water, Health Care Aid - Red River College

**Tia Bruce** – Poplar River, Business Certificate Program – Yellowquill College.

**Delbert Bruce** – Poplar River, Heavy Equipment Operator - SWS Training and Consulting

**Braedan Smith** – Hollow Water, Heavy Equipment Operator – OETIM

**Jeremy Barker** – Hollow Water, Heavy Equipment Operator – OETIM

**Symba Moneyas** – Hollow Water, Heavy Equipment Operator – OETIM

**Dale Linklater** – Poplar River, TIG Welding - Neeginan College

**Raymond Sayer** – Black River, Industrial Welding - Neeginan College

**Michael Bowman** – Poplar River, Heavy Equipment Operator - SWS Training and Consulting

**Ernie Bushie** – Little Grand Rapids, Winnipeg Adult Education Centre

**Roberta Leveque** - Little Grand Rapids, Winnipeg Adult Education Centre

**Harriet Duck** - Little Grand Rapids, Winnipeg Adult Education Centre, Mature Student

**Jeffery Keeper** – Little Grand Rapids, United Transportation Drivers Training Program

**Ian McKay** – Pauingassi, Arnold Bros Transportation

**Orianna Young** – Pauingassi, Skin Esthetics Program - Wrapture Beauty Academy

## THANK YOU FROM US: VISION QUEST MAY 15 & 16, 2024



A thank you from Southeast Economic Development and Vision Quest staff and directors to all the participants of the 27th annual Vision Quest, including all delegates, speakers, performers, presenters, volunteers, sponsors and exhibitors! An extra special thank you to our Honorary Chair and Elder, Darlene Beck, of Cross Lake First Nation for her contribution. Vision Quest was a sold-out event with 1057 delegates and over 100 exhibitor booths!

We had the pleasure of having Lisa Meeches and Jordon Tootoo as our keynote speakers this year in addition to the numerous other wonderful speakers and workshop facilitators. For our evening entertainment, we welcomed the talented Ivan Flett Memorial Dancers as well as comedian Howie Miller.

Congratulations to this year's winners of the annual Dragon Quest Business Plan Competition, with first place going to Niña Waste Events (Tannis and Rayel Smoke), and second place to Anishinaabe Girl Designs (Shauna Fontaine)!

## INDIGENOUS WOMEN ENTREPRENEURS (IWE) INFORMATION SESSION

The IWE Program had its second regional gathering on March 13, 2024 at the Victoria Inn hotel. We hosted approx. 20 Indigenous women from the Southeast region and overall, it was a great success!

This informational gathering was aimed at Indigenous women who are, or want to be business owners. The focus of the session was to provide additional insight into the IWE program's process including our microloan fund and application. There were also two presentations regarding business activities.

We had the pleasure of welcoming guest speaker Shauna Fontaine, owner and founder of Anishinaabe Girl Designs who gave a powerful and inspiring talk. She was certainly the highlight of the gathering!

### If you're interested in future IWE events, and are...

- ✦ An Indigenous woman that is a member of a Southeast community
- ✦ Interested in or currently are a business owner - Opening or expanding a business in one of the Southeast communities
- ✦ Own at least 51% of your business
- ✦ Need a loan and/or business support for your business

**Please reach out to Jasmine Seymour at 204-943-1656 or [jseymour@serdc.mb.ca](mailto:jseymour@serdc.mb.ca)**



# Prioritizing Our People

## Second Zoongide'ewin BawaaJigan 'Brave Dreams' Indigenous career fair sees great numbers

May 31 - June 1 the second career fair hosted by SERDC, Southeast CFS and Shawenim Abinoojii was held at the Southeast CFS building on Notre Dame.

Over the course of two days 150+ job seekers attended the event looking to pursue careers in the Indigenous workforce. The fair was organized for the first time in November 2023 with the intent of attracting First Nations applicants to our organizations.

Given its success, we are planning to continue hosting these events with the hopes we keep growing!

Check out our current jobs at: [serdc.mb.ca/careers](http://serdc.mb.ca/careers)



## IDFusion: Summer Tech Tips to Keep You Cool and Connected – by Jared from IDFusion

In the summer heat, it's essential to ensure that your technology stays cool and your connections remain strong. Whether you're working from home, traveling, or just enjoying the warm weather, these summer tech tips will help you make the most of the summer season.

### 1. Keep Your Devices Cool

- Avoid Direct Sunlight: Keep your devices out of the sun. Prolonged exposure can cause them to overheat quickly.
- Use Cooling Pads: For laptops, think shade and consider using a cooling pad to maintain a safe temperature.
- Turn Off When Not in Use: If you're not using a device for a period of time, turn it off to give it a break from generating heat.

### 2. Protect Against Water Damage

- Use Waterproof Cases: Invest in waterproof cases for your smartphones and tablets to protect them from accidental splashes) or Ziplock bags in a pinch.
- Be Cautious Around Water: Keep drinks and other liquids away from your devices to avoid spills.

### 3. Optimize Battery Life

- Lower Screen Brightness: Reduce your screen brightness to conserve energy.
- Close Unused Apps: Close apps running in the background that you're not using.
- Use Battery Saver Mode: Most devices have a battery saver mode that limits background processes.

### 4. Secure Your Wi-Fi Network

- Update Your Password: Change your Wi-Fi password regularly and use a strong, unique password.
- Enable Encryption: Ensure your network uses WPA3 encryption for better security.
- Use a Guest Network: Set up a guest network for visitors to keep your main network secure.

### 5. Stay Safe Online

- Beware of Phishing Scams: Be cautious of emails and messages from unknown sources, especially those asking for personal information.
- Update Software: Keep your devices updated with the latest security patches and software updates.
- Use Strong Passwords: Use unique, strong passwords for all your accounts and consider a password manager to keep track of them.
- Activate MFA: Multi-factor Authentication will protect your accounts by sending a code to your device to confirm your login.

### 6. Backup Your Data

- Use Cloud Storage: Backup important files to cloud storage services like Google Drive, Dropbox, or OneDrive.
- External Hard Drives: Keep a physical backup on an external hard drive in case of device failure.

### 7. Enhance Your Home Network

- Upgrade Your Router: If your router is outdated, consider upgrading to a newer model with better range and speed.
- Position Strategically: Place your router in a central location for optimal coverage throughout your home.
- Limit Interference: Keep your router away from other electronics that could cause interference, like microwaves and cordless phones.

By following these summer tech tips and a few others, you can keep your devices running smoothly, stay connected, and enjoy a tech-savvy summer.

## Shawano Consulting

**“Shawano Consulting Services Ltd. would like to acknowledge 6 students within the SERDC Region who have achieved high honours in either Math or Science during the 2023 – 2024 academic year. The selected students were awarded \$500.00 each in recognition for their hard work, dedication, and commitment to their studies.”**

### Award Recipients

Gabriel Keeper (Math) Little Grand Rapids First Nation, Manitoba

Lynzee Keeper (Science) – Little Grand Rapids First Nation, Manitoba

Cyrus Green (Math) – Bloodvein First Nation, Manitoba

Hayden Young (Science) – Bloodvein First Nation, Manitoba

Justice Sinclair (Math) – Poplar River First Nation, Manitoba

Jaylene Berens (Science) – Poplar River First Nation, Manitoba

On behalf of Shawano Consulting Services Ltd., we want to wish you all the best in your future endeavours and encourage you to continue the pursuit of excellence as education will provide many opportunities for you, your family, and your community.”

## Social Development

SERDC has been granted \$500,000 from IAFNYES to support our communities to support youth in finding employment and work experience. It is an exciting endeavor and continues to promote our strong partnerships with the communities we serve.

The \$500,000 grant is for the 2024-2025 fiscal year to support our Community members from the ages of 15 to 30, who are ordinarily resident on reserve or in recognized communities to:

- Develop and enhance essential employability skills.
- Get exposed to a variety of career options.
- Paid work experience.

The main focus of this project is to provide funding for paid employment in SERDC communities.

It's been a busy few months in the Social Development department. Jonathan Dionne has started as the new Social Development Advisor. Jonathan Joins the SERDC team with over 20 years experience working for a variety of non for profits in multiple positions, across two Provinces. Jonathan has been working to formalize himself with the communities SERDC supports and has spent the past few weeks working closely with the BON's Economic office.





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