

# Newsletter

Health & Social Department – September 2022

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## *Hello Community!*

We at the Health & Social Department hope you have all had a wonderful summer. Our office has been very busy and we are excited to share the latest news and updates with you all. Hopefully you had a chance to read last month's newsletter where we introduced this initiative with the goal of increasing awareness within our community on what is going on, what we do, and what you can take part in. At the end of this newsletter, you will find a calendar that highlights events going on this month – We hope to connect with you this month!



Read the interview with Wellness team Lead, Tracey Nolan!

## Photo Contest Winners!

Winners are in! Thank you to everyone who entered the LFN Photo Contest. Check out the following pages to read more and see some of the wonderful entries we received.

### 1st Place:

Jasmine Lewis

### 2nd Place:

Teaka Lewis-Clark

### 3rd Place:

Brittane Laverdure

## Kamloops pow wow:

Last month we organized a youth trip to the Kamloops pow wow. Over 25 youth and their guardians, travelled via the first Kaska shuttle bus to Kamloops. We watched the large and impressive pow wow gathering, and also made stops at the water park and indoor trampoline park. It was so much fun!



## New Vehicles!

The Health & Social team sees how insufficient access to transportation limits our community. Therefore, we have been working towards acquiring more vehicles to support Liard First Nation and the needs we see. We are so happy to present the following new vehicles!



- Two 24-passanger vehicles
- An Elder's van
- A school bus with safety seats for toddlers.

→ An 18-passenger wheelchair accessible vehicle for our medical driver is coming

# YOUTH COMMUNITY ENGAGEMENT

## 24TH SEPTEMBER

1-5PM @ REC CENTRE



We want to hear from youth between 12-29 about local mental health services and the impact of COVID-19.

As part of the Fall Fair, this initiative is for a research project to increase leadership knowledge on the needs of the community.

**BIG PRIZES AND GIFTS will be available for participants!**

## 24-30 SEPTEMBER

### Taking Flight: Trauma Recovery Certification Course



We are so excited that Taking Flight International will be doing training for the Health & Social department staff and members in the upcoming year. The first of a range of trainings will be "Trauma Recovery Certification Course" and it will run for 7 days, from September 24th-30th.

There will be spots available for LFN members who wish to attend this training (limited seats). If you are interested in attending this course, please reserve your place by registering early at [events@liardfirstnation.ca](mailto:events@liardfirstnation.ca) or by leaving your contact information with reception at the admin office. (536-5200)

Future opportunities for other certification courses will be coming over the fall and winter.

*Psst..Did you know?*



Free feminine hygiene products are available for members at LFN's admin office. Please inquire at the reception!



# Photo Contest!

Thank you to everyone who entered the LFN Photo Contest. It was so much fun to see the community from your perspective. What a beautiful place we live in! We can't wait to use these in upcoming LFN brochures, media, etc.

The winners of the Photo Contest were chosen by a lucky draw and are as follows:

**1st Place:** Jasmine Lewis  
**2nd Place:** Teaka Lewis-Clark  
**3rd Place:** Brittane Laverdure

## Prizes:

1st prize: Samsung Galaxy Tab A7 Lite  
2nd prize: JBL Flip 5 Bluetooth Speaker  
3rd prize: Anker Portable Charger

Winners, please email [katherine.durocher@liardfirstnation.ca](mailto:katherine.durocher@liardfirstnation.ca), or call her at the Admin office to arrange pick-up/delivery. Thank you to all participants for your beautiful photos - we hope you had fun taking them!

Check out some of the entries from fellow community members below:



Teaka Lewis-Clark



Vanessa Law



Jasmine Lewis



Emily Wonford



Brittane Laverdure



## *Get to know Tracey!*

**Name:** Tracey Nolan

**Role:** Wellness Team Lead

**Contact:**

tracey.nolan@liardfirstnation.ca

Cell: (867)-536-4760

"I want to see our members feel like they are being heard and cared for in the way they need."



## *Tell us a little bit about yourself!*

I have lived in Watson Lake for 10 years. I'm a Licenced Practical nurse with a community nursing certification and was working at the hospital before I started the job here as Wellness Team Lead. I also volunteer at the fire department.

I am the mother of 5 kids and love to spend time with my family. They have grown up and graduated high school here. I still have one child at home in high school right now. Watson Lake is a great place to live, and the people are wonderful.

I'm originally from Prince George and lived 20 years in Lower Vancouver mainland. I originally moved to Watson Lake for a full time job at the hospital. I really love it here. I love to get outdoors...I enjoy fishing and hunting. My husband and I usually go trap together.





## *What enticed you to work with the H&S department?*

It has been a busy few years. I recently spent a year working between the hospital and LFN. I also worked as a travel nurse on reserves in northern Alberta. While it was a great experience and I am happy to help people, I found that I was doing social nursing, and not the clinical primary care I love. I also want to be close to home and my family. Here at the H&S department I get to be in town and do what I am passionate about. I have been here at this role since January this year.

## *What surprised you the most, and what do you like most about the job?*

I knew coming into the job that Katherine had a small but mighty staff. When I started, I realized how much there is to do and how short we are in capacity. That's what we have been working on. I was also surprised about how much falls under Health & Social. We have a lot to do!

Right from day one, everyone has been so welcoming. I work with great people which makes the work environment really enjoyable. I'm very thankful for all the people who work in the band office, they are really passionate about it.

## *What are some things that you feel you have brought to the role that have benefitted H&S?*

I'm a nurse, and I think it's very important to have people with health knowledge in this field. We have a 24-hour emergency line and one of our services is to advocate for community members with health issues or who are struggling with the public health system. I have done this for patients and have been able to help them by advocating for their needs. This, and the role in general, requires genuine care for the people.

I believe I bring compassion and empathy to the role, and my familiarity with the community helps. It allows for understanding of the background of patients that can have complex needs and how to communicate in the best way. I feel that compassion is vital to help our members lead a healthier lifestyle.

Also, I love being able to utilize my organization skills! I actually created a filing system when I started working here and I think it has really benefited the department.



## *What do you hope to accomplish in the next year?*

I personally would like to see the capacity being built in the office for more programs, such as in person AA and NA meetings. There are currently meetings via telehealth, but I'd like to offer something more personal. People respond better when they are in a community with peers. Actually, Mental Wellness and Substance Use Services currently offers SMART recovery meetings in town. I definitely want to recommend those to anyone who is looking for help in that aspect.



I also see a lot of interest from community members about mental health talks. Specifically, I see that many people have a lot of questions on mental health disorders vs substance use issues. So I'm currently trying to find a professional and experienced Indigenous person who could offer a workshop in this.



## *What do you hope to accomplish in the next five years?*

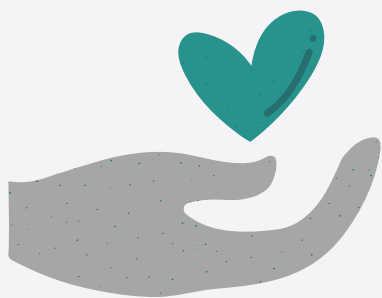
We want to create stronger relationships with the community. We can't guarantee a perfect experience every time someone has something to do with healthcare, but we can try to strengthen bonds so that when patients come to us, they can feel a little more comfortable. I want to see our members feel like they are being heard and cared for in the way they need. A big part of that is also to continue expanding our services and offering more capacity for community members struggling with repetitive cycles or destructive behaviour.

I would also like to see a graduating youth that is interested in the medical field but wants to serve the First Nation. I would love to take young people in, even just for a summer term so they can see what we do. Even people who are interested and want a career change – we want to provide you with knowledge about positions and what education and training is necessary. I'm not retiring yet, but I'm excited about someone eventually taking my job, and hopefully a Kaska member. In a Health and Social capacity you **need** an education on how bodies work, how minds work, and how substances affect our overall body and mind. Many people have general knowledge but in this department you need be educated in the field...and we would love to help you get there!

## *Who would you consider to be an inspiration?*

My mother and my grandmother. My grandmother was never formally educated; she was an honest working woman. My mother was also a nurse. I actually got to work at the hospital with her for 4 years before she retired. They have both given me an example what a strong and capable woman is, and that this does not exclude being soft and gentle or respectful and forgiving.

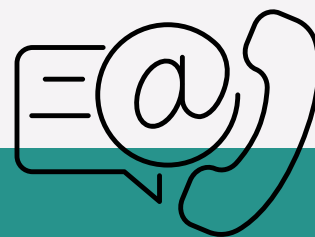
My mother understood that working in this industry is not easy or comfortable. She understood why I was not visiting family regularly and supported me when I was exhausted physically, emotionally and spiritually. Nursing requires a lot from you; not just giving all your care and empathy but also using your brain to remember all the processes to provide the best care possible in a short amount of time. They taught me genuine care and empathy.



## *What is something that people don't know about you?*

In another life I did musical theatre, played the tuba, and sang independently in a professional manner!

## *Contact Us – We are here for you!*



Health & Social Department Office – 867-536-5222  
24/7 Health and Social Support – 867-536-4527

**Katherine Durocher** – Health & Social Director  
katherine.durocher@liardfirstnation.ca  
Cell: (867)-536-6767

**Tracey Nolan** – Wellness Team Lead  
tracey.nolan@liardfirstnation.ca  
Cell: (867)-536-4760

**Debbie Chadwick** – Health Team Lead  
debora.chadwick@liardfirstnation.ca  
Cell: (867)-536-4844

**Tasha Stewart** – Social Team Lead  
tasha.stewart@liardfirstnation.ca  
Cell: (867)-536-4621



# SEPTEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
4				1 Lunch & Learn Upper Liard LFN Community BBQ	2 End of Season Golf & BBQ 	3
	5	6 Lunch & Learn Upper Liard	7	8 Lunch & Learn Upper Liard	9	10
11	12	13 Lunch & Learn Upper Liard	14	15 Lunch & Learn Upper Liard Prenatal Nutrition	16	17
18	19	20 Lunch & Learn Upper Liard	21	22 Lunch & Learn Upper Liard	23	24 Youth Community Engagement Fall Fair 
25 Trauma Recovery Certification Course	26 Elder's Tea, Bannock & Visits	27 Lunch & Learn Upper Liard	28	29 Lunch & Learn Upper Liard	30	
Moccasin Making Workshop						

## Need a ride?

Do you want to come to one of our events but are unable to get there? Please contact us at the reception ahead of time so we can arrange to pick you up.

*Details on next page*

# This Month:

## **Lunch & Learn:**

All LFN members are welcome to our Lunch & Learn events on Tuesday and Thursday from 12-2pm at Upper Liard Learning Centre. A healthy lunch is served, followed by a presentation from public and mental health. Let us know ahead of time if you need one of our staff members to pick you up.

## **LFN Community BBQ:**

Join us on the 1st of September from 10am-12pm at Liard First Nation Admin Building (Main Office), Members are invited to talk about their hopes in recreation and programming and a survey will be available. Burgers and smokies, as well as healthy snacks and water will be available.

## **Golf & BBQ:**

Let's golf on the 2nd of September from 6-8pm at Greenways Green Golf Course! Enjoy a round with friends and stay for the BBQ (burgers and smokies).

## **Prenatal Nutrition:**

All soon-to-be and new mothers are welcome to join us on the 15th of every month for a class in Prenatal Nutrition to keep you and your little one healthy. Contact H&S for details.

## **Youth Community Engagement:**

We invite all youth between 12-29 in the community to drop into the Rec Centre on the 24th September between 1-5pm during the Fall Fair. We want to hear your thoughts the impacts of COVID-19 on mental health, and what type of resources you would like access to. This is part of a research project to increase Leadership knowledge on the needs of the community - BIG Prizes and compensation will be provided for participants!

## **Fall Fair:**

In collaboration with our Watson Lake Community Partners, we are organizing a Fall Fair on the 24th September between 1pm - 3pm at the Rec Centre. There will be food, drinks, prizes and lots of fun!

## **Moccasin Making Workshop:**

Join us from the 26th-30th of September between 5-8pm at Two Mile Hall for a canvas top moccasin making workshop. Everyone is welcome to come and learn!

## **Elder's Tea:**

All Elders are welcome on the 26th of September from 6-8pm at the Upper Liard Learning Center for snacks, tea and bannock. Bring your smiles and good conversation!

# Youth Group Program

## SEPTEMBER 2022

Join in on the fun at the youth centre this September!  
The centre is located at Little Jimmy Street, Two Mile.  
For more information, please call the centre at (867)-536-7871.

SUN	MON	TUE	WED	THU	FRI	SAT
4				1 Game Night	2 Movie Night	3
	5 Labour Day	6 Arts & Crafts	7 Storytelling with Elder	8 Game Night	9 Movie Night	10
11	12 Free Time	13 Arts & Crafts	14 Storytelling with Elder	15 Game Night	16 Movie Night	17
18	19 Free Time	20 Arts & Crafts	21 Storytelling with Elder	22 Game Night	23 Movie Night	24
25	26 Free Time	27 Arts & Crafts	28 Storytelling with Elder	29 Game Night	30 Nation Day for Truth & Reconciliation	

*Sógā sinlā!*