



# March 2022 SOKSISTOMSIN





# Partnerships Bring Family-Friendly Pop-Up Vaccination Clinic to Calgary



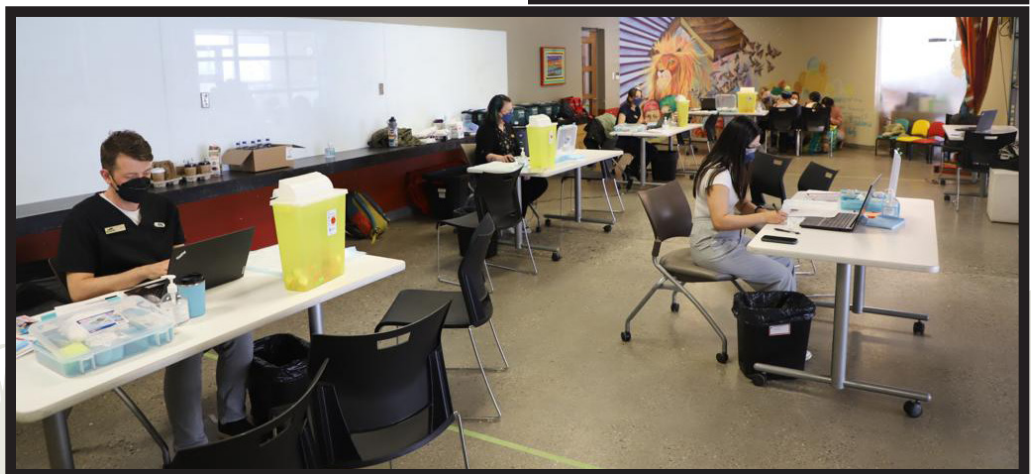
The aisokinakio'p clinic, a partnership between the Aboriginal Friendship Centre of Calgary, Siksika Health Services, and OKAKI have joined forces with the city of Calgary to provide family-friendly pop-up vaccine clinics.

The clinics offers a safe and welcoming family-friendly environment, with the aim to help improve vaccination rates, especially among children. These clinics take place at leisure centres, with available translation supports.

The beginning of this venture started in ceremony, with Elders Ernie Poundmaker and Jackie Bromley providing prayers and leading a cleansing ceremony. Adrian Goulet offered a song to close the ceremony and seal the partnerships in a good way. The pop-up clinic provides

both Pfizer and Moderna COVID vaccines, in addition to influenza and pneumonia vaccinations. Pediatric vaccines for COVID-19 and influenza are also available.

Our hope is that these clinics will be a way for the community to come together and connect in a mutual goal of strengthening the health of our communities. "As a health services authority operating within a First Nations community, we are keenly aware of the significance of immunization, and the important role it can play in saving lives and protecting our most vulnerable populations," says Tyler White, CEO of Siksika Health Services. "Equitable access to quality healthcare needs to be a top priority for all our communities, and the aisokinakio'p initiative, including these pop-up clinics in Mohkinstsis [Calgary], helps to ensure this equitable access for more people."





# Hawaii Doctor Visits Siksika Nation

On March 15, Siksika Health Services welcomed Dr. Maile Tauali'i and her family to Siksika Nation from Hawaii. In 2015, Dr. Tauali'i established the world's first global Indigenous Master of Public Health degree program. Dr. Maile presented to the staff and board about her work that focused on eliminating health disparities, specifically for Indigenous people and Native Hawaiians. Following her presentation, there was a cultural exchange, as Siksika Nation members and the Tauali'i family performed their respective cultural dances.





## **New Traditional Wellness Coordinator at Strathmore Hospital**



Siksika Nation has been diligent in efforts to support and advocate for an Indigenous presence at Strathmore District Health Services. We are pleased to welcome Edeena Pasquayak (Big Tobacco) to the Indigenous Wellness Core.

Edeena will serve as the new Traditional Wellness Coordinator at Strathmore District Health Services and South Health Campus Hospital.

Siksika Health Services has worked in partnership with AHS Calgary Zone to develop a position at Strathmore District

Health Services that will better meet the needs of Indigenous patients and have a stronger connection to the Siksika Nation.

We are grateful for partners who listen and take action, as Strathmore District Health Services has done here, and look forward to more steps for meaningful change in the future

Siksika Health Services would like to Congratulate Edeena and welcome her to the Health Care Team.

# **MARCH IS NUTRITION MONTH**

**Here are a few ideas for nutritious drinks**



### **Chia Seed Berry Smoothie**

#### **Ingredients**

- 1 banana
- 1/2 cup frozen Mixed Berry Blend
- 1 Tbsp. chia seeds
- 1 Tbsp. Raw Creamy Almond Butter
- 1 cup almond milk

#### **Method**

**Place in blender, blend until smooth & serve!**



### **Banana Berry Smoothie**

#### **Ingredients**

- 1 cup milk of choice
- 1 small banana
- 1/2 cup frozen blueberries
- 1 cup spinach or kale
- 1 Tbsp. peanut butter
- 1 scoop protein powder or 3/4 cup Greek yogurt (optional)

#### **Method**

**Place in blender, blend until smooth & serve!**





## Siksika Health Services Welcomes New Crisis Coordinator



Siksika Crisis & Victim Services is excited to welcome Chuck Holloway as the new coordinator.

Holloway is originally from Valley, Alabama and has been part of the Siksika Nation community for many years. He has mentored youth as the head football coach at Strathmore High School.

He is married to Tammy Red Gun-Holloway and is a father of five. He holds a Bachelor of Arts in sport management & recreation, and a Master of Science in human service counseling specializing in health, wellness, and trauma. He is currently pursuing his doctorate in community care & trauma counseling.

Holloway will be working closely with Dr. Quintina Bearchief-Adolpho, Siksika Mental Health

Clinical Team Lead as they set out to enhance services for Siksika Nation members.

Siksika Crisis & Victim Services provides 24/7 support for people experiencing mental health crisis, suicidal ideation putting themselves or others at risk, and psychosis.

The Crisis Team completes an initial assessment and directs clients to the appropriate departments for follow-up.

“When a person is dealing with a crisis, they don’t want to deal with a stranger or a team that’s strange to them,” says Bearchief-Adolpho. “If we can establish those relationships beforehand, then more people will feel comfortable with us.”

A big part of that work will be providing community members with the opportunity to support each other in times of crisis.

“We are discovering many of the calls we receive at crisis aren’t necessarily crisis calls. For this reason, we are developing a Compassionate Support Line. This will free up our crisis team to focus on the acute and chronic crisis situations.

We also realize there are some situations that could be dealt with family and friends, if they were given the proper tools. Therefore, our Mobile Crisis Unit will be offering workshops in the community to teach deescalating skills and crisis response techniques.”

### **What is the difference between acute and chronic trauma?**

A traumatic event can involve a single experience (acute trauma), or enduring repeated events (chronic trauma), that completely overwhelm an individual’s ability to cope or integrate the ideas and emotions involved in that experience.

It is not the event that determines whether something is traumatic to someone, but the individual’s experience of the event and the meaning they make of it.

Building capacity in the team and how they respond to both acute and chronic forms of trauma is central to how Crisis & Victim Services will serve the community and beyond.

“We want to offer the services of Crisis to all of Treaty 7. We want to start a talk support line. There is a lot of support lines but the people on the other side answering these calls are not familiar with what First Nation people deal with. This talk line will be available for all of Treaty 7 where they can talk to somebody when they are lonely when they are feeling a bit distressed.”

Siksika Crisis is accessible 24/7, including evenings and weekends. Contact 403-734-2596 at anytime to reach a Siksika Crisis Team member.



# Siksika Health Services in the Works

April 16 & 17, 2022

Every Thursday

April 20, 2022

Siksika Nation Easter Powwow

AA Meetings

Lunch and Learn Webinar

Siksika Piiksapi Memorial Powwow Arbor

Call 403-734-5687 for Details

Autism

Every Thursday

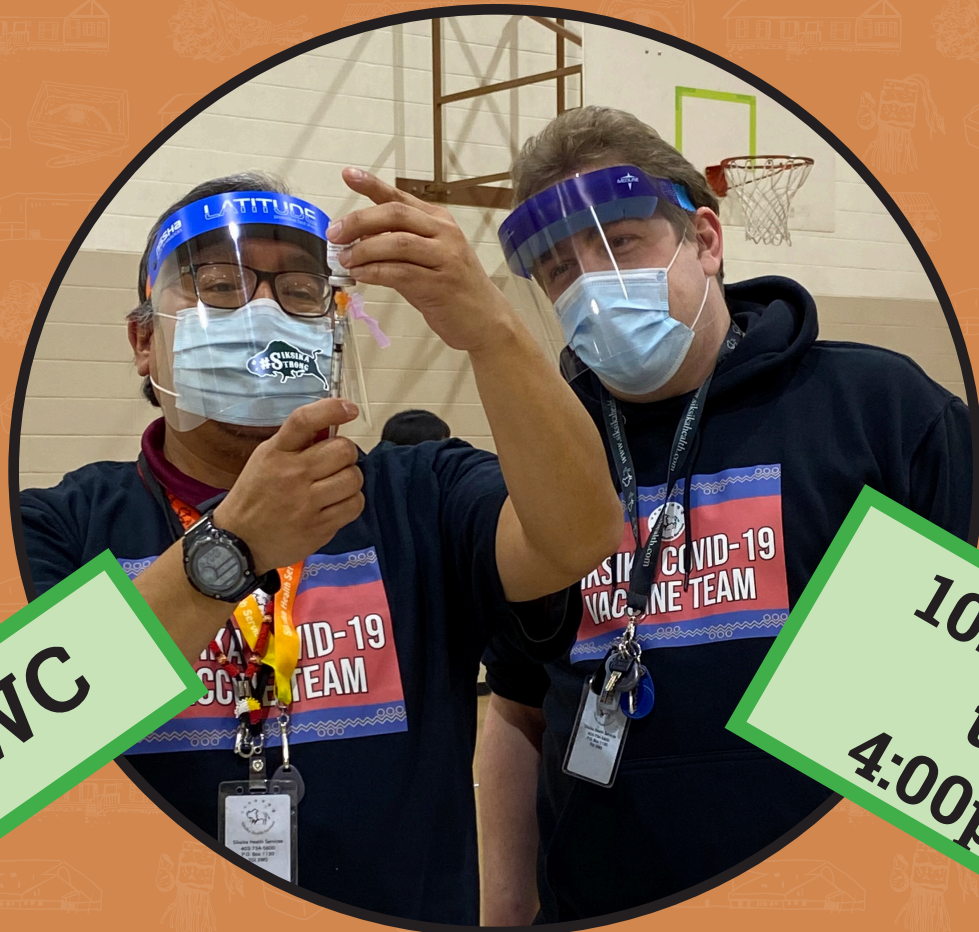
June 6 & 7, 2022

Fresh Fruit and Vegetables for \$20

Siksika Health Fair  
SAVE THE DATE

Siksika Resource Center





**SHWC**

**10:00am  
to  
4:00pm**

## **Siksika Vaccine Clinic moves back to Health and Wellness Centre**

This month, we wrapped up the walk-in Siksika Immunization clinic at the Deerfoot Sportsplex.

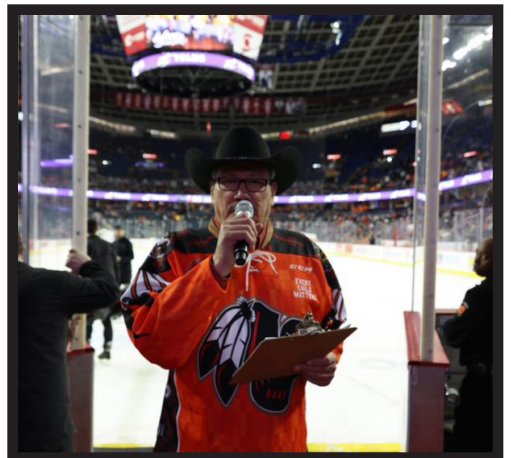
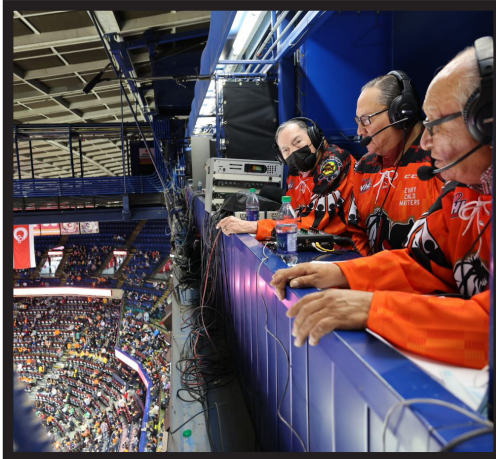
Anyone who is needing a first, second or third COVID vaccine dose will be able to receive it at the Siksika Health and Wellness Centre on Tuesdays and Thursdays from 10:00 a.m. to 4:00 p.m.

Thank you to all our dedicated health staff who have provided immunizations at our Immunization clinic. While services move back to the Health Centre, we were able to re-open the Sportsplex gym for activities!

Fourth doses will be available to Siksika Nation members 65+ at the Siksika Health and Wellness Centre. Doses will be available on Tuesday, Wednesday and Thursday from 10:00 a.m. to 6:00 p.m.



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# Siksika Nation Turns Out for Every Child Matters Hitmen Hockey Game

The second annual Every Child Matters hockey game, presented by Siksika Health Services and the Calgary Hitmen, was a success with many Siksika Nation families in attendance for the festivities at the Scotiabank Saddledome. In partnership with the Aboriginal Friendship Centre of Calgary, Okaki Health Intelligence, and the Blackfoot Confederacy, the Every Child Matters game is part of a much larger movement of the same name, and is a recognition and commitment to action to ensure that all children know their importance, and to honour those who attended Residential Schools in Canada, their families, and communities. Chief Ouray Crowfoot and Phyllis Webstad, founder of Orange Shirt Day were part of the ceremonial puck drop. "This is not just a hockey game, it's a movement," says Crowfoot. "It's reconciliation in action." As guest of honour, Webstad was proud of the intent of the day and grateful for the opportunity to continue the mission of Every Child Matters. "Orange Shirt Day has been divinely guided by the children, and the ancestors," says Webstad, "My hope is that today would be the start, and continuation of conversations about this important movement."

A week prior to the game, Mike Moore, Calgary Hitmen VP, was gifted a Blackfoot name from Elder Clement Leather for his significant role in forwarding this important partnership with Siksika Health throughout the years - a partnership which aims to see Indigenous youth empowerment through athletics, and the creation of a new normal for promotion of cultural awareness in sporting events. The name selected for Mike Moore, *Saapaatsiimaitapie* and translates to caring, humble, and understanding: encompassing of all these things. "This is action, and it's critical action," says Moore. "Words are not enough; action is what's critical. If we can be one of the leaders in this with Siksika and others, we are going to do just that." **Game Day Highlights** Throughout the game, there were displays of Siksika Nation and its partners throughout the concourse and during intermissions. The event started off with a flag parade of Siksika elite minor hockey players carrying the flags of the partners. Siksika dancers performed throughout the game and Sorrel Rider drum group sang a honor song before the National anthem in Blackfoot was performed by Dilayna Blackhorse.

Siksika Minor Hockey players were part of the entertainment as they participated in the pre-game puck clean up and intermission mini hockey game. Fan-favourite, Farley the Fox's jersey features the Blackfoot word for fox, "Sinopa", and he was gifted a hand drum made by Frank Turning Robe that will be used throughout the season at home. Siksika Health Services' CEO, Dr. Tyler White, reinforced that sports mascots often have not represented Indigenous culture or people respectfully. But with Farley's new look, the Blackfoot language and drum are represented in a good way, and help support awareness and education about Blackfoot culture. Siksika Nation chef, Chris Eagle Rib, created Blackfoot dishes that were offered at the Saddledome 'test kitchen' including Indian popcorn, berry soup and bison ends. In the end, the Calgary Hitmen were toppled by the Swift Current Broncos with a score of 3-0 for the Broncos, but the game score couldn't minimize the enthusiasm of the day, and the momentum that continues to build even after the game. We most definitely look forward to hosting the next Every Child Matters hockey game next year, and in years to come.



The Calgary Stampede Crowns the 2022 First Nations Princess

# Sikapinakii Low Horn



Siksika Health Services would like to take this opportunity to congratulate our very own Sikapinakii Low Horn who was crowned the 2022 Calgary Stampede First Nations Princess.

Sikapinakii is the daughter of Tara Spring Chief (Low Horn) and granddaughter of Theresa and Frank Stevens, the late Richard and Lorna Duck Chief and Stanford and Karen Three Suns.

We are especially excited for Sikapinakii was part of the Siksika Health Communications team during the COVID-19 pandemic. As a graphic designer, Sikapinakii supported the public health team through her creativity that is seen in the COVID-19 information shared since. Low Horn is completing a master's degree in fine arts at the University of Calgary

We are so truly proud of her and believe that this opportunity is just another stepping stone to the many great feats ahead of Sikapinakii.

We wish her great experiences and will be cheering for her on the sidelines as she represents not only the Calgary Stampede and Treaty 7 but our beautiful Siksika Nation.



# Highlight A Siksika Member

Oki, Our new initiative is open to all Siksika Nation Members. Each month we will highlight one or more Siksika Members. We are asking family members to submit photos and a short bio of their loved ones.

In the last couple of years, our community lost loved ones and because of restrictions, we were unable to support one another in all of the ways we might like to. Our goal with this initiative is to toast our community members as we have so many who deserve to be raised in greatness. Please submit your entry to [communications@siksikahealth.com](mailto:communications@siksikahealth.com).

Please include photos of past and present. Our loved ones are so very precious to us all, they deserve the recognition.

This month we are featuring Marie Healy (Duck Chief).

Marie is the mother of Jenny Goodin, Rob and Sandra Sparvier and step-mother to Sam and Clinton Healy as well as her traditionally adopted children, Bruce Dobbin, Kevin McDougall and Leanne Wolf Child. Marie is the grandmother of 17 grandchildren. Marie is the fourth of ten children born to Rosario and Emily Duck Chief. and sibling to Gabriel Duck Chief, Ann McMaster, June Duck Chief, Adele Cardinal, Charlie Duck Chief, Richard Duck Chief, Geraldine Red Gun, Herman Duck Chief and Jackie Duck Chief as well as Arthur and Fraser White Elk and Veronica Smith.

Marie has accomplished much in her 83 years. She was the first of her family to graduate from post-secondary, completing her program at Henderson's Secretarial College, and in 1953, she was crowned Princess for Banff Indian Days. Marie loved and played baseball while in St Joseph's residential school, when available, Marie loves to watch and cheer for the Toronto Blue Jays. Many will



recognize Marie as the secretary of the old Crowfoot School where she graced the halls for more than 25 years until she retired.

Marie is the grand daughter of John and Jenny Duck Chief as well as Francis Wolf Shoe and Running Rabbit. In 1993, Marie married her husband Tom Healy and was married for 22 years until his passing in 2019. Marie is now a resident at the Siksika Elders Lodge, an Elders Residence dreamed up by her late mother Emily. The family would like to take this opportunity to thank the staff of the Siksika Elders Lodge for the love and attention given.







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