

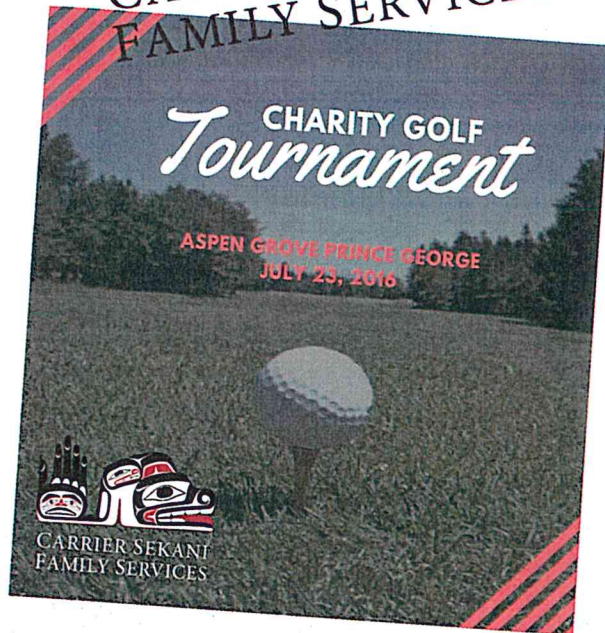
SUMMER 2016

The Carrier Sekani Family Services

# Goozih Dus'tlus



CARRIER SEKANI  
FAMILY SERVICES



## Charity Golf Tournament

The 2016 CSFS Charity Golf Tournament is just around the corner! Plan to join us on July 23 for an 18 hole best ball tournament for teams of four. An entry fee of \$85 gets you a great day of fun with your friends, a fabulous dinner and a chance to win many great prizes. We have 3 hole-in-one prizes of \$10,000 and a Harley Davidson Motorcycle; there will be tonnes of great door prizes as well!

This important fundraiser helps us help children in dire need of emergency services. If you want more information, or would like to register a team, contact [Benna@csfs.org](mailto:Benna@csfs.org) or call her at 250-562-3591. Check out more event info at [www.csfs.org](http://www.csfs.org) and follow us on Facebook!

## Save the Date!

### Charity Golf

July 23, 2016

Prince George  
Charity  
Tournament,  
call Benna at  
250-562-3591 for  
info

### Ormond Lake

July 28 & Aug  
22

Addictions  
Recovery  
Program, call  
Renee at 250-  
567-2900 for  
more info

### CSFS AGA

Oct 6 & 7

Lake Babine  
Nation,  
Margaret  
Patrick  
Memorial Hall





## Welcome to Our New Community Nurses!

We are pleased to announce that CSFS now has a full compliment of Nurses in our member communities! We have worked hard to find exceptional nurses to fill the vacancies in our member Nations, please help us welcome them to your communities!



We are excited to welcome Sagar to the CSFS Family. "My name is Sagar Sandhu. I was born and raised in Prince George, BC and live with my parents and siblings. I graduated from University of Northern BC with my BSCN in June 2016 and am very passionate about the health of First Nation peoples."



Maureen will be living in Takla and working fulltime at the Takla Clinic, Monday to Friday. "I was born and brought up in northern England and trained as a Registered Nurse just outside of London, England. My husband and I immigrated to Canada in 1989 and spent 24 years in the NWT. For the last two years, I worked at a nursing station in northern Saskatchewan."



Deborah MacArthur will be working 2.5 days a week in the Nadleh clinic. "I have been a Registered Nurse for 22 years. I am married with two daughters and three granddaughters and we live near Fort Fraser. My passions outside of (nursing) include stained glass, gardening and family hikes with our three dogs."

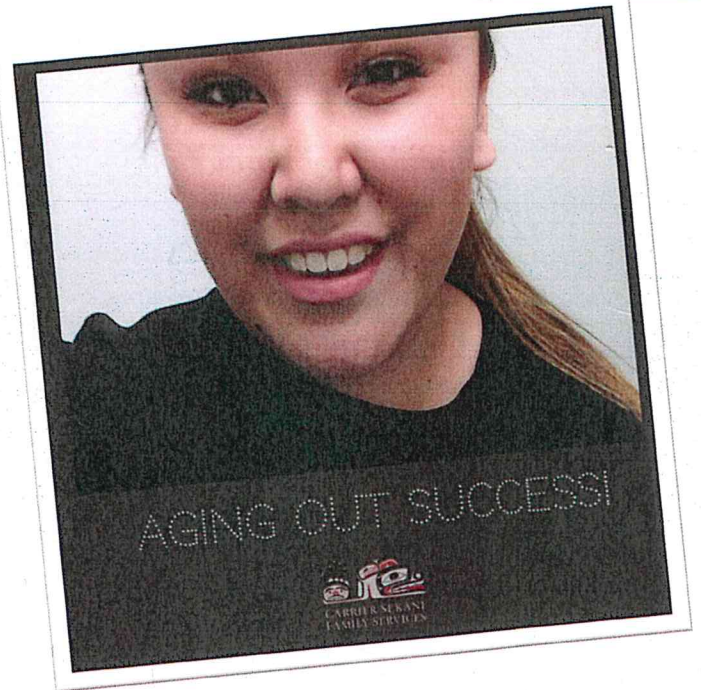


Donna McKenzie will be working with the Southside community members and helping with the home care program. "It is my pleasure to be joining the CSFS team. My new home is Burns Lake, and my hometown is Williams Lake. I am a member of the Northern Secwepemc community of the Williams Lake Indian Band. My background has been in community health nursing with First Nations populations."





## CARRIER SEKANI FAMILY SERVICES



### Aging Out Success - Celebrating Keila!

Keila is an 18 year old youth from Takla, who has been in care the majority of her young life. She has had a CSFS Guardianship social worker in the past few years and has also received services from the Walk Tall program. Keila is getting ready to live on her own, and her concerns about becoming another First Nations aging out statistic has motivated her to achieve huge accomplishments and growth. Over the past year, Keila has gone back to school and is close to graduating with her grade 12 diploma. She works as a cashier at Wal-Mart and recently got her "N" driver's license. Most importantly, Keila is happy and has stabilized her mental health. Keila recommends other youth in care to "Not to worry about the little things. Stay in school. Access services and programming and get a job early to start saving for when you age out, as rent and real life living is super expensive!" We look forward to seeing all of the great things that Keila will achieve in her future!



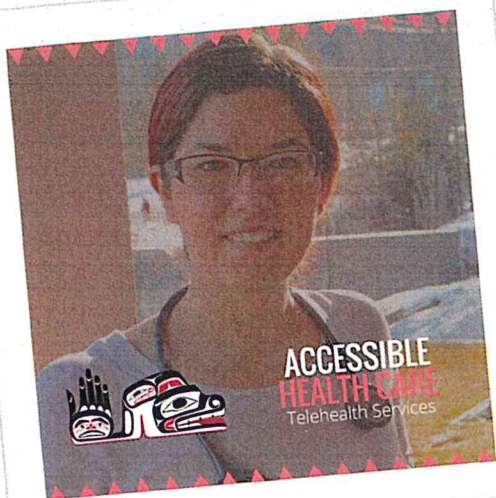
### Nah Whus – Soap Berries

Did you know that Naw Whus, our beloved soap berries, are not only a traditional medicine treatment for many ailments, but are also very high in vitamin C, antioxidants, and immune system boosters? Sarah Hein from Stellat'en used to make soap berry fruit leather with her mother to preserve them for winter, as in those days there were no refrigerators or canning methods. Sarah says, "Naw Whus was sometimes smoked as well to change the flavour".

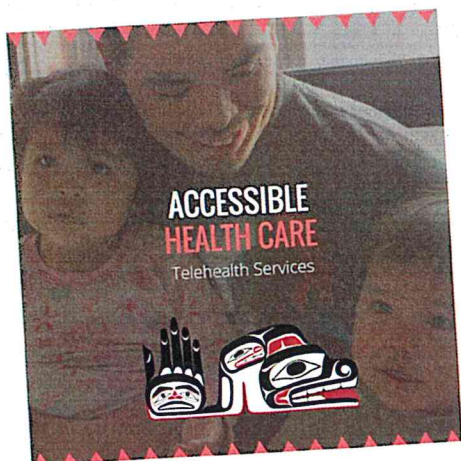


## Accessible Health Care: Telehealth

With most of our community members living in rural and remote locations we wanted to make sure that quality health care was made available. In 2011, we started a state of the art Telehealth program, which enables CSFS doctors to provide quality and timely services across vast distances. As Cynthia from Stellat'en says, "What other place can you just walk in and see a doctor right away?"



Rose, in Stellaquo recently had a health issue and had to wait six weeks for test results. She now uses Telehealth as it provides her with much quicker health care. "It feels so good to be in my own health center, in my own community." Rose went on to tell us "I can get results back much sooner and I can get a hold of Dr. John anytime... it makes me feel so much better."



One of the greatest strengths behind our model is that access to videoconferencing and electronic medical records allow for continuity of care. Dr. Terri Aldred, our CSFS doctor from Tl'azt'en Nation says, "I think that Telehealth will immensely improve overall health care, never to replace in-person care, but as a compliment to it. As it builds I really hope it gives people a sense of continuity."



Telehealth is great for busy folks like Mitchel from Yekooche. "I use Telehealth because it can be really hard to find a babysitter, plus a ride to town to see a doctor."

CSFS Telehealth services can be accessed by calling your community health clinic and asking to speak to the CHR, or by calling 250-562-3591, or toll free at 1-800-889-6855 and asking to speak with a Medical Office Assistant.



## Traditional Medicine – Cultural Knowledge Sharing

In 2003 the late Perry Shawana lead a joint project between CSFS, our member Nations and UNBC to create an Aboriginal Health Sciences Certificate Program. The program was created to address the shortage of health providers in the Carrier and Sekani Territories, and to preserve and share the cultural knowledge of our traditional healers.

Although Perry's unexpected passing impacted the continuation of the program, CSFS has the manuals on traditional medicine and health philosophy.

One of the knowledge areas shared by elders focused on respect for the earth and plants when harvesting for medicinal use: "Things I know about what my grandmother said is to have respect for the land. Where you take out your Indian medicine, you pay with something. Before you take things out, you have to pay the land for the medicine you are taking. If you don't pay, it won't work." – Peter Abraham, Takla

"When you go to the mountain you make your face black with ash, charcoal." Cecile Patrick, Saik'uz  
"Charcoal before you go up in the mountain. You mark your face and the charcoal will protect you when you're out in the bush." – Irene Skin, Skin Tyee

The participants shared information on the different kinds of traditional healing, how one becomes a healer, as well as how they are trained: "There used to be lots in Babine Dyin neh (medicine healers) they all worked together when they worked on people. You don't have to go to school for it but the people that are Dyin neh have visions." – Henry Patrick, Lake Babine Nation

Doris Thomas from Skin Tyee told us about how she uses a combination of dreaming and touch healing to heal people: "Yeah, I learned it from my sister-in-law. Its something that just doesn't come up on anybody. I dream about things, if people want



Mabel Joe from Tachet using touch healing on Carla Lewis

medicine I dream about it and make it for them before they ask. You can feel things if you're a medicine woman."

The participants noted that people with the gift of medicine are identified and trained from a young age. Emma Baker of Stellat'en noted that, "I think you're born and raised with a gift of being a medicine person. Then there's a certain spot in the mountain that men go to and another spot where the women go to."

Ethics around traditional medicine practice were mentioned by many of the participants: "Long time ago we weren't allowed to sell the medicine because it wouldn't work or help anybody. You get all the plants from the bush for nothing, so you shouldn't sell it. When you get the medicine, you should just give it to them to help them out." – Elizabeth Jack, Cheslatta

Throughout the project, the participants said how important it was to them that their knowledge was shared. To honor their wishes, CSFS has been sharing some of their knowledge through a multi-part blog post our culture blog at [www.csfs.org](http://www.csfs.org). We hope to one day find funding to be able to fully





## CARRIER SEKANI FAMILY SERVICES

### AGA 2016 – Lake Babine Nation

We are excited to get together at the Margaret Patrick Memorial Hall in Lake Babine Nation for our Annual General Assembly on Thursday and Friday, October 6 & 7. CSFS Directors, Managers and program staff will be on hand manning 'health fair style' booths complete with door prizes!

The directors will provide reports on their programs achievements over the past year, and will speak to goals for the up coming year. There will be informal time for your questions, suggestions and input.

Our theme this year is lateral kindness! Watch for opportunities for your thoughts on spreading lateral kindness through our Territories on our Facebook, Instagram and Twitter accounts. We will be using the hashtag #CSFSAGA2016 to share news and information on this great event. Looking forward to seeing you there.

Visit us at [www.csfs.org](http://www.csfs.org) for more information!

