

NORTH

NORTHERN FIRST NATIONS HEALTH AUTHORITY NEWS | AUGUST 2022

SHARING STRENGTHS

DENTAL BENEFITS FINALLY
SOMETHING TO SMILE ABOUT

BONFIRE CHAT

NURSING SERVICES COME
TO THE REGION

IN THE GALLERY

CANADIAN NATIVE FASTBALL
CHAMPIONSHIP

HAVE WE GOT A JOB FOR YOU!

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FROM THE LAND

A LOOK INTO
A POW WOW
DANCER'S LIFE



NORTHERN REGION
First Nations Health Authority

STORIES FROM THE LAND

EXPLORING POW WOW LIFE

HMM, EVER WONDER HOW POW WOWS WORK IF YOU ARE A DANCER? KELSEY ABRAHAM SHARED HIS EXPERIENCE. HE HAS DANCED IN BC AND PARTS OF ALBERTA.

On Friday night or Saturday morning dancers arrive in time to register. The pow wow kicks off with a grand entry Saturday. First the flag carriers arrive in the arbour, then the dignitaries enter. Junior and senior pow wow princesses representing different pow wows add talent and grace to the event, then come the dancers.

The weather fluctuates. It can be in the 30s and even 40s with sun, or thunderstorms and high winds. Pow wows *have* been moved indoors at times.

Categories include Golden Age—the oldest dancer Kelsey knows is Esk’etemc Elder Francis Johnson Sr., 73 from Williams Lake; Senior and Junior Adults, Teens and Tiny Tots. The youngest group’s parents are encouraged to dress them in regalia, and unlike the other competitors, each child receives their prize immediately after dancing, usually \$5. That is a small payday for such sweet entertainers.

Individuals perform in either a contemporary or old style. They are

Kelsey Abraham is from Lake Babine Nation and sits with the Marten/Frog clan. He dances the Men’s Northern Traditional dance and the Men’s Grass dance.



Pow Wows are all across North America

judged on a points system that takes into account the style of dance; completeness of regalia; and if footwork follows the drum beat. For some dances, like the Grass Dance, judges will look for balance between movements on the right of the body and on the left. It is common for all categories to finish before winners are announced. Prize money ranges from \$200-\$1000 for adults.

Whether a dancer or spectator, pow wows are a chance for people to reconnect, meet new friends and have a stomping good time. Some folks save all year to go to their favourite pow wow. Sellers set up booths with traditional crafts, services, and food, of course; audiences watch and sometimes dance; and the dancers transport everyone to a different reality.

What’s the best part of a pow wow? For Kelsey it’s the dancing itself, especially with the live music, the drum beat of the Earth. But who knows what it’ll be for you.



Kelsey’s daughter, Bella Rain, with prize money. It can be up to \$1000 for adults.

Download a digital copy of NORTH: <https://fnha.bmeurl.co/E39DAB9>

SHARING STRENGTHS

VETERAN DENTIST NO LONGER HAS TO WORK FOR FREE TO SAVE TEETH

FOR DECADES DR. DAVID WALLER BATTLED A DYSFUNCTIONAL AND RACIST SYSTEM to secure appropriate dental treatment for his Indigenous clients and friends. Now he no longer has to choose between working for free or watching a patient lose a tooth in pain.

“It was very frustrating as a dentist not to be able to treat people the way they deserve,” said Dr. Waller of Family Dental Care in Prince George who has been practicing for 35 years.

The restrictions on the number of root canals and lack of coverage for crowns left many Indigenous patients choosing between extractions, partial bridges or even resorting to dentures. And many were forced to pay up front and wait for reimbursement, making it even harder to get what they were entitled to.

Children are particularly at risk. Only 50 % of Indigenous children of kindergarten age are free of tooth decay compared with 71.1% of non-Indigenous children.

This all changed when the First Nations Health Authority transferred the provision of dental benefits from the federal government to Pacific Blue Cross, which led to a significant increase in coverage and better dental

health for BC First Nations. Most treatments are now pre-approved as well.

This means more patients are getting more care from what is now the most generous public dental plan in Canada.

“Now First Nations are

getting the benefits they should have been getting 40 years ago,” said Dr. Waller whose patients come to see him from all corners of the province including Kitimat and Williams Lake. “I can tell someone is putting billions into the system.”



Dentist David Waller says benefits are finally what they should be for First Nations



Dr. Waller with Angelina Leon-Williams. He has patients all the way from Kitimat to Williams Lake.

HAVE WE GOT A JOB FOR YOU!



ED BIRD LAKE, TSAY KEH DENE TERRITORY

Competence and confidence are key traits of remote nurses

THERE'S A JOKE (SORT OF) THAT IF YOU CHECK SOMEONE'S SOCIAL MEDIA AND THEY HAVE A DOG, LOVE FLANNEL, BLUNDSTONES, KAYAKING AND HAVE SUMMITED A MOUNTAIN, THEY'D BE A GREAT REMOTE NURSE. What we do look for is a person with 2-3 years of acute care experience and who is flexible, a natural problem-solver, puts relationships first, and has a deep curiosity about life coupled with a commitment to cultural safety and humility. Once hired, the FNHA provides other comprehensive training that sets you up for lifelong learning. On any given day you will see babies to Elders with many different health care concerns. It's a fast paced atmosphere where you often learn on your feet. Each community is different and you could arrive by SUV, float plane, small aircraft, or ferry. Each provides a homey residence. Rotation is a month on and a month off and most nurses make the equivalent of working full time in the city. Interested? Grab your Blundstones and check out www.fnha.ca/about/work-with-us.

FNHA JOB OPENINGS IN THE NORTH (click for more info)

[Administrative Coordinator, eHealth & Virtual Care Innovation](#)
[Advisor, Crisis and Emergency Response](#)
[Clinical Counsellor, Mental Health and Wellness - Lheidli T'enneh \(Prince George, BC\)](#)
[Community Engagement Coordinator - Term to March 2024 - \(Prince George, BC\)](#)
[Coordinator, Men's Health & Wellness - Term to March 2024 - Lheidli T'enneh \(Prince George, BC\)](#)
[Dental Hygienist - \(Term to April 2023\) - Terrace, BC](#)
[Financial Consultant \(Regional\) - Northern Region](#)
[Manager, Clinical Adoption, eHealth - \(Anywhere in BC\)](#)

[Officer, Environmental Health - \(Anywhere in Northern Region, BC\)](#)
[Program Coordinator, Traditional Wellness - Term to March 2023 - \(Anywhere in Northern Region BC\)](#)
[Project Coordinator, eHealth - Term until February 2025 \(Anywhere in BC\)](#)
[Project Manager, Land Based Healing - Term to March 2024 - Lheidli T'enneh \(Prince George, BC\)](#)
[Regional Addictions Specialist - Term to March 2024 - \(Prince George, BC\) 2 positions](#)
[Regional Coordinator, Urban Away From Home - Lheidli T'enneh \(Prince George, BC\)](#)

[Senior Administrative Coordinator, Term to March 2024 - Lheidli T'enneh \(Prince George, BC\)](#)
[Senior Business Analyst, eHealth - \(Anywhere in BC\)](#)
[Wellness Systems Quality Care Coordinator - Term until September 2023 - \(Prince George, BC\)](#)
[eHealth Trainer - Term until 2025 \(Anywhere in BC\)](#)

REGIONAL LOGISTICS ASSISTANTS

[Kwadacha](#)
[Hartley Bay](#)
[Kitkatla](#)
[Lax Kw'alaams \(Port Simpson\)](#)
[Tahltan](#)
[Tsay Keh Dene](#)

Check out all our jobs at
fnha.ca/careers

BONFIRE CHAT

WITH JULIE MORRISON, VICE PRESIDENT REGIONAL OPERATIONS



AS OF THIS PAST JULY 80% OF NURSING SERVICES THAT were covered by the FNHA provincial team have been moved to the region. The North has taken over six nursing stations and eight health centres that central FNHA previously provided services to.

It's been quite the undertaking. The process started over a year ago working with the FNHA's Office of the Chief Nursing Officer (OCNO), the Chief Executive Officer (CEO) and the vice-presidents of operations from other regions.

We're really excited to see where we are at; to be able to work with our communities on a different level. To make sure that the nurses that come into

Our primary goal is to stabilize the process and get nurses hired so there is some consistency and we are not relying on agency nurses. We are always looking at recruitment and retention in the northern region now.

We haven't heard any feedback from the communities where the services have been switched. We wanted a seamless transition with details taking place in the background and community members not affected by the changes. They will still see the nurse coming into their community doing the good work that needs to be done without any disruptions.

Fourteen of 55 communities are under this new system. There is no impact on the remaining 41 communities.

"WE WANTED A SEAMLESS TRANSITION WITH DETAILS TAKING PLACE IN THE BACKGROUND AND COMMUNITY MEMBERS NOT AFFECTED BY THE CHANGES."

the community know about the community, and that where they stay is safe.

The new services don't change the staffing in the regional office, though some people have picked up some extra tasks. There may be some additions in the future to ensure that nobody is overworked.

We know our communities. We have close personal relationships with Health Directors. And we recognize the challenges that come with living in the North. All these are part of the benefits to having nursing operations in the region.

They will have the same services they had and their Contribution Agreements remain in place, ensuring they maintain the same responsibilities as previously.

I really appreciate the hard work of our regional team making this happen, working with our OCNO partners and the CEO's office. All of us working together has made this a successful transition and we look forward to where we can go from here.

Email SubscribeNorth@fnha.ca
to sign up for our eZine

FYI

FUNDING ETC.

MEDICATION RETURN EVENT GRANT

- Organize a community event to make it easy to dispose of unwanted medication
- \$500 available
- [All details are here](#)
- Questions? HealthyMedicationUse@fnha.ca

OUR COMMUNITY, OUR WATER GRANT

- Host a water awareness workshop or event
- It can take place any time until March 31, 2023
- Use [#FNHAAOurCommunityOurWater](#) when posting about your event on social media
- \$550-\$5000 available
- Questions? Contact Cori.Johnson@fnha.ca
- Need ideas? [All details and application are here](#)



PROGRAMS AND SERVICES FOR YOU

Maternity and Babies Advice Line (MaBAL) 24/7

WHO IS IT FOR? Expectant mothers and new parents, health care providers and family members

HOW DO YOU ACCESS IT? Connect with your health care provider: doctor, nurse, community health worker, midwife, doula or traditional healer

HOW DOES IT WORK? Your health care provider sets up the appointment with a family doctor or experienced midwife through <https://rccbc.ca/rvs/rvs-pathways/mabal/>. They will attend the appointment with you.

On the cover

More than 50 teams gathered over the August long weekend on Lheidli T'enneh territory to compete in the Canadian Native Fastball Championships. Thanks to organizers and their team of volunteers!



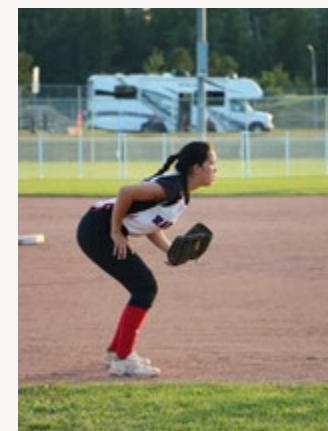
Have a great picture for our cover or a story idea? Send to SubscribeNorth@fnha.ca

STAFF CHANGES

- **Mary Ann Androlick**, our new human resources generalist, is a natural!
- **Regina (Thomas) Carlson** joins us as the senior analyst for cultural safety and humility.
- Our delightful temporary receptionist, **Joanne Magnusson** is now here to stay!
- **Blake Hawkins** has joined another company. Wishing you well, Blake!
- Planner, **Diana Kutzner**, we'll miss you.
- **Henry Morgan** is also moving on—to the IRSSS. Congrats!
- Filling a spot as community crisis response coordinator is **Mandy Cormier**. So happy to have you join us!
- The Gitksan Wet'suwet'en community engagement coordinator, **Christine Bolton**, is a welcome team member.
- Leaving after many years is **Coco Miller** a valued colleague and friend.
- With changes to nursing comes a new manager of nursing operations, **Jessica Hardwicke**, an asset to the North!
- **Erin Nielsen** steps into big shoes as the acting manager of environmental and public health, and she's doing great!

THROUGH NORTHERN EYES

THE 2022 CANADIAN NATIVE FASTBALL CHAMPIONSHIPS



NEXT MONTH: Do you have shots from your culture days? Send us your photos to SubscribeNorth@fnha.ca

IMPORTANT CONTACT INFO

FNHA Virtual Doctor of the Day
1-855-344-3800

First Nations Health Benefits
1-855-550-5454

**National Indian Residential
School Survivors Society**
1-800-721-0066

Kids Help Phone
1-800-668-6868
Text "connect" to: 686868

KUU-US Crisis Response
1-800-588-8717

Mental Health
(no area code needed)
310-6789

Health Link BC
811

BC Suicide Line
1-800-784-2433
<https://crisiscentre.bc.ca/get-help/>

Northern BC Crisis Line
1-888-562-1214

**Northern BC YOUTH
Crisis Line**
1-888-564-8336
Text: 250-564-8336