



# Dustl'us

February 2019

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## Tl'azt'en Nation Band Administration Office



Photo by Joshua Joseph

Taken in Boom, Belgium 2017

A small town outside of Brussels City

Fit Nation Gym Nights Schedule, Tuesdays & Thursdays  
from 8pm to 5pm



Fit Nation  
Photo By  
Charlene  
Tom,

The Youth  
Are  
Extremely  
Happy With  
This  
Program &  
It Shows!



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## Tl'azt'en Chief and Council

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To: Tl'azt'enne  
Date: February 15, 2019  
RE: Forest Opportunity Initiative Fund

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Hadi' Tl'azt'enne,

Due to the perceived conflict of Chief and Council motions in the allocation of the Forest Opportunity Initiative Fund (FOIF), and in the desire of Chief and Council to be open and transparent with Tl'azt'enne; this issue was brought to the Community Engagement Session on January 23, 2019 so that members can have their input and feedback to the allocations proposed by C&C.

At the January 23, 2019 meeting, members supported the creation of a committee to review and put forward their recommendations on the funding; therefore, taking it out of the hands of Chief and Council. Approximately 20 members put forward their names to be on the committee, and the committee will be bringing back their recommendations to a special Community Engagement Session on February 25<sup>th</sup>, starting at 10:00 AM at the Eugene Joseph School gym. Your participation is encouraged and welcomed.

On another note, Monday is Family Day so the offices will be closed. It's my sincere prayer that God's Love, Caring and Hope is bestowed on you, your family and our communities; to strengthen our ties to each other and among our communities. It is a critical time in history, and we need to be united in our efforts to get healthier, be kinder to each other and hold each other up.

To this effort, Tl'azt'en Nation is hoping to secure funds to begin sending C&C, staff and members to the Transformations Retreat. A flyer is attached for your reading pleasure and if you are interested please give your name to Josh at the front desk. The Transformations Retreat is a good opportunity to do self-care so that we can be in a healthier place to help each other.

Soo anawndleh 😊





# transformations

*We honour the  
traditions of the past  
and provide tools to  
create the future you  
want.*

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*Transformations is a four-day personal development  
process designed to address the health and wellness  
needs of First Nations communities across Canada.*

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### { What is this all about? }

Transformations is a four-day process I, Thomas Morris have created for the First Nations of Canada. It addresses many of the felt needs that hinder people from gaining employment and from experiencing the fullness of life's possibilities.

This program honors the traditions of the past, (drumming, dancing, singing, smudging, walking on traditional lands, and art) are all ways we integrate the process into traditional culture. At the same time, it empowers participants to create and embrace a healthy view of the future.

Transformations based on a new pedagogy of experiential learning, this elevates the impact and retention of the content. From the start of the process we create a safe place for participants to be open and honest and to experience themselves and community in new and transformational ways.

Transformations is a gentle path towards healing and connection.

### (Who is it for?)

There are four groups of people who have found that Transformations benefits and transforms their lives.

1. Leadership, chiefs, council members, health directors and other government staff positions.
  - a. The benefit for them is personal power to serve the community
  - b. Discovering a healthy lifestyle that renews passion and empowerment
  - c. Living a balanced and self-aware life
2. Community members seeking employment
  - a. At the end of, or beginning of any training process Transformations has seen results in job retention, and the skills to manage and keep employment. Educational directors have said it has been an excellent investment in job training.
  - b. Helping those seeking employment to overcome internal barriers. It enables them to take responsibility for their life and removes the mental constructs of a victim mentality.
3. Community members struggling with addiction.
  - a. We have seen unprecedented results from those in attendance.
  - b. Harm reduction in upwards of 75% of attendees and sobriety in many. Now after four years we are seeing people remain sober for years and the transformation they experienced has stayed with them.
  - c. My back ground is in drug and alcohol treatment and I address these issues with those who need it. (We do not have any preferred method of recovery, so it is easy for anyone to embrace the process)
4. Community members who simply want more from life
  - a. We address a host of items that assist with living life to the full
  - b. Personal awakening happens for many
  - c. Overcoming suicidal thoughts
  - d. Helping people stuck in grief



### { THE OUTCOMES OF THE PROCESS }

The overall outcomes we target are as follows:

- To create an empowered culture where health, wellness and productivity are core.
- To align each participant's life with timeless life management principles.
- To provide tools necessary to increase personal productivity, and efficiency.
- Overcoming mental constructs that hinder a view of what is possible into the future
- We create an accountable culture where a transformed life is sustainable.
- We create a new realm of possibility for each participant. Within that new realm the constraints the past imposed on their view of life will disappear.
- When needed, we address addictions and the pathway to freedom.

### { THE CONTENT OF TRANSFORMATIONS }

The content includes but is not limited to:

- A deep understanding of a personal development process and the freedom that follows.
- Freedom from addiction.
- The "ground of being" for an effective life (Integrity, Reality and Authenticity).
- Addictive voice recognition.
- The three laws of performance.
- The power of story and letting go.
- Forgiveness and understanding its power and process.
- Compassion with yourself and forgiveness of others for reconciliation to be a possibility.
- We empower participants to identify, and then let go of limiting beliefs and mental models of life that no longer serve them.

*We are sensitive to the devastation caused by the residential school policy of the Canadian Government. We address this and have integrated it into the Process where the pain of the past can be reconciled with a healthy present and a new possibility for the future.*

### (Frequently Asked questions?)

*What do you do for follow up?*

First we have a nine-week process called next steps. This is done in community and run by community leadership. We revisit the process and allow for people to integrate it into life at a pace that suits them. Tom has a pod cast free for all who attend. This is a weekly talk that reinforces what is taught at the retreat. The focus is on personal development.

There is a support group on Face Book for all attendees where a virtual accountability is created. However, the most important follow up tool is employment. Meaningful work is the end result for many. Helping them take responsibility, learning to manage money, and remaining free from addiction all converge to make this vital in the longer term for each participant.

*Are there any religious overtones?*

No. Transformations respects each person's right to their own beliefs and has no agenda around the transformations that take place. There is a spiritual connection made as part of the process but it is presented in a neutral fashion and honors the traditions of the first nations involved.

*What age is this for?*

We ask that each participant be 18 years of age or older. There is no restriction on the other end of the spectrum. We have had people as old as 83.





*Do you handle food restrictions?*

Yes, this is part of the registration process and we can handle most allergies etc.

*How many people attend?*

The ideal number is between 26-32.

*If people come together will it be safe for them to share?* We hold a strict anonymity policy this is part of the safe community guidance. Plus they will not be in the same small group as those close to them.

Other questions please do not hesitate to call Tom or Wendy numbers below

### **{ THE TEAM }**

#### *Thomas Morris*

Thomas has a background in addictions counseling and running group therapy for a treatment center. He has been speaking on life development and leadership principles for over 40 years and is an excellent communicator and facilitator. His passion is focused on community and the power it has to bring healing and health. Thomas's approach to the retreat brings people together in new and creative ways that last long after the retreat is completed.

"We are all addicted to something and this is only the symptom. The root is a loss of connection with self, culture, creation, community, meaningful work, passion, and childhood trauma. Transformations gets us reconnected." Thomas.

#### *Carmen Morris*

Carmen has been described as loving, kind, and she lights up a room with her presence. She functions in a support role with Transformations and ensures the details and flow of the retreat is done with ease. Carmen brings a passion to love, inspires people, and brings a warmth to the retreat that everyone appreciates. Carmen and Thomas have three grown children and live in Calgary.

#### *Wendy Henders*

Wendy is a registered nurse with 30 plus years of experience. She is gentle, passionate and very educated around First Nations history. Wendy is the general manager of the retreats and deals with all aspects of the retreat so that it is run in an effective way. Wendy also assists in the facilitation process and brings a passion for helping people that is infectious.

### **{ COST OF THE RETREAT }**

The cost for each seat in the retreat is \$1,850 (This could go up in 2019).

We are flexible as to how many seats any given community purchases.

Included in the cost is accommodation, food, work books, the program and the follow up process.

### **{ Retreat LOCATIONS }**

We use a variety of locations as close to the communities attending as possible. The next retreat is at Ness lake Camp 35 minutes north of Prince George

### **{ TIMING }**

Registration begins at 11:00 am Tuesday

The retreat ends on Friday at 4:30 pm

A lunch bag and a variety of gifts are included for the ride home.



Dates for next retreats:

2018 November 20-23 Ness Lake Near Prince George (One hour and 35 minutes from McLeod Lake)

2018 December 3-7 Ness Lake

2019 Jan 14-18 Ness Lake

2019 Feb 19-22 Ness Lake

2019 March 19-22

2019 April 29-May3rd Ness Lake

Take a look at what participants have said: [www.transformationsretreat.ca](http://www.transformationsretreat.ca)

If you have any questions about the content, times, costs or other concerns please do not hesitate to call. Please feel free to email, or see our website for further information.

Regards

*Thomas Morris*

*CEO, Transformations Retreats*

*Thomas@transformationsretreat.ca*

*{403} 471-1773*

*Wendy Henders*

*Director of Operations*

*403-830-1970*

*[Wendy@transformationsretreat.ca](mailto:Wendy@transformationsretreat.ca)*

**Potlatch for  
The Late Justa Monk**

**DOUBLE HEADER**

**Granton (Caribou) & Lhts'umusyoo (Beaver)**

**Nahw Dizulh**



**Granton**



**Lhts'umusyoo**

**Date: Easter Monday - April 22nd, 2019**

**Location: Eugene Joseph - Gymnasium**

**Time: 11:00am**

**Book Keeper: Gloria Duncan**

**Cell: (250) 996-1166**

**Email: [gloria.duncan@tlazten.bc.ca](mailto:gloria.duncan@tlazten.bc.ca)**



# *1 Year Dinner for the Late Justa Monk*



**Date: March 16, 2019**

**Time: 12:00pm**

**Location: Eugene Joseph School**

*Dad*

*Your life was a blessing, Your memory a treasure  
You are loved beyond words, and missed beyond measure.*



# FEBRUARY 2019

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Family Day Offices Closed Charlene away for the week in training	19 Chief & Council Closed Door 10-12 Management Skills	20 Management Meeting	21 Housing Committee Meeting 9-12	22 Women's Right To Be Safe Info Session	23
24	25 Community Engagement meeting, EJS Gym 10am	26 Seth/Gordon Gone For The Week In Training	27	28		



# Community Bus

Monday, Wednesday and Friday

Location:	Departure Time
Binche Bay Store	8:45 am
TI'az'ten Health Center	9:15 am
Binche Bay Store	9:45 am
Binche Highway Bus Stop	9:50am
Key (Downtown FSJ)	10:30 am
Stuart Lake Hospital	10:40 am
Sana'aih Market	10:45 am
Key (Downtown FSJ)	11:00 am
Binche Bay Store	11:45 am (continues to TI'az'ten if necessary)
Binche Store	3:00 Departure
TI'az'ten Health Center	3:50 pm
Binche Store	4:15 pm
Binche Highway Bus Stop	4:20 pm
Key (Downtown FSJ)	5:00 pm
Stuart Lake Hospital	5:10 pm
Sana'aih Market	5:15 pm
Key (Downtown FSJ)	5:30pm
Binche Store	6:00 pm (continues to TI'az'ten if necessary)

Tickets can be purchased at the following locations:

**Binche Bay Store** (Hours 10-9 weekdays and 12-8 weekends)

**TI'azt'en Administration Office** (Hours M-F 8-4)

**Sana'aih Market** (Hours 8-9, 7 days a week)

**\$2 per ticket. The driver is not authorized to accept cash.**



Binche Keyoh Bu Society  
204 Mandine Drive  
Binche Keyoh BC V0J 1P0  
Office: 250-648-3232  
Fax: 250-648-3636

Mailing Address:  
Post Office Box 847  
Fort St James BC V0J 1P0



## **Notice**

**The Community Bus Pick-Up  
Will Be At The Tache Health  
Center, Starting Wednesday,  
February, 20<sup>th</sup> 2019.**





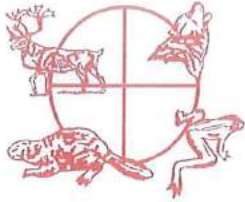
**Tl'azt'en  
Nation  
Administration  
Boardroom**

# **Housing Committee Meeting**

Everyone is welcome to attend the  
Housing Committee meeting.

**Thursday Feb 21, 2019  
9 am to 12 pm**





**Tl'azt'en Nation**  
PO Box 670, Fort St James, B.C. V0J1P0  
Phone: 250-648-3212 Fax: 250-648-3250



# Notice

To: Tl'azt'en Nation Members  
From: Tl'azt'en Housing Department  
Date:  
Re: Tl'azt'en Universal Rental Policy

Dear Tl'azt'enne,

This notice is to inform you that the Tl'azt'en Nation Housing Committee will enforce the Rental Regime policy on all non-mortgage band owned property within the nation excluding non-occupied and teacherages.

This rent will cover such things as:

- Annual Insurance
- Repairs and Maintance
- Operations and maintance
- Emergency Repairs

This Policy will take effect on March 1<sup>st</sup>, 2019.

You will have to come in the office and sign a Rental Tenancy Agreement before March 1<sup>st</sup>, 2019 with the Housing Manager

Please come in and make arrangements with the Finance Controller to ensure your payments are on time.





**Tl'azt'en Nation**  
PO Box 670, Fort St James, B.C. V0J1P0  
Phone: 250-648-3212 Fax: 250-648-3250



## Housing

The Housing Department would like to advise the Membership of Tlazten Nation that we will be conducting a Unit Condition Report of housing stock. This report will be used to determine the immediate needs of your house to bring a standard of Health & Safety and drive long-term planning that the Housing Department requires.

Members of the Housing Department will be visiting your home starting February 11, 2019 and a few weeks after.

The Unit Condition Report should take no longer than 90 minutes to complete and requires the Head of Household approval, your feedback is important.

Should you have any questions or concerns or have a suggested schedule regarding this matter please call the Housing Department directly and speak with Seth or Gordon.

Musi





TL'AZT'EN NATION  
NATURAL RESOURCE  
DEPARTMENT

## OMINECA

### ESI

ENVIRONMENTAL

STEWARDSHIP

INITIATIVE



### UPCOMING MEETINGS

Feb 27 2019

Feb 28 2019 (3rd

Licensee Workshop)

# ESI January Meeting Summary

JANUARY 22 2019 @ MFLNRO OSPIKA BLVD, PG

## Topics Discussed:

### ⇒ Immediate Measures

The Omineca Project Team (OPT) invited major licensee forest planners to attend a WORKSHOP ON IMMEDIATE MEASURES on January 23rd at the Coast. Now that the Memorandum of Understanding (MOU) has been agreed to and signed, we begin the process of a three-way stewardship strategy to protect Aboriginal Rights & Title by taking immediate action on improved forest biodiversity and wildlife habitat.



### Forest Biodiversity

- AVOID Biodiversity Areas (mapped areas)
- REDUCE IMPACTS to the Biodiversity Areas
- FOREST HEALTH focused harvesting
- OFFSETTING Opportunities
- INCREASE Stand level retention

### Moose Habitat

- PROTECT Core Moose Habitat UWR
- 5 KM BUFFER zone for Moose Habitat management

### Road Density Management

- DECOMMISSION & DEACTIVATION
- REHABILITATION

### Fish & Aquatics (Watersheds)

- INCREASE Riparian Buffers on all small streams, wetlands and lakes (10 meter minimum)

### Carrier Sekani First Nations





# ESI January Meeting Summary

JANUARY 22 2019 @ MFLNRO OSPIKA BLVD, PG

## ⇒ Memorandum of Understanding (MOU)

The MOU was agreed to and finalized on November 7th, 2018. The LOU fulfils a commitment in the CSFN 2014 Collaboration Agreement to develop recommendations for Immediate Measures of land and resource management practices to respond to the risks to Aboriginal Rights and Title. The ESI Project Team will work with licensees to implement the Immediate Measures, which are committed to currently on a voluntary basis. The MOU is signed by the ESI Project Team and licensees (Canfor, Conifex, West Fraser, Carrier Lumber, Dunkley, Sinclair, Hampton, BCTS).

*The Licensees are committed to assist in the design and implementation of Immediate Measures in a manner that will assure the effectiveness of such Immediate Measures .. in a collaborative and constructive manner in good faith, respecting their difference.*

## ⇒ Moose Ungulate Winter Range (UWR)

Team Moose has finished the first phase of identifying suitable locations for new UWR for moose winter habitat. Next steps will be field verification. of some of these sites.

### NEW PROJECTS

- Impact of Glysophate (herbicide) on ecosystems (review of current research)
- Best Management Practices for IMMEDIATE MEASURES (5 km buffer area)
- "Don't Hunt Cows" road signs throughout the CSFN territories.

## ⇒ Wildfire Recovery

The ESI Team and impacted CSFNs will partner with SERN BC (Society for Ecosystem Restoration in Northern BC) and Forests For Tomorrow to do high quality assessment and rehabilitation strategy for the Shovel Lake and Island Lake Wildfire impacted areas.

## ⇒ LONG TERM GOALS

While there are always multiple projects going on at the ESI Table, our Project Team never loses sight of the *long-term goals* of Collaborative Stewardship between CSFNs and BC that protects Aboriginal Rights & Title.

Carrier Sekani First Nations





# Immediate Measures

ESI OMINECA DEMONSTRATION PROJECT  
FOUNDATIONS FOR COLLABORATIVE STEWARDSHIP



## FOREST BIODIVERSITY

- AVOID Biodiversity Areas (mapped areas)
- REDUCE IMPACTS to the Biodiversity Areas
- FOREST HEALTH focused harvesting
- OFFSETTING Opportunities
- INCREASE Stand level retention
- ROAD Rehabilitation & Deactivation



## MOOSE

- PROTECT Core Moose Habitat UWR
- 5 KM BUFFER zone for Moose Habitat management
- ROAD Rehabilitation & Deactivation



## FISH & WATERSHEDS

- INCREASE Riparian Buffers on all small streams, wetlands and lakes (10 meter minimum)

Carrier Sekani First Nations







# *Women's Right to be* Safe

INSPIRE | EMPOWER | & PROTECT



Please join us for a FREE information session

Friday February 22, 2019

10:00am - 3:00pm

Door Prizes

*Tl'azt'en Nation Community  
Health Services Boardroom*

∞ LUNCH & REFRESHMENTS PROVIDED ∞

## TOPICS BEING COVERED INCLUDE:

WOMEN'S RIGHT TO BE SAFE: *Christina Draegen - Northern Regional Manager*

FAMILY LAW ADVOCATE SERVICES: *Carmen Williams - Family & Youth Advocate*



**NATIVE COURTWORKER**

AND COUNSELLING ASSOCIATION OF BRITISH COLUMBIA



# Management Skills for Supervisors

## Level 1- Interpersonal Communication and Conflict Resolution

This course will give you a better understanding of how you Communicate not only at Work but at Home as well. Learn how to Give and Receive Feedback that helps resolve difficult situations, how to have successful Conversations with Appropriate Timing. To have a Supportive one on one Communication and solving discussions with your Boss, Co-workers and Family. Learn how to turn Conflict into Cooperation. Understand your preferred conflict handling style, learn all five conflict-handling styles and identify when to use them. Also develop listening skills, assertiveness, questioning, paraphrasing and feedback skills necessary to communicate clearly and effectively together. So, come join us, in Learning.

This 4-day course will be

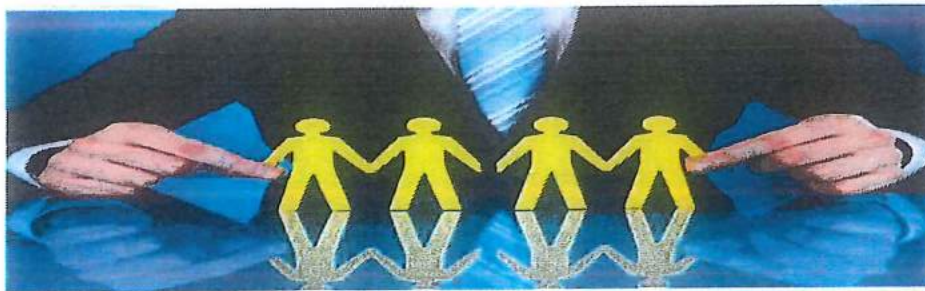
*Tuesday February 19<sup>th</sup> to Friday February 22<sup>nd</sup>, 2019*

9:00am to 3:00pm

At the Ti'azt'en Education Building

Open to Everyone Interested

Contact James Beshorse 250-648-3227



College of  
New Caledonia



# FOUNDATION IN INNOVATION AND TECHNOLOGY



*New to technology and passionate to explore?*



First Nations  
Technology Council

Check it out!



Royal Roads  
UNIVERSITY

## Programs include

- Computer Basics & Professional Practice
- Communications & Digital Marketing
- Software Testing
- Web Development & Coding
- Network Set up & Support
- GIS & GPS Mapping



LAST CALL FOR REGISTRATION

Contact – Larissa Martin

**STARTS**  
**MARCH 19<sup>TH</sup>, 2019**

♦  
**ENDS**  
**JUNE 7<sup>TH</sup>, 2019**



## Designed for beginners

12 week program that  
explores digital skills in six  
technology fields.

2 weeks per topic with hands-  
on projects.

Community-focused  
curriculum for highly relevant  
programming.

Partnered with Nicola Valley  
Institute of Technology

**250-996-7171 EXT 248**





College of  
New Caledonia  
www.cnc.bc.ca



# 50<sup>TH</sup> ANNIVERSARY ENTRANCE AWARDS

To celebrate its 50th Anniversary, CNC is now offering \$100,000 in new entrance awards for the 2019/20 school year!

No special awards application is necessary - students who apply for the 2019 Fall and 2020 Spring semesters by 11:59PM PST on March 17, 2019 are automatically eligible for entrance awards.

For more information, go to [cnc.bc.ca/entranceawards](http://cnc.bc.ca/entranceawards)





# GET TRUCKING WITH CANFOR!

In partnership with the Prince George Nechako Aboriginal Employment and Training Association (PGNAETA), this is an exciting opportunity for Indigenous applicants interested in obtaining training to be a log truck driver.

**Paid 3-month work experience to prepare you for full-time employment!**



**Multiple openings  
available**



**Individuals will gain  
experience behind the  
wheel to become certified  
log truck drivers**



**Must have a Class 5  
passenger vehicle  
license**



**Must have the desire  
to be trained as a log  
truck driver**

**PGNAETA will provide additional training around gaining Class 1 prerequisites.**

## Contact for More Info:

**Ken Morland**

Transportation, Heavy Equipment  
Operator Coordinator (PGNAETA)

**Tel:** 250-561-1199

**Email:** kenm@pgnaeta.bc.ca



**Amy Rose**

Indigenous Relationships Manager  
(Canfor)

**Tel:** 1-866-635-9203

**Email:** amy.rose@canfor.com



These are just some of the opportunities at Canfor.  
Visit our website to view more! [www.canfor.com/careers](http://www.canfor.com/careers)



# Tsilbalyan T'o

"Eagle's Nest"

**HOT LUNCH PROVIDED**

**CULTURAL  
TEACHINGS**

**Kids Age 0-5**

**Please come and Join**

**Great Toys**

**Us!!!!**

**Craft  
Sessions**

**Fun Books**

<b>Monday</b>	<b>10am-2pm</b>
<b>Tuesday</b>	<b>4pm-7pm</b>
<b>Wednesday</b>	<b>10am-2pm</b>
<b>Thursday</b>	<b>10am-2pm</b>

# Eagle's Nest

Daily Activities



Hot Lunch Provided



Cultural Learning



Who runs Eagle's nest?

Anne Michelle &  
Dallas Sam







TACHE RECREATION  
COMMITTEE PRESENTS

# FAMILY DAY

MONDAY, FEBRUARY 18TH

COMMUNITY DINNER AT 4:30 PM

EUGENE JOSEPH SCHOOL GYM

TACHE RECREATION COMMITTEE  
PRESENTS

# DANCE PARTY

*Eugene Joseph School Gym*

MONDAY

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FEB 18TH

6:00 PM TO 8:00 PM

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DANCE **FOR** PRIZES

~ PARENTS MUST ACCOMPANY CHILD(REN) ~





Hello Tl'azt'en members!

I want to offer some explanation of what my role is here in your community and how to get in touch with me. I'd also like to share what our team does, and how we can meet many of your health needs.

I also want to express my empathy for the inconsistencies you have experienced from having different people in this role over the years, and the way that has made it difficult for you to know what to expect. This must be very frustrating, and I hope we can provide more consistency moving forward.

Home care visits by the nurse and home support worker are specifically for clients who need support in order to remain living at home. They may have a disability, illness, are recovering from a surgery, or other challenge that makes them vulnerable and unable to care for themselves without support or regular at-home visits. These visits may include:

Personal care (hygiene, dressing, grooming)

Medication administration, reminders

Assistance seeking support for housekeeping, laundry, and meal preparation

(Home support workers do not provide the housekeeping or meal prep, but can help connect members to these services)

Bringing home care clients to the Health Centre for use of the bath, doctor's appointments in Tache, and appointments with the nurse

Checking of vital signs (blood pressure, pulse, temperature, breathing, oxygen level)

If you or someone you know needs home care support services, you can call the Health Centre and speak with me to refer yourself or someone else. I complete an assessment and together we determine which services you need support with. I have an open door policy and will see you as soon as possible. If I am not available, I will give you a time and day when I can see you next.



In addition to home support, I also offer these services from the Health Centre  
(though occasionally a home visit may be required):

Chronic disease support and education (diabetes, arthritis, high blood pressure, heart disease, high cholesterol, osteoporosis, lung disease, autoimmune disease, and others)

Health prevention and promotion around falls, medication use, elder abuse, nutrition, physical activity, sleep, substance use, acute & chronic pain

Emotional support and compassionate listening for grief, loss, anxiety, depression, and personal crises

Goal setting and action planning around health and wellness goals

Palliative care services

Dementia support for clients and families

Disability support for adults with brain injury, and physical or intellectual disabilities

Medication information, administration, pick-ups

Red Cross equipment applications, loans, pick-up & drop-off

Post-operative care, including dressing changes and suture/staple/drain removal

Wound care

Referrals for long-term care planning, occupational therapy, counsellors

Help setting up appointments for eye, dental, and hearing care, as well as physicians

Help advocating for you with other members of the health care team

Help getting test results and understanding them

Foot care, in particular for those with diabetes, foot pain, ingrown nails, neuropathy, fungal infections, callouses, corns, and for those who cannot reach their own feet anymore





In the next three months I am excited to share three new initiatives that we will be able to offer at the Health Centre:

- 1) Suboxone administration for harm reduction. This is for members who suffer from opioid dependence and have been prescribed suboxone as a safe method for getting off opioids. Currently this is only available in Fort St. James and very difficult to adhere to with daily trips to town.
- 2) Polypharmacy education (taking many medications) with help from the Lakeside Pharmacist, including a Medication Pick-up Day March 7th when we will drive to every home in Tache and Binche to pick up your expired or unused medications and give you a medication lock box, sharps disposal container, and ingredients for a healthy meal to share with your family.
- 3) Kidney screening in conjunction with the National Kidney Foundation. I will be trained to check your kidney function at the Health Centre, offer information on how to keep your kidneys healthy, and be able to refer you to a physician or kidney specialist if your kidney function is low.

It is an honor to serve your community

Please call the Health Centre 250-648-3350 or come in person to meet me if you would like to access any of these services!