



**TYHISTANIS HEALTH CLINIC
NEWS UPDATES:**

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HEALING WITH JANE
MIDDLETON-MOZ
AND TFN TEAM**

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- **AND MORE ...**

TIIC-MIS-AQ'KIN HEALTH CENTER 2023 NEWSLETTER









**TIIC-MIS-AQ'KIN
HEALTH CLINIC**



82 TyHistanis PO Box 18
Tofino BC VoR 2Z0
office front desk
250-725-3335

Need to See a Doctor?



Call the First Nations Virtual Doctor of the Day
service at 1.855.344.3800

With a computer, phone or tablet connected to wi-fi

STEP 1	STEP 2	
 <p>Call 1.855.344.3800 to talk to a Medical Office Assistant and book your appointment. You will receive an email to confirm your appointment.</p>	   <p>Computer or Laptop When it is time for your appointment, click on the Zoom video conference link in the email to launch the Zoom app.</p>	    <p>Smart Phone or Tablet Download the Zoom app from the App Store or Play Store. When it is time for your appointment, click on the Zoom video conference link in the email to launch the Zoom app.</p>

<p>Helpful Zoom tips</p>	 <p>If the doctor can't hear you, unmute your microphone in the Zoom app.</p>	 <p>Use a headset or earpods to remove echoes and protect your privacy.</p>
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Over the telephone (no wi-fi connection)

STEP 1	STEP 2
 <p>Call 1.855.344.3800 to book your appointment. Let your Medical Office Assistant know that you need to make a telephone appointment.</p>	 <p>The doctor will call you when it is time for your appointment</p>

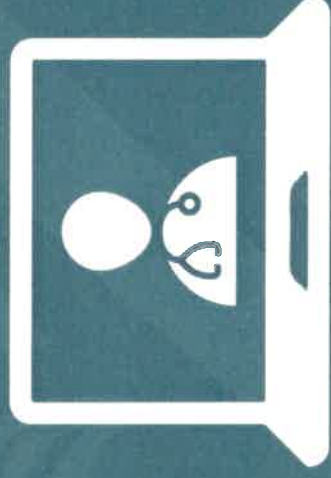
Hours are from 8:30 a.m. to 4:30 p.m., 7 days per week.

First Nations Virtual Doctor of the Day

Your wellness. Your way. Family doctors are on call to provide culturally-safe care, seven days a week.



1. Call 1-855-344-3800 to book an appointment by video or phone.



2. See a doctor as soon as today!



First Nations Health Authority
Health through wellness

**Learn more at
[FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)**

NOTE FROM KARA FROM KUU-US AND SOCIAL DEVELOPMENT

KUU-US CRISIS SERVICES WILL BE OFFERING TO THE INDIGINOUS COMMUNITIES OF THE WEST COAST A MONTHLY FAMILY FOOD PACKAGE. SO FAR KUU-US PROVIDES TO 6 FAMILIES AND CAN SUPPORT UP TO 20 FAMILIES.

IF YOU ARE A FAMILY WHO CAN USE THE EXTRA SUPPORT PLEASE EMAIL AT kara@kuu-uscrisisline.com

Packages are designed with the intent to provide families with consistent fresh produce and the essentials for meal preparation. On top of food KUU-US will be making available compressed wood provided by TIMBER TILES, for all community members with wood stoves to access wood for warmth. To accommodate the wood, KUU-US CRISIS will be purchasing a 60/80-gallon bin to keep the wood dry in addition to a lock and 2 keys.

Please let us know if wood is something that is needed. Food packs will approximately include:

10lbs of potatoes

5lbs carrots

5lbs onions

Large flour bag

Cooking oil

Large bag of sugar

Baking powder

Large rice bag

5lbs apples

Our objective is to launch program by NOVEMBER 2, 2023 and to consistently deliver and distribute every 1st Thursday of the month. Or call the health clinic 250-725-3335 to get in touch with Kara from KUU-US

Tla-o-qui-aht

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To Make Things Right at Home



**5 Day Intergenerational Community Intervention
with Jane Middleton-Moz, Tiffany Hubbard,
Anita Charleson-Touchie, Chris Seitcher & Team.**

**November 27-December 1,
2023**

9:00am-4:00pm

**Tin Wis Resort,
Wickaninnish Conference
Centre**

**Morning snack &
lunch will be
provided.**

**Cultural
Healing
Support
available**

**Tla-o-qui-aht Community members,
Youth & staff:**


- learn about the effects of intergenerational trauma;
- participate in cultural healing;
- feel a sense of intergenerational connection & empowerment;
- Celebrate Tla-o-qui-aht's resilience!
- Strengthen: voice, communication, connection & understanding.

Break the legacy of intergenerational trauma.

**USS students are eligible to
receive education credits!**

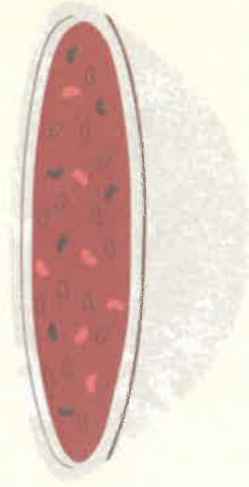
***This session is for Tla-o-qui-aht community members & staff.
To register contact Norine Messer at
norinemesser@hotmail.com or (250)735-4111 or FB**





Tla-o-qui-aht Elders luncheon

Join us on Tuesday, October 24th
for an elders luncheon hosted at
the Family Support House
#48 in Ty-Histanis
at 12pm



For more information, please contact Tara-Lynn by phone or email:
(250)-725-3335 or eldersupporttara-lynn@tla-o-qui-aht.org



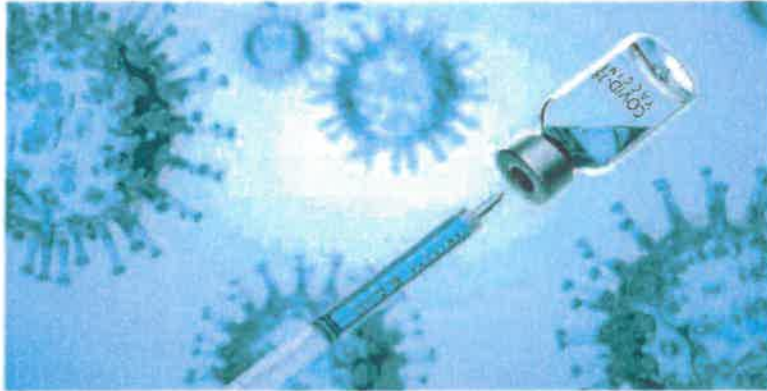
BEV DORWARD

(Term) TLA-O-QUI-AHT COMMUNITY SERVICE SUPPORT WORKER

My name is Bev Dorward, Married to Terry Dorward (Seitcha). I come from the Bear family Muskoday First Nation and the McGillivary family from Opaskwayak First Nation. I have been a Tla-o-qui-aht member since my husband and many of his family came back to Tla-o-qui-aht more than a few years ago. My husband & I decided to move back home and build a house here 11 years ago. I am happy to be filling in as the Tla-o-qui-aht Community Service Support Worker until Kyra Sam returns from parental leave. I will be based out of the Tyhistanis health clinic. I'm here to support all staff and members within the community. I look forward to this important opportunity working for our people within Tla-o-qui-aht. I can be reached at the Tyhistanis Health Center 250-725-3335.

Cuu

FLU & COVID VACCINATIONS



Monday October 23rd at the Tiic-Mis-Aq'kin Health Centre in the Community room. From 9:30am-4:30pm. The booster provides protection from the new strain. *It should be 6 months between your last booster or having covid.*

Please contact Bev Dorward at 250 726 3837 or Bryanne at 250 725 3335 for any questions.

Email: Healthreception@tla-o-qui-aht.org



TLA-O-QUI-AHT
FIRST NATION

Dr. Marshall in Tyhistanis



*Dr. Marshall will be in Tyhistanis every Tuesday at
the Tiic-Mis-Aq'kin Health Centre.*

*Please Call or email Bryanne at the Health centre
the morning of the schedule an appointment.*

Phone: 250 725 3335

Email : Healthreception@tla-o-qui-aht.org



TLA-O-QUI-AHT
FIRST NATION



Tla-o-qui-aht's Residential School team is inviting members for

Some hot soup and sandwiches and culture On Sunday October 22nd 2023.

We have some new cultural staff we would like to introduce also

Where: 3737 Church st Port Alberni BC , 6:30PM -8PM

Contact Catherine Thomas for more information 250-266-0625
catherinesupport@tla-o-qui-aht.org

CULTURE NIGHTS



Tla-o-qui-aht culture nights in:

-Port Alberni at 3737 Church St. from 6pm-8:30pm
Every Sunday starting October 15th 2023

-Opitsaht, @micc from 7pm-9:00PM
Every Tuesday starting October 24th 2023

In Tyhistanis health centre 7pm-9PM
Every Thursday starting October 19th 2023

Please join our culture group with sharing songs, dances
and chumus

Contact Catherine Thomas for more information

250-266-0625

250-725-3335

Tla-o-qui-aht would like to welcome 3 new staff to the Indian Residential School Healing Project Team



Maxine Manson is the new **Indian Residential School Cultural Support Worker**. Maxine is a proud mother of 4 Children, grand mother of 12 and great grandmother of 2. She's been deeply rooted in Tla-o-qui-aht since she was a teenager when she met and started a family with her late husband, Leo Manson.

Maxine is excited to be back home in Tla-o-qui-aht with this very important role working with Indian residential school survivors and their families, as they navigate through all the intergenerational trauma and issues that our families struggle with daily. She will also be going into communities to meet and greet community members. Maxine is very happy to be here and is grateful to be part of this supportive growing team. In the coming days she will be starting a new support group for woman who are older and would like to address grief and loss in a healthy supportive environment.



My Name is Gary Tom I am Tla-o-qui-aht first Nation,
involving our culture.

A little bit about my self I lived in community my whole life, I grew up around
culture with my parents and grandparents, and today I involve my daughters.

My Parents are Howard Tom and Catherine Williams, my grand parents are Agnes
Martin and Howard Tom, and Loretta (Curley) and John Williams sr.

I have 3 daughters Weslia, Carol-Anne and Kyra, they are growing up being
involved in our culture today.

I am open to communicating with knowledge on our cultural teachings so please
reach out to me at the health centre 250-725-3335 or email [Gary.tom@tla-o-qui-
aht.org](mailto:Gary.tom@tla-o-qui-aht.org)
choo

I have been hired on with the Nation as a Cultural Support worker.

My focus is working and interacting with All TFN members relating to our culture.

I Am going to be hosting and looking for different ideas on what our
communities would like to see.



Introduction

Kwey/Hello. My name is Raeann Michaud. I'm from Neqotkuk (Tobique) First Nation, New Brunswick. I am excited to be part of team here at the Tla-o-qui-aht health center. I am the Residential School Cultural/Trauma Support Worker. I am excited to get acquainted with community members and be a part of the Residential School Support team. My first time coming to the nation I felt like I was among family and I am honored to have this opportunity.

I Have a bachelors degree in Psychology from the University of Maine at Presque Isle. Since obtaining my degree I have worked in a variety of different areas. I spent some time at Hope and Justice Project as a domestic violence advocate. I later worked in my own community as a Family Resource Center Coordinator, working closely with families and hosting different programs about our culture and spirituality, medicine teachings, workshops and parenting programs.

During this time I also did contract work with Child and Family Services, as a Mental health support worker. I supported parents and their children with their mental health, supervised visits and a variety of other services. While at Child and Family I also created and facilitated a girl's group with some Prevention Workers and other Support Staff. We focused on educating our youth, life skills, coping skills and always integrating culture as it is crucial to our identity.

I also became a member of the spiritual and cultural health committee at my Community Health Center. This was created to promote and prioritize the spiritual health of our members. Making sure that it was also integrated into our health and wellness plan. Our culture and spirituality is an essential to our wellbeing. It's not always easy to keep everything in balance but with Support it helps ease and assist people.

I have trainings in Mental Health First Aid and Trauma as well. There are a variety of services I could provide. Depending on the individual needs of each person. I am here to hold space for Survivors and descendants. I respect and honor the culture and traditions and look forward to also learning more skills alongside my team.

Woliwon/Klecko/Thank you,

Raeann



First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

Does Your Child Need Fluoride Varnish?

Your dental professional will tell you how many fluoride varnish (FV) applications your child needs, based on what they see in your child's mouth and your child's risk for cavities.



Low Risk = 2 fluoride varnishes per year.

- No cavities.
- No fillings.
- Teeth cleaned twice daily by parent(s).
- Sugary foods and drinks are limited.
- Regular visits to a dental professional.



High Risk = 4 fluoride varnishes per year

- Cavities and/or fillings.
- New cavities starting (white spots).
- Teeth not cleaned by parent(s).
- Sugary foods and drink between meals (i.e. a bottle or a sippy cup containing anything other than water between meals or feedings).
- Family does not visit or have access to a dental professional regularly.
- Parent/caregivers have cavities.
- Child has special health care needs.



If your child is 'high risk,' by changing only one or two behaviours you can reduce the risk of new decay!

Congratulations if your child is already in the 'low risk' category!

What is Fluoride?

- It is found naturally in some well water, and can be added to water systems to help prevent tooth decay.
- It helps to harden tooth enamel (the outside surface of teeth) and make teeth stronger.
- FV can even help to prevent small cavities from getting bigger.
- It only takes a few seconds to apply FV with a small brush.
- Your dental professional will recommend twice daily brushing with fluoride toothpaste in addition to FV.



First Nations Health Authority
Health through wellness

ENTER TO WIN

WHO CAN WIN

1. Children ages 0-7 and pregnant individuals
2. Caregivers of the children

HOW TO ENTER

1. Submit COHI consent form
2. Update yearly health history if already enrolled

SUBMIT TO

Form submission: fill out a form
Contact: 250-725-3335
Due date: after forms are submitted.



Did you know: Brushing your teeth twice a day is an important way to prevent gum disease and cavities.



First Nations Health Authority
Health through wellness

Confidential Medical History & Consent for:
**Dental Treatment & Participation in the
Children's Oral Health Initiative (COHI)**

CHILD'S LEGAL LAST NAME

CHILD'S LEGAL FIRST NAME

NAME CHILD COMMONLY GOES BY IF DIFFERENT FROM LEGAL NAME

DAY: MONTH: YEAR:

DATE OF BIRTH

GRADE

GENDER: MALE FEMALE

COMMUNITY

PHONE

REGISTRATION / STATUS NUMBER (10 DIGIT NUMBER)

PLEASE CIRCLE YES or NO AS IT APPLIES TO YOUR CHILD

1. Is your child under the care of a doctor for a medical problem? **Yes No**
If yes, what is the medical problem that is being treated?

2. Is your child taking any medications now? **Yes No**
If yes, what medications is he/she taking?

3. Has your child ever had to stay in the hospital or had a serious illness? **Yes No**
If yes, what was the problem or illness?

4. Does your child have ANY allergies, including allergies to drugs or medications,
i.e. penicillin, or allergies to wood resin or rosin? **Yes No**
If so, please name the allergies and/or drugs:

Does your child bleed excessively or bruise easily? **Yes No**

If he/she is cut or bruised, does it take a long time to heal? **Yes No**

Does your child have any of the following?

Heart disease	Yes	No	Epilepsy (seizures)	Yes	No
Heart murmur	Yes	No	Diabetes	Yes	No
Rheumatic Fever	Yes	No	Hepatitis (jaundice)	Yes	No
Scarlet Fever	Yes	No	Liver disease	Yes	No
Asthma	Yes	No	Lung disease	Yes	No
Hay fever	Yes	No	Pneumonia or TB	Yes	No
Fainting spells	Yes	No	HIV/AIDS	Yes	No
Sexually Transmitted Disease	Yes	No			

Has your child ever had local anaesthetic (freezing)? **Yes No**

If yes, did the freezing make them sick? **Yes No**

THIS PART OF THE CONSENT MUST BE READ AND SIGNED BY THE PARENT OR LEGAL GUARDIAN

I want my child to participate in the Children's Oral Health Initiative program, which includes fluoride varnish, sealants, and alternative restorative treatment (temporary fillings).

Yes No

Yes, I have read the description of COHI services which is attached to this consent form and understand the risks and benefits

I give permission for my child to receive treatment, in addition to COHI, as recommended by the dental therapist.

Yes No

COMMENTS

By signing below, I:

- Give my consent for the First Nations Health Authority to collect, use and disclose information about the children for the purposes of the Children's Oral Health Initiative and the Dental Therapy Program
- Give my consent for the band to release the child's registration/status number
- Understand that the personal information of the child is protected under the Personal Information Protection Act of BC or disclosed within the conditions set out in that Act
- Understand that dental program records and data information may be used by the First Nations Health Authority for management and administration purposes only directly related to the Children's Oral Health Initiative and the Dental Therapy Program
- Confirm that I have read and understand the content of the Consent Form
- Choose to give my consent voluntarily
- Understand that this consent will remain in effect while the child is participating in COHI or until it is withdrawn by a parent, guardian, or authorized representative of the child named in this form

NAME OF PARENT / LEGAL GUARDIAN / AUTHORIZED REPRESENTATIVE (PLEASE PRINT)

SIGNATURE OF PARENT / LEGAL GUARDIAN / AUTHORIZED REPRESENTATIVE

DATE (DAY / MONTH / YEAR)



Oct 12 2023 – Nov 30 2023

Every Thursday



Ucluelet 9:00-10:30, Ty-Histanis
11:15 -12:45, Tofino 1:30 - 3:00



Movement & Relaxation Physiotherapy Group for those in Chronic Pain

Benefit from gentle movement, breathing and relaxation exercises with Registered Physiotherapist, Carley Grigg. This series-specifically designed for people in pain will teach you how to move safely, and with greater ease. There is no cost to participate.

To enroll, you must be referred by a doctor in Tofino or Ucluelet. Please see your doctor.

FALL SCHEDULE:
WOMEN AND GIRLS GROUP

Hosted by: Dezerae Seitcher
Located at: Family Support House
#48 in Ty-Histanis

Women's group (ages 16+) biweekly on
Tuesday's from 5-7 pm

Young girls group (ages 6-10)
Wednesday's after school from
3:30-4:30pm

Older girls group (ages 10-15)
Thursday's from 4-6pm



For more information please contact Dezerae
by email or phone:
upholdingourwomen@tla-o-qui-aht.org
(250)-725-3335 ext: 215

October

MELANIE BRAKER
REGISTERED DENTAL THERAPIST
FNHA

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 TRUTH AND RECONCILIATION	3 HOUPSITAS	4 HOUPSITAS	5 HOUPSITAS	6 HOUPSITAS	7
8	9 THANKSGIVING	10 TLA-O-QUI-AHT	11 DITIDAHT	12 HUUAYAHT	13 HUPACASATH	14
15	16 UCLUELET	17 TLA-O-QUI-AHT	18 DITIDAHT	19 HUUAYAHT	20 HUPACASATH	21
22	23 UCLUELET	24 TLA-O-QUI-AHT	25 DITIDAHT	26 HUUAYAHT	27 HUPACASATH	28
29	30 UCLUELET	31 PORT				

Md will be here Tuesdays on a regular basis .

Social Development Reminders

- ❖ Renewals are due on the 5th of each month, filled completely with the job search section (any incomplete will not be accepted and can lead to a late cheque process).
- ❖ Income earned between that 6th and the 5th of the month before must be declared.
- ❖ You must inform your worker of any income earned or new jobs (this helps to decide the eligibility of the next month)
- ❖ Utility bills need to be submitted immediately, when received.
- ❖ If someone moves in or out of the unit you are in, your file with Housing and Social Development must be updated.

Patient Travel Reminders

- ❖ Patient Travel confirmations must be submitted as soon as received. We require at least 2 weeks to process. If you cannot submit right away, it will a reimbursement.
- ❖ Patient Travel is submitted on Fridays and deposited/paid the next Friday.
- ❖ Meals will only be covered if travel is longer than 6 hours.
- ❖ Please provide a Direct Deposit if you can. Along with an email address for follow ups.
- ❖ Off-Reserve & Opitsaht membership contact Hazel Curley
- ❖ Tyhistanis/Esowista contact Lisa-Marie Tom
- ❖ CC faw@tla-o-qui-aht.org
- ❖ Confirmations can be emailed to Hazel for Opitsaht and off reserve (opitsahtintake@tla-oqui-aht.org) or Lisa-Marie for Tyhistanis/Esowista (tyhistanisintake@tla-o-qui-aht.org)
-OR FAXED to 250-725-3980