



First Nations Health
Directors Association

Sharing experience for community wellness

2019 AGM and Conference

HEALTHY IS THE NEW WEALTHY

September 25 – 27, 2019

Tk'emlúps te Secwépemc traditional territory at Skwelkwé'welt

**Sun Peaks Grand Hotel
and Conference Centre**

3240 Village Way, Sun Peaks BC



Greetings FNHDA Members,

The First Nations Health Directors Association (FNHDA) Board of Directors welcomes you to our 2019 Annual General Meeting and Conference on September 25-27, 2019 at the Sun Peaks Resort in the traditional territory of the Tk'emlúps te Secwépemc people.

This is an exciting time for us to bring our Association Members together as we continue to grow, evolve, and build a better health system from the ground up. As one of the four pillars of the First Nations Health Governance Structure in BC, the FNHDA is an integral part of the transformative change taking place in our communities and regions.

The theme of this year's AGM and Conference is "Healthy is the New Wealthy." This is an expression that is connected to the FNHDA's mandate and celebrates that our mental, emotional, spiritual, and physical health is more valuable than material wealth. "Healthy is the New Wealthy" also reflects that our health is our top priority. We know that self-determination and increased decision-making power over our own health and the health of our communities leads to better health outcomes. When we invest in our health, we have more options available to ourselves.

As part of the official AGM business, our Association Members will have an opportunity to meet the Board, ask questions, review and approve the FNHDA annual report, which includes the financial report for the previous year, and appoint regional Board members (six terms are coming to an end).

Our conference is an annual celebration of our incredible community of Health Directors and Managers working in First Nations health in BC. We will be offering opportunities to: receive updates on First Nations Health Authority (FNHA) programs and services, promote wise practices, and share the latest research and information to strengthen efforts to improve health and well-being in communities.

Outside Cover image by photographer Kelly Funk, Sun Peaks Resort.

Sun Peaks during alpine blossom season.

We are excited to offer a Boundary Setting and Soul Retrieval session as part of this year's Training stream. FNHA Health Benefits will provide an overview of the new benefits plan for Dental, Vision, and Medical Supplies & Equipment administered by Pacific Blue Cross and improved service model. The Head to Heart stream will provide opportunities to experience expressive arts therapy, mindset and body image coaching, and the Emotional Freedom Tapping Technique. The Mentorship stream will include regional wise-practices presented to you by your fellow peers on topics such as land-based healing initiatives and vicarious trauma and self-care.

New to this year's conference, energizers and movement activities will be offered during the wellness breaks. There will also be wellness practitioners providing a variety of therapeutic services during the conference.

Sun Peaks Resort offers a beautiful setting for connecting to the land and a variety of wellness amenities such as a heated pool, hot tubs, sauna, and tennis courts. The Shuswap Medicine Trail, located nearby our hotel, is a unique opportunity to learn about local flora, fauna, and First Nations traditional medicines.

Entertainment during conference includes an interpretive storyteller, Kenthen Thomas, a cultural performance by Sage Hills, and a powerful performance by Indigenous singers, Sister-Clan and Fara Palmer. This year's Inspiration Awards dinner gala and ceremony will be held on September 26th at the Sun Peaks Grand Hotel and Conference Centre.

As integral members of delivering health care to our people in BC, your leadership and support is appreciated and our personal respect and gratitude goes out to all of you.

In wellness,

FNHDA Board of Directors



DAY 1 | WEDNESDAY, SEPTEMBER 25

7:00 AM MEET IN LOBBY	TRAIL RUN / WALK - WELLNESS ACTIVITY Shelley Lampreau , FNHDA Board-Interior Region Representative Angie Prince , FNHDA Board-Northern Region Representative
7:30 AM PRE-FUNCTION AREA	REGISTRATION OPENS
7:30 - 8:30 AM SALON A & B	BREAKFAST
8:30 AM SALON A & B	OPENING PRAYER & TRADITIONAL TEACHINGS Elder Charlotte Manuel , TK'emlups te Secwepemc WELCOMING REMARKS Charles Nelson , FNHDA President and Vancouver Island-Coast Salish Board Representative
9:15 AM SALON A & B	FNHA PRESENTATION Richard Jock , Chief Operating Officer, FNHA
10:00 AM SALON A & B	WELLNESS BREAK - ENERGIZER Michelle Webster , FitNation
10:15 AM SALON A & B	KEYNOTE Join Dr. Reading for an engaging presentation on Indigenous health research, the intergenerational impacts of diabetes, and food as medicine. Dr. Jeff Reading , FNHA Chair in Heart Health & Wellness at St. Paul's Hospital
11:30 AM SALON A & B	QUESTIONS AND ANSWERS
12:00 PM SALON A & B	LUNCH PROVIDED Kenthen Thomas , Interpretive Storyteller
1:00 - 2:30 PM	CONCURRENT BREAKOUT SESSIONS
TRAINING SALON A & B	BOUNDARY SETTING AND SOUL RETRIEVAL This session will provide an opportunity to learn about regulating emotions, boundary setting, and soul retrieval – an ancient knowledge about finding the healing pathway to retrieve the authentic, sacred self. Break work for self-regulation will be a part of this session. Dr. Patricia Vickers , Director of Mental Wellness Clinical Services, FNHA
INFORMATIONAL SALON C	CANNABIS AND HARM REDUCTION WISE PRACTICES FROM COMMUNITIES This session will highlight community success stories and wise practices related to substance use, harm reduction, and cannabis. Dr. Nel Weiman , Senior Medical Officer, Mental Health & Wellness, FNHA
HEAD TO HEART SALON D	NURSES AND HEALTH DIRECTORS: STRONGER TOGETHER – NURTURING OUR PARTNERSHIP TO IMPROVE SERVICES This session will offer a collaborative dialogue with Health Directors and the FNHA nursing leadership on the importance of nurturing partnerships to continuously improve community services. Dr. Becky Palmer , Chief Nursing Officer, FNHA Debbie McDougall , Director of Collaborative Practice, FNHA Gary Housty , Director of Nursing, FNHA

<p>MENTORSHIP</p> <p>MCGILLIVRAY</p>	<p>LAND BASED HEALING INITIATIVES This session will explore the power of connecting to the land as a way of restoring our spirits and revitalizing our relationship with ourselves, our families, and our territories. Annie Williams, Health Director, Xeni Gwet'in First Nation</p>
<p>2:30 SALON A & B</p>	<p>WELLNESS BREAK – ENERGIZER Michelle Webster, FitNation</p>
<p>3:00 - 4:30 PM</p>	<p>CONCURRENT BREAKOUT SESSIONS</p>
<p>TRAINING</p> <p>SALON A & B</p>	<p>TRADITIONAL DIET AND DIABETES This session will provide an opportunity to learn about the power of traditional foods in preventing and treating diabetes. Dr. Jeff Reading, FNHA Chair in Heart Health & Wellness at St. Paul's Hospital</p>
<p>INFORMATIONAL</p> <p>SALON C</p>	<p>HEALTH BENEFITS This session will provide an overview of the new FNHA Health Benefits plan for Dental, Vision, and Medical Supplies & Equipment administered by Pacific Blue Cross and improved service model. Darren McKnight, Director, Health Benefits Management, FNHA</p>
<p>HEAD TO HEART</p> <p>SALON D</p>	<p>MIND, BODY, SPIRIT FEATHER COLLAGE This session will provide the opportunity to create art while engaging in conversation about bringing wellness to mind, body, and spirit. Melanie Rivers, Expressive Arts Therapist, Squamish Nation</p>
<p>MENTORSHIP</p> <p>MCGILLIVRAY</p>	<p>LIVING WITH DEPRESSION AND CULTURAL STRENGTHS This session will explore the challenges of living with depression and the strength and resilience that connecting with culture offers. Zac's story leads us through his personal journey of coping with depression. Zachary George, Tsleil-Waututh Nation</p>
<p>4:30 PM</p>	<p>ELECTIONS (CONCURRENT)</p>
<p>SALON C</p>	<p>Fraser Salish – Terrie Davidson Fraser Salish – Vacancy (Term 2019-2020)</p>
<p>SALON D</p>	<p>Interior – Franny Alec Interior – Jacki McPherson</p>
<p>MCGILLIVRAY</p>	<p>Vancouver Coastal-Central Coast – Keith Marshall Vancouver Coastal-Southern Stl'at'imx – Rosemary Stager Wallace</p>
<p>5:00 PM</p>	<p>ADJOURN – DINNER ON OWN, REST AND RELAXATION</p>



DAY 2 | THURSDAY, SEPTEMBER 26

7:00 - 7:30 AM MEET IN LOBBY	TRAIL RUN / WALK - WELLNESS ACTIVITY Shelley Lampreau , FNHDA Board-Interior Region Representative Angie Prince , FNHDA Board-Northern Region Representative
7:30 AM PRE-FUNCTION AREA	REGISTRATION OPENS
7:30 - 8:30 AM SALON A & B	BREAKFAST
8:30 AM SALON A & B	OPENING PRAYER AND TRADITIONAL TEACHINGS Elder Charlotte Manuel , TK'emlups te Secwepemc
9:00 AM SALON A & B	KEYNOTE Join Dr. Nadine Caron for an exciting conversation on <i>'Healthy is the New Wealthy'</i> from the perspective of a First Nations Endocrine Surgeon. Dr. Caron will explore the topic of: "reinterpreting a crisis." Dr. Nadine Caron , Associate Professor for the Northern Medical Program in the UBC Department of Surgery, and Co-Director of Centre for Excellence in Indigenous Health
10:00 AM SALON A & B	WELLNESS BREAK - ENERGIZER Michelle Webster , FitNation
10:30 AM - 12:00 PM	CONCURRENT BREAKOUT SESSIONS
TRAINING SALON A & B	HEALTH SERVICE DELIVERY LAW This training session will provide an overview of common legal issues related to First Nations health Grant Christoff and Max Dokuchie , FNHA Legal Counsel
INFORMATIONAL SALON C	MENTAL HEALTH FUNDING This session will provide support to Health Directors developing Statements of Readiness and implementing Nation-based mental health and wellness planning activities and demonstration sites. Katie Hughes , Executive Director, Mental Health & Wellness, FNHA
HEAD TO HEART SALON D	YOUR BODY WILL NOT GO WHERE YOUR MIND WON'T LET IT This session will explore body image, mindset, how to build a healthy relationship with food, and practical tools. Angie Olson and Eve Ridler , Active Education Nutritional Coaches
MENTORSHIP MCGILLIVRAY	VICARIOUS TRAUMA AND SELF-CARE This session will explore how to prevent and mitigate the effects of vicarious trauma of compassion fatigue through self-care strategies. Shelley Lampreau , FNHDA Board-Interior Region Representative Shawna Nevdooff , Mental Wellness Clinician, Freshwater Wellness
12:00 PM SALON A & B	LUNCH PROVIDED Sage Hills Cultural Performance

1:00 - 2:30 PM		CONCURRENT BREAKOUT SESSIONS
TRAINING SALON A & B	SURPLUS PLANNING / ESCALATOR IN FUNDING ARRANGEMENT This session will provide an opportunity for a Q&A on funding arrangements and surplus planning. Diana Clarke , Director, Funding Arrangements, FNHA	
	INFORMATIONAL SALON C	
	COMMUNITY HEALTH AND WELLNESS PLANNING, REPORTING & EVALUATION TRANSFORMATION This two-part session will provide an opportunity to learn from planning and reporting stories and wise practices from a variety of Health Directors. It will also be an opportunity to provide feedback regarding transformation of community health and wellness reporting. Health Director Planning & Reporting Champions , co-presenting with FNHA Community Development Team	
	HEAD TO HEART SALON D	
MENTORSHIP MCGILLIVRAY	EMOTIONAL FREEDOM TECHNIQUE (EFT) TAPPING This session will provide the opportunity to learn the EFT, which is psychological acupressure that involves gently tapping the body to alleviate physical pain and emotional distress. Dorina Medland , Innovative Mental Health	
	MENTORSHIP CIRCLE This session will provide an overview of the FNHDA Mentorship Program, explore challenges that Health Directors encounter, and grow circles of support. Come participate in a mentorship exercise, provide your feedback to the program development, and share knowledge with other Health Directors across the province! Kimberley Laing , FNHDA Senior Specialist, Member Services and Programs	
	2:30 PM SALON A & B	
	WELLNESS BREAK - AWARENESS THROUGH MOVEMENT In this session, participants will be guided through gentle somatic movements to regulate and calm the nervous system and restore a sense of ease and wholeness. Sara Binns , FNHDA Secretariat	
3:00 PM SALON A & B		KEYNOTE Join Duanna Johnston-Virgo for an engaging conversation on mental health and wellness and discovering 'Healthy is the New Wealthy,' resilience, and optimal health. Duanna Johnston-Virgo , Mental Health & Wellness Advisor - Interior Region, FNHA
4:00 PM		ADJOURN - PREPARE FOR INSPIRATION AWARDS
5:30 - 9:00 PM SALON A & B		INSPIRATION AWARDS



DAY 3 | FRIDAY, SEPTEMBER 27

7:00 - 7:30 AM MEET IN LOBBY	TRAIL RUN / WALK - WELLNESS ACTIVITY Shelley Lampreau , FNHDA Board-Interior Region Representative Angie Prince , FNHDA Board-Northern Region Representative
8:00 AM PRE-FUNCTION AREA	REGISTRATION OPENS
8:00 AM SALON A & B	BREAKFAST
9:00 AM SALON A & B	OPENING PRAYER AND TRADITIONAL TEACHINGS Elder Charlotte Manuel , TK'emlups te Secwepemc
9:15 AM SALON A & B	ANNUAL GENERAL MEETING <ul style="list-style-type: none">• Opening Remarks• Annual Board Report & Financial Statement• Announcement of Election results FNHDA Board Executive
10:45 AM SALON A & B	BOARD OF DIRECTOR OATH OF OFFICE CEREMONY FNHDA Secretariat
11:00 AM SALON A & B	SPECIAL PRESENTATION TO FNHDA MEMBERS FROM THE FNHDA BOARD (CULTURAL OFFERING) FNHDA Board of Directors <i>"Woman's Warrior Song"</i> Lucy Barney , FNHA
11:45 AM SALON A & B	CLOSING REMARKS AND PRAYER Elder Charlotte Manuel , TK'emlups te Secwepemc
12:00 PM SALON A & B	LUNCH PROVIDED N'we'Jinan Videos
1:00 PM	TRAVEL HOME

INSPIRATION AWARDS | SALON A & B

- 5:30pm Welcome and Opening Remarks
- 6:00pm Dinner Gala
- 7:00pm Inspiration Awards Ceremony
Years of Service Celebration
- 8:00pm Entertainment – *SisterClan & Fara Palmer*
- 9:00pm Closing



Grounding Work within Culture and Tradition



ERICA MARSDEN (XSIM NEDALAADIT)
Health Director | Gitanyow Health Centre

Erica Marsden is the recipient of the 2019 Inspiration Award for “Grounding Work within Culture and Tradition.” Erica was raised in Gitwangak, belongs to the Wilp Malii, and married into Gitanyow. She began as a Youth Worker at Gitanyow and quickly grew into her current role as Health Director, a position she has held for 12 years.

The Gitanyow Health Centre serves over 370 members of the rural community of Gitanyow, which is located 140 km northeast of Terrace and nestled along the Kitwanga River in northwestern BC. In her role as Health Director, Erica works collaboratively with a Health Board to support community “ganmootxw gandidils” (health and well-being) to advance the Gitanyow’s overall vision to create a healthy, sustainable and prosperous community built on the foundation of its law, traditions, and values. Over the years, this effort has focused on identifying what health means to Gitanyow and factors that support good health, and building an effective health system that meets community needs.

Erica leads a team that works collaboratively with a Health Board consisting of a representative from each of the four traditional Gitxsan Clans. It is within this health governance structure that reflects the traditional clan system, Erica and her team weave traditional language, culture, and traditions throughout the community health plan for the benefit of current and future generations. Also, Erica was instrumental in ensuring that the community health centre met the requirements to secure block funding to enable greater flexibility in reallocating funding across health programs and investing in health priorities of Gitanyow.

Erica champions health and wellness by living and breathing Gitanyow traditions and values. Erica encourages staff and community members to enhance their mental wellness, explore cultural and traditional activities, learn their language, and improve their physical health on their wellness journeys. Erica promotes workplace wellness by organizing quarterly wellness days for her team to support self-care, manage stress, and avoid burnout. Through her positive attitude, kindness, and compassion, Erica creates an environment where everyone feels valued and safe, which she believes is the foundation of wellness. Erica and her health care team have inspired many in the community, including Gitanyow Councillor Trista Morgan who shared:

“We all know how busy Health Directors are. Erica is NEVER too busy to take the time to meet with our staff and community members.”

“We always say a team is only as strong as their leader. Just have a look at Erica’s team and that speaks volumes.”

Providing Health & Wellness Leadership for the Community



VANESSA THEVARGE

Health Director | Bonaparte Indian Band

Vanessa Thevarge is the recipient of the 2019 Inspiration Award for “Providing Health and Wellness Leadership for the Community.” A member of Cayoose Creek First Nation, Vanessa grew up in Lillooet, and says that her path to becoming a Health Director began in 2001 when she completed the Medical Office Assistant program. She was hired right away at the T’it’q’et administration office as a community health clerk, a position she held for 13.5 years. Vanessa credits Franny Alec, the previous health manager at T’it’q’et, with modeling excellence in leadership and setting her on course to receive this award today. She learned that the energy you put out is reflected back

to you and is felt by everyone who comes through the door. Vanessa strives to stay positive and approachable, and to create a pleasant atmosphere for her staff and community. Vanessa has been the Health Director for Bonaparte Indian Band for a year and is grateful to have the support of her Management as she pursues her Bachelor Degree in Health Administration.

Vanessa’s personal experiences have shown her the value of a supportive manager. She has been in the health field for 18 years, and always worked hard to be a dedicated and reliable member of her team. However, she knows that without the support of her health team leaders along the way she would not be where she is today. She takes these teachings and reflects them back in role as Health Director, and the community is appreciative of the work she does.

One of Vanessa’s notable accomplishments is securing a full-time Home and Community Care Nurse for Bonaparte. She is passionate about providing services and resources to the community, and filling the gap of two years without a community nurse feels awesome! The nurse gets to know community members and provides the care they need, including foot care, which is crucial in a community without easy access to town-based services. Bonaparte has Elders in and out of the hospital, and the community nurse keeps the community apprised and is actively involved in discharge planning and following up with clients once they are home. Vanessa also knows that it is the seemingly little things that make a huge difference. Recently, a mobile optometry clinic came into the community, and Vanessa derives great joy from bringing much needed services to the people of Bonaparte.

Vanessa is inspired in “knowing that you are able to make a difference and be available for the community,” and her nominator, Franny Alec, Health Manager at Xaxli’p First Nation is inspired by her “willingness to take on challenges on behalf of the community and overcome her fears that there may be resistance.”



Providing Informed, Technical Advice



JOANNE CHARLES

Health Lead | Semiahmoo First Nation

Joanne Charles is the recipient of the 2019 Inspiration Award for “Providing Informed, Technical Advice.” Joanne is a member of Semiahmoo First Nation. She was born and spent her childhood in the community before moving off-reserve just before high school. After college, Joanne returned to Semiahmoo and has worked with and for her family and her people ever since. In 2001, Joanne officially took on the role of Health Lead and Band Manager, and set about “dealing with long outstanding colonial issues and righting past wrongs done to the Nation.”

Semiahmoo sits on the boundary between two growing urban municipalities. However, gaining access to this urban infrastructure for the small population living on the reserve has been a long struggle. A prime example of this is the half-century long process to provide Semiahmoo access to a viable and sustainable supply of drinking water. Joanne describes how her Uncle was among those who first started negotiations to connect to neighbouring municipal infrastructure. Health Directors often wear multiple hats, and to carry on with this work, Joanne has used her knowledge of health and wellness to support her community as they negotiated with all levels of government. She learned to understand the technical jargon, navigate environmental and archaeological surveys and impact assessments, and master the skills necessary to methodically guide her community over each successive hurdle. It has taken years, but at long last an agreement has been reached. The new water system will provide clean water to the Semiahmoo people resident on reserve, and will end a 15 year long boil water advisory.

Through all of this, Joanne has persevered in her goal to provide her people with safe drinking water, which she sees as foundational to improving the community's overall health and well-being. Joanne is inspired by “the work and vision of my Uncle and my Elders who came before me in striving to ensure that our community has a good way of living and bringing back our culture and being able to live comfortably. This is achieved by creating a sustainable foundation that enable us to do the things we need to do to have a healthy vibrant community.”

Through negotiation of accommodation agreements, Semiahmoo has increased revenue to the community. This has enabled Joanne and her team to support the community in addressing the social determinants of health. One third of the members are under the age of 20, so a significant portion of this funding is set aside to benefit the youth. The band assists families with the cost of cultural and recreational activities and has supported several youth to reach their goals through participation in the North American Indigenous Games, the annual Pulling Together canoe journeys, and finding their way to careers helping and mentoring others.

Joanne's nominator, Margaret Charlie, is inspired by her strong voice in standing up for her own and all communities, and by her progressive and proactive approach to leadership.

Establishing and Maintaining Beneficial Partnerships



PHYLLIS PETERS

Health Director | Tsal'alh – Rose Casper Healing Centre

Phyllis Peters is the recipient of the 2019 Inspiration Award for “Establishing and Maintaining Beneficial Partnerships.” Phyllis was born and raised in Tsal'alh, and has worked most of her life for her community. She worked for a time in the nearby community of Bridge River before returning home to take up the position of Health Director at the Rose Casper Healing Centre in 2015.

The main challenge in delivering health programs in Tsal'alh is getting there. The dirt road switch backing up the mountain from the Bridge River and back down to Seton Lake is the only vehicle access, and with rain and snow it often becomes impassible. This means that in ideal weather it will take 2 hours for emergency and other services to reach the community. Under adverse conditions, the trip takes 4 hours, and sometimes medical personnel have to come in by helicopter or boat. In communities like Tsal'alh, building partnerships is not only vital, it literally saves lives.

Her persistence in building partnerships with the FNHA, Interior Health, Indigenous Services Canada, and emergency services has advanced her commitment to ensure her community receives the primary health care they need. Tsal'alh now has weekly nursing services including home care, community nursing, and a doctor who attends the community monthly. However, once clinic hours are over, these services leave the community and on evenings and weekends the Health Director is on-call for everything. Phyllis has been called upon to deliver babies, perform emergency first aid, provide palliative care, change bandages, counsel families, be a youth worker, bus driver, crisis intervention worker, nutritionist, health coach, and more. She needs to know who to call in each situation. The Tribal Police are a key partnership Phyllis has developed. They can assist in crisis and are instrumental in getting services into community in emergencies. BC Hydro is also a key partner because their compound just down the lake has a dock, which they allow health services to use when there is no other way in.

In her dual role as Health Director and Councillor with Tsal'alh, Phyllis has been instrumental in bringing the community together to develop a 10-year plan, which aligns with their Comprehensive Community Plan, Strategic Plan, Emergency and Pandemic Plans. A key objective of all community planning is to enhance partnerships to collaboratively improve Tsalalmec outcomes in health and wellness. As a community member, she works hard to do the best for the community as a whole, and to “get the help or be the help” people need.

Franny Alec, Health Manager at Xaxli'p First Nation, was inspired to nominate Phyllis for her commitment to taking care of her people and her community by ensuring they receive the primary health care they need, and by her persistence in building partnerships to bring health services to Tsal'alh.



Providing Effective Health Administration



HEATHER HASTINGS

Health Manager | Tsartlip First Nation

Heather Hastings is the recipient of the 2019 Inspiration Award for “Providing Effective Health Administration.” Heather is a member of Tsartlip First Nation, and was born and raised in the community. She always knew she wanted to work in a helping profession, but didn’t start off with the goal of working in community. However, working as a nurse in a hospital, she felt disconnected from people’s lives and developed a desire to follow their journey back to community, to see how they fared when they got home. She started working as Tsartlip’s community nurse in 2011, and moved into the position of Health Director in July 2018.

Heather particularly likes working in community because everyone is so passionate about the wellness of their community. It can feel like we work in environments that are under-appreciated by external services, so it is especially important to her that she has a strong team that supports each other. Heather describes her leadership philosophy as knowing it is not her role to be ‘the expert’, but rather to support capacity building within her community and enhance the abilities of her staff. Everybody brings a set of tools to the work, and her job is not to micromanage, but to support.

Heather is inspired by seeing community members empowered to lead their own health care journeys. Overcoming historical hurt in the health system and navigating often complex health needs is a big deal, and she is happy to see the waiting room full on clinic days. “I feel like health care has come alive in our community,” she says.

Heather is currently enrolled in the Masters of Leadership program at Royal Roads University, where she is focusing on solutions to ensuring equitable access to primary care and how to achieve this within a culturally safe framework. At home in Tsartlip, Heather applies her learning to projects such as the Provincial initiative to create Primary Care Networks. By articulating that the safest way to deliver increased services in community is to provide them where the community already is, and demonstrating how First Nations communities already work together to share and create accessible services, Heather has not only shifted the conversation, the communities of the Saanich Peninsula are now getting a full-time physician and another Nurse Practitioner. Collaborative partnerships are also transforming palliative care the Saanich Peninsula communities. Working with the local hospital, neighbouring communities, physicians and community members, a new pathway is being developed that will allow community members to determine for themselves where their last days are spent, and ensure communities have the capacity to support them.

In the words of Heather’s nominator, Jon Rabeneck, FNHA Community Engagement Coordinator with the Vancouver Island, Coast Salish family: “Heather lives and breathes improving the quality of services for her community and surrounding Nations. She has been a voice at the table to hold Island Health staff accountable and ensure we are receiving the best care within the hospital and other health care settings. The Coast Salish are very fortunate to have her voice at these tables.”

Being a Supportive Manager & Health Team Leader



DEAN WILSON

Health Director | Gwa'sala-'Nakwaxda'xw Nations

Dean Wilson is the recipient of the 2019 Inspiration Award for "Being a Supportive Manager and a Health Team Leader." Dean is a proud Metis man who grew up in Port Hardy before attending the University of Victoria to pursue a degree in social work. After working as a social worker for the provincial government, he came home to Port Hardy. He has worked for Gwa'sala-'Nakwaxda'xw as the Health Director and Director of Child & Family Services for the past seven years.

Dean is committed to the health and wellness of the Gwa'sala-'Nakwaxda'xw community, and can be counted upon to support and be involved in community projects such as weeklong healing camps, button blanket making workshops, drum making workshops, and youth initiatives. These have helped the community gain emotional, physical, and spiritual strength as they use culture to guide their healing journey. He is described by his staff as a 'relentless researcher' – if he doesn't know something he will say so and then set about to find answers and a path forward. This quality means that Dean is a trusted source for support and advice for staff and community members alike.

Dean's nominator, Jasmin Thomas-Brown, who is a community health nurse at Gwa'sala-'Nakwaxda'xw, describes him as being "very knowledgeable about the community and its unique needs. He is an excellent leader who provides effective and supportive leadership. I am grateful for his continued guidance, mentorship and leadership." His staff echo this gratitude for his skilled and empathetic leadership. Dean ensures that health and family services staff have training opportunities so they can better themselves to best serve the community. He always comes prepared for meetings with community partners and staff know he will support their initiatives, and advocate for them tirelessly. Community health work can involve long hours, require quick decisions, and is often stressful. Dean has full confidence in his staff, and in return, they know that in Dean they have a leader who takes the time to understand and support them by listening to their ideas, creating policy to move new initiatives forward, and ensuring they have the information and tools to get the job done.

In the words of Gwa'sala-'Nakwaxda'xw staff member Rosie Dugas, "Dean has been wonderful in so many ways to us and our programming. He's always been understanding, and he encourages us to always be better than we were yesterday."



Participating Actively in Professional Development and Continuous Learning



DESIRA JOHN

Health Director | Little Shuswap Lake Band

Desira John is the recipient of the 2019 Inspiration Award for “Participating Actively in Professional Development and Continuous Learning.” Desira grew up and graduated from high school in Merritt. She moved back home to Little Shuswap Lake in 2001, at a time when the band was developing partnerships to deliver education programs on reserve. Over the next few years, these partnerships allowed Desira to take her Home and Community Care certificate, and then become trained as a licensed practical nurse (LPN) – all while living at home and taking care of her young family. She received her LPN in 2003 and has worked for Little Shuswap Lake providing Home Care

services as a care aide, and when the band received funding for Child & Maternal Health, she explored her passion for child development by doing home visits with expecting moms and their babies. After some time in the role of community program lead, Desira was hired as the assistant Health Director and had the opportunity to receive mentorship and expand her skills through the UBC Aboriginal Health Administration program. When the Health Director retired four years ago, Desira was ready to take on this challenging role.

The health team at Little Shuswap Lake is small and Desira has experience in almost every position, so she knows what is involved in each person’s role, and how important it is to have the support, training, and skills to do one’s job well. Desira makes it a priority to build capacity within her team, and focuses on cross training so if one staff member is away or on leave, she can rely on another person who has the knowledge to keep the program running. She uses herself as an example when training staff or encouraging community members to learn something new – she worked her way up by taking advantage of opportunities to learn and increase her skills, and by following her passion for keeping her family and community healthy. Desira describes herself as ‘pro band member’, which means that she is always looking for ways to “build up the members and get them educated, so that there are opportunities to hire our own people.”

Desira’s commitment to continuous learning leads to positive outcomes in health programming and community wellness initiatives. As an example, at last year’s FNHDA AGM, she was inspired by Rosemary Stager-Wallace’s session on ‘De-colonizing your Health Plan.’ She loved the description of traditional medicine and land-based activities as a foundation for community planning, and asked how Rosemary’s community had gone about strategically planning this initiative. Today, Little Shuswap Lake is working to incorporate these principles into their health planning, and she and Rosemary continue to share ideas and draw inspiration from each other. This comes full circle now with Rosemary’s nomination of Desira for this award.

Child development and maternal health is a continued passion for Desira. This year the community had ten babies born and Desira shares that the Baby Welcoming Celebration was amazing! “When you have worked in your own community for so many years, you get to see the positive changes over time.” What inspires me is seeing healthy babies, healthy moms, and healthy pregnancies. And then you get to follow these children as they grow,” Desira says. Watching these young ones grow and thrive and eventually have families of their own is what keeps her motivated in her role as Health Director.

WELLNESS PRACTITIONERS

- FNHDA Community Art Piece: Healthy is the New Wealthy
- Laurel Glenn – Palmistry
- Laurie Anderson – Soul Portraits
- Tanya Lester – Tea Leaf Readings
- Laurel Irons – Acupuncture
- Lillie Johnson – Massage Therapy
- Dylan Smeaton – Body Talk

In order to ensure equal access to the Wellness Practitioners, we respectfully ask participants to limit themselves to one (1) wellness session to allow space for everyone to sign up. Please attend session you have signed up for or ensure you cancel your spot. Sign-up sheets will be available during early registration and throughout the Conference.



FNHDA Community Art Piece: Healthy is the New Wealthy

Located in the Pre-Function Area near Registration | Thursday September 26th all-day

Melanie Rivers, Tiyalwet, is facilitating the creation of a community art piece by FNHDA AGM delegates. The theme of the piece coincides with the theme of the AGM: Healthy is the New Wealthy. Melanie will have paints, stencils, images, aprons, and brushes, and will provide gentle guidance. No art experience is needed to participate. Stop by for as little as ten minutes to add your unique voice to the piece – add some words, use a stencil, collage on an image, paint with your fingers, and/or paint on an image. The final piece will belong to FNHDA to use in future as thank you cards and/or art prints. The piece will be created on September 26th only.



Laurel Glenn – Palmistry

Laurel discovered Palm Reading at age 16, and then later tested her skill while backpacking around New Zealand and Australia. Palmistry is both art and science – readers each have their own style. Laurel's focus is on traditional reading with emphasis on karmic events. For example, your fingerprints will not change throughout your life while most every other aspect of your hand does. How does this help in self-growth? Finger prints are a message from your soul. They provide a starting point on your personal map. You will notice both hands are different. Why? They contain information from your subconscious mind by recording your story. Hands can reveal so much about you.



Laurie Anderson – Soul Portraits

Laurie Anderson is an artist, soul coach, medium, and mother of two. She is Cree from Edmonton, Alberta. Her Soul Path Portrait sessions focus on expressing the beauty, vitality, and vibrancy of a person's unique life path through an artistic drawing. Each Portrait is channeled using only your full name to create it, with a Coaching Session to follow. Each element in the drawing is symbolic and represents a spiritual aspect to that person's life. Laurie has been developing her psychic muscle for nine years and developing her artistic skills since adolescence. A Soul Path Portrait each provides new insights, transformational healing, and an enlightened spiritual awareness. They have helped past clients to embrace their Ancestral gifts, wisdom, and intuition. Each session takes 30-60 minutes as each person is unique.



Tanya Lester – Tea Leaf Readings

Tanya has been doing psychic readings, with a specialty in tea leaf readings, for 21 years. Her mother taught in First Nations communities in Manitoba and Saskatchewan and this shaped Tanya's upbringing. During a tea leaf reading, you select a tea and after you drink the cup of delicious tea, Tanya will have you turn your cup up-side-down onto the saucer. She then asks you to think about one thing in your life that you would like guidance on while putting your hand on the cup. Tanya initiates the session by meditating and then begins the reading with an image that she sees in her Third Eye. Tanya starts seeing pictures in the leaves, and each picture opens up her intuition or psychic powers to tell you about something coming up in the future. She interprets the pictures that she sees into words which she tells you. Tea leaf reading is a way to discover what the next year or so has in store for you.



Laurel Irons – Acupuncture

Laurel is a Japanese/Polish/Norwegian Registered Acupuncturist and Clinical Herbalist living and working on unceded Syilx and Smelqmix territory. She has been in clinical practice for 15 years. Using acupuncture and herbal medicine she approaches healing from a holistic perspective, and can address physical, mental, emotional and spiritual concerns, as requested. Acupuncture supports the body's own healing mechanisms and can be used for a wide variety of needs from physical pain and injury, to many internal health conditions, to issues arising from stress and trauma and other emotional or environmental factors.



Lillie Johnson – Massage Therapy

Lillie has been a massage practitioner for 4+ years. She is a member of Esketemc First Nation in Secwepemc traditional territory located southeast of Williams Lake. She enjoys being able to massage people and the opportunity to see the changes in the bodies of the individuals being massaged. Her future plans are to include our culture and use native plants to help people in healing their bodies. Massage can aid in circulation, detoxification, bringing movement back in areas of concern, increasing range of motion, reducing stress and improving sleep. If Lillie could ask for one thing from a client, it would be to TRUST their bodies ability to heal and the ripple effect this has on changing our world for the better. Massage modalities include: deep tissue, Swedish, Shiatsu, Indian Head massage, hot stone, sport, and foot reflexology.

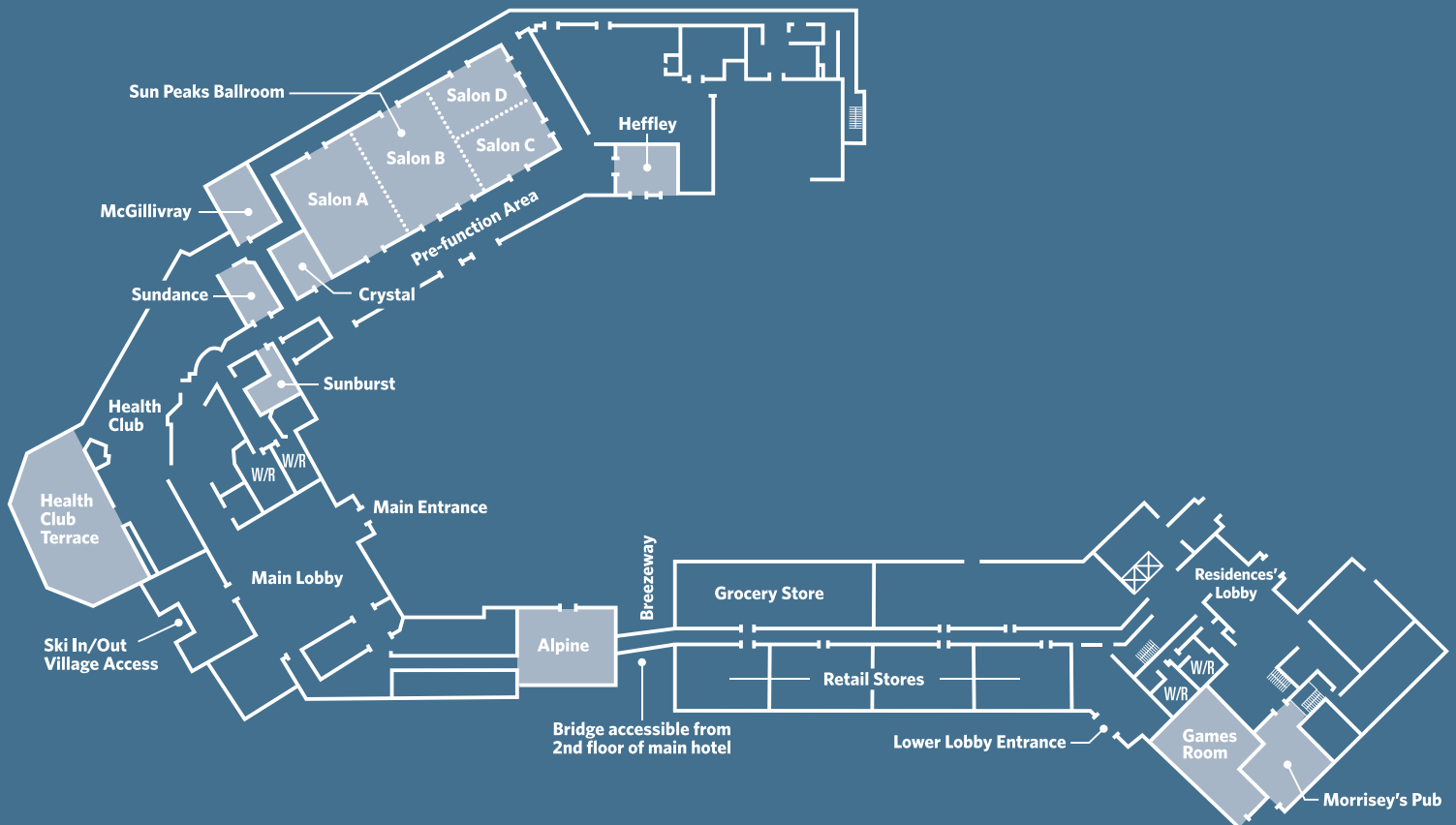


Dylan Smeaton – Body Talk

Dylan is the founder of Being Wellness & Healing and is a certified practitioner of the BodyTalk System since 2009. BodyTalk is an accredited energy healing modality that optimizes your interactions between yourself and your environment. It combines the holistic approach of the energy-field dynamics of the body from Eastern medical expertise with the vast volumes of information that span the practical Western medical knowledge base, resulting in a completely natural and safe method that provides you with the most ancient and practiced form of healing in human history, updated for the 21st century. Body Talk is clinically proven to relieve stress, reduce pain, and aid you with your connection and understanding of your environment. It accomplishes works for you on subtle levels that support your mental, spiritual, and physical health, which helps you reach your pinnacle of personal evolution, custom-tailored specifically for you!



SUN PEAKS GRAND HOTEL & CONFERENCE CENTRE MAP



Salon A/B: Main Plenary + Breakout Session Room

Salon C: Breakout Session Room

Salon D: Breakout Session Room

McGillivray: Breakout Session Room

Heffley: Cultural Support Room

Crystal: Wellness Room

Alpine: Wellness Room

Sunburst: Side Meeting Room - Open to All

Sundance: FNHDA Staff Room - Private



VILLAGE MAP

HOTELS & LODGING

- | | |
|---|---|
| 1 Sun Peaks Grand Hotel & Conference Centre | 6 Heffley Boutique Inn |
| 2 Coast Sundance Lodge | 7 Fireside Lodge |
| 3 Hearthstone Lodge | 8 Kookaburra Lodge |
| 4 Sun Peaks Lodge | 9 Nancy Greene's Cahilty Hotel & Suites |
| 5 The Residences at Sun Peaks Grand | 10 Pinnacle Lodge |




Photo: Kelly Funk

F N H D A A M A Z I N G R A C E

at **SUN PEAKS RESORT**

1. Dinner – Day 1 of Conference

- ☐ Take a picture of your meal while out to dinner on your free evening!
- ☐ If you're out with other conference attendees, take a group photo for a bonus point 

2. Sun Peaks Grand Hotel & Conference Centre

- ☐ Find our venue's sign, and take a silly photograph in front of it – show how excited you are to be at the Sun Peaks resort!

3. Clock Tower @ Sundance Lodge

- ☐ Take a creative photograph of yourself in front of the tall clock tower at the Sundance Lodge!

4. Giant Wooden Chair @ Sundance Lodge

- ☐ Find the giant wooden chair in front of the Sundance Lodge clock tower, and take a photograph of yourself sitting in it!



Photo: Kelly Funk

5. Ski Lift

- ☐ Take a selfie with a ski lift chair – but don't sit in it, or else we'll have to rescue you off the mountain!

6. Rocky Mountain Chocolate Factory

- ☐ Check out the Rocky Mountain Chocolate Factory and snap a picture of your favourite caramel apple (or chocolate)!

7. Lone Wolf Gallery

- ☐ Visit the store, find the sign that says Lone Wolf Gallery, and then take a photograph of yourself standing under it!
- ☐ Visit the shop and take a photograph with your favourite plush stuffed animal!

RULES OF THE AMAZING RACE

- ☐ The objective of the game is to have fun, explore, and meet your peers – we encourage you to pick a teammate that you are not familiar with!
- ☐ You may do the amazing race in teams of two!
- ☐ The team that submits their photos and reaches all of the destinations wins a prize!
- ☐ There will be prizes for 1st, 2nd and 3rd places!
- ☐ Pictures to be emailed to fnhda@fnha.ca before September 27, 2019, so we can deliver the prizes in person!



Photo: Kelly Funk

Free or Low-Cost Activities at Sun Peaks Resort

Visit the Hotel's Health Club

- ❑ Located on the lobby level across from the guest elevators
- ❑ Heated outdoor pool with indoor access, sauna, and three outdoor hot tubs, open daily from 7:00am–10:00pm
- ❑ 24-hour fitness room featuring cardio equipment, free weights, a multi-stationed gym, and stretching mats
- ❑ Men's and women's change rooms with showers and lockers

Visit the Tennis Courts

- ❑ Depending on the weather, this is a really fun, and free activity to do at Sun Peaks!
- ❑ Tennis racquets and balls are available for rent complimentary from Guest Services from 9:30am to 4:30pm. Guest Services is located in the Village Day Lodge (view the Sun Peaks Village Map)

Take a Hike!

- ❑ The Shuswap Medicine Trail is located right nearby our hotel (visit the hotel desk for more information)
- ❑ Learn about local flora, fauna, and First Nations traditional medicines on this interpretive trail
- ❑ 0.6KM, 15 minute round trip

Grab a Coffee and Wander Around the Village

- ❑ It's Fall, which means it's the perfect time to grab a hot latte and enjoy the cool breeze
- ❑ The top rated coffee shop at Sun Peaks is the Bolacco Café, located at 3160 Creekside Way, Sun Peaks, BC



Photo: Kelly Funk

Sun Peaks Restaurant Recommendations

Bottoms Bar & Grill

- ❑ Bottoms has got the pub scene down with daily drink specials and one of the most lively après bars on the mountain
- ❑ Gluten free and vegetarian options available
- ❑ Located at 3160 Creekside Way, Sun Peaks, BC

Morrisey's Public House

- ❑ Morrisey's is the place to go for live music, good food and a comfortable and casual atmosphere
- ❑ Vegetarian options available
- ❑ Located at 3250 Village Way, Sun Peaks, BC

Bella Italia Sun Peaks

- ❑ Enjoy a relaxing evening at Bella Italia Mediterranean Kitchen, where every dish is created to order using only the finest and freshest ingredients. Sample a sumptuous pasta dish or taste a delectable seafood creation!
- ❑ Located at 3170 Creekside Way, Sun Peaks, BC

Oya Japanese Restaurant

- ❑ Drop in for your favourite sushi roll, noodle bowl or any other Japanese dish you're after, they've even got sake!
- ❑ Vegetarian and vegan options available
- ❑ Located at 3170 Creekside Way, Sun Peaks, BC

There are a variety of other restaurants at the Sun Peaks resort, including Chinese, Middle Eastern, pizza, poutine, and much more!

Please visit sunpeaksresort.com/events-things-to-do/dining-apres for a full list of restaurants in Sun Peaks, BC.



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A series of horizontal dotted lines spanning the width of the page, intended for handwritten notes or responses.





First Nations Health Directors Association

Sharing experience for community wellness

FIRST NATIONS HEALTH DIRECTORS ASSOCIATION

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