Representative Workforce (RW) and First Nations and Métis Health Service (FNMHS) would like to wish you a healthy and prosperous new year.

As the new year approaches this is a time to reflect and appreciate the lessons learned. Thank you for your commitment in building a representative workforce.

Reflections of 2013!

Step into Health Careers—program 8

Northern Tour—consultation process for First Nations and Métis Health Service

Treaty 6 flag and Métis flag raising ceremony the city hall in Saskatoon

Front left to right: Sharon Clarke, Jade Chaboyer, Phoebe Fosseneuve, Valerie Bradfield.

Back left to right: Rosanne Glass, Gabe Lafond, Delia Allberg, Caitlin Cottrell-Lingenfelter, Gary Eagle.

Happy New Year!

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A workplace that is representative of our communities develops cross-cultural relationships and understanding. Getting to know and respecting your colleagues creates a inclusive environment.

Valerie Bradfield is a registered nurse from Brabant Lake and a member of the Lac La Ronge Indian Band. She works with First Nation and Métis Health Service. “I love that I am able to incorporate some of my own cultural teachings and experiences on Traditional Medicine and learned teachings from Indigenous people from across North, South and Central America.”

Jaris Swidrovich is from Saskatoon and a member of the Yellow Quill Saulteaux First Nation. He completed his Bachelors of Science degree in Saskatoon and completed a Doctorate in Pharmacy at the University of Toronto. “I wanted to be a pharmacist because I wanted to play an important role in patient care and I know pharmacists have been named the #1 most trusted professional time and time again.”

Both healthcare professionals provide western and traditional perspectives of care for families and individuals.
Many northern communities are isolated and lack the necessary healthcare services.

Northern residents come to Saskatoon to see specialists and for health consultations. The experiences have not always been pleasant. Imagine leaving your community and flying in or driving for 8 hours to Saskatoon for an appointment. You may not know the city, you are not feeling very well and then you find out that your appointment was rescheduled. Your first language may be Cree or Dene and you tried explaining your situation but you are not being understood. You leave feeling frustrated with your needs unmet. This is an example of what people may face that can add extra stress and create barriers for receiving proper healthcare.

In 2013, the Saskatoon Health Region opened the First Nation and Métis Health Service (FNMHS). This service helps remove some of the barriers for First Nation and Métis clients. Some of the services include: better discharge plans, co-ordination of transportation and accommodations.

To promote FNMHS, a northern tour was completed. Employees from the Health Region travelled to far as Stony Rapids and Île-à-la-Crosse. This was an opportunity to meet with health care workers and people from the communities.

Many questions were asked and recommendations made. Some of the suggestions included; more accessible information, available resources and a possible partnership strategy in the future.

There is a willingness to work together. As a part of promotion, evaluations were provided. The feedback was positive and one of the participants shared their thoughts, “I look forward to future relationships that will enhance services to our First Nation and Métis patients.”

Congratulations!  
Spring/Fall 2013 GDI-SHR Scholarship Recipients

**Gabriel Dumont Institute Training and Employment Inc.**

Kristy Duperreault  
Licensed Practical Nursing, Dumont Technical Institute

Brandi Nicolas  
Nursing Education Program  
University of Saskatchewan

Stacey Pelletier  
Licensed Practical Nursing, Dumont Technical Institute

Shauna Spilchuk  
Licensed Practical Nursing, Dumont Technical Institute
Representative Workforce in partnership with the City of Saskatoon, invites you to attend Cultural Conversations. January 22, at St Paul’s Hospital, room 106 C Wing, 11:30 am - 1:30 pm. Cultural Conversations are held quarterly, if you missed this one there will be upcoming Cultural Conversations in March 2014.

Cultural Self Awareness training will be taking place in February & March. Please check the Training Registration System (TRS) for classes.

Community events
January 27th 6-8 pm
University of Saskatchewan Building Bridges hosts Identity and Privilege in Canadian Society. For more information visit: http://students.usask.ca/current/events/buildingbridges.php

Indigenous Traditional Knowledge and Intellectual Property Rights.

“All plants should be respected. Keeping your body and soul together means using the medicines and the foods we eat - our daily medicines that keep our whole being well - it’s like the veins in our bodies are like the rivers that flow through the Earth - we need to take care of both the earth and our bodies”.

N. Rose Point, Musqueam

“Traditional knowledge encompasses the beliefs, knowledge, practices, innovations, arts, spirituality, and other forms of cultural experience and expression that belong to indigenous communities worldwide.” Indigenous Traditional Knowledge of medicine and plants are Indigenous Intellectual property rights. To read more on this subject please go to: http://www.parl.gc.ca/content/lop/researchpublications/prb0338-e.htm