Message from the Dehcho First Nations Grand Chief

GLADYS NORWEGIAN

In this first update, I would like to reflect upon my late father, Louis Norwegian, and his teachings that relate to being well. His comparison is to be a good hunter, respect your body by not overeating or drinking too much water. The goal is to have a sharp mind and physical strength to track animals. Only eat what the body needs, a handful of berries and pieces of dry meat or fish. Carry only required food in the lightest form, i.e. pemmican (berries mixed with pounded dry meat) and a bit of moose fat. Stay true to your mind, refrain from thinking negatively of animals, always be grateful for the animals that give up their lives for your food.

This first health and wellness newsletter is one example of the diligent work and important work being done in health and wellness. I feel it will have positive impacts on the health of the Dene. It is vital we work together, if we are to succeed in living a healthier life.

Today, as we face the COVID-19 pandemic, we need to help each other, and to spark our thinking process to stay true to our lives in a meaningful way. We are all capable Dene. Be good to yourself and stay safe!

Message from the Regional Health and Wellness Coordinator

KRISTEN TANCHE

Since February 2020 I have been in the position of Regional Health and Wellness Coordinator for Dehcho First Nations. I formerly worked in Lands and Resources, as the Regional On the Land Coordinator and Acting Resource Management Coordinator. My experience working in Lands has informed my work in Health. I understand that our people view the Land as a place of healing. You cannot separate land, language, culture and health.
DEHCHO FIRST NATIONS
REGIONAL HEALTH AND WELLNESS VISION

Dehcho First Nations has begun to work towards a regional Health and Wellness Vision. This will work be based on:
- Research
- Community Engagement
- Leadership & Community Direction.

RESEARCH WORK

As part of the project, Dehcho First Nations developed a research relationship with Wilfred Laurier University. Melody Morton Niomiya and her team have been working with Dehcho First Nations towards three research documents. These documents will assist the region in making informed decisions moving forward. These documents will be provided to communities, through their Indigenous Offices and through the Dehcho First Nations website.

The three research documents will look to answer the below questions:

1- What are our current health services?
2- What has the region said in the past about health?
3- What are examples of Indigenous led health services?

These three documents are well underway and are nearing their final drafting stages. Stayed tuned for their release.
Community Engagement

Dehcho First Nations will be hosting meetings (teleconferences and in-person) and a regional health and wellness gathering.

Each Dehcho organization has been contacted to have one person, who works in health and wellness related programming, to participate in regular meetings. The intent is for communities, and the people who are leading programming, to be actively engaged in the process.

Dehcho First Nations will also be hosting a regional health gathering. Each community will be invited to attend with 1-2 community members. Representatives from other health and wellness departments will be invited to attend. The intent of the gathering is to report back on work, have speakers share information about health and wellness, and for our communities to lead the vision of health and wellness.
There will be regular communication with communities, via updates/newsletters.

Regular meetings with Dehcho Organizations.

A regional health gathering

Other initiatives: a 30-Day Program with Shakes the Dust Consulting, to be held on the land and in a facility.
More information to come in our next update.

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