

FIRST NATIONS HEALTH CONSORTIUM

Enhanced Service Coordination

MONTHLY NEWSLETTER

JUNE 2020



FIRST NATIONS
HEALTH CONSORTIUM

TOLL FREE: 1-844-558-8748
EMAIL: NOCHILD4GOTTEN@ABFNHC.COM

OKI ~ TANSI ~ WELCOME

The First Nations Health Consortium's (FNHC) priority is to improve access to health, social, and educational services and supports for Alberta's First Nations and Inuit children, youth and families.

FNHC was created to implement Jordan's Principle Child First Initiative – Enhanced Service Coordination. Enhanced service coordination is about helping to connect families and their children to much needed services whether it is health, social or educational.

FNHC OPERATIONAL OFFICE HOURS AND CONTACT

During this historical pandemic the First Nations Health Consortium services continue to be available to the public.

Our office lines are accessible:

Monday through Friday from 8:30 AM until 4:30 PM.

Our Toll Free Number is available for call 24/7.

There have been issues reported,
here are other methods to reach our organization:

Toll Free: 1-844-558-8748

Edmonton Office: 780-784-8840

Calgary Office: 587-391-1311

General Email: Nochild4gotten@abfnhc.com

Indigenous Tales

MR. COYOTE AND THE TWO PRETTY GIRLS

Mr. Coyote was walking along the river's edge one morning, when he saw two pretty young girls filling their water jars from the river. He ran up into the mountains, collected all kinds of fruit that grew there, and hurried back to the river with it. He hid in the bushes and dropped the fruit down into the water near the two girls. The girls were greatly surprised when they saw the fruit. Where had it come from, they wondered. They looked all around and could see no one, so they dipped up the fruit with their gourds and had a big feast. When they went home with their water jars the girls told their parents; "Oh, Tah and Ye-ah, we found the most delicious fruit in the river this morning. It was floating all

around in the water." Their father and mother said, "Tomorrow you must bring some fruit home to us." The next morning when the girls went to the river with their water jars, there was not any fruit in the water. "What shall we do? Tah and Ye-ah will think we have been deceiving them and will punish us. What shall we do?" Mr. Coyote, who had been awaiting them in the bushes, just laughed. Then he trotted up into the mountains again and brought more fruit and dropped it quietly into the water. Then he laughed to see how eagerly the girls dipped it up with their gourds. The girls took the fruit home to their parents. It tasted so delicious that the father said, "Tomorrow your mother and I will go for water so that we can get the fruit." So the next day the father and mother went down to the river with their water jars. They looked and looked, but there was no fruit in the water. Mr. Coyote, who had been waiting to see the pretty girls, saw them searching for fruit. He rolled over and over with laughter and then he ran away still chuckling.

Source: www.fairytalez.com





National Indigenous Day

Due to the seriousness of the COVID-19, the Government of Canada invites Canadians to celebrate this year's National Indigenous History Month and National Indigenous Peoples Day at home. Keep yourself, your family and your community safe by following instructions from health officials and other trusted, reliable sources. You can learn more about the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit, and Métis peoples by reading a digital copy of one the books from the #IndigenousReads reading list or by exploring a virtual exhibit at your favorite museum.

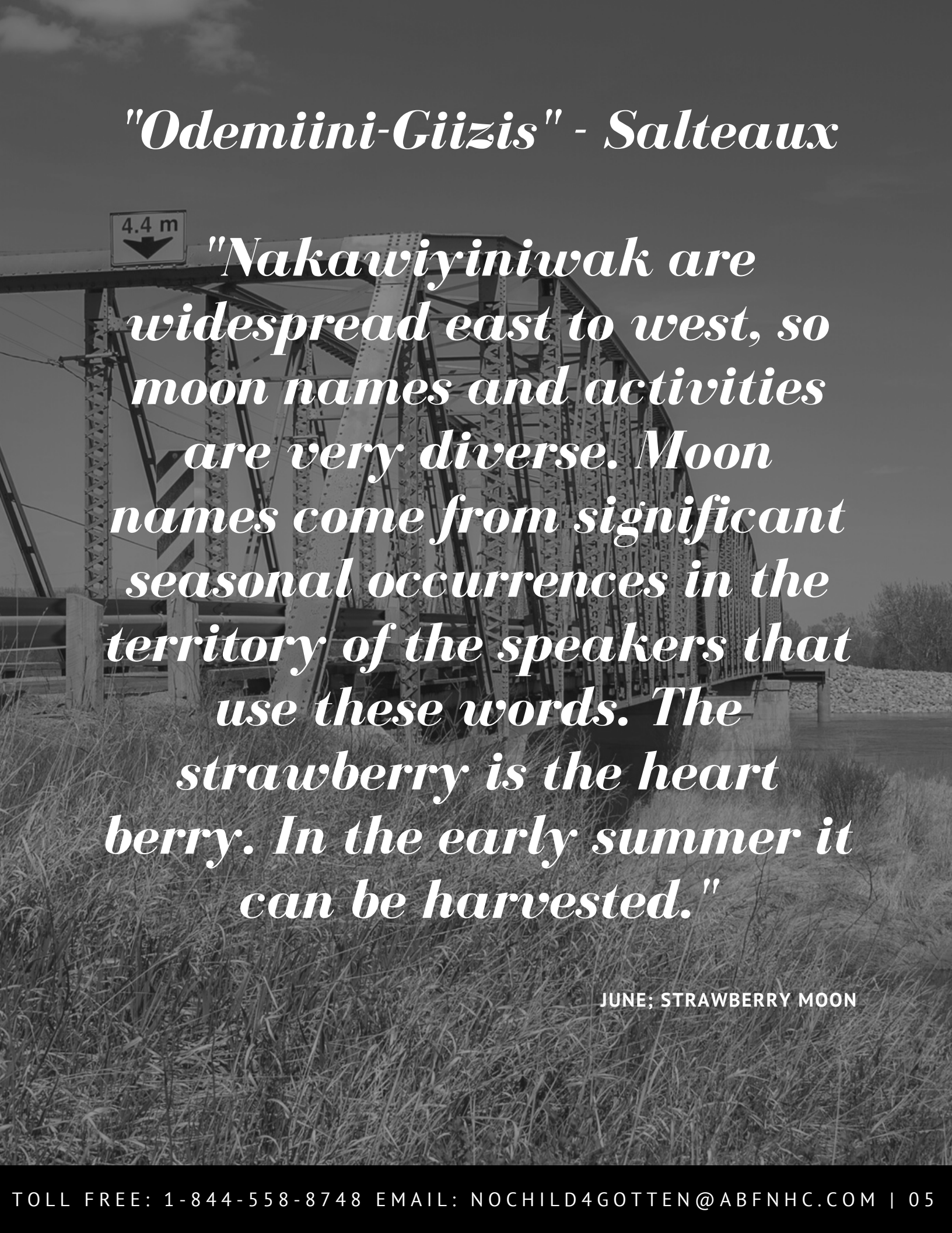
What is National Indigenous Peoples Day?

June 21 is National Indigenous Peoples Day. This is a day for all Canadians to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit and Métis peoples. The Canadian Constitution recognizes these three groups as Aboriginal peoples, also known as Indigenous peoples. Although these groups share many similarities, they each have their own distinct heritage, language, cultural practices and spiritual beliefs.



In cooperation with Indigenous organizations, the Government of Canada chose June 21, the summer solstice, for National Aboriginal Day, now known as National Indigenous Peoples Day. For generations, many Indigenous peoples and communities have celebrated their culture and heritage on or near this day due to the significance of the summer solstice as the longest day of the year.

"Odemiini-Giizis" - Salteaux



"Nakawiyiniwak are widespread east to west, so moon names and activities are very diverse. Moon names come from significant seasonal occurrences in the territory of the speakers that use these words. The strawberry is the heart berry. In the early summer it can be harvested."

JUNE; STRAWBERRY MOON



Alberta's Advocate for Persons with Disabilities

How can the Advocate help you?

The advocate promotes self-advocacy and the rights, interests, viewpoints and well-being of persons with disabilities. Any Albertan can ask for help to resolve a concern or find appropriate supports for children, youth and adults with disabilities.

The Advocate for Persons with Disabilities can help:

Resolve concerns:

- Guiding people to find available disability supports and services.
- Helping to find resolutions to challenges.

Educate:

- Promoting the rights, interests and well-being of people with disabilities through awareness and education.
- Bringing awareness of programs and services available to the community.

Inform:

- Engaging with the community and building partnerships to understand issues.
- Identifying gaps in programs and services and delivering expert advice to senior leadership.
- Collaborating with other provincial advocates and advisories.

Let's TACO 'bout it

Celebrate by preparing supper together and sitting down as a family to taco 'bout your day. Here is a simple indian taco seasoning recipe to make at home.

Enjoy!

Taco Seasoning:

Ingredients:

- 4 tsp Chili Powder
- 1 1/2 tsp Cumin
- 1 1/4 tsp Garlic Salt
- 1 tsp Onion Powder
- 1/8 tsp Cayenne Pepper
- 1 tsp Corn Starch

Instructions:

1. Add all ingredients to a bowl, and stir well to combine.
2. If storing for later... transfer to a mason jar or other container with a seal. If using now, add 1/3 cup of water to bowl, stir well, and set aside.
3. To make the taco meat, brown 1 lb. Ground beef over medium heat on the stove, drain excess grease.
4. Return browned meat to the saucepan, add Taco seasoning, stir well, and let simmer for 5 minutes.
5. Add to bannock.

Bannock:

Ingredients:

- 4 cups All Purpose Flour
- 2 tsp Baking Powder
- Salt (to taste)
- 2 cups Water
- 1/8 cup Maple Syrup
- 4 tsp Canola Oil

Instructions:

1. Pre-heat oven to 350.
2. Add all dry ingredients to a bowl, and stir well to combine.
3. Make a hole in dry ingredients and add water, oil and syrup.
4. Beat dough.
5. Spread dough on cookie sheet and cook for 30 minutes, or until Golden Brown.
6. Add taco meat on top!



Father's Day

Father's Day is a day of honoring fatherhood and paternal bonds, as well as the influence of fathers in society. In Catholic countries of Europe, it has been celebrated on March 19 as Saint Joseph's Day since the Middle Ages. In America, Father's Day was founded by Sonora Smart Dodd,[1][2][3] and celebrated on the third Sunday of June for the first time in 1910. It is held on various days in many parts of the world all throughout the year, often in the months of March, May and June. Father's day complements similar celebrations honoring family members, such as Mother's Day, Siblings Day and Grandparents' Day.

Walk with me, Daddy

Walk alongside me, Daddy
and hold my little hand
I have so many things to learn
that i do not yet understand

Teach me things to keep me safe
from dangers every day.
Show me how to do my best
at home, at school and at play

Every child needs a gentle hand
to guide hem as they grow.
So walk alongside me Daddy
We have a long way to go



World Elder Abuse Awareness

WEAAD is marked each year on June 15. It is an official United Nations International Day acknowledging the significance of elder abuse as a public health and human rights issue. Since 2006, communities throughout the country and around the world have honoured this day to raise the visibility of elder abuse by organizing events to share information and promote resources and services that can help increase seniors' safety and well-being. Elder Abuse networks and organizations are planning multiple WEAAD activities across the country to mobilize community action and engage people in discussions on how to promote dignity and respect of older adults.

Let's honour this landmark and continue raising public awareness of elder abuse with events across the country!

[Read More...](#)



DID YOU KNOW?

It is financial abuse if somebody tricks, threatens, or persuades older adults out of their money, property, or possessions. Misusing a power of attorney is a common form of financial abuse.

#protectourelders



In Gratitude to Healthcare Providers - Isha Foundation's Flagship Program Offered for Free

As the COVID-19 pandemic sweeps across the planet leaving in its wake the loss of precious lives, a burdened healthcare system, livelihoods upturned, distressed economies and large populations on the verge of starvation, we are confronted with the most challenging time of our generation.

While the medical fraternity continues to grapple to find a cure and country-wide lockdowns disrupt our way of life, we are faced with much uncertainty. Many are succumbing to fear, depression and frustration. When the situation around us has gone out of control, it is all the more crucial that we harness our own thoughts and emotions. Only when we are at our best can we hope to deal with issues in the best possible way. Furthermore, it is when we are in a state of alignment our mind body and emotions start to function at their optimal level.

The Isha Foundation is a volunteer led non profit organization committed to improving lives around the world through the use of tools and technologies such as yoga and meditation. The Isha Foundation have been leaders in offering simple and scientifically structured yoga and meditations programs for over 35 years to millions of people all over the world. Sadhguru is a yogi, mystic, visionary and founder of Isha Foundation. He is also New York Times best-selling author and has been awarded Padma Vibhushan, India's highest annual civilian honor.



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Enhanced Service Coordination

Jordan's Principle

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**CALL TO BOOK A PRESENTATION,
WEBINAR, LUNCH & LEARN OR Q&A SESSION
WHICHEVER BEST SUITS YOU AND YOUR
ORGANIZATION OR COMMUNITY**

**LEARN MORE ABOUT WHO WE ARE,
WHAT WE DO, & HOW WE MAY WORK
COLLABORATIVELY ON BEHALF OF
OUR FIRST NATIONS & INUIT
CHILDREN, YOUTH, & FAMILIES**



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THANK YOU FOR READING!

Please feel free to share with
your contacts!