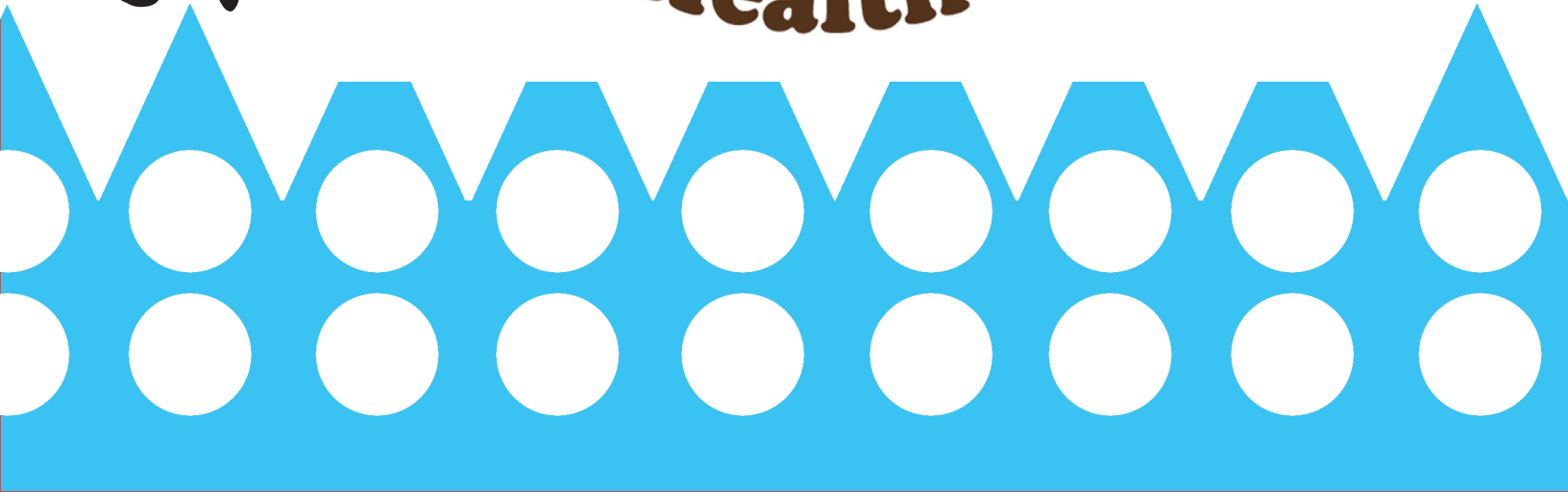


Siksika Health Services Newsletter

SOKSISTOM SIN



ISSUE: January 2022



Siksika Health Services Teams up with Hitmen and Calgary Zoo



We are so excited to have been given another opportunity to work with the Calgary Zoo and the Calgary Hitmen during the holiday season.

Our organization teamed up again with our Calgary Hitmen pals to bring the ODR (outdoor rink) to the Calgary Zoo for its 25th anniversary of ZOOLIGHTS! Complete with our Siksika Health Services tipi and Blackfoot language banners, the skating rink is a way for us to celebrate and share our partnership with the Calgary Hitmen, which aims to inspire all Indigenous youth to participate in sports, and commit to healing through reconcili-action.



We hope you had the opportunity to visit the Calgary Zoo and experience the wonder of ZOOLIGHTS with a Blackfoot Flair!

Thank you to the Calgary Zoo and the Calgary Hitmen for inviting us to be part of this great experience.

Calgary Zoo, visit: <https://www.calgaryzoo.com>



Protecting Pookaaiiks



Benefits of Vaccinating Pookaaiiks (children)



Against COVID-19

Much lower risk of illness

Safer to travel again

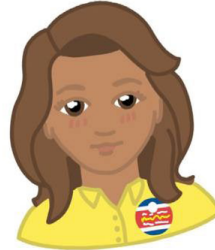


Safely return to fun activities like sports



Kids can be kids again!

Makes schools safer to stay open for learning



Lower risk of spreading illness to friends and family

Our pookaaiiks are happier and healthier when they can safely do the things they love to do! Vaccines help make that possible.

Did you know that children under the age of 12 make up the largest number of new COVID cases in Canada?

On Siksika Nation, more than 30% of new COVID cases (33.1% as of Dec. 2, 2021) are in children under the age of 12.

Most cases of COVID-19 in children are milder than adults, but some kids can get very sick, and even have long-lasting symptoms ("Long COVID"). And, kiddos can spread the virus even if they don't have symptoms, and potentially

put friends, family or community members at risk.

There are many benefits for pookaaiiks (children) to receive the COVID vaccine - check out the poster for some examples.

Siksika Health Services recommends that people get fully vaccinated against COVID-19 as soon as they are eligible. This includes pookaaiiks (children) ages 5 and up. While kiddos have a lower risk of severe illness, vaccines offer the best protection from getting or spreading COVID-19.

First, second, and third dose COVID-19 immunization is available on Siksika for eligible Siksika Nation members, weekdays at the Deerfoot Sportsplex (no appointments required).

Visit our Facebook page @ SHWCSiksika for current hours of operation

For more information regarding the COVID-19 vaccine, our Community Health staff are willing to answer any and all questions. Stop by the Deerfoot sportsplex and hear from our professionals.

Immunization Special Force



The Aisokinakio'p **IMMUNIZATION SPECIAL FORCES VEHICLE**

Now offering:

- COVID Vaccines
- 1st dose (12+)
- 2nd dose (12+)
- 3rd dose aka Booster shot (18+)
- Pookaiks Vaccine (5-11)
- Flu Shots (5+)

Every Tuesday.

Call Siksika Home Care @
403-734-5695 to book an
in-home appointment.



Vehicle

Siksika Hosts College of Physicians and Surgeons of Alberta

Have you not received your COVID or Flu vaccines because of transportation issues? Do you prefer to get vaccinated in the comforts of your own home?

Every Tuesday, The Aisokinakio’p Immunization Special Forces vehicle makes home visits!

At this time, they offer first and second doses, and booster shots to eligible Siksikawa, as well as the Flu Vaccine.

Individuals are encouraged to visit the Siksika Immunization Clinic located at the Deerfoot Sportsplex, whenever possible.

The mobile special forces vehicle is a good alternative for those who are unable to visit the Sportsplex for their vaccines.

Visit us on Facebook @ SHWCSiksika for current hours of operation

Vaccination against COVID-19 remains one of the best ways to protect yourself, family, and community from serious outcomes related to COVID-19. Do your part: get vaccinated.

Book your in-home appointment today. Call Siksika Home Care @ 403-734-5695

Siksika Health Services was honoured to recently host the College of Physicians & Surgeons of Alberta (CPSA) Councillors at the Siksika Piiksapi Memorial Arbour. This was the first time that the Council had visited a First Nation together; Siksika was able to provide an inviting space and warm welcome, in a way that allowed for COVID health and safety measures to be upheld in a good way.

Siksika Health CEO, Dr. Tyler White was appointed to the CPSA Council in early 2021 to expand services, create partnerships, and improve healthcare.

Our guests shared words of gratitude and intention for action:

“You certainly have a friend in the College of Physicians and Surgeons of Alberta. We came to Siksika Nation at Dr. Tyler White’s invitation because we want to do things differently. We endeavour to be far better listeners than speakers.” ~Dr. Scott McLeod

The College of Physicians & Surgeons of Alberta regulates the practice of medicine in Alberta. For more information about CPSA visit <https://cpsa.ca/>.

#SiksikaCares #SiksikaStrong



Holiday Hope Campaign



The Siksika Mental Health and Community Wellness Festival Of Lights was founded in 2020 by The Hope Team and was the first illuminated festival that attracted hundreds of visitors. This year the walk through at Deerfoot Sportsplex grounds were transformed into a palette of breathtaking color of sparkling lights and animated displays located on the baseball diamonds. Due to weather conditions, it was shortened to one day on December 18th that included a drive through visit with Santa and the Emergency Services, RCMP and Siksika Fire and Rescue Elves who generously gifted all the visitors with a Family Christmas Present. We are ever so grateful for the Siksika SN7 program who assisted Santa and Gave out hot chocolate for the amazing community members who braved the weather and visited our Festival. We would like to thank everyone that came to participate in the outdoor activity and hope you continue attending future Hope Team events this year.





SIKSIKA MENTAL HEALTH HOPE TEAM IN COLLABORATION WITH COMMUNITY WELLNESS INVITE YOU TO PARTICIPATE IN OUR

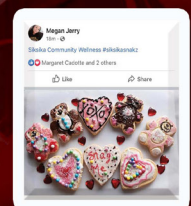
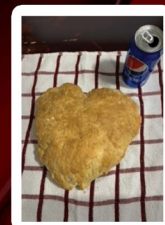
ONLINE

LOVE IS CAMPAIGN

CONTESTS

FEBRUARY 1-18, 2022

- ~ Valentine's Day Snack Contest
- ~ Rezziest Pick Up Line Contest
- ~ Siksika Owl Dance Contest
- ~ Hand Drum Contest



Submission Deadline: Midnight on February 18, 2022

Photos are to be submitted through the Siksika Community Wellness Facebook Page Campaign Post

Or by Our Siksika Health Services Online Submission form. Please email hannahb@siksikahealth.com for link.

Winners will be announced week of February 21, 2022

Great contest prizes and a Grand Prize Draw for all who participate!

Omicron COVID-19 Variant Detected on Siksika Nation

The Omicron variant of COVID-19 has been detected on Siksika Nation. Our Siksika Health teams will continue to monitor the situation and offer support and guidance to those affected.

Siksikawa, from the very start of the COVID-19 pandemic, it has taken all of us working together to keep our community safe. We take pride in sharing information with you and are committed to always share and remain transparent when information becomes available, so that we can all make good choices for the health and safety of ourselves and others.

The Omicron variant of COVID-19 poses a new risk for Siksika Nation. Omicron is a highly mutated strain of COVID-19 and has developed the ability to evade some of the protection offered by vaccines. Current research suggests that two doses of either Pfizer or Moderna offers only a 33% chance of protection against infection from Omicron, but still provides 70% protection from severe outcomes. This means 2 doses of vaccine is not highly protective against catching and spreading Omicron, but will still reduce the severity of the illness. Fortunately, a booster dose (third dose) of Moderna or Pfizer will increase protection against infection to 75% and further improve protection against severe illness. Please take the opportunity to get vaccinated as soon as possible; it will help protect you, your family, and the Siksika community.

Omicron COVID-19 Variant Detected on Siksika Nation

- Extremely infectious compared to other COVID-19 variants
- Currently spreading rapidly throughout Canada and Alberta
- Potential to put strain on our healthcare systems due to rapid spread

The best way to protect yourself and others against all current and any future strains of COVID-19 is to get fully vaccinated.



#SIKSIKACARES #SIKSIKASTRONG



Siksika Outdoor Rink Grand Opening

December 7, 2021 marked the official opening of the new Calgary Flames Outdoor Rink (ODR) outside the Deerfoot Sportsplex. Our good friends from Calgary Hitmen, Calgary Flames Foundation, and even Harvey the Hound were on-hand to help with the announcement.

The ODR was born out of a partnership with the Calgary Flames Foundation.

“It’s an honour to be here to establish this partnership and relationship. This is more than an outdoor rink - it’s a rink of hope and opportunity.

It’s been a challenging couple years with COVID, but this gives us something to look forward to and offers hope for the future. It’s these kinds of events and opportunities that restore hope”.

- Dr. Tyler White, CEO
Siksika Health Services



Thank You to Siksika Health Teams

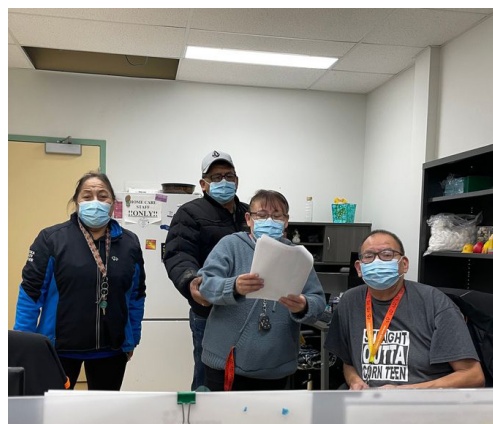


A huge shout out to your Siksika Health Services teams who have been providing support to Siksikawa throughout this holiday season, some of whom have even been braving the frigid temperatures outside!



Shown here are some of our team Members:
Food Centre team
Siksika Health COVID-19 Response Unit (CRU)
Siksika Elders Lodge Team
Siksika Home Care Team and
Siksika Pharmacy Team

They sure care about you,
Siksika - we all do!



Please join us in saying
THANK YOU to these
individuals and teams.

#SiksikaStrong
BECAUSE
#SiksikaCares



Your Patience is Appreciated

Please Be Kind and Patient



The COVID-19 Response Unit serves Siksika Nation and our friends on a daily basis.

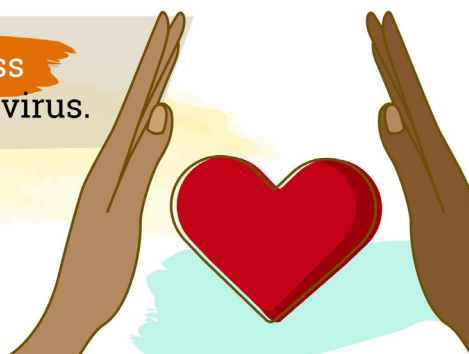
Case numbers have been on the rise, and so too has the number of people seeking testing. We humbly ask you to please be patient and kind to our teams when utilizing our services as they are doing their best for you.

If you or someone you know is sick or has symptoms that might seem like a cold or flu, Please stay home and away from others, and get a PCR test as soon as possible, even if a rapid test result comes back negative.

PCR testing is available by drive-thru between 10:00am-1:00pm daily, or by calling the COVID-19 Response Unit (CRU) dispatch at 403-734-5688, 7 days per week.

#SiksikaStrong
#SiksikaCares

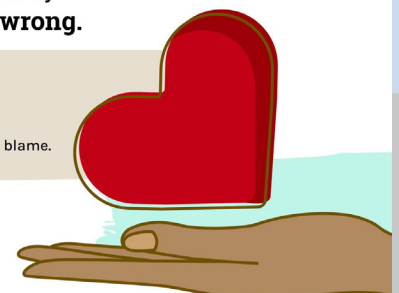
Spread kindness faster than the virus.



People who have been affected by COVID-19 **have done nothing wrong.**

Those who are tested and come forward should be commended as they are doing their part to protect the **COMMUNITY.**

This is a time for **COMPASSION** and **SUPPORT**, not blame.



Siksika Health Services Leads The Way

A relatively new treatment to fight severe COVID-19 outcomes is being used on Siksika Nation in what is believed to be the first doses of monoclonal antibody treatment to be administered on a First Nation in Canada. So, what is it exactly?

“Sotrovimab is an antiviral/monoclonal antibody given through IV infusion for those experiencing mild to moderate symptoms from COVID-19 infection, and is designed to reduce negative health outcomes and reduce hospitalizations,” Charlene Brough, Nurse Practitioner and Nursing Advisor for Siksika Health Services explains.

At this point on Siksika Nation, two patients have received the treatment, administered by Siksika Health’s Community Paramedics (CPs), who deliver a broad range of diagnostic and treatment services for Siksika Nation, often remotely or within patients’ homes. The team of CPs are specially trained to provide short-term assessment and treatment

for low-acuity illnesses, including sotrovimab, under the medical direction of Physicians and Nurse Practitioners.

“Through our partnerships with Alberta Health, AHS, and of course being supported by the Medical Officers of Health with Indigenous Services Canada, we knew this medication and treatment option was coming,” says Brough. “Thankfully, our Community Paramedics, within their scope of practice, can give IV infusions. We just needed to obtain the actual medication and refine protocols specific to Siksika.”

Sotrovimab is a Schedule I antiviral/monoclonal antibody, developed by GlaxoSmithKline Inc., that received Health Canada emergency use authorization in July 2021 for the treatment of mild to moderate COVID-19. It has been shown to be most effective when administered before the virus has progressed beyond a mild to moderate infection, therefore, individuals who

have COVID-like symptoms are being advised to get tested as early as possible (once signs/symptoms develop) to allow sufficient time to determine potential eligibility for sotrovimab treatment.

In an attempt to reduce the negative health effects and poor health outcomes of COVID-19, Siksika Health Services alongside provincial (Alberta Health and Alberta Health Services) and federal (Health Canada and Indigenous Services Canada) partners have developed an expedited approach to offer sotrovimab to Siksika Nation Members

– Siksika Health Services Sotrovimab Protocol

In Alberta, sotrovimab is currently available for specific, eligible people who have a PCR confirmed COVID-19 infection, including: those with pre-existing health conditions, for example people with diabetes who require medication, chronic kidney disease, congestive heart failure, or an inflammatory condition;

y in First Nation COVID-19 Treatment

some unvaccinated individuals; and immunocompromised people who have had a transplant or received chemotherapy or other immunosuppressive treatment since December 2020.

Importantly, sotrovimab does not replace COVID-19 vaccination. Siksika Health Services strongly encourages all Siksika Nation members, and all people, to receive the vaccine doses they are eligible for, as soon as possible. In addition to immunization, which is available daily on weekdays at Siksika Nation's Immunization Clinic and via the mobile Immunization Special Forces vehicle, Siksika Health Services plans to continue using the monoclonal antibody treatment when necessary and possible.

For more information on sotrovimab eligibility and use in Alberta, visit <https://www.albertahealthservices.ca/topics/Page17753>



COVID-19 PCR Testing Eligibility

SIKSIKA NATION COVID-19 PCR TESTING ELIGIBILITY



Siksika Health Services has revised its COVID-19 PCR testing eligibility to help ensure access and availability for high-risk and priority populations.

Siksika's COVID-19 PCR testing is now available for eligible Siksika Nation members, and for those who live or work on Siksika Nation. Eligible individuals include:

- ~ People who are experiencing illness symptoms
- ~ People who have tested positive with a home COVID-19 rapid test
- ~ Close contacts of people who have tested positive for COVID-19

PCR testing is available by drive-thru at the facility near the Deerfoot Sportsplex between 10:00am-1:00pm daily, or in-home by calling the COVID-19 Response Unit (CRU) dispatch at 403-734-5688, 7 days per week.

Throughout the COVID-19 pandemic response, Siksika Nation has continuously provided higher level of service, and maintained more stringent protocols than some other jurisdictions because we have a higher risk of severe consequences in Siksika due to health inequities. Thank you all for your understanding and cooperation


Siksika Nation moved to a COVID-19 RED - HIGH RISK level

On January 14, 2022 Siksika Nation moved to a COVID-19 RED - HIGH RISK level.

With the very high number of COVID-19 cases on Siksika and across Alberta, and to protect our healthcare system from becoming overwhelmed, it's critical that we all do our part to protect Siksikawa and others.


These enhanced protective measures are temporary. Siksika Health Services will reassess on Jan. 28 and may update at that time. Visit siksikahealth.com/covid for current COVID-19 public health measures for Siksika Nation.

Siksika Nation is under a COVID-19 RED—High risk level




What does this mean to Siksikawa?

Testing




Get tested via the CRU if you live or work in Siksika and have symptoms or are a close contact

Masks




Continue to wear a mask in all public spaces

Gatherings




Siksikawa should refrain from all formal and informal gatherings.

Isolation




The safest place to be if sick or COVID positive is at home. Isolate until symptoms go away or directed by CDC Team.

Get vaccinated





First, second and booster shots available at Deerfoot Sportsplex and Aisokinakio'p Immunization Special Forces vehicle.

Be kind



Many Siksikawa are impacted by COVID-19, its important to be kind to one another during this time

Enhanced protective measures are temporary. Siksika Health Services will reassess on Jan. 28 and may update at that time

COVID measures are subject to change. Visit siksikahealth.com/covid for current measures.



Blackfoot Prayer

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

Ayao Apistatoki
Ayao Napi Natosi
Ayao Iihtsipaitapiiyo'pa
Kitsiksimatsimmohpinnaan
Isspommookinnaan Anoo'h'k
Ksisstiko
Kimmokinnaan
Ais'stamattsookinnaan
Soka'ipsiys, ikkina' piyi
Mokama'ta'piyi
Ayao Kiimma'tookinnaan
Nookoossinnaanisksi
Ninnaaniksi
Niksisstsinnaanisksi
Naahsinnaaniksi
Ok kaamotaani
Misamipaitapiysinni