



# DÄDZE NÄSÄT

## OUR STRONG HEART

**BUILDING COMMUNITY**

**OCTOBER 2009**



## A NEW BEGINNING

Last spring, hundreds of people gathered at the old Yukon Hall to share stories, express emotions, gather strength and heal through the support of other survivors. Sacred fires and smudging ceremonies helped people deal with the memories of time spent there.

This summer, the building was demolished and the land was turned over to Kwanlin Dun as part of its land claims.

From November 17-19, Kwanlin Dun and other Yukon First Nations will be hosting a conference and potlatch to honour the memories of survivors and non-survivors and their families. People from north BC and all around the Yukon are expected to attend this important closure ceremony. There will be meals, cultural activities and entertainment, counselling and other support services.

For information, contact Dianne Smith at 633-7854.

## JACKSON LAKE CAMPS

This summer, Kwanlin Dun's Healing Camp at Jackson Lake was a busy place! Over the summer, there were a number of different camps for youth, men and women. All of these camps are aimed at helping people learn about their culture and traditions and how to take care of themselves. The camps were cooperatively organized by Kwanlin Dun's Justice and Wellness programs.

### Youth camps

Over 40 youth participated in this year's "Back to the Land" camps. They were aimed at using traditional teachings and the outdoors as a tool for teaching life skills and self confidence to the youth. Three of the youth camps took place at Jackson

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This summer, Elder Annie Smith was one of the many who helped out with the youth camp at Jackson Lake. Here she is showing people how to clean fish.

## Message from the Directors

Health, Wellness, Justice, the Learning Centre, Education, Human Resources and Social Assistance may seem like they are separate services, but they are linked by a common unity – people.

Just like many streams flow like fingers to become a river, our services become one in the people we serve. Our message is



simple, and that is to serve with unity in mind. That is the meaning of human services.

Life is a journey and like any journey, it requires a sense of direction, a path and

movement. Not long ago, people set out on journeys across great distances, but always with a sense of direction, always with a path on the land or the water, and always with the means to travel land, water, winter and summer.

The life journey remains the same, but many other things have changed. It can be difficult to set a direction for our lives, to decide on a path for our lives, and to move through the difficulties and seasons of our lives. We need help to put the pieces together, the streams to flow like fingers to become the river.

This is the reason for human services.

**Art Stephenson**, Director of Education, Human Resources and Social Assistance

**Carmen Gibbons**, Director of Health, Wellness, Justice and the Learning Centre

## Jackson Lake Camps

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Lake where youth were busy with swimming, canoeing, games, traditional songs, dance and drumming, cleaning fish, storytelling, picking medicines and making medicine bags. Another youth camp went to the Teslin Tlingit Days and another attended the Yukon River Inter-tribal watershed summit.

### Men's Camps

Two men's camps were held at Jackson Lake this summer, one in late June, the other in early September. Both camps included topics like traditional healing methods, healing through participation, residential school syndrome awareness sessions and healing circles.

There were also opportunities to practice some traditional arts and crafts and learn land-based survival skills. One camp learned how to make drums while the other had fun playing stick gambling.

### Women's camps

There were also two women's camps this summer, one in June and the other in late August.

The first women's wellness camp went for six days. Discussions included the mental, physical, emotional and spiritual aspects of the medicine wheel and how women could balance their lives. The camp covered different ways of healing like writing letters and then burning the letters. There were also daily craft projects and daily sharing circles.

The second camp was for five days and it was called "Healing through Art and Expression." Two partner agencies, Skookum Jim's Friendship Centre, and the Committee on Abuse in Residential Schools Society (CAIRS) brought clients and staff to participate in the workshops. An Elder provided workshops in the evenings about harvesting and preparing local medicines, and taught the women about beadwork and crafts.

The camp also included workshops about women's identities, healthy relationships, substance abuse prevention, relaxation, self-care, grief and loss, and the medicine wheel.

# JACKSON LAKE CAMP PHOTOS



## Stick Gambling

Participants and resource people at the second men's camp at Jackson Lake try their hand at stick gambling. The playing of traditional games and other activities is part of the healing philosophy of these camps.



## Making crafts

Women at the Jackson Lake camps were involved in making a variety of arts and crafts every day as a way of healing and celebrating their skills. The photo shows women making memory boxes as part of an exercise for grief and loss.



## SHARING STORIES

### Wellness Team is here to listen

Once upon a time, people healed through sharing stories. By working together, people would get help when they were in trouble and find light in darkness.

The Wellness team includes three counselors that will hear your story and help you move towards where you want to be. Maybe you are feeling like you want to make some changes in your life and aren't sure where to start? Maybe you have lost someone in your life and just want to talk to someone. Maybe you are trying to

develop healthy habits and want some tips or support. We all have different stories that sometimes need to be told so we can move on.

The Wellness team can meet with you individually or as a family and hear your stories in private. We welcome you to walk in anytime to share some time together.

By working together we become a stronger people. And so the healing tradition continues in our culturally rich community.

# BIRCH BARK BASKETS



This summer, Haley Dennis (top photo) led a popular workshop on making traditional birch bark baskets. This event was part of women's programming offered cooperatively by the Wellness and Justice programs to help people learn traditional crafts and reconnect with the land.

# SAFETY FIRST!

## Working on health & safety issues

This summer, Kwanlin Dun staff assessed the health and safety risks in each government building. People documented safety issues like unstable bookshelves, electrical cords under a desk, torn carpets people might trip on, toxic substances in cupboards, safe use of equipment or out of date fire extinguishers.

People are now busy working on the recommendations from each building's assessment. This will make Kwanlin Dun building safer for its workers and visitors.

Health and safety discussions also included community concerns such as broken glass, loose dogs, not enough garbage cans or old vehicles that might be a hazard.

Over the next several months, Human Resources will be developing an occupational health and safety plan. This plan will help make sure health and safety issues at Kwanlin Dun are managed according to guidelines set by law.

## Emergency measures plan

Staff will also be working on an Emergency Measures Plan.

This plan will identify what will be done if there is a large scale emergency like a forest fire, earthquake, flood or a long power failure in the winter. The plan will deal with things like getting food, medical attention and safe shelter for people.

There will be opportunities for community input into this plan.

# STAYING HEALTHY

## Avoiding the H1N1 Flu Virus

H1N1 is a new flu virus that causes symptoms similar to those of the regular seasonal flu people can get (some people used to call it the Swine flu but this name is not really appropriate as it is not caused by pigs). H1N1 It isn't necessarily more severe than other flu viruses but a lot of people are talking about H1N1 this year because it spreads really easily from person to person and can cover a wide area.

H1N1 is spread the same way as regular flu. This happens when an infected person coughs or sneezes and their germs enter the nose, eyes, or throat of another person. The germs can also rest on surfaces like counters and doorknobs. The next person who

touches these surfaces and then touches their own nose, eyes or mouth can become infected. That's why it is important to wash your hands frequently.

Symptoms of the H1N1 flu usually include: cough and fever, tiredness, muscle aches, headache, sore throat and lack of appetite.

If you or someone you know are feeling sick, stay home and rest. Don't go to work, school, friends or other public places. This helps prevent the spread of H1N1.

Home treatment includes rest, fluids (like soup, juice, and water), fever reducing medication and frequent hand washing with soap and water. These steps will help you feel better.



Jasmine Johnson gets a vaccine shot from Community Health Nurse, Christina Sim.

### How to prevent spreading or catching the flu:

- ✓ **Wash your hands frequently with soap and warm water, or use hand sanitizer.**
- ✓ **Cough and sneeze into your arm or sleeve.**
- ✓ **Stay home when you are sick.**
- ✓ **Do not share drinking glasses or eating utensils. Keep common surfaces clean.**

### Should I see my health care provider if I have symptoms of the flu?

Most people can care for themselves or their family when they have the flu. You can call the KDFN Health Centre, Monday – Friday during regular working hours and ask to speak to a nurse.

You can also call Yukon HealthLine toll free at 811 from anywhere in Yukon for health care information or advice from a registered nurse anytime, 24 hours a day, 7 days a week. The nurse will assess your symptoms and help you to decide how to care for yourself or your family. If your symptoms worsen, the nurse may recommend that you contact your healthcare provider.

People who are at high risk of complications from flu-like symptoms should seek medical attention quickly. This includes: pregnant women, people with underlying medical conditions such as diabetes, or those with compromised immune systems.

#### **Call before you go to a nurse or doctor!**

If you have, or think you have H1N1 flu, before you go to the Health Centre or another health care provider, call to let them know you are coming in. This will help them make sure that others in the clinic are not going to be exposed to this very contagious flu virus.



# MEETING COMMUNITY NEEDS

## Justice program is making changes

The Kwanlin Dun Justice Program has been working on a new approach to create a community-based and holistic way of dealing with people who have created harm (the “harmer”) in our community or broken a law.

### *Circle approach*

Justice is moving toward using a community-based circle approach when dealing with harm in the community. The circle is sacred and it is believed that all participants will experience healing and teaching from using a circle.

The participants will include the harmer and may include the person or people who have been harmed, including family members and friends. It will also include Elders, Resource Workers (counsellors, RCMP, education, housing, NNADAP, economic advisors, etc.) and a circle facilitator.

In some cases, the circle may result in an agreement setting out terms that must be fulfilled by the harmer and/or other participants. The circle facilitator will prepare the circle participants prior to the circle and help support all of the circle participants in completing their agreement.

There are three phases that Kwanlin Dun’s justice program may get involved with people in the justice system.

### *1. Diversion*

Diversion means getting involved to try and keep people out of the mainstream justice system before any charges by the RCMP have been laid.

If a community member has already been charged, our diversion efforts will focus on getting the harmer involved in Kwanlin Dun’s justice program, if appropriate.

### *2. Sentencing recommendations*

When harmers end up in court, the Kwanlin Dun Justice Program may participate in making sentencing recommendations to allow for meaningful community involvement.

### *3. Reintegration of offenders*

When a person has been in jail outside of the community, they often return without a plan to help them reintegrate into the community. Kwanlin Dun Justice will work to get involved in developing release plans for individuals who have caused significant harm to community members.

### *New Justice Council*

To oversee and guide the justice program, a new Justice Council is being set up. The main role of the members will be to help foster a sense of ownership and responsibility for justice issues within the Kwanlin Dun community. Council members will also do case conferencing with Kwanlin Dun staff as required and participate in circles as required. If people are interested in participating in the Justice Council, they should call Jeanie Dendys at 633-7851.

# FOSTERING HEALTHY FAMILIES

## Reunifying Families

Families in our community can become separated when a family goes through some tough times. The Justice Program works with families who are making positive changes to help them reunite family members. We celebrate both the reunified family and the steps people are taking to take control of their lives.

## Foster parent training

Sometimes children need to be taken care of by people outside of their immediate family for the child's own wellbeing. Maybe the home is unsafe. Maybe their caregiver passed on. Or maybe the caregivers just need a short break.

Foster families care for children who cannot live with their families. The goal is for the children to return home when their parents are able to safely care for them.

Fostering is a family opening its home and nurturing, caring for and sharing its love with children. It is a family helping others in its community. It is about helping children return to their own home or move to a new permanent home. Foster families also help children maintain contact with their own family and culture.

The Justice Program will be helping to organize "Pride Training" workshops for our community members. PRIDE stands for Parent Resources for Information Development and Education. These

workshops talk about what fostering involves and provide training and support to people interested in taking on this role.

These workshops will be offered sometime this winter. If you are interested in attending, let us know at we'll put you on a list. Call us at 633-7850.

## Two adoptive families needed

Sometimes children need a new family to take care of them on a permanent basis, to provide continual love and stability.

KDFN and Health and Social Services are currently looking for two adoptive families.

There is a one-year old boy who is very social and enjoys playing with other children. He is very curious and delightful. He enjoys the outdoors and can now explore by walking. This child needs an active family who will support and guide him as he develops. This family will be willing to learn about special needs that may develop in the future.

The second child is a four year-old girl. who is pleasant and talkative. She likes to camp, swim and play with other children. She is in good physical health and likes to keep busy. This girl is part of a large extended family that is important to her. With the right supports, this child will excel.

If you are interested in learning more about adoptiing either of these children, please contact Bev Fohuse at 667-5071.

FOSTERING  
IS A FAMILY  
OPENING ITS HOME  
AND NURTURING,  
CARING FOR AND  
SHARING ITS LOVE WITH  
CHILDREN.  
IT IS A FAMILY HELPING  
OTHERS IN ITS  
COMMUNITY.



# GOOD TO GROW!



The community garden next to the Health building provides many benefits.

Individuals have garden beds that provide nutritious food for their families. Other parts of the garden are used to grow food for elders.

Gardening activities help people learn new life skills. It also provides a chance to get to know Kwanlin Dun staff and other community people.

The garden is a relaxing place to be. It provided a great place for outdoor meetings and breaks in the hot summer.

It is also a rewarding place. There is something special about harvesting vegetables you planted from a seed weeks before.

Over twenty families participated with the garden, and many community and staff members contributed volunteer hours to water the plants. Ron Pearson and KDFN department directors donated plants and Garret Gillespie and Heidi Marion of Food Scapers contributed great gardening wisdom.

Thanks to everyone who helped to grow healthy food and build community!



# PURSuing HEALTHY LIVING!

Over 40 adults have been involved in Kwanlin Dun's new Healthy Aboriginal Adult Program since it started last March. The program helps people live healthy, active lifestyles which can help prevent illness and disease. The Healthy Aboriginal Adults program is for middle-aged adults (20 years and older) who are KDFN citizens.

The first step for people entering the program is a simple health screening. This screening identifies any risk factors that an individual may have based on their family history (such as heart concerns,



Participants in the Healthy Aboriginal Adults Program get free passes to the Canada Games Centre.

diabetes, or arthritis). The health screening is done with a nurse at the health centre and takes about 20 minutes.

After the health screen, staff work with the individual to set a health goal. A health goal might be about losing weight, getting more exercise, eating better or other healthy choices.

Armed with a new goal, the individual then gets a free, 10-punch pass to the Canada Games Centre. To get refill their 10-punch pass Canada Games Centre card, the individual needs to check-in with health staff to talk about the progress on their health goal.

*To learn more about the program, contact Marie Martin at 668-7289.*



## EXPLORING POSSIBLE EMPLOYMENT CENTRE

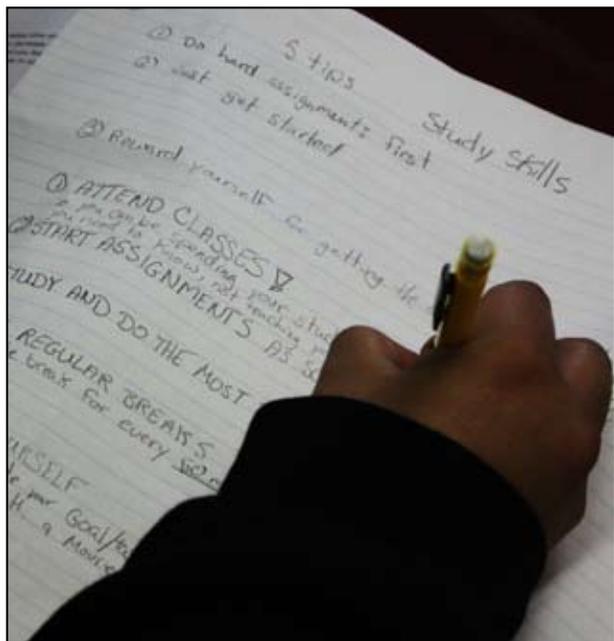
Kwanlin Dun community members have different employment needs. Some people need to help developing a resume that shows what kind of jobs they have done in the past. Others might need help figuring out what career they might want to pursue.

Some might have difficulties with job interviews and want some tips. Others might need to learn lifeskills or find other supports that will help them keep a job over time. Some could be looking for information on the jobs that they can apply for. Others might want all of these services!

Human Resources and Economic Development are doing a study to learn if it makes sense to set up a Kwanlin Dun Employment Centre that could offer these types of services in one place.

The study is looking at the needs that people in Kwanlin Dun have, the cost of providing employment services, where a centre might be developed, and the funding that would be available to create and run it. The study will be finished by the end of next March.

# EDUCATION FOR ADULTS



Adult education programs are expanding at Kwanlin Dun. The Department of Human Resources, Education and Social Assistance has more staff and funding to offer more courses and to plan for the future.

To make sure the education programs meet the community needs, the department will be developing a comprehensive training plan for the community.

This fall, staff will be looking at the skills that Kwanlin Dun members already have, what they would like to learn more about and what skills are needed for the future. People will be talking to the community members and the Kwanlin Dun government about the different types of training that might be possible. For example, training could include short courses, college programs, on-the-job training or mentoring.

If you have thoughts on the type of training our community needs, please get involved in the discussions!

# EDUCATION FOR KIDS

The Duska' Aboriginal Headstart Learning Centre is full this fall with 24 children busy developing many different skills.

Although all the indoor and outdoor play that kids do at the centre looks like just plain fun, these planned activities at at Duska' help the children learn self-help skills, social skills, beginning reading, kindergarten readiness skills and more. For example, painting helps kids learn colours and hand-eye coordination. Storytime helps them learn new words and reading skills. Trips to the beach in the summer helps the kids learn motor skills and social skills.

There are also traditional activities going on at the Centre to help the children learn more about their culture. This winter their will be native drumming and dancing. Kids are also learning native languages with Vera Brown (*see page 11*).

Duska' activities also include a lot of celebrations and meals for the kids and for their parents. This fall, Duska's kitchen will be made larger to meet health regulations and to help us hold larger events like our Thanksgiving and Christmas meals!



Reading is one of the many types of learning activities at the Duska' Learning Centre.

# STRENGTHENING OUR LANGUAGES

Last spring, the Aboriginal Languages Program at Kwanlin Dun developed a Native Language Strategy. This strategy focused on how the program could help people learn Southern Tutchone, Northern Tutchone and Tlingit in the Kwanlin Dun community.

Two researchers, Sean Smith and Melissa O'Brien, developed the strategy. They researched how native languages have been taught here and in other communities. They interviewed instructors and native language specialists. They also held a consultation meeting which 50 people attended, 19 of them elders.

At the community meeting people highlighted the need to include native languages into the daily lives of Kwanlin Dun members. As elder Paddy Jim said, "Native Language was included in everything, daily life, elders were learned from to pass the knowledge of language and culture."

People often find it easier to learn a new language when they are doing things that involve the language. The Aboriginal Languages Program is working on ways of teaching languages outside of a classroom, to make learning more hands on. For example, language instruction will sometimes be part of traditional crafts and activities workshops. This will allow people to learn native languages and a new skill.



This summer, children enrolled at the Duska' Learning Centre had some fun learning Southern Tutchone words for different body parts from Vera Brown.

This is an example of the different ways that language is being integrated into activities and programs throughout Kwanlin Dun.

The Kwanlin Dun government is also working to use more native language on signs, to name its building's with native names and to label things in the workplace with native language words.

The languages program will also be setting up an advisory committee, made up of community members and language experts, to the program find ways to continue to grow and develop native languages in Kwanlin Dun First Nation.

## Corrections Redevelopment

Manager of Justice Jeanie Dendys, and Council member Jesse Dawson sit on the committee that is overseeing the redevelopment of corrections. This includes overseeing changes to the *Corrections Act* the new jail and the women's transitional unit (see photo).



## UPCOMING PROGRAMS

### Winter Warmth Program

We're seeking donations of new winter items (such as coats, mitts, hats, and boots). If you need winter clothing, items will be available from November to January. *Contact: Marion Fayant, 668-7289 (ext. 249)*

### Healthy Adults Drop-In

A program to help people moving toward a healthier lifestyle meet others doing the same. Come have lunch and work on crafts, puzzles, or artwork. Times TBA. *Contact: Marion Fayant, 668-7289 (ext. 249)*

### Positive Parenting Program

A six-week program to explore things like anger management, self esteem, effects of residential schools and creating harmony in the home. Traditional craft projects will be a focus of the program. *Contact: Marion Fayant, 668-7289 (ext. 249)*

### Moms Moving Forward

This program for pregnant or parenting moms will start in January or February. There will be gift certificates for food or clothing. We'll talk about parenting, positive discipline, addictions, relationships, communication, mental wellness and more! Daycare provided. *Contact: Jen Olson at 668-7289 (ext 250).*

### Culture in Schools

We're looking for Elders who would like to teach and share culture and traditional knowledge in school (such as carving, beading, drummaking, berry-picking or other activities). *Contact: Shirley Smith at 667-5993.*

### Life Development Program

This program will assist people to live more successfully in their family, community, and workplace. It will include cultural, social, educational and recreational activities with an emphasis on using traditional teachings as a foundation to build on. *Contact: Viola Papequash at 633-7852.*

## BUILDING BRIDGES

Usually, different government services for community members are delivered by different people. Some staff provide social assistance while others focus on education. Some deal with helping people get a job while others provide housing. Some focus more on physical health while others provide counseling for emotional challenges.

However, one individual usually needs many different services at the same time. Maybe they are on social assistance because they don't have the education they need to get a job. Or maybe they need housing because they are dealing with some emotional or physical issues. They need more than just one government service to help them.

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## BACK TO THE RIVER



The Health Centre hosted a "Back To The River Harvest Camp" at Lin and Allan Waugh's Atsua Ku camp across the Yukon River from September 14-18.

People were involved in various harvesting activities such as hunting, setting fish nets and small game trapping. Participants caught a porcuine which Dale Brown is seen roasting above. Everyone pitched in to maintain the camp, cook meals, haul water and garbage, do dishes and more! Camps like these help to promote healthy and traditional lifestyles.

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The departments that work with people in Kwanlin Dun are will soon start using an approach called “case management”. This isn’t a new service; it is just a new, interconnected way of providing existing services.

Case management focuses on helping an individual get the range of services they need over time. It helps people figure out what changes they might want to make in life and what support they will need to make these changes. Then it helps them get the right services along the way. Case management is an approach that helps someone over the long-term. It builds bridges across services to help an individual get support that makes the most sense for that person.

## LUNCH 'N LEARN ACTIVITIES



During berry picking season, Health Services’ *Lunch ‘n Learn* Program often becomes a berry-picking picnic. In September, Rayden Kodwat, his grandma, Elsie Charlie, and a number of other women headed out to Kusawa to pick cranberries.

Health Services usually offers *Lunch ‘n’ Learns* on the second Wednesday of the month. However, *Lunch ‘n’ Learns* are open to everyone. They are typically held at the Health Centre. Lunch is provided and guest speakers often come to speak on a variety of topics.

## NEWS BITS

### Healing Centre

Early ideas for a healing centre were to link it to the jail. However, community members said they wanted a healing centre that would be open to anyone who wants to heal, not just people in the justice system.

Health and Economic Development teamed up to do a study to look at the feasibility of a setting up a land-based healing centre for Kwanlin Dun. That study is wrapping up. These departments have also received funding for the next phase, the pre-implementation phase. This money will be used to work on a program and building design for a healing centre and to identify an appropriate site for the centre.

### Counting clients

Health set up a computer database this year to help it track who is using health and wellness services. This database will help us learn more about our clients (e.g. how many we have, how old they are, what sex they are, where they live and so on). This information will help us design the best services and get appropriate funding.

In one year, from April 2008 to the end of March 2009, we saw over 1,000 different people, with a total of 14,000 visits!

### Strengthening Staff

Human Resources will be reviewing its staff development system to make sure Kwanlin Dun staff are getting the training they need for the jobs they do.

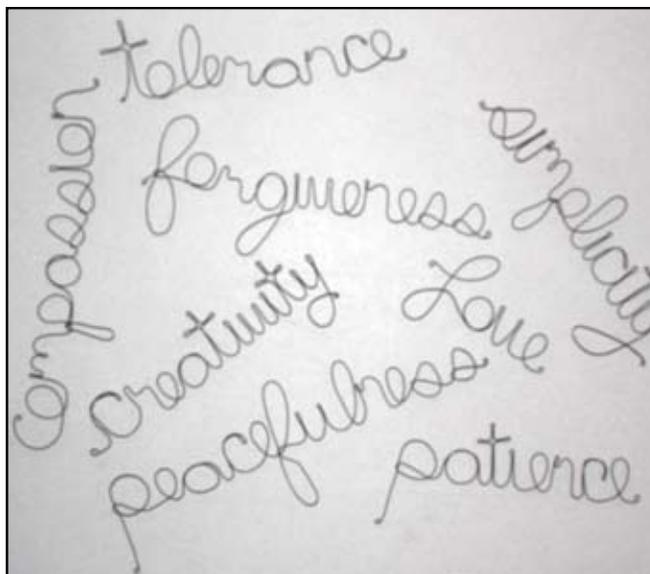
Training and developing staff skills helps a government respond to changing needs and ways of running a government. Staff development is also a form of community development since the organization is part of the community and all growth is shared.

Staff development also increases employment and advancement opportunities for KDFN citizens in the workplace.

# DISCOVERING OUR VALUES

The Kwanlin Dun departments that deliver human services are working together on a “Values Project.”

The values project will work to discover the core values important to citizens in our community. We want to learn about these values to help guide our programming and how we work with the community.



regard and respect to others and to the animals, the plants, the land, and the universe.

People who hold traditional values feel all things are connected. They respect themselves and others.

Traditional values help people resist personal and community pressures to drink, fight, feel depressed or get involved in other negative activities. These

## ***What are values?***

Values are the things that really matter to us. They are the ideas and beliefs that guide how we behave. They help us decide what is acceptable or unacceptable, important or unimportant, right or wrong and or workable or unworkable in their community.

## ***Where do we get our values?***

In some traditional First Nations communities, the main way for teaching proper behaviour was through story telling. Values were also included in all community

activities. They were shared in ceremonies through songs, prayers and other activities.

## ***Why do we need values?***

When people are taught their traditional values, they begin to understand themselves, to be grateful for their culture and to understand what makes them unique.

People who continue to rely on traditional values see themselves in a caring and supportive relationship to all human beings and the earth. They give spiritual

values also guide people to help others who are dealing with challenges. In other words, traditional values help build community.

## ***The Values Project***

Our departments are just beginning to talk about how we will carry out this project. However, we look forward to working with the community in discovering the values that make us strong. If you are interested in learning more, contact Carmen Gibbons at 667-7289, ext. 237

## DEPARTMENT CONTACT INFORMATION

HUMAN RESOURCES, EDUCATION & SOCIAL ASSISTANCE	ASHAW KU BUILDING (House of Learning) , #5 O'Brien Place	Main: 633-8422 Fax: 633-7841
HEALTH & JUSTICE: Health Services & Wellness	# 43 McCrimmon	Main: 668-7289 Fax: 633-6095
HEALTH & JUSTICE: Community Justice	#7 O'Brien Place	Main: 633-7850 Fax: 633-7855
HEALTH & JUSTICE: Duska' Learning Centre	#47 McIntyre	Main: 393-3775 Fax: 393-3959

# DO YOU HAVE A STORY TO TELL?

## Learning about Health Care for First Nations

Have you had any of the following experiences with the health care system?

- *You felt you were not being heard when you went to the doctor or tried to pick up a cheque at the Non-Insured Health Benefits office.*
- *You had a hard time understanding what the doctor or health practitioner was asking you—or you weren't sure what questions you should have been asking them.*
- *You felt that they didn't understand or respect your traditions.*
- *You had a difficult time getting to and from your appointment.*
- *You could not pay or had a hard time finding the service.*

You may not be alone. Many Yukon First Nation citizens have said they have a hard time when they try to get health care. Many feel that health services need to get better at responding to the cultural history and traditions of Yukon First Nations.

### ***We are collecting your stories!***

We are collecting people's stories about the hard time they may have had getting the best health care or finding the right service. These stories will give the First Nation Health and Social Development department more strength when they ask governments to improve services for First Nations.

If you have a story you want to share, please fill out a questionnaire at the Kwanlin Dun Health Centre or community meetings. Someone will be able to help you fill in the form if you wish.

There are three questions:

1. *Tell about a time when you needed health services and it was a good experience. (Why was it good? What made it a good experience?)*

2. *Tell about a time when you needed health services and it was hard to get what you needed. (What was it that made it hard to get?)*
3. *What would make it easier for you to get the health services you need?*

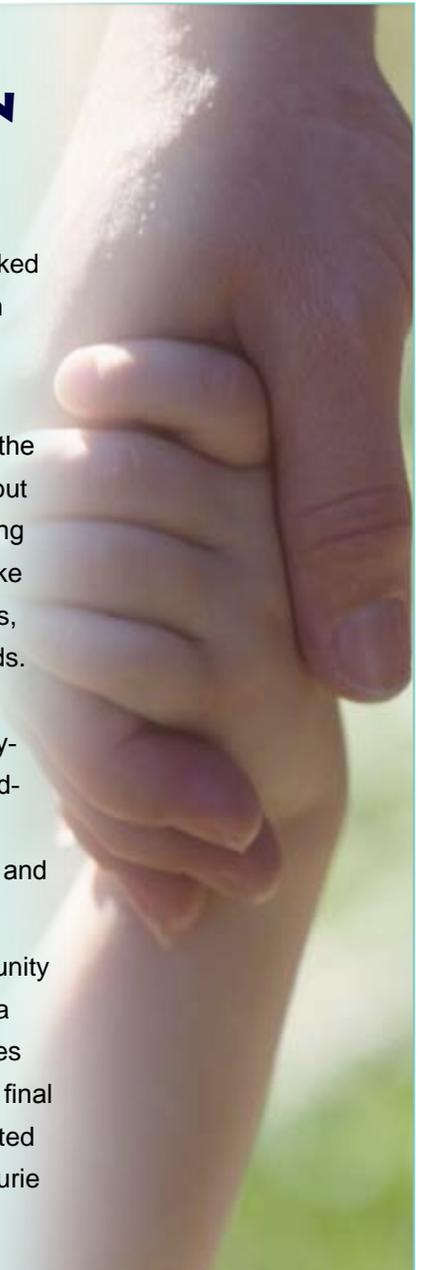
This is an opportunity for you to tell your side of the story and to contribute to improving health services for First Nations in the Yukon. For more information call Jen Jones at 393-9249.

## COMMUNITY HEALTH SCAN

Last year, people working on the Yukon First Nations' Community Health Scan talked to over 150 people in Yukon First Nation communities.

Many different issues were identified in this first part of the research. People talked about things like difficulty in keeping or training staff. Others spoke about the quality of dentures, eye glasses and hearing aids. Issues related to wellness, like the absence of culturally-relevant treatments and land-based programs, were also raised by First Nations staff and community members.

The next step in the Community Health Scan will be to take a closer look at all of the issues raised in the consultation. A final report on the Scan is expected this fall. Contact: Valerie Laurie at 393-9247.



# COMING EVENTS

## October

### Memorial Quilt Project

**Tuesdays starting Oct. 6, 6-9 at the Health Centre**

This is a chance for Residential School survivors or their children/grandchildren to tell their story through a quilt. All materials will be provided. Contact: Nyla Klugie, 668-7289 (ext. 251)

### Dusk'a Thanksgiving Social

**Oct. 9, 11:30-1:00 at Duska' Learning Centre**

All parents of children at Dusk'a and Chief & Council are invited. Contact: Dorothy Mitander-Graham, 393-3775

### Drum Making Workshop with Joe Migwans

**October 9-11**

Space is limited to 10 people. Priority given to those who have not made a drum before. Contact: Nyla Klugie 668-7289 (ext. 251) or Darlene Smith, 633-7850

### Annual Flu Vaccination Clinics (For people 65 & older)

**Oct. 13-30, Monday to Friday, 9-11:30, 1-4**

Extended flu vaccine hours on Oct. 15th & Oct. 19th (open until 7). H1N1 vaccine is expected to be available in November. Contact: Nurse at the Health Centre, 668-7289

### Traditional Medicine Workshop

**Oct. 13-16 and 19-23, 9:30 -3:30 at the Health Centre**

Contact: Nyla Klugie, 668-7289 (ext. 251)

### Community BBQ

**Wednesday, Oct. 14 at 11:30-3:30**

### Koyote Ski Club Fire Circle

Open to everyone as part of Poverty and Homelessness Action Week. Contact: Joseph Graham, 668-7289 (ext. 248)

### Sewing & Craft Night

**Wednesdays, starting Oct. 28, 6-8:30 at Justice Building**

Justice and Wellness will be hosting a weekly sewing/craft night. Contact: Darlene Smith, 633-7850

## November

### Yukon Hall Closure Ceremony

**Nov. 17-19 at Nàkwät'ákú**

There will be two-day conference focused on helping people gain the tools that they need to help them move on and a one-day Potlatch in celebration of our heritage, culture and resiliency. Contact: Dianne Smith, 633-7854

### Vest Making

**Nov. 23-27, 2009 at the Health Centre**

Contact: Nyla Klugie, 668-7289 (ext. 251)

## December

### Beading Workshop

**Dec. 14-17, 2009 at the Health Centre**

Contact: Nyla Klugie, 668-7289 (ext. 251)

## January

### College Preparation Courses – Jan. 4-April 27

There will be four college prep courses next term: Math 040 (Introductory Algebra); English 050Z (Writing Skills); Study Skills 040 (Study habits, time management, reading strategies); and Computers 050. Each have different prerequisites and are at different times. Contact: Cathy Borsa, House of Learning, 334-8718

### Babishe Bag

**Jan. 18-26 at the Health Centre**

Contact: Nyla Klugie, 668-7289 (ext. 251)

## February

### Paper Art Workshop

**Feb. 15-19 at the Health Centre**

Contact: Nyla Klugie, 668-7289 (ext. 251)

