

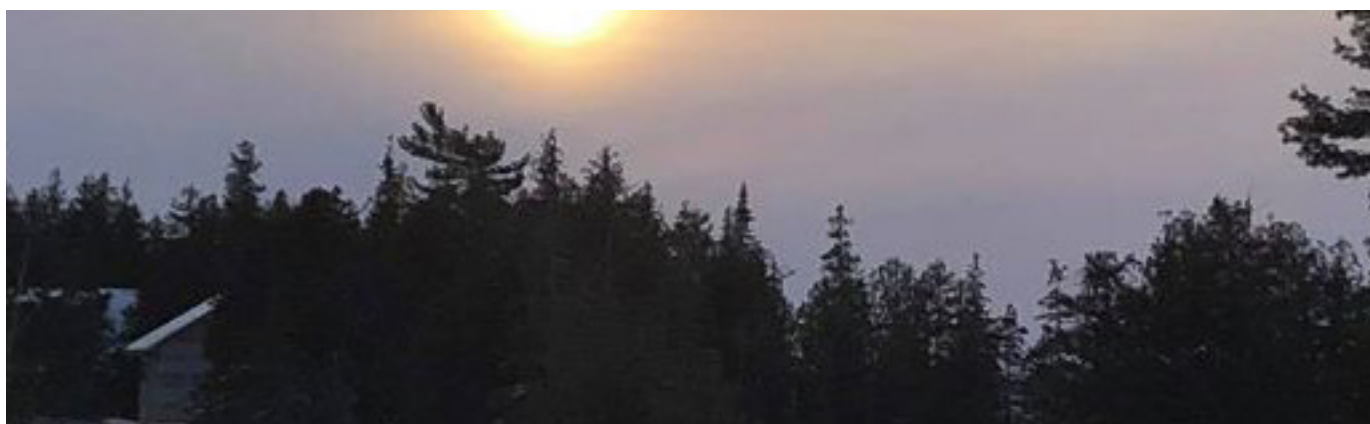
Health Newsletter



EDUCATIONAL OPPORTUNITY

A free educational opportunity from Public Health Ontario with CHNs, or other allied service providers and supports within your area.

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HIGHLIGHTS

Message from Health Director

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- Public Health Reminder

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- Stress, Anxiety and Worry during COVID-19

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- DGC Call for Membership
- No. 47 Weekly COVID-19 Report
- First Nation Aging Study

UPCOMING EVENTS

47th All Ontario Chiefs Conference 2021 (AOCC): June 15-16-17, 2021

For more info.: www.ChiefsMeeting.com

Call for Artist Interpretations/ Artwork

Assembly of First Nations - July 2021

Submission: President@tapresources.ca

Chiefs of Ontario: Charter Webinar Sessions

April 15-26-27 : 2pm to 4pm

For more info.: www.ChiefsMeeting.com

A Year of COVID-19

The Pandemic Journey



Carmen R. Jones
COO Health Director

Anni, Boozhoo, Sai:go, Waachiyaa:

The month of March has been taxing as we have seen cases rise and then settle out. It has been a year of challenges since the announcement of the COVID 19 Pandemic. As we head down the road to recovering many First Nations citizens have received their first vaccine both within the communities and in the urban and rural settings. This is a very promising sign.

There is a light at the end of the tunnel and we need to be diligent in keeping public health measures in place and to remain positive as we forward.

I commend each First Nation Community for their leadership, particularly the front line workers who continue to keep communities safe.

I look forward to when we can meet again, hug our families and friends.

Sincerely,

A handwritten signature in black ink, appearing to be 'C. Jones', written over a light blue horizontal line.

PUBLIC HEALTH HIGHLIGHTS

COVID-19 Vaccines

Vaccines are safe, effective and the best way to protect you and those around you from illness caused by the COVID-19 virus. Research studies are underway to determine vaccine effectiveness in fighting against the variants of concern such as the United Kingdom (B.1.1.7) South Africa (B.1.351) and Brazilian (P.1). While preliminary data is very hopeful that vaccines provide protection against the variants further research is needed.

Vaccines work with your immune system so your body will be ready to fight the virus if you are exposed. This can reduce your risk of developing COVID-19 and make your symptoms milder if you do get it. Approved covid-19 vaccines include:

1. Pfizer-BioNTech COVID-19 (mRNA vaccine)
2. Moderna (mRNA vaccine)
3. AstraZeneca (viral-vector based vaccine)
4. Janssen (Johnson and Johnson) (viral-vector based vaccine)

The Ministry of Health for Ontario has prioritized the vaccination of Indigenous adults living on reserve as part of their Phase 1 COVID-19 Vaccine Distribution Plan. As well, discussions have taken place with urban Indigenous groups for the prioritization of individuals and elders aged 55 and older, along with individuals in high-risk settings.

COVID-19 vaccination programs continue to expand throughout FN communities. The Ministry of Health recently announced that the first doses of a COVID-19 vaccine had been provided to all who wanted them at 31 fly-in Northern communities, as well as Moosonee, as part of Operation Remote Immunity. This plan was co-developed in partnership with Nishnawbe-Aski Nation to ensure the engagement of First Nation leadership. Other FN communities are receiving vaccine supplies from their local Public Health Units who have been encouraged to co-develop local models of vaccine distribution that meet the unique needs of each individual First Nation community.

Public Health Reminder

To prevent the spread of COVID-19:



Clean your hands often. Use soap and water, or an alcohol-based hand rub



Maintain a safe distance from anyone who is coughing or sneezing



Wear a mask when physical distancing is not possible



Don't touch your eyes, nose or mouth



Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.

Stay home if you feel unwell.



If you have a fever, cough and difficulty breathing, seek medical attention.

STAY TUNED....

The First Nations and Diabetes in Ontario Peoples Report is currently being finalized. Once completed, it will be posted to the Chiefs of Ontario website.

<http://chiefs-of-ontario.org/>



Mental Health and Addictions Highlights

Understanding Wellness in Indigenous Wisdom

Understanding Wellness in Indigenous Wisdom Traditions for Caregivers, the third in a series of webinars in partnership with RNAO, is available here: <https://rnao.ca/covid19/covid-19-webinars>

This webinar is in partnership with the Registered Nurses' Association of Ontario (RNAO), Nishnawbe Aski Nation (NAN), Chiefs of Ontario (COO), the Centre for Addiction and Mental Health (CAMH), Shkaabe Makwa and the Canadian Indigenous Nurses Association (CINA).

During this presentation, participants will:

- share the importance of language and what your language says about being well;
- discuss how your culture helps maintain being well;
- discuss the vision of a healthy community/healthy peoples; and
- discuss the importance of the caregiver role and how much they are appreciated and valued by communities.

Presenters:

- Theresa Redsky Fiddler (Elder)
- Ka'nahsohon Kevin Deer (Elder)
- Perry McLeod-Shabogesic (Elder)
- Mary Deleary (Elder)

The next webinar will focus on Supporting Youth Wellness in Communities, with Joseph Pitawanakwat, and will take place on April 20, tentatively scheduled for 4 – 6p.m.



RNAO

Registered Nurses' Association of Ontario
L'Association des infirmières et infirmiers
autorisés de l'Ontario

Speaking out for nursing. Speaking out for health.

Educational Opportunity: COVID-19 Variants of Concern

****This is an open invitation, and may be forwarded to interested parties*

This is a free optional educational opportunity from Public Health Ontario with CHNs, or other allied service providers and supports within your area.

Topic: COVID-19 Variants of Concern
Offered by: Public Health Ontario
Date: Wednesday, March 31, 2021
Time: 10:00am – 11:00 am (EST)

About the Webinar:

This rounds session will cover an overview of the evidence to date on COVID-19 variants of concern with respect to their epidemiology and their influence on the pandemic and disease control. We will present some of the methods that are used to screen and test for variants of concern, as well as the results of targeted and surveillance testing for variants in Ontario. Finally, we will present updates from the Provincial Advisory Committee on Infectious Diseases – Infection Control regarding the evidence and recommendations for infection control measures related to variants of concern.

To register in advance, click the link below:

<https://www.eventbrite.ca/e/pho-rounds-covid-19-variants-of-concern-repeat-presentation-tickets-146822334555>

Website:

<https://www.publichealthontario.ca/>

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Community Wellness

STRESS / ANXIETY / WORRY DURING COVID -19

COVID-19 has had a big impact on how we have felt and has caused an increase in stress, anxiety and worry. Things you can do right now to reduce anxiety, stress and worry, related to COVID-19:



Only read, watch or listen to news when you want to.



Stay socially connected with friends & family by phone, text or video applications.



FaceTime, Skype or Zoom



Check on your elderly neighbours, see if they need help picking up important household items.



Consider getting up at your usual time. Routines can help reduce mental fatigue.



Stay connected with the outdoors. Go for a walk, or bike ride to enjoy the scenery and fresh air.



Eating healthy, drinking water and getting plenty of sleep are also important factors.

Crisis support please call the Canada Suicide Prevention Helpline: 1-833-456-4566

For more information on Mental Health and Addiction resources go the Centre for Addiction and Mental Health (CAMH) website: <https://www.camh.ca/>

Research & Data Management

CALL FOR MEMBERSHIP

FIRST NATION DATA GOVERNANCE COMMITTEE

The Chiefs of Ontario is looking for individuals, youth and Elders/First Nation Knowledge Keepers that have knowledge and experience in First Nation health research, research practices, community based research, experience with the Regional Health Survey (RHS), reviewing and writing research projects, knowledge of First Nation research ethics to sit on the First Nation Data Governance Committee.

Research and surveillance involving First Nations communities has become a sought after demographic. First Nation communities are becoming more involved and want to make sure that research conducted and information collected is benefiting their communities. Due to this rapid change in the environment involving First Nation research the leadership has mandated and continues to support the Chiefs of Ontario in its work with the First Nation Data Governance Committee.

ROLE OF THE FIRST NATION DATA GOVERNANCE COMMITTEE

The First Nation Data Governance Committee will be guided by the principles of ownership, control, access and, possession (OCAP®) and will provide advice, guidance and recommendations on regional research and surveillance projects. The Committee's role will be to:

1. Review regional research/surveillance projects requesting First Nation data;
2. Provide advice and recommendations on the development of tools that will assist First Nation communities with research; and
3. Oversee the implementation of Phase IV, Regional Health Survey (RHS) and provide analysis and advice in the drafting of Phase IV, RHS Report.

Individuals who are successful will be selected by the Chiefs Committee on Health (CCOH) for a three (3) year term. Individuals will be compensated for travel expenses, meals and accommodations when attending the Data Governance Committee meetings.

SUBMISSION PROCESS:

If you interested in this exciting opportunity, please review the Terms of Reference attached and submit your resume outlining your knowledge, experience, interest and any information that might help with selection, along with two references:

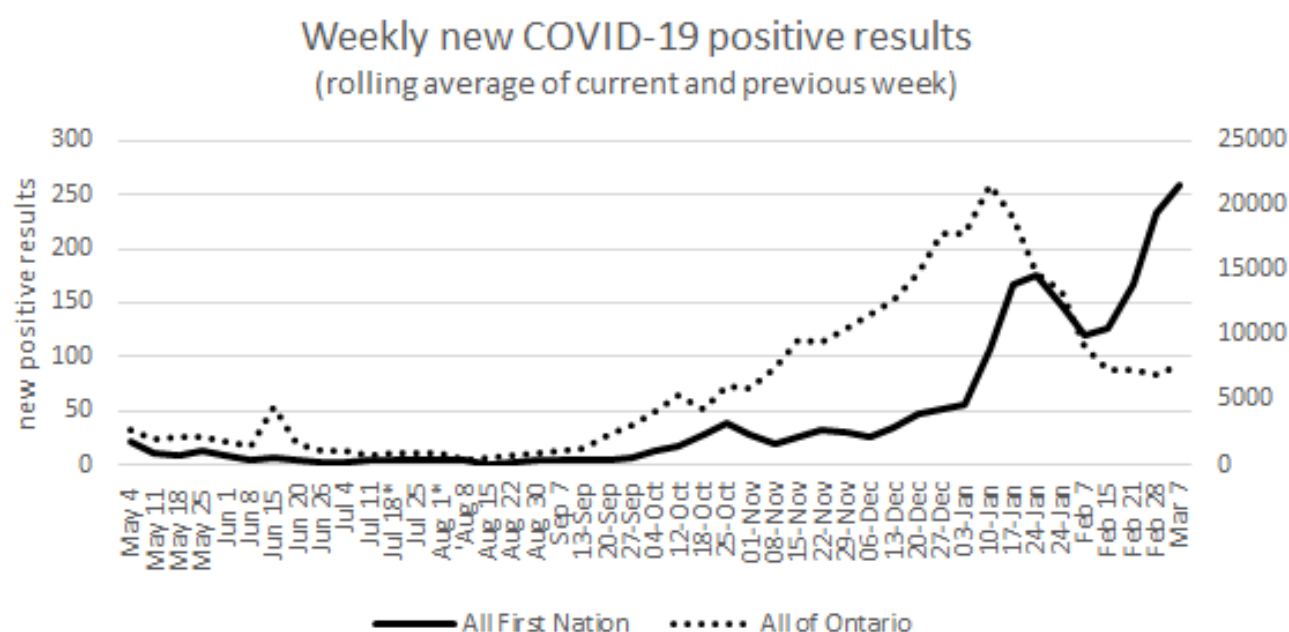
Roseanne Sutherland
Research Manager, Health
Chiefs of Ontario
468 Queen St. East, Suite 400, Toronto, ON M5A 1T7
Email: FNDGCA@coo.org

For more information, please contact Roseanne Sutherland at 416-986-9856 or email Roseanne.sutherland@coo.org.

FIRST NATIONS COVID-19 TESTING IN ONTARIO: No.47 WEEKLY COVID REPORT

First Nations COVID-19 testing in Ontario: Weekly report 47 has now been released. The following graph is an excerpt from that report. It shows that the rolling two-week average of new COVID-19 positive test results among FN increased slightly again this week. The Ontario rate did not. There is now a clear difference in the trend in Ontario vs First Nations.

More detailed information from this week's report is available, along with all other previous reports on the COO web site: <https://www.coo-covid19.com/news>



First Nations Aging Study Survey

In 2015, we collaborated with Health Researcher Dr. Jennifer Walker and other university researchers to conduct the First Nations Aging Study. The report from our project was released in November, 2019 and is available on our website: http://chiefs-of-ontario.org/wp-content/uploads/2020/10/COO_ONFirstNationsAgingStudy.pdf

It's important to us that we make sure our health research projects are completed and the results shared in ways that are helpful to you as First Nations healthcare representatives. We are collaborating again with Dr. Jennifer Walker and other members of the team who led the First Nations Aging Study to complete an evaluation of our project and specifically, how the findings from our work were shared. We want to hear from you and your teams – even if you have never heard of the First Nations Aging Study – in this short, 5-10 minute survey. As a thank-you for your time, we are offering the chance for those who take part in the survey the chance to win a \$300 credit towards an approved training program.

To learn more about the survey and/or to take part, please visit: <https://redcap.laurentian.ca/surveys/?s=SBchCq>

COO HEALTH SECTOR

CARMEN R. JONES

HEALTH DIRECTOR

RESEARCH & DATA MANAGEMENT DIRECTOR

CARMEN.JONES@COO.ORG

ZACHARIAH GENERAL

ASSOCIATE HEALTH DIRECTOR

ZACHARIAH.GENERAL@COO.ORG

ROSEANNE SUTHERLAND

RESEARCH MANAGER

ROSEANNE.SUTHERLAND@COO.ORG

CAROL ANN MARCOUX

COMMUNITY WELLNESS MANAGER

CAROLANN.MARCOUX@COO.ORG

VACANT:

POLICY AND RELATIONSHIPS MANAGER

HEALTH CO-ORDINATION UNIT

GEORGINA LENTZ

Nishnawbe-Aski Nation

glentz@nan.ca

JAMIE RESTOULE

Anishinabek Nation

Jamie.restoule@anishinabek.ca

LYNDIA JONES

Independent First Nations

lyndia@ifnc.ca

SUZANNE NICHOLAS

Association of Iroquois Allied Indians

snicholas@aiai.on.ca

TASSANEE WEESE

Grand Council Treaty #3

tassanee.weese@treaty3.ca

LORI DAVIS-HILL

Six Nations of the Grand River

ldavishill@sixnations.ca

