



Iitamomah katoyuksistsiko

*One of the joys of the Christmas Season
is the opportunity to express our
appreciation and to wish you happiness
and prosperity in the coming year.*

Merry Christmas from your friends at Siksika Health Services

December 2022 SOKSISTOMSIN



Siksika Community Wellness and Mental Health Host Annual National Addictions Awareness Week Banquet.

The National Addictions Awareness Week highlights ways to address harms related to alcohol and other drugs. It provides an opportunity for people in Canada to learn more about prevention, talk about treatment and recovery, and share solutions. This year, NAAW took place from November 20th to the 26th.

The theme for the NAAW banquet was “Acknowledging our warriors from the past, present and future”. The significance of the theme was to honor the hard work that was provided from past Addictions workers, informing the community of the work that is being presently provided today and how the program will be moving forward for future services.

Our goal was to meet the needs from a client perspective; incorporating the Stages of Change model for support services. The new framework for Addictions supports will support clients from stabilization-using to detoxing, to Treatment Readiness-Stages of Changes model of support, to Recovery supports-aftercare and life skills building.

The evening banquet was designed specifically for the purpose of acknowledging

previous Addictions (NNADAP) staff, current Addictions staff and Matrix client’s alumni. The event included motivational speeches from previous participants/clients from the Addictions program; describing their wellness journey, the historical journey of the former NNADAP program and the changes being made to the current Addictions program.

The objectives for the NAAW banquet was to share important messaging; to share our resources that were developed by Siksika Health Services. These resources can be used to help inform others, initiate important conversations or assist individuals who use substances or have a substance use disorder on their Wellness journey. The event also showcased the wellness journey of past and present clients of the Matrix program; to provide the continuous support from the Addictions program.

The banquet incorporated the work that was provided by past Addictions (NNADAP) workers. A video was drafted that provided insight to the past work that was provided by the program; Butch Wolf Leg, Janice Doore and Pauline Yellow Fly, provide their experience and stories

related to the past work with the Addictions Program. We honored the work that was provided by the most recent NNADAP workers: Thurman Little Light, Eileen Black and Virginia Daniels. Their work and dedication saved lives, they sacrificed hours to support clients with support groups, transportation to inpatient treatment, transportation to detox and taking calls all hours of the day and weekends. The event showcased the wellness journey of 2 clients; both participants took part in the Matrix program. They both spoke on how the Matrix program and Addiction services supported their recovery journey.

The highlight of our evening was the blanket ceremony that we used to honor 19 Matrix clients to signify their wellness journey. We were extremely pleased to see the family support all 19 clients had.

We were so pleased to have entertained 100 community members. We would like to take this time to thank Jax Running Rabbit for entertaining us with his amazing voice and guitar talents.

We hope to continue supporting our community members who reach out and seek our services.



Nitsikihtaahsitakahpinaan to Siksika Nation Chief and Council!

Siksika Health Services would like to extend heartfelt thanks to our Board of Directors, who generously shared their time and energy to provide guidance to the organization over the last 3 years. As we usher in a new Chief & Council, and with it, a new Siksika Health Board of Directors, we say: thank you!



Blackfoot Prayer

Ayao Apistotoki
Ayao Napi Natosi
Ayao Iihtsipaitapiyo'pa
Kitsiksimatsimmohpinnaan
Isspommookinnaan Anoo'h'k
Ksisstiko
Kimmokinnaan
Ais'stmattsookinnaan
Soka'ipsiys, ikkina' piyi
Mokama'ta'piyi
Ayao Kiimma'tookinnaan
Nookoossinnaanisksi
Ninnaaniksi
Niksisstsinnaanisksi
Naahsinnaanisksi
Ok kaamotaani
Misamipaitapiysinni

Calling Creator
Calling the Old Man/The Sun
Calling the Source of Life
We welcome you
We ask for your help on this
Day.
Be kind to us
Show us
All that is good, all that is
Gentle and all that is honest
I ask that kindness be shown to
Our Children and to our
Fathers
Mothers and Our
Grandparents
And to be saved and given a
Long Life.



Calgary Stampede First Nations Princess

Siksika Health Services would like to congratulate Alayah Wolf Child, the newly crowned Calgary Stampede First Nations Princess 2023.

Alayah has been an integral part of the Siksika SN7 program, using her personal talents to teach and share traditional knowledge with the youth of Siksika Nation in and around our community and we are so proud of her.

Alayah was one of 3 beautiful ladies vying for the title of Calgary Stampede First Nations Princess, all three ladies had ties to Siksika Nation in the Medicine Shield and White Elk families.

This was not Alayah's first pageant and her perseverance leads the way for our youth encouraging them to try again, there is always room for growth and enhancement.

Alayah's confidence in the pageant was inspiring, The shine she emitted was exciting and we are looking forward to following the trails set out for her this year.



Alayah is the eldest daughter of Eddie Wolf Child and Joset Melting Tallow and sister and role model to Shaedon and Destyn. Her grandparents are Bernice Wolf Child (Backfat) and the late Ed Wolf Child Sr as well as the late Fraser White Elk and Dorothy Melting Tallow.

Alayah was raised with traditional values as she was raised with the

values and respect of the societies as well as that of her grandparents and we are confident that she will represent not only the Calgary Stampede but also Siksika Health Services and the SN7 program.

Congratulations and best wishes on this journey and we look forward to watching you shine at the Calgary Stampede.

Tips to Prepare for Winter

Winter weather conditions in Siksika can quickly become dangerous with little or no warning. Here are some tips to prepare for the winter season and ensure your family is safe during the coldest of days.

General winter weather safety

Winter driving calls for extra care, even in normal winter conditions. Snow and ice can reduce tire traction on roads, and heavy or blowing snow can make visibility poor. Check out these safety tips for winter driving.

Whether you are shoveling or sliding, always dress warmly

in cold temperatures and avoid over-exerting yourself. Your heart has to work harder to pump blood through your blood vessels when they are constricted by the cold. Over-exerting with the added stress could trigger a heart attack or stroke. Be heart smart in the winter.

Blizzard safety

When a blizzard begins, stay indoors and wait until it ends. If you must go outside, dress properly to stay warm. When it comes time to shovel yourself out after the storm, take your time to avoid exerting yourself.

Planning ahead

Having a storm readiness plan in place saves valuable time when severe weather strikes. It is also important to maintain an emergency pack with a battery-powered flashlight, a radio, tools for emergency repair, ready-to-eat food, a first aid kit, blankets, and extra clothing. Keep your car gas tank full in case gas stations close down after a storm, and have some cash on hand in case bank machines and electronic payment methods are down. When a warning is issued, stay calm and follow your plan. Take advantage of Environment and Climate Change Canada's Weatheradio service to be aware of and prepared for potential impending winter storms. Here is a link to create your emergency plan. Staying warm

Dress warmly when you go outside during cold weather. Wear layers of clothing with a wind-resistant outer layer. You can remove layers if you get too warm, before you start sweating, or add a layer if you get cold. Wear warm socks, mittens, a hat and scarf. In extremely cold conditions, cover as much exposed skin as possible. If you get wet, change into dry clothing. You lose heat

faster when you are wet. Outdoor sports, such as sledding, snowmobiling and skating can be fun in the wintertime, but be sure to dress appropriately. Wear a facemask or goggles to protect your face from frostbite and windburn. Be alert for signs of frostbite. Check for numbness or white areas on your face and extremities (ears, nose, cheeks, hands and feet). Get medical assistance immediately if you notice signs of confusion, slurred speech, stiff muscles or uncontrollable shivering.

These are signs of hypothermia, a potentially fatal condition.

Hypothermia occurs when your body loses heat faster than it can generate it.

Check the Environment and Climate Change Canada weather

forecast before you go outside. Watch for wind chill or extremely cold temperatures. Wind chill can create dangerously cold conditions, but extremely cold temperatures can still be hazardous with little or no wind

I Destroy Homes



“I destroy homes, tear families... apart - take your children, and that’s just the start. I’m more costly than diamonds, more costly than gold - the sorrow I bring is a sight to behold. And if you need me, remember I’m easily found. I live all around you, in schools and in town.

I live with the rich, I live with the poor, I live down the street, and maybe next door.

My power is awesome - try me you’ll see. But if you do, you may never break free.

Just try me once and I might let you go, but try me twice, and I’ll own your soul.

When I possess you, you’ll steal and you’ll lie. You’ll do what you have to just to get high.

The crimes you’ll commit, for my narcotic charms, will be worth the pleasure you’ll feel in your arms.

You’ll lie to your mother; you’ll steal from your dad. When you see their tears, you should feel sad.

But you’ll forget your morals and how you were raised. I’ll be your conscience, I’ll teach you my ways.

I take kids from parents, and parents from kids, I turn people from God, and separate from friends.

I’ll take everything from you, your looks and your pride, I’ll be with you always, right by your side.

You’ll give up everything - your family, your home, your friends, your money, then you’ll be alone.

I’ll take and I’ll take, till you have nothing more to give.

When I’m finished with you you’ll be lucky to live.

If you try me be warned this is no game. If given the chance, I’ll drive you insane.

I’ll ravish your body, I’ll control your mind. I’ll own you completely; your soul will be mine.

The nightmares I’ll give you while lying in bed. The voices you’ll hear from inside your head.

The sweats, the shakes, the visions you’ll see. I want you to know, these are all gifts from me.

But then it’s too late, and you’ll know in your heart, that you are mine, and we shall not part.

You’ll regret that you tried me, they always do.

But you came to me, not I to you. You knew this would happen.

Many times you were told, but you challenged my power, and chose to be bold.

You could have said no, and just walked away. If you could live that day over, now what would you say? I’ll be your master; you will be my slave. I’ll even go with you, when you go to your grave.

Now that you have met me, what will you do? Will you try me or not?

Its all up to you. I can bring you more misery than words can tell.

Come take my hand, let me lead you to hell.”

Signed DRUGS

Indigenous Disability Awareness Month

Indigenous Disability Awareness Month is a time to recognize and celebrate the contributions of Indigenous peoples with disabilities and take action to ensure equity of rights, access, and opportunities.

In the month of November, Siksika Health Services committed to educating and raising awareness about inclusivity around disabilities. Indigenous peoples with disabilities face barriers and opportunities that magnify the social and economic exclusion they experience. Everyone deserves to take part in their community.

Siksika Sports for All Recreation Program (SSARP)

Community Mental Health and Wellness and SN7 will be collaborating to implement an adaptive recreation program that will modify sports activities to be inclusive of all abilities. Adaptive sports provide modifications to a particular sport so that athletes will be given the opportunity to participate with appropriate accessible accommodations.

The key principle of adaptive sports and recreation is inclusivity. The Siksika Sports

for All Recreation Program will offer a variety of adaptive sports beginning with a 6-week adaptive lacrosse program. The Autism and Asperger Friendship Society (AFFS) is a program that offers specialized sports, supports, and recreational respite to many families with all abilities.

They will assist in the facilitation of the instruction, equipment purchase and lacrosse instructors. The AFFS coordinators are specialists in the field of disability and sports and are excited to mentor SN7 in facilitating adaptive sports.

This mentorship allows SSARP to be sustainable in future inclusive sport programming. Other adaptive sports that will be offered to the community will be goal ball, wheelchair basketball, wheelchair lacrosse, adaptive running, sledge hockey and sitting volleyball. The SSARP committee are dedicated to provide an inclusive sports program so that all Siksika members with all abilities will be given the opportunity to participate in any sport.

Organizational Commitment to Accessibility

Participation in society requires barrier-free access to online

content. Siksika Health Services has partnered with UserWay to meet international standards for website accessibility. This allows all visitors to our Siksika Health website to access information equitably.

UserWay has been implemented on the website, and further instruction on how to use it will be shared with Siksika Nation members in December.

Siksika Disabilities Services Christmas Dinner

Every year, Siksika Disabilities Services hosts a Christmas dinner for their clients that aligns with the International Day of Persons with Disabilities. The department celebrated a bit earlier this year, however, the celebration was special as it's the first time staff, clients and family members have been able to gather at an in-person event before the pandemic.

Siksika Health Services recognizes all the hard work Disabilities Services puts in for the community and thanks everyone who made the dinner special. International Day of Persons with Disabilities was December 3rd.



Siksika Youth Leaders in Sport

Siksika Health Services Congratulates
O'Shea Red Crow, Levitt Ayoungman,
and the entire Vernal Oilers team
on your undefeated win streak!



Red Crow

Ayoungman



Siksika Health Services Congratulates

Pheonix Big Snake
and
Syrianna
Running Rabbit



Making National Aboriginal Team Alberta

IMPORTANT MESSAGES FROM OUR TEAMS

Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.

PICKING THE TREE

- Choose a tree with fresh, green needles that do not fall off when touched.

PLACING THE TREE

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.

LIGHTING THE TREE

- Use lights that are listed by a qualified testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.



After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Check with your local community to find a recycling program.

Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

FACTS

- Almost one third of home Christmas tree fires are caused by electrical problems.
- Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- A heat source too close to the tree causes more than one in every five of the fires.

 Your Source for SAFETY Information
NFA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169



Winter Holiday Safety

Winter holidays are a time for families and friends to get together. But that also means a greater risk for fire. Following a few simple tips will ensure a happy and fire-safe holiday season.

HOLIDAY DECORATING

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other things that can burn.
- Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.

HOLIDAY ENTERTAINING

- Test your smoke alarms and tell guests about your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in a locked cabinet.
- Stay in the kitchen when cooking on the stovetop.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Provide large, deep ashtrays for smokers. Wet cigarette butts with water before discarding.



Before Heading Out or to Bed

Blow out lit candles when you leave the room or go to bed. **Turn off** all light strings and decorations before leaving home or going to bed.

FACTS

- More than one-third of home decoration fires are started by candles.
- More than two of every five decoration fires happen because decorations are placed too close to a heat source.



 NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards



QUALITY HEALTH AND WELLNESS FOR SIKSIKAWA





Give your family a safe Christmas this year

The omnicron booster is the best way to protect yourself and your family against COVID-19

Siksika Immunization Clinic
Monday-Friday (till Dec. 22)
9:00 a.m. to 7:00 p.m.
Siksika Health and Wellness Centre



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