

GINEW WELLNESS CENTER



ANNUAL REPORT  
2023-2024

# 2023-2024

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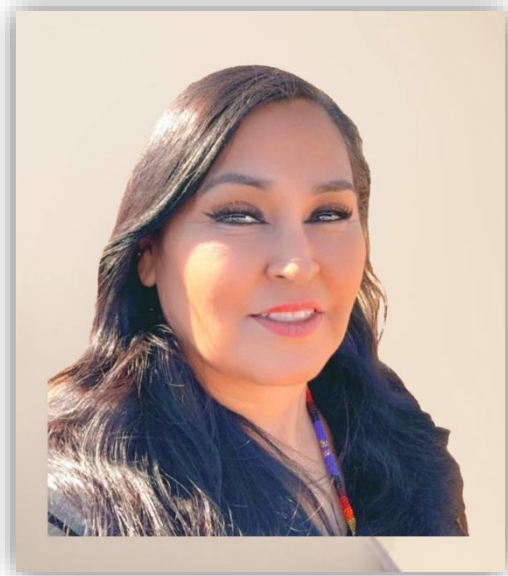
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# Chairperson of Health Committee Message

BY PEARL HENRY, CHAIRPERSON, GINEW WELLNESS CENTER HEALTH COMMITTEE



On behalf of the Ginew Wellness Center Health Committee, I would like to take this opportunity to thank the Ginew Wellness Center Staff for their hard work and dedication in making our Health programs work efficiently and productively. The hard work from our staff has successfully gained us, for the first time in Roseau River Anishinaabe First Nations history, to be Accredited with Commendation. Our health center gets evaluated and reviewed by Accreditation Canada with focus on quality improvement, safety, client care and service delivery, etc. We would also like to thank the employees past and present who contributed to the overall work that was done for the Ginew Wellness Center to achieve such an honorable status. We are very fortunate to have hard working, dedicated staff that have diligently worked hard and they continue to do so with much anticipated new projects and programs that have been completed or are in the works for future developments.

We are excited to have taken on Jordan's Principle off reserve which will accommodate our members living in Winnipeg and surrounding areas. Thank you all for your patience as this has been a lot of work for our administration, staff and ourselves as we had to take into consideration space, expansion, moving, policy/guideline development and hiring new staff. It is a continuing work in progress.

We also want to thank all the community members who filled out the questionnaires during our health fair. Staff really take the suggestions wholeheartedly and are working to prioritize and address the issues that are affecting our community.

So much has been completed and done in all areas of our Ginew Wellness Center with our cultural centre still in our future plans. We are grateful for the collaborative efforts from all our programs from the Ginew Wellness Center. The Health Committee also thanks the tribal members of the Roseau River Anishinaabe Nation for their continued support to the Ginew Wellness Center. Again, on behalf of the Health Committee, we hope to serve the community to the best of our abilities, keeping the wellness of our community in our mind and hearts.

Pearl Henry

Chairman Ginew Wellness Center Health Committee

# Executive Summary

BY SHERRI THOMAS, BA, CFNHM, EXECUTIVE DIRECTOR OF HEALTH

Boozhoo!

It is an honour and privilege to present the Ginew Wellness Center Annual Report for 2023-2024.

This has been a year of reflection with a focus on improving service delivery. By listening to community feedback and in conjunction with the hard work from our health team and our overall commitment to safety and quality improvement, we were awarded the status of Accredited with Commendation, a first for the community of Bagiwaaniskiziibi (Roseau River). Being accredited with commendation requires a health facility to undergo an in-depth evaluation of its organizational practices using an evidence based and outcomes focused assessment.

The Community Health Plan was updated this year providing the community's vision for a healthy community, determining health priorities and identifying principles and a set of strategic actions. Through community and staff engagement sessions, it was recommended we adopt a model of Holistic Health and Wellness Circle of Care model integrated with traditional healing methods and the western medical approach. This model uses the guiding principles of two-eyed seeing in which *"learning to see from one eye with the strengths of Indigenous knowledges and ways of knowing and from the other eye with the strengths of Western knowledges and ways of knowing...learning to use both these eyes together, for the benefit of all."*

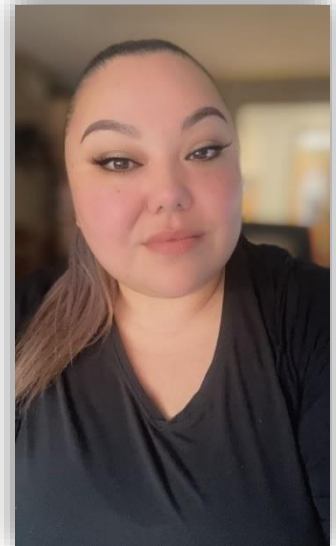
The key health issues identified by the community were Addictions, Safety issues, Suicide, Isolation, Violence, Mental Health, Elders Care, Diabetes, Communication, Palliative Care, and Disconnection of Rapids Residents. Furthermore, three main priorities where the Ginew Wellness Center may lead or be a significant partner in were the development of a Cultural Center, Treatment Center, and Recreation & Multiplex Center.

To work towards these objectives, we needed to reflect on the service delivery model and operations of the Ginew Wellness Center. In the coming year, we will engage a consulting group to conduct a comprehensive review of the Ginew Wellness Center, evaluating the current state, with recommendations on a pathway moving forward to develop a Holistic Model of Care for the community. The Ginew Wellness Center is committed to transforming health service delivery at the local level.

The Ginew Wellness Center identified culture and language as a priority and all programming and service delivery must be rooted in the work we do. This year, we created a Cultural Program with a focus on offering more land based, culture and Anishinaabemowin linguistic opportunities for community members and staff.

Some other highlights of this past year were the development of a Midwifery program through the Maternal Child Health and STAR program; development and early stages of expansion of Jordan's Principle services to members who reside outside of the community; the first annual Elder's Gathering and planning of an Elder's Care Program.

The Ginew Wellness Center will continue to listen to the stories and feedback from members of Bagiwaaniskiziibi to shape programs and service delivery for the overall health and wellness of the community. Miigwech





# Mission & Vision Statements

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## Mission Statement

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To promote and provide safe, quality health care services with the people of Roseau River Anishinabe First Nation.

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## Vision Statement

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To promote holistic healing by providing an integrated health care system that will focus on the spiritual, physical, mental, emotional, and social wellbeing of Roseau River Anishinabe First Nation.

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## Ginew Wellness Center Historical Overview

Established in 1998, the Ginew Wellness Center has grown tremendously in the past 20 years, from expansion of the facility to program and service delivery to staffing. The Ginew Wellness Center has been steadily progressing in areas of technology, collaborative care and case management, electronic medical records, quality improvement, and mitigating risk via monitoring and risk management programs, standards, policies, and practices.

The Ginew Wellness Center began under a set funding agreement which limited the financial flexibility of the overall health program. The majority of programs are now under block agreements, which allows programs flexibility in their service delivery and collaborative approach.

The Ginew Wellness Center's overall revenue has also increased throughout the years, and is now the recipient of a multi-million dollar annual budget. Every year, the Ginew Wellness Center has received unqualified audits resulting in full compliance. The staff have been dedicated to the advancement in quality service delivery and client safety over the years which includes the transition from paper charting to an Electronic Medical Records system, increasing confidentiality and privacy of clients, and risk management efforts.





# Organizational Structure



# Health Planning & Quality Management

## Health Planning Management

BY HEATH HOLDEN, ASSISTANT HEALTH DIRECTOR



Health Planning and Management (HPM) is funded to oversee the Administration and Operations of the Ginew Wellness Center. This includes activities such as Governance, Finances, Human Resources (HR), Reporting Requirements, Budgets, and Janitorial Services. The governing body of the Ginew Wellness Center is the Health Committee comprised of five community members whose role is to provide direction and guidance to Senior Management. HPM works with external agencies in a collaborative effort to offer optimal services to our community members.

This past year was a year getting back to normal after a few years of being primarily focused on the pandemic and preparedness. It was encouraging to hold regular inperson meetings and doing the business HPM was mandated to oversee.

Some of the work the Ginew Wellness Center was able to do throughout the year was update the Community Health Plan, prioritize training including but not limited to trauma informed training, crisis response, and ethics. We held our annual health fair in September which was a tremendous success. We were also able to expand the Senior Management team by creating our own Human Resource department and Finance Team which will allow the administration and operations of the center to run more efficiently and smoothly

## Accreditation



Accreditation is a process in which a health care facility achieves or strives to achieve safe, high-quality care and service to their clients and community, by utilizing standards set by Accreditation Canada and best practices by health care facilities across Canada. Some activities that have occurred over the past few years during our accreditation journey have been developing and updating policies, creating a culture of safety for staff and clients, and identifying areas that need improvement as well as identify the areas of strengths.

Accreditation requires the organization to adhere to Required Organization Practices (ROPs) and standards to maintain its accreditation status.

Ginew Wellness Center achieved full Accreditation Status in 2015 awarded by the independent, national accrediting body, Accreditation Canada. December of 2023, we were once again in the Accreditation cycle which meant that we had evaluators come to Ginew Wellness Center and evaluate our processes, policies and procedures. They were encouraged by the work our team is continually doing and gave us compliments for the progress we have made including the expansion of in-community services and the response during the pandemic. Accreditation Canada decision was to grant us Accredited with Commendation. This new level of Accreditation was given to Ginew Wellness Center for surpassing the fundamental requirements for the accreditation program.

This advanced accreditation is all due to our great staff and continually being focused on maintaining high standards and adhering to ROPs as well as addressing and improving areas that were identified during the last on-site Accreditation evaluation.

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## e-Health Infrastructure Program

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BY JASON TOEWS, MTCNA, SOC LEVEL 1, NETWORK ADMINISTRATOR



In recent years, we have significantly enhanced our IT infrastructure to support our ongoing investment in E-Health & Technology. We implemented a new 10Gig Fiber switching infrastructure, extending it to the new Jordan's Principle building, where we supplied WIFI, computers, and VOIP phones to the Ginew JP location. Additionally, we established a remote network branch office in Winnipeg, complete with a new network setup, including servers, a VOIP phone system, workstations, a biometric clock, and a Branch Office VPN connection for seamless integration.

Our branch office now has a Mustimuhw software database connection and Active Directory (AD) replication(s), along with replicated Distributed File System (DFS) network shares synchronized across an encrypted tunnel. To further enhance our data security and redundancy, we added an additional offsite server with full air-gapped backup functionality including encryption in transit & encryption at rest.

These advancements allow us to improve the security, availability, and accessibility of Electronic Medical resources, ensuring faster patient treatment and lower wait times within and outside our community. As part of our commitment to privacy and security, we continue to adhere to E-Health directives and demonstrate technical leadership among First Nation facilities, ensuring safe and secure patient care.

Keeping up with the latest technology is key to allowing our staff to focus on what's most important - the Health & Wellness of our clients and community.

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# Child Development & Family Services

## Aangwaamii'aagok (Jordan's Principle Initiative)



BY TRICIA HIGHEAGLE ,CASE ASSISTANT

Roseau River Anishinaabe First Nation- Jordan's Principle office is named "Aangwaamii'aagok" and means "be vigilant with our children."

This initiative aims to ensure First Nations children (0-17 years of age) can access public services ordinarily available to non-indigenous Canadian children without experiencing any service denials, delays or disruptions related to their First Nations status (including services for mental, physical, emotional, and spiritual wellness)

Jordan's Principle has been operating in Roseau River First Nation since January 2017. Its goal is to fill the gaps and breaking any barriers to access to services for First Nations children. Jordan's Principle provides First Nations families access to prevention and intervention programming that meets the needs of children and youth, using best practices and family-centered care.

The support is provided to youth and children based on assessments done by Jordan's Principle Staff and in collaboration with the child/youth's family with their goals in mind. Jordan's Principle seeks to collaborate with variety of organizations/specialists including other Ginew Wellness Center staff, occupational therapy, physiotherapy, speech and language, audiology, wellness teams, dietitian, schools, developmental pediatrician assessments, cultural workers, and follow through with treatment recommendations.

This year, we have initiated a wide range of activities and programs that anyone with children can access, which include:

Food security: an initiative to support families and their children

Clothing program to assist families with the purchase of new clothing.

Culture Camps: children can learn about their culture in a safe and culturally appropriate environment.

Back to basics initiative – Allows for families to access basic needs depending on their family's needs.

Community Sweats – weekly sweat lodge ceremonies for all community members

Annual family fun day – family friendly activities throughout the day, including bouncy castles, teddy bear clinic, meal to share, etc.

Income tax Clinic – 80 personal income tax returns completed.

Status Card Clinic – Families were able to apply for their enhanced status cards.

Status Card – Assist families with registering their children for Indigenous Status.

Birth Certificate Clinic – assist families needing their birth certificates

Breakfast with Santa – We offered a full breakfast, photos with Santa, activities at tables, candy bags; children wrote letters to Santa that were mailed out and received letters back from Santa.

Tribal Day events – Pool Tournaments, "minute to win it" games, strongman/strong woman competitions, scavenger hunts.

Various events throughout the year– baseball, volleyball, basketball, hunting camps, fishing camps, open water and ice fishing, horseshoe tournaments, disc golf, fitness bootcamp, life skills, beading, sewing. Skating program, Trail clearing, Field trips to different places such as, Winnipeg Jets games, Sharp tooth Adventures and Altona Arcade, 4-on-4 Hockey tournaments, berry picking, Morris Stampede Midway passes for children, Skateboarding, Gathering of Friends, Powwows, Health Fair, Talent shows-Karaoke, Movie nights-popcorn, drinks, candy bags, Youth Achievement Awards, Honoring Life Camp, Land Based Activities, Hide Workshop, Belt Making, Regalia Making

UTV and trailer for programming

**Bike Program:** Promoted bike safety and repair skills

**Respite Services:** Offered relief and support for caregivers.

Transportation

Case Management Services

**Education and Health Support:** Including educational assistance, speech therapy, physiotherapy, and occupational therapy

April 2024 The Jordan’s Principle’s new temporary building was completed and moved into.

**Jordan’s Principle Office:** Opened at 1075 Portage in Winnipeg, with staff hired to serve Roseau River families, including a Program Manager, Case Managers, Case Assistants, Respite Coordinator, and Intake staff.

These initiatives collectively aimed to enhance the well-being, cultural pride, and community cohesion among families and children throughout the year



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## Aboriginal Head Start

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BY ALVINA GEGWETCH, HEAD START SUPERVISOR



The Aboriginal Head Start program opens for class in September 2023-2024. The Aboriginal Head Start Program provides activities that support early intervention strategies to address the learning and developmental needs of children aged 2 – 3 years living in the community and surrounding areas. The goal is to support early child development strategies that are designed for children and parents/guardians.

The AHS program assists clients and non-clients. We are a diverse, and nonprofit program. The program has parents/guardianship involvement with their children. This year AHS has been challenging, with children and parents, guardianship after the COVID-19 pandemic. The attendance and participation of children and parents has declined due to COVID-19. Some of the support delivered to the community members during the 10 months in the program are field trips, Christmas food hampers and Christmas gifts in December. Also, in May and June, staff and children complete a Mother's Day and Father's Day gift and activity. Parents are very thankful for this. There are also other activities planned. During the summer, Aboriginal Headstart also hosts two summer camps in July and August.

This year 2023-2024 Aboriginal Head Start program graduation will be held at Ginew School field. There will be a walkthrough and the children will receive their certificate as well as a graduation gift with a supper voucher. We started with 15 children enrolled and 4 children have moved away. In June, we have 11 of our Headstart children graduating and continuing their education in nursery school.

The Early Childcare educators organize, plan, and prepare the classroom for the opening of Aboriginal Head Start. They set up the classroom area for social distancing and plastic dividers for the tables and floors. We ordered all the supplies and materials we needed for the year.

The staff attends Early learning conferences, workshops, and training and other training provided to staff. We have two staff employees who are taking online courses through the University of Winnipeg, Bachelor of Arts. One staff member completed the Early Childhood Development program with a bachelor's degree of Arts.

Ginew Wellness Center, Ginew School, Maternal Child Health, Star program, Dakota Ojibway Child & Family Services, Manitoba Child Care Association, Cree Nation Tribal Council and Jordan's Principle and other community organizations are in partnership with the Aboriginal Head Start program.





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## Canada Prenatal Nutrition Program (CPNP)

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BY CINDY BUHLER, RN BN



The **Canada Prenatal Nutrition Program (CPNP)** is for pregnant women and women with infants up to 12 months of age. The CPNP Program provides education on the importance of good nutrition for pregnant and nursing moms, promotes and supports breastfeeding, and provides support to prenatal mothers and their families.

During 2023-2024 the Nurse provided:

- Group and individual sessions to educate on the importance of good nutrition and healthy lifestyle during pregnancy.
- Food vouchers were provided to assist moms with groceries and healthy foods.
- All Moms were offered and provided with prenatal vitamins as well as a healthy baby benefit package.
- Access to prenatal care and follow up
- A prenatal class session.
- Breast feeding teaching, support, and assistance as well as providing breast pads and prescriptions to obtain breast pumps for breast-feeding moms.
- Dietary consultation with a Dietitian was initiated for any mom who may have experienced special nutritional issues ie. Gestational diabetes
- Diapers, wipes, and formula for families to access in emergency situations.

CPNP in partnership with:

- The SF-MCH (Strengthening Families - Maternal Child Health) program to ensure that Moms have the necessary equipment in home to provide for a safe environment after baby arrives home ie. Cribs, bassinets, car seats or where to access the following.
- STAR (Success Through Advocacy and Role Modeling) and SF-MCH provided opportunities to do fun activities such as breastfeeding pillows.
- Doula/Birth Helpers provide support to expectant mothers and their families.
- Southern Health Registered Midwives ensure that mothers are aware of midwifery services and assist with referrals and transportation if needed.
- DOCSF generously provided our postnatal moms with Star Blankets and were provided at our prenatal class or during post partum visit.

We are continuously trying to be creative and develop new ideas to keep Moms engaged and provide an environment of fun learning. In the 2023-2024 year we had 21 Moms enrolled in the CPNP program and 11 initiated breastfeeding, 2 for 3-6

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months and 3 for more than 6 months. We have designated two breastfeeding friendly spaces at Ginew Wellness Center to accommodate breastfeeding Moms.

If you are interested in finding out more about this specific program or would like to enroll contact Cindy Buhler, MCH Nurse Supervisor (431) 800-1275 ext 123

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## Strengthening Families-Maternal Child Health (SF-MCH)

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BY CINDY BUHLER, RN BN, FAYE NELSON, & CHANTAL SEENIE, ANGELINA ZACHARIAS, NURSE SUPERVISOR & HOME VISITORS



**Strengthening Families Maternal Child Health Program** (SF-MCH) is a family-focused home visiting program for pre and postnatal women, fathers, and families of infants and young children from 0–6 years of age and is available in 35 First Nations in Manitoba. The emphasis of the program is on strengthening families through the delivery of home visiting services and the delivery of a curriculum that draws on the cultural strengths of the community and family. The program provided support to twenty-six families throughout the year that built on their strengths, addressed families' needs, questions, and concerns.

There are 2 Home Visitors, Faye Nelson and Angelina Zacharias that deliver Growing Great Kids curriculum and home/office visiting support focusing on promoting strong attachments between parents and children; educating on child growth and development; improving prenatal care; and increasing awareness of the role that holistic and balanced lifestyles play in the development of healthy families. Activities offered by the Home Visitor are taken directly from the curriculum or culturally adapted module and include water safety, arts and crafts, movie night, and other child health activities.

The SF-MCH Nurse made referrals, accessing of other supports and promoted coordination of services for children and families through case management with Children's Oral Health Initiative (COHI) Dental Therapist, Community Health Nurse, ADI, Headstart, DOCFS, Mental Wellness Team, Jordan's Principal, Ginew Housing, MB Housing, Southern Health, midwives, and other external resources. The Home Visitors provided home/in-office/outdoor one-on-one sessions as well as group sessions. The SF-MCH program

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provided a free book gifting program devoted to inspiring a love of reading in young children. Enrolled children receive monthly an age-appropriate book in the mail through the Dolly Partin Imagination Library.

The SF-MCH team continues to promote the return of birth/midwifery back to the community with ongoing discussion and promotion of midwifery services. The MCH team is certified as Indigenous Doula/Birth Helpers and assist in honoring traditional practices associated with maternity care and support the cultural needs of the woman and her family. Our team continues to engage and encourage participants to register for a Doula/Birth Helper and/or a Registered Midwife.

If you are interested in finding out more about this specific program or would like to enroll contact Cindy Buhler, MCH Nurse Supervisor (431) 800-1275 ext 123.

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## Success Through Advocacy & Role Modeling (STAR)

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BY CINDY BUHLER, RN BN & CHANTAL SEENIE, NURSE PROGRAM SUPERVISOR & MENTOR



Success Through Advocacy and Role Modelling (STAR) Annual Report  
Submitted by Cindy Buhler RN BN & Chantal Seenie  
Nurse Clinical Supervisor & Mentor

The Success Through Advocacy and Role Modelling (STAR) Program offers support to pre & post-natal women (up to 1 year after birth) to promote healthy pregnancies and lifestyles. This is a client-centered

program that links participants with a mentor who assists them in identifying and achieving goals related to wellness. Our caseload consisted of eighteen clients throughout the year.

The Mentor offers non-judgemental 3-year mentoring, advocacy, and emotional support to women who are not otherwise effectively engaged with community resources. The STAR Mentor and Clinical Supervisor aim to ensure clients are linked to appropriate services including assessments, referrals, follow up and other services.

The STAR Program provided home/in office one-on-one sessions. Activities offered by the STAR program Mentor were beading, ribbon skirt making, craft projects as requested and further goal-oriented activities. The Mentor obtained certification as an Indigenous Doula/Birth Helper and offered this service to prenatal participants to assist in honoring traditional practices associated with maternity care and support the cultural needs of the woman and her family. The STAR program also partnered with Maria Cloud providing a Tikinagan workshop where we had nine participants that made beautifully handcrafted Tikinagan's or cradle boards. Activities offered by the Mentor/Clinical Supervisor this year were in partnership with CPNP and offered a group education on healthy lifestyle and a BreakFASD Awareness Day. The STAR Program also partnered with MCH and CPNP offering summer health education sessions.

If you are interested in finding out more about this specific program or would like to enroll contact Cindy Buhler, STAR Clinical Supervisor (431) 800-1275 ext 123.

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## Midwifery and Doula

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BY CINDY BUHLER, RN BN

The emphasis of this funding is to increase access to culturally-safe Midwifery and Doula services and foster the importance of improving pregnancy, birth, and postpartum care. A midwife is a primary care provider for a woman during pregnancy, childbirth, and for six weeks after birth for both mother and newborn. The Doula/Birth Helper is a non-medical support to the family with information and physical support during pregnancy, birth and the immediate postpartum period. Midwives and Doula's provide pregnancy and birth support by addressing the emotional, physical, spiritual, and cultural aspects of the woman's experience. Since receiving this funding, we have provided a 2-day prenatal circle workshop facilitated by Melissa Brown, Indigenous Midwife with 7 participants, and a 4-day Full Spectrum Indigenous Doula training where we had 9 participants join us. Through discussions with prenatal clients, community members, elders and surveys we see the demand for midwifery services in community. We invited the Southern Health Sante' Sud Midwifery Services to meet with the community and explain the role of the midwife and had a Midwifery booth set up at our annual Health fair.

Through our existing programs: Maternal Child Health (MCH)/Success Through Advocacy and Role Modeling (STAR) and Canada Prenatal Nutrition Program (CPNP) we made 3 referrals to Southern Health Sante' Sud Midwifery services and were notified of 2 individuals who received services as well as 3 referrals to our certified Doula/ Birth Helpers where 2 individuals received services. Our team maintained communication with Midwifery services to increase continuity of care and create better experiences with childbirth for women and their families. Our objective is to continue to strive to restore midwifery and birth back to the community.

If you are interested in finding out more about this specific service or would like to enroll contact

Cindy Buhler, MCH/STAR/CPNP Nurse Supervisor (431) 800-1275 ext 123.



# Wellness & Holistic Health Services

## Mental Health, Wellness & Addictions Services

BY HEATHER JOHNSON



### 1. Introduction

The Mental Health, Wellness & Addiction Services Department of Ginew Wellness Centre is committed to providing comprehensive mental health care, wellness support, and addiction services to our community. Our mission is to promote healing, resilience, and wellness among our members through culturally appropriate programs and services.

### 2. Achievements and Milestones

#### Community Training Programs

- **Knitting Club:** Fostered community engagement and relaxation through weekly sessions.
- **Art Therapy:** Provided creative outlets for emotional expression and healing.
- **Harm Reduction:** Educated the community on safe practices and provided resources.
- **2SLGBQQA+ Workshop:** Supported inclusivity and awareness through specialized workshops.

#### Team Training Programs

- **Drug Awareness & Community Response:** Enhanced team knowledge and response strategies.
- **Trauma Treatment:** Trained staff in the latest trauma-informed care techniques.
- **First Nations Mental Wellness Continuum:** Integrated culturally appropriate wellness practices.

### 3. Service Delivery

- **Registered Clients:** 242
- **Total Sessions:** 1585 (including office meetings, phone meetings, home meetings, and online meetings)
- **Total Hours Spent with Clients:** 3175.7 hours

### 4. Challenges Faced

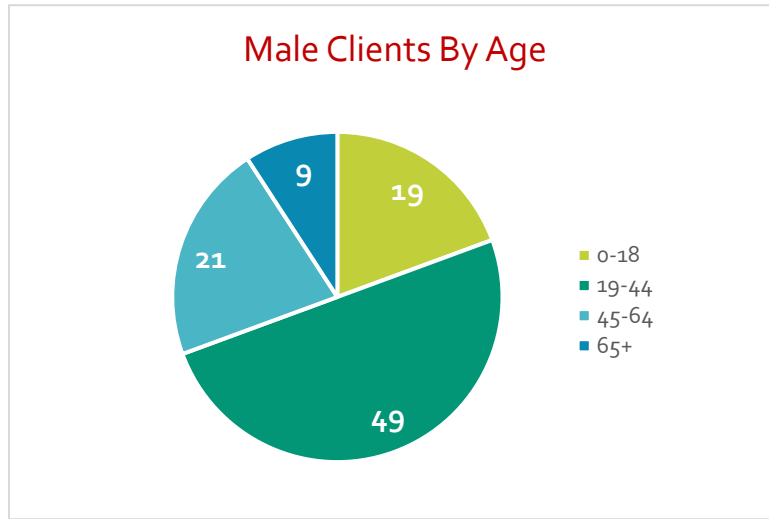
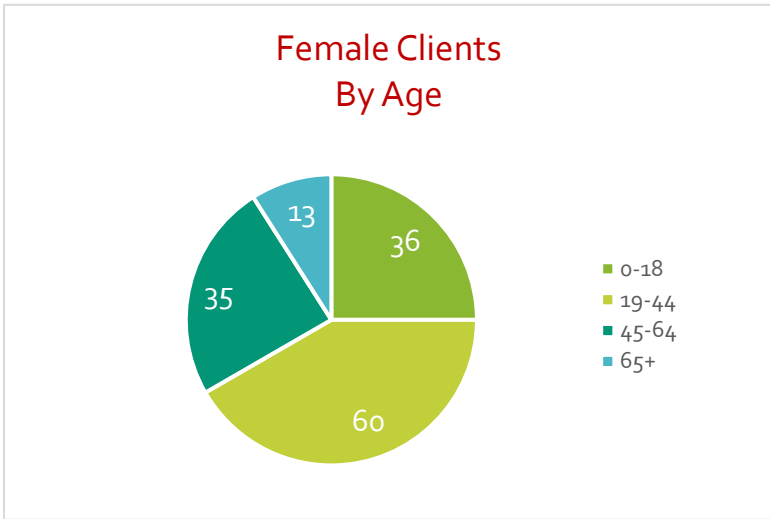
- **Therapist Turnover:** Experienced a flux of therapists due to medical leaves, impacting service continuity.
- **Staffing Shortages:** Currently operating with a short-staffed team, affecting our capacity to meet the community's needs fully.

### 5. Future Goals and Plans

- **Community Engagement:** Continue to engage the community through various wellness workshops, training programs, and personalized care.
- **Capacity Building:** Address staffing challenges by recruiting and retaining qualified therapists and support staff.
- **Client Outreach:** Increase outreach efforts to ensure all community members are aware of and have access to our services.

**6. Conclusion**

Despite the challenges faced, our department has made significant strides in providing essential services to our community. We are committed to overcoming staffing challenges and continuing our work towards the wellness and resilience of the Bagiwaaniskoziibiing - Roseau River Anishinaabe First Nation community. We look forward to another year of growth, learning, and healing together.



## Traditional Healing/Cultural Program

BY KIRBY NELSON, TRADITIONAL HEALING AND CULTURAL PROGRAM COODINATOR



The newly formed Cultural Program includes our Traditional Healing Program. In keeping with the community’s beliefs and traditions, we acknowledge the importance and benefit of healing holistically through our traditional healing practices. The Traditional Healing Program assists community members in accessing traditional healers and ceremonies with funds to help offset travel and meal costs. We have also assisted numerous ceremonies that take place here in our community.

The Cultural Program also looks to increase the number of Anishinaabemowin speakers in our community with our Language Program. We have given out workbooks for each household in the past. Looking forward we want to have more camps and in person sessions to practice and retain our language.

The Cultural Program has hosted numerous cultural events throughout the year. We’ve had story telling with Isaac Murdoch, medicine picking, hunting and Life promotion camps. Organized various craft workshops throughout the winter months for example: regalia, applique, soap stone carving, and belt making.

We would like to gear our programming to fit the time of year. Winter months would have more craft and indoor workshops. Spring, summer and fall months we could be outside on the land.

We are also expanding our team to have 2 cultural workers and 1 youth worker. Miigwech

## Physical Fitness Program

BY ALEX HARTIN, FITNESS WORKER

The Fitness Program’s main objective is to improve our client’s overall health through physical activities and to encourage young people to become more physically active in a safe and healthy environment. My main objective for the Ginew Wellness Center fitness program is to maintain/improve the mental and physical wellbeing of the community (Roseau River First Nation).

With fitness being such a big umbrella, it’s nice to know that I have a big diverse team. I have great people that help me along the way. I’ve worked alongside our Jordan’s Principle youth worker, dietitian, and mental health team just to name a few. It’s awesome to know your co-workers are all striving for the same goal; to make this community a better place!

I am a strong believer in sports and how it’s a great way to keep in good health. It also teaches great discipline, teamwork, and leadership, especially for our youth. I’ve offered dry land and in field training including:



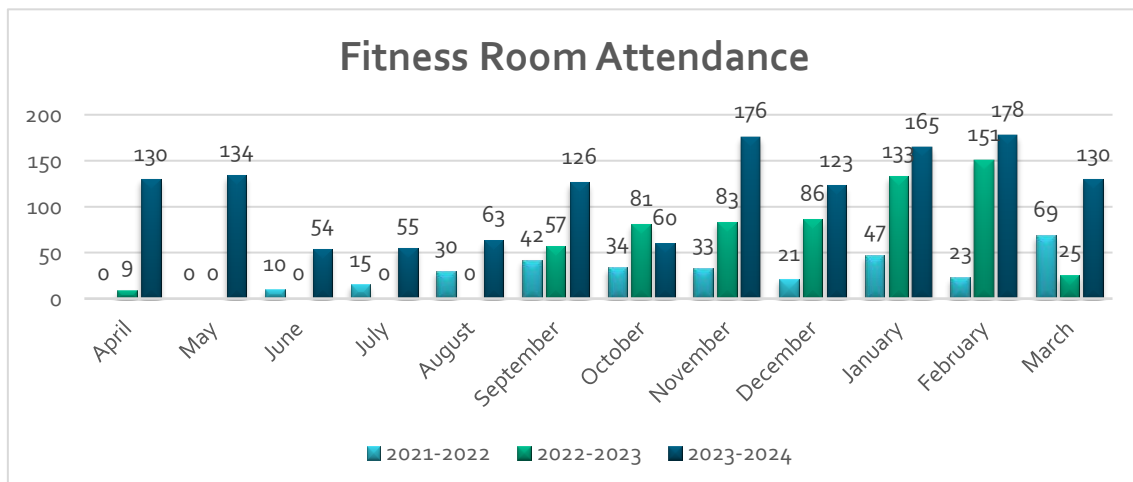
### Sports

- Hockey/Sating
- Basketball
- Baseball
- Golf
- Volleyball
- Horseshoes
- Skateboarding
- Biking

### Activities

- Yoga
- Strong Man/Woman Competition
- Walking/Jogging/running
- Pilates
- Stretching
- Weightlifting

Our gym is now just a couple years old and is free for the community members from Monday to Friday from 8:30am to 4:30pm. This past year I’ve been able to upgrade some old equipment and get some new machines in (multi-gym, new rubber plates, rowing machine, elliptical, replaced two treadmills and two stationary bikes). For people that want membership, it’s a one-time payment of fifty dollars. That gives people a key to our gym and allows them twenty-four-hour access. It’s fantastic to see how many people have signed up. Let’s get those numbers up!





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# Primary Care & Community Health Services

## Primary Care Nursing, Clinic, and Communicable Disease Control

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BY NICOLE SOLNES, RN, PRIMARY CARE NURSE



Boozhoo! As the Primary Care Nurse, I report to the Health Director and Assistant Health Director. I manage and work in the Primary Care Clinic Monday to Friday. We provide services to community members and non-members of Roseau River First Nation with a focus on health care services, including health promotion, illness, injury prevention and the diagnosis and treatment of illness and injury.

Our Primary Care Clinic offers medical appointments Monday to Friday with Nurse Practitioners, Physicians and Nurses. We offer scheduled, walk-in and same day appointments. We provide blood work, vital sign measurements such as blood pressure, temperatures, oxygen levels and heart rate. Point of care testing is available for strep throat, pregnancy, drug screening, sexually transmitted and blood born infections. Wound care, dressing changes, circulation assessments, medication injections, diabetic and chronic disease education services are also available, as well as Tuberculosis skin testing.

Often the Primary Care Nurse is the first individual the client meets in the clinic setting. I am responsible for providing and coordination of safe quality health care, ensuring continuity of care with ease of movement across the health care systems. We refer to other health care professionals, services or medical facilities as required. I assist and work closely with our Nurse Practitioners, Doctors and Pharmacists on and off site.

I work with on-reserve and off-reserve health programs, institutions, and health related businesses, and I am a member of the Local Child and Welfare Committee for the Dakota Ojibway Child and Family Service. Meetings are held monthly for discussion and planning for prevention activities at the agency and community level. I am also a member of the Zhenobik Committee. I work in conjunction with Maternal Child Health, Dietician, Aboriginal Diabetes Initiative, Community Health Representative, Medical Transportation, and other programs as needed. I attend South Zone Area Nurses meetings and training at times with the other nurses under the Dakota Ojibway Health Services.

Our focus over the last year has been getting back to regular business after the Covid-19 Pandemic. With this we are excited to say things are getting back to the pre-pandemic state. Committees are starting to meet again; programming and planning is underway. We have seen an increase in clinic visits and will continue to advocate for an increase in service delivery to provide services to community members.

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Our vision for the next year we will continue to provide excellent primary care services; addressing the health needs of community members; by promoting health and disease prevention, treatment, improving the management of chronic disease and preventable illnesses. We are looking forward to hosting the annual health fair in September this year! Keep an eye out for chronic disease clinics and education. We will be focusing on working with our community members, peers, and leadership to communicate, educate and implement a harm reduction program that works well for our community. We also look forward to utilizing our Mobile Primary Care Clinic Van, increasing access to Primary care services for those in need.

#### Communicable Disease Control and follow-up

The prevention and control of communicable diseases enhances and protects the health and well-beings of Roseau River First Nations Community Members. We achieve this through public health programs, disease monitoring and reporting, investigation and control of disease outbreaks and provide education.

Tuberculosis sexually transmitted and blood born infections as well animal bites with possible rabies exposure; are to name a few communicable diseases that we work closely with.

Stats for newly identified cases of communicable diseases are as follows:

Chlamydia – There were fewer than 5 reported cases

Gonorrhea – There were no reported cases of Gonorrhea

Syphilis – There were fewer than 5 reported cases of Syphilis

Newly Diagnosed Hepatitis C and HIV Infections – There were no newly diagnosed cases of Hepatitis C or HIV

Observations – During the reporting period, the rates of STBBIs reported remain consistently low.

Congenital Syphilis – Infants born to an individual who tested positive for syphilis at any point during pregnancy will be followed to rule them out for congenital syphilis.

Fewer than 5 infants were born to syphilis-positive birthing parents during this reporting period. There are fewer than 5 infants pending rule out.

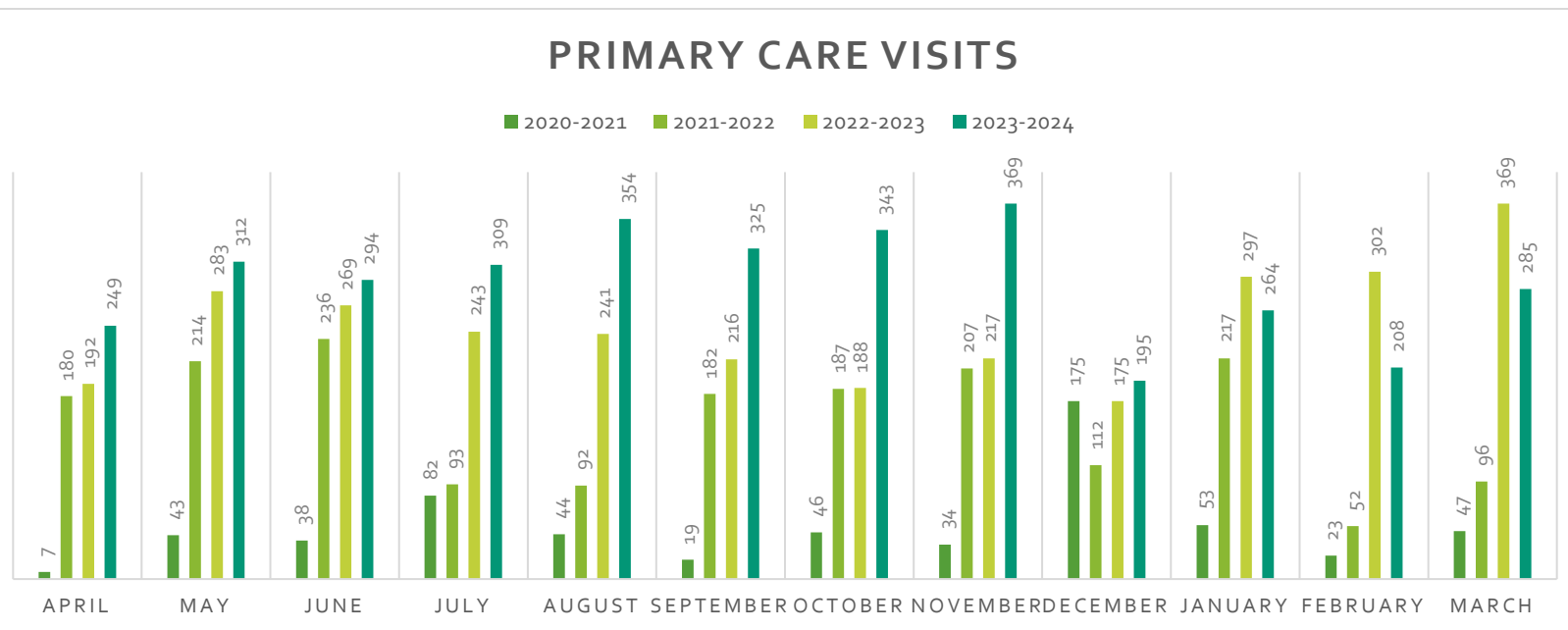
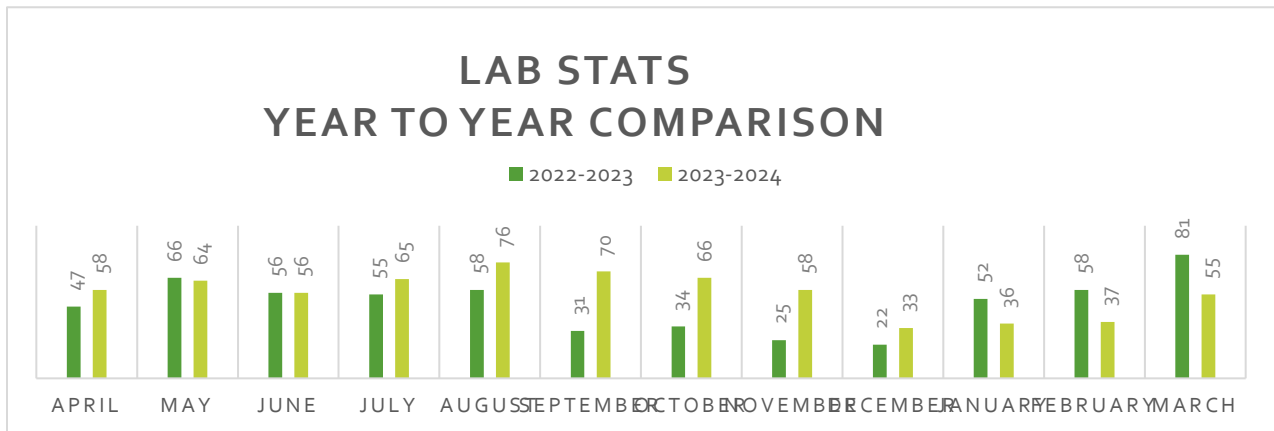
There are no congenital syphilis cases currently reported, however due to the follow up period required for infant rule outs, this is subject to change in the future.

Tuberculosis – There were no reported newly diagnosed cases

Possible Rabies Exposure – There were 6 reported possible rabies exposures, which were a combination of bites and scratches. All possible rabies exposures were from dogs.

Nurses are required by the Manitoba Association of Registered Nurses to have continuing education, professional development and competency training, and reinforcement of job skills. I recently completed the Authorized Nurse Prescriber – Reproductive Health and STBBI course through Red River College. With this certificate I can now diagnose, order tests, receive results and treat. I am also able to order birth control, plan B and pregnancy tests. Over the next year I plan on taking the Cervix Check course which will increase access for cervical cancer screening and PAP testing.

It continues to be a real honor and pleasure to be working in a great community. I enjoy working for the Ginew Wellness Center and with my fellow co-workers.



## Prevalence of NAFLD among the participating communities

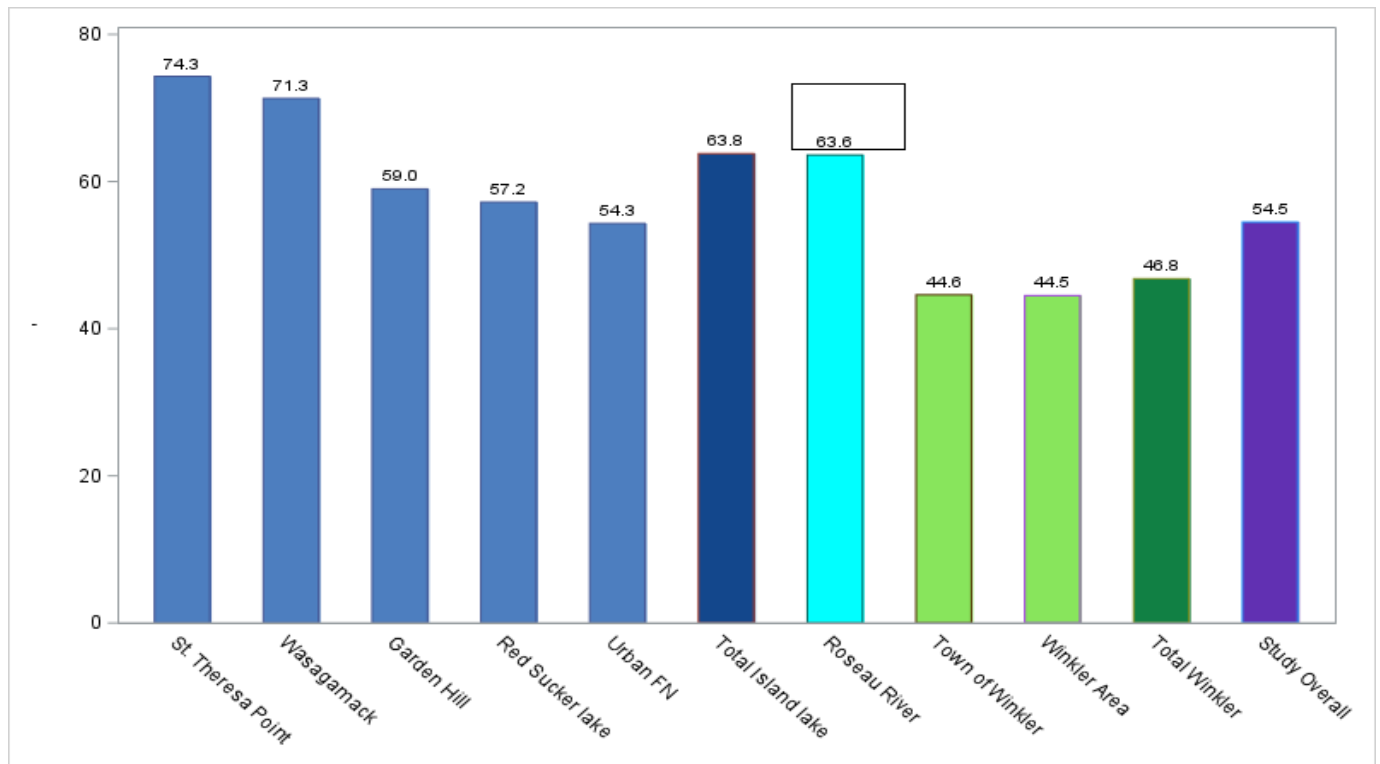
We hosted another follow up for the Non-Alcoholic Fatty Liver Study. The study is led by Dr. Julia Uhanova, Associate Professor, and her team through The University of Manitoba and Four Arrows Regional Health Authority. The study is to determine how common and/or severe the condition called 'non-alcoholic fatty liver disease' (NAFLD) is in Manitoba, and the long-term outcomes for people who have this condition. They will be holding a final follow up in the fall of 2024.

### Prevalence of NAFLD among the participating communities

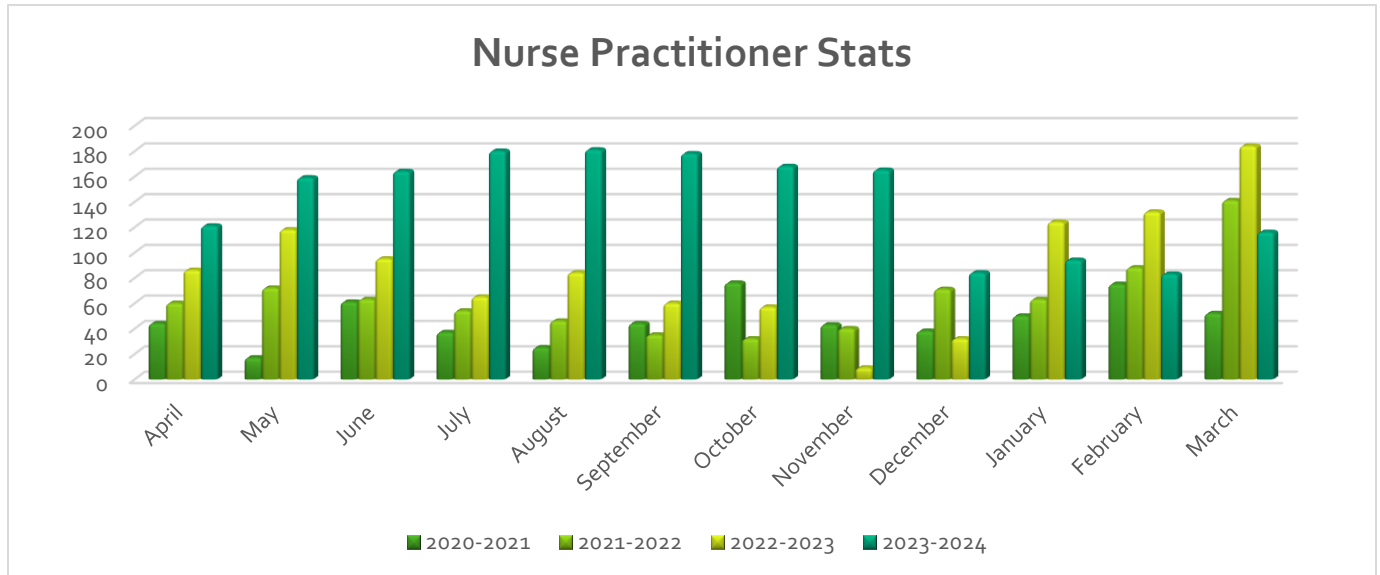
Total Participants	121
Participants with fatty liver	77 (63.6%)
Healthy participants	44 (36.4%)
Follow-up appointment	58 (75%)*

\*A total of 58 participants (out of 77 with NAFLD) - or **75%** - attended one follow-up clinic, and 27/77 (35%) had two follow-up visits; 19 participants (25%) did not attend any follow-up.

So far, six participants out of 77 with steatosis (fatty liver), or 7.8%, were successful in reversing NAFLD.







## Community Health Nursing & Immunizations, HIV/Aids Program



BY KELLY JOHNSON, COMMUNITY HEALTH NURSE, URIS NURSE

The Community/Public Health Nurse program is managed by the Community Health Nurse who is responsible for promoting health in five major areas:

- Child wellness and immunization including school immunizations.
- Health and Wellness education in the community and the school
- HIV and Sexual wellness
- Harm reduction
- Unified Referral and Intake System (URIS)

I have well baby clinics every Thursday to bring in the children from 2 to 18 months for well-baby checks and immunizations. We are getting the children on track and caught up on vaccines.

The preschool children can come on that day as well or they can come in Mondays, or Wednesdays.

I go to the school on Tuesday afternoons for the grade 6 immunizations and catch up on any other child that needs them. I send out consents at the beginning of the year to the school to go home with the children for parental consent.

The Uris program is for children with chronic health problems such as Asthma, allergies, diabetes.

The Uris program is available in school K – 8 as well as daycare, preschool and head start program. Pamphlets and applications are available at all locations.

There were Flu and covid immunization clinics in the fall and spring at the wellness center.

We continue to have covid test kits on hand at the center.

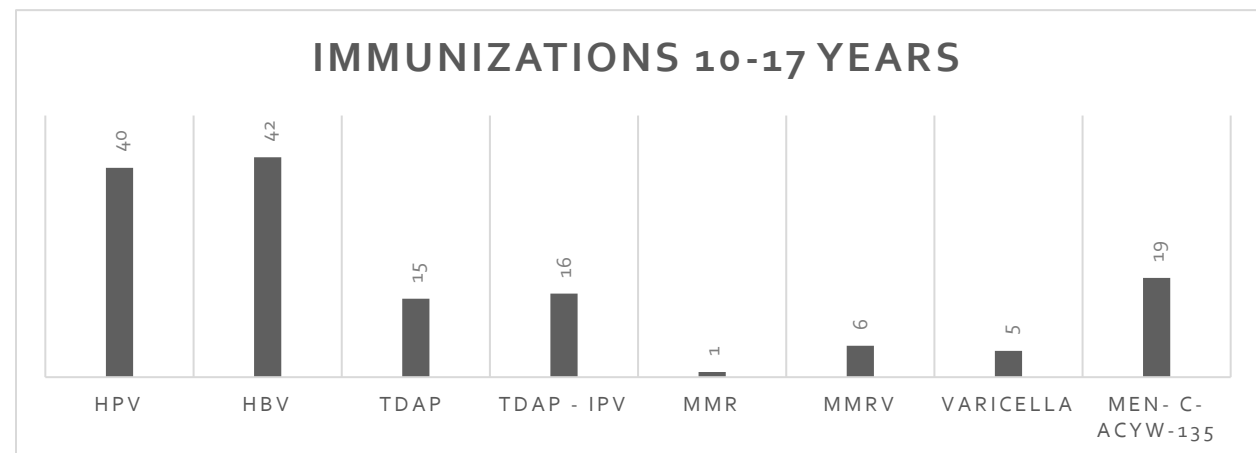
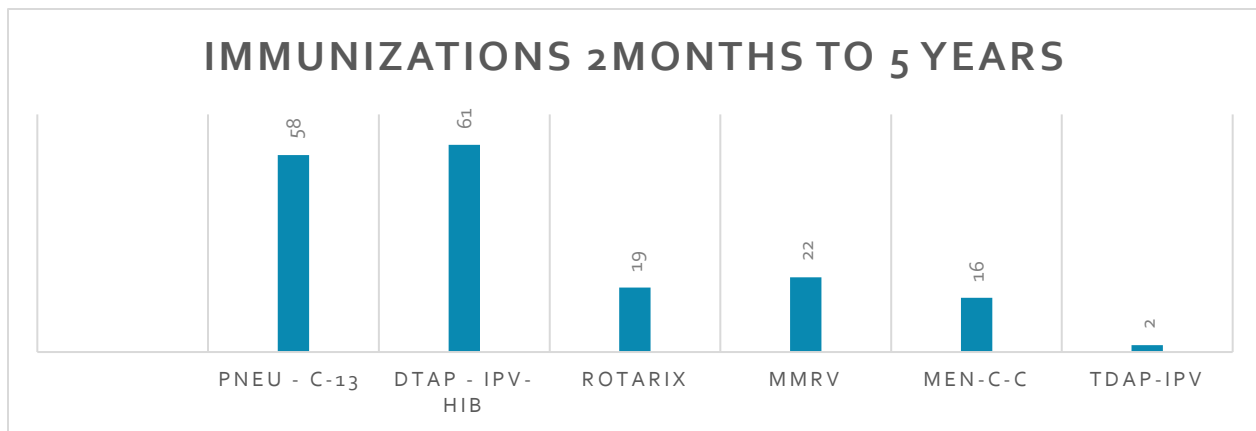
**HIV/AIDS Program**

This program focuses on sexual health and wellness for the entire community with special emphasis given to HIV, Hepatitis C, and syphilis.

I have recently completed a course through Red River Polytech and am now certified as an Authorized Prescriber in the area of Women’s health and Sexually Transmitted and Blood Born Infections, (STBBI’s) so I am able to order the testing and treating STBBI’s as well as prescribing birth control.

STBBI Testing and education is always available upon request.

Aside from implementing these programs, the Community Health Nurse provides support in the clinic, and when necessary, does phlebotomy (bloodwork). The Community health nurse works collaboratively with the whole wellness team to address any ongoing health and wellness concerns as they relate to the community.



## Aboriginal Diabetes Initiative (ADI)

KIM KNOTT, RD, DIETICIAN AND NICOLE SOLNES, RN



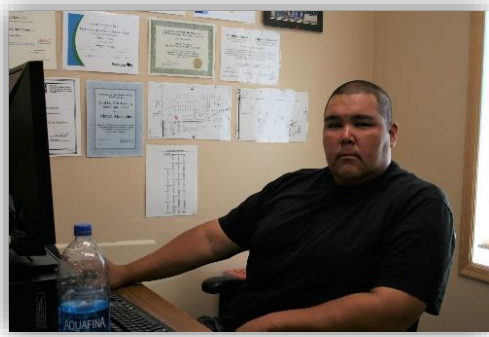
The Aboriginal Diabetes Initiative Program Promotes diabetes awareness, prevention, and treatment. We work collaboratively with our Nurse Practitioners, Doctors, Nurses, Dialysis Units and other programs like Mental Health, Home Care, Primary Care, Activity Worker, Child Maternal Health to promote good nutrition for all stages of life. We are excited to say, we were able to get back to the norm this year after the pandemic. We have promoted healthy nutrition and encouraged the preparation of homemade foods. We raised awareness of Diabetes by holding telehealth seminars, holding staff and public bingos, cooking classes with the Elders, jam making and the Veggie Bag Program to name a few. We also had the opportunity to be a part of the Non-Alcoholic Fatty Liver Study by educating our community members on diet changes to help reverse fatty liver disease, every

community member was given olive oil to use! Nutrition counseling services are available, and we are back to in person visits.



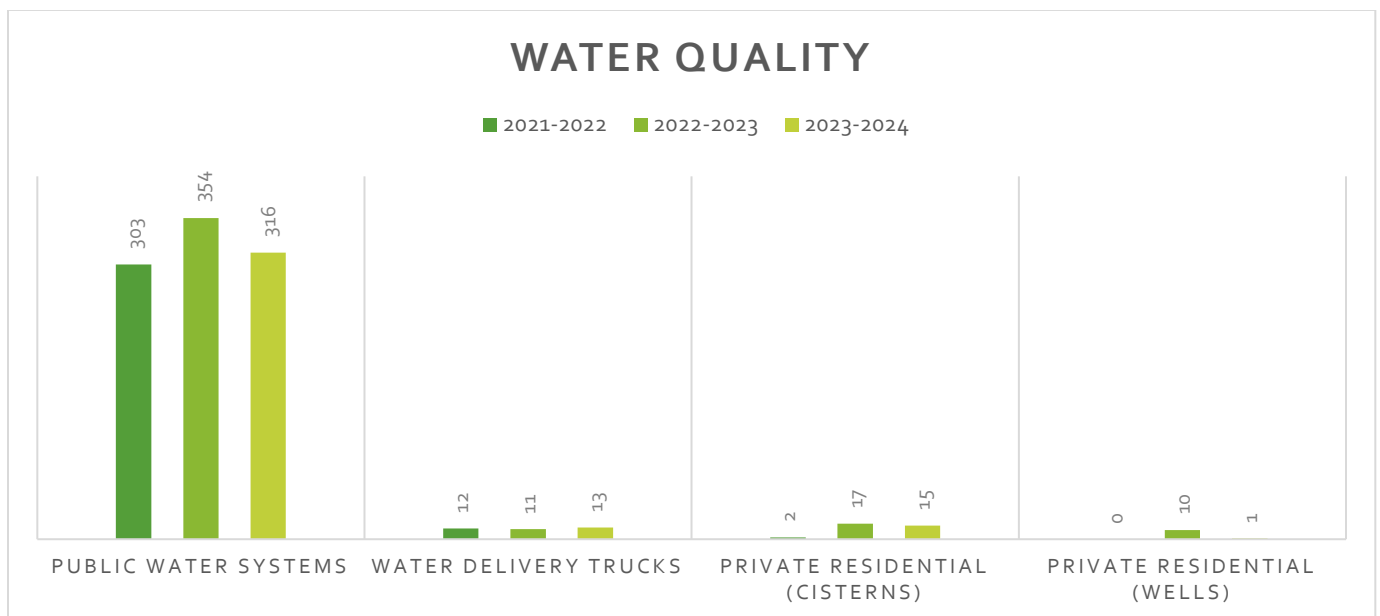
## Drinking Water Safety Program

BY ALERON ALEXANDER, WATER QUALITY MONITOR



The water quality program staffs a part-time Community Based Water Monitor to conduct weekly testing and monitoring of the drinking water quality in the community.

The CBWM samples and tests for E. coli, Total coliforms, and chlorine residuals in the distribution system including public buildings, cisterns, wells and the water delivery truck. Sampling weekly helps reduce the risk of waterborne disease outbreaks in the community drinking water for Roseau River First Nation. With the help of Indigenous Services Canada and our community Health Inspector the CBWM monitors sampled results in the lab at the Ginew Wellness Center to ensure quality drinking water.





## Foot Care Clinic (Community Health Promotion & Injury Illness)

BY RHONDA HALL, FOOT CARE NURSE



The foot care program at Ginew Wellness Primary Health Center, focuses on clients with diabetes to mitigate foot-related complications and prevent lower limb amputations.

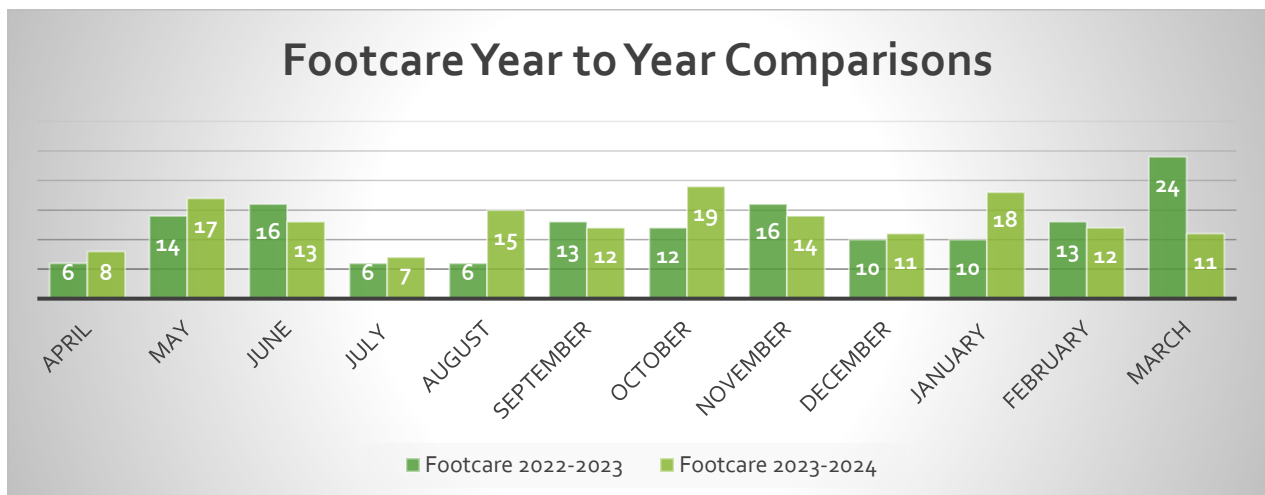
**Services Offered:**

- Biweekly foot care sessions on Tuesdays, with appointments available upon request.
- Comprehensive foot and lower limb assessments.
- Nail care, wound assessments, and basic footwear evaluations.
- Corn and callus reduction.
- Client education on foot care and diabetes management.

**Referral System:** The program receives referrals from healthcare providers, ensuring access to necessary care for clients living with diabetes.

**Impact:** The program aims to improve the overall health outcomes of clients by promoting regular foot care and early intervention to reduce diabetes-related foot complications.

**Next Steps:** Continued efforts will focus on expanding outreach and enhancing service delivery to meet the growing demand for foot care services among diabetic patients.



# Medical Transportation (NIHB)

BY HENRY HAYDEN, TRANSPORTATION COORDINATOR



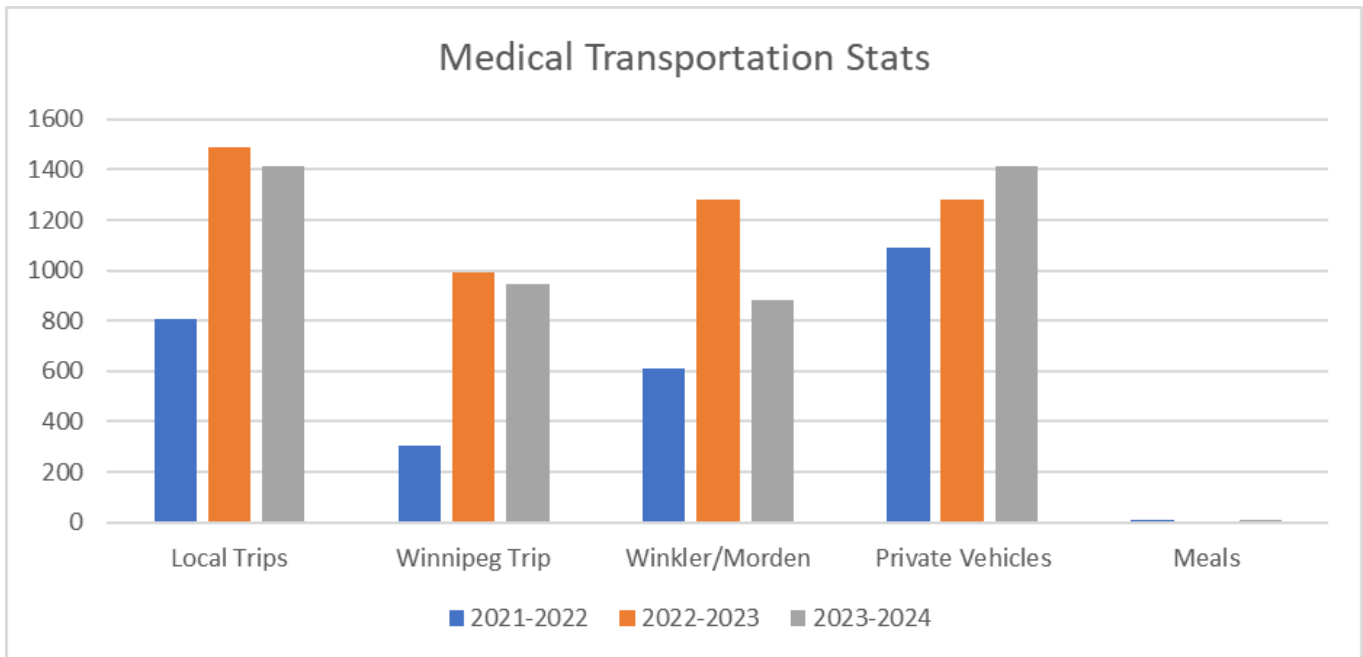
The Medical Transportation Program is funded by the Non-Insured Health Benefits Program through the First Nations & Inuit Health Branch. It can assist community members with transportation to access medically necessary health services not available locally.

The Ginew Medical Transportation Program has been serving Roseau River First Nation community members for over 30 years starting out with one van operating 24/7.

The program now consists of one on-call van that operates 24/7 and two full-time van that operate from Mon-Friday 8:30 – 4:30, We have two full-time drivers and two drivers for the on-call van that rotate on a weekly basis.

The vans travel to various locations throughout southern Manitoba.

Below is a year-to-year comparison of the services provided through the Medical Transportation Program:



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# Home & Community Care

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## First Nation Inuit Home & Community Care

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BY MARGARET MACGREGOR, RN, HOME CARE NURSE & JENNIFER SHEPIT, SUPPORT SERVICES SUPERVISOR

Hello from the Home Care Team at Roseau River First Nation! Our committed team consists of full-time certified staff members, kitchen staff, home makers, activity workers, support services managers, homecare assistants, and casual staff members. Each team member plays a crucial role in the care plans for our clients, contributing their unique skills and expertise to ensure the wellbeing and comfort of those we serve. Together, we work collaboratively to provide comprehensive care and support tailored to the individual needs of our clients, fostering a safe and nurturing environment within our community.

The Home and Community Care Program (HCCP) is dedicated to offering comprehensive home and community care services that honor traditional, holistic, and contemporary approaches to healing and wellness. These services are designed to support community members with chronic and acute illnesses, enabling them to receive care in the comfort of their homes or communities. This approach allows individuals to remain close to their loved ones for as long as possible while maintaining their independence.

Services provided by the HCCP encompass a range of essential care, including nursing care, personal care such as bathing and foot care, home support like meal preparation, and in-home respite care to offer relief for family caregivers. The Home and Community Care Coordinator plays a pivotal role in this program, overseeing coordination, development, training, and delivery of home care support and consultation to various frontline staff, including Home Care nurses, support personnel, health directors, and other community members.

HCC responsibilities include advising through ongoing community visits, conducting audits, assessments, trainings, and evaluations to ensure the delivery of high-quality care tailored to the unique needs of each individual and community. Through these efforts, the HCCP strives to enhance the wellbeing and quality of life of community members while promoting cultural continuity and community resilience.

The Admin Assistant/Driver at the Ginew Seniors Lodge plays a pivotal role in ensuring the smooth operation of daily activities and outings. Working closely with the Support Service Supervisor and Homecare Nurse, their responsibilities range from paperwork management to monitoring employee temperatures to maintain a safe environment. They also provide essential support during fun outings organized by the Activity Coordinator, demonstrating a commitment to the residents' wellbeing. The team at the lodge emphasizes collaboration, with everyone pitching in to support each other as needed, ensuring residents receive the highest level of care and support.

We begin each day with our home care scheduled visits and as well as activities centered around helping, preparing, guiding, and supporting our clients. Our scheduled home visits involve essential tasks such as bathing, dressing, medication management, and assisting with daily living activities. Additionally, we accompany and assist other healthcare professionals and medical students to introduce them to our community.

We also organize and participate in various activities and outings, including gatherings, pow-wows across Manitoba, ribbon skirt making, medicine picking, gardening, and Bingo, among others. Our cohesive team works together to ensure our clients' needs are met, and we also contribute to preparing and delivering meals on wheels within the community daily.

The kitchen staff day begins with preparing beverages, setting up tables, and making breakfast for up to 10 people. They ensure that coffee and tea are fresh throughout the morning. After breakfast, they clean their area and start preparing lunch for 44 clients. Once lunch is ready, you pack the meals for delivery by the Meals on Wheels Driver, sometimes accompanying them to assist with deliveries. After lunch, clean up and begin prepping food for the next day to ensure timely meal service.

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Managing the meal program finances is also part of your responsibilities, including tracking meal card purchases and handling money, which you submit to finance at the end of the day. Place a monthly food order with Sysco and do weekly grocery shopping for fresh produce. Upon delivery of the Sysco food order, they enlist help to organize and put away the items due to the volume of food. Additionally, they handle monthly menu planning, experimenting with new recipes while adhering to food restrictions. At the end of each week and day, you clean and sanitize the kitchen, as well as manage kitchen laundry.

Finally, at the end of each month, you compile meal attendance and paperwork for administration to input into the system. Overall, your role involves meticulous meal preparation, financial management, inventory control, menu planning, and kitchen cleanliness to ensure the smooth operation of the meal program.







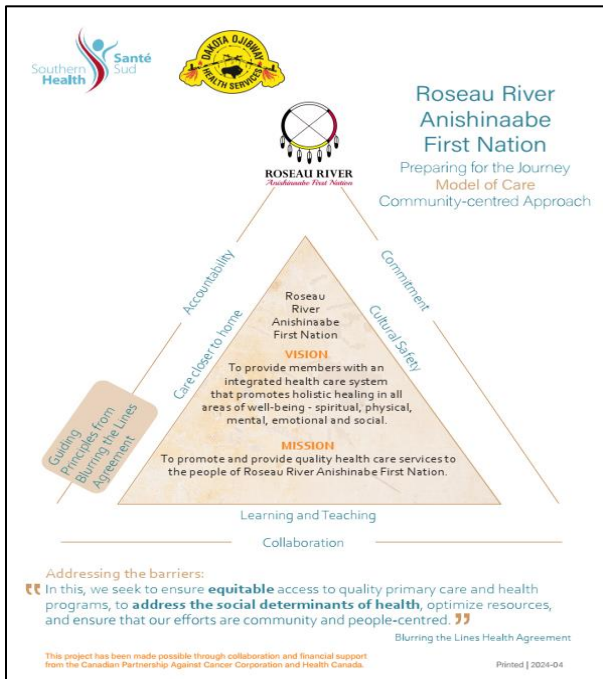
## Palliative

Our Homecare program's goal is to enable community members to remain in their homes with culturally appropriate care. Collaborating with Southern Health Palliative Care, we are dedicated to developing our palliative care program for the Roseau River community. Through this partnership, navigating the End-of-life journey becomes more manageable for both our team and our clients.

The Canadian Partnership Against Cancer (CPAC) funded a palliative care initiative called "Models of Care," focusing on improving care in First Nations communities. Project coordinators from Dakota Ojibway Health Services and Southern Health Santé Sud facilitated community engagement sessions across five communities from November 2023 to January 2024. These sessions, referred to as "The Journey," encouraged participants to share experiences, barriers, and visions for end-of-life care.

Themes from these sessions, such as racism in hospitals, NIHB delays, and transportation issues, informed the development of care models. Additional sessions from February to April 2024 generated solutions, including plans for cultural safety education by community members and seeking teachings on culture and traditional medicine.

Application for continued funding has been submitted to CPAC for September 2024 to March 2026. Next steps involve establishing a working group for community empowerment and staff training, redesigning culturally appropriate handouts, and creating resource materials on NIHB and palliative care services. The initiative aims to foster relationships, understanding, and improved care within the communities.



**Assisted Living:**

The Assisted Living program provides non-medical personal care services to high-risk clients, allowing them to safely reside at home. Services include meal preparation, laundry, light housekeeping, and security checks, coordinated by the Support Services Supervisor based on a Needs Assessment and Treatment Plan conducted by the Home Care Nurse. Homemakers practice infection prevention control, and kitchen staff are trained in healthy meal preparation. Daily activities aim to improve the mental health of clients and staff by fostering connections and reducing isolation caused by Covid.



**Ginew Senior's Lodge:**

The Lodge, serving elders and community members since 2007, prioritizes creating a home-like environment and fostering community connections. Regular gatherings and social activities are held in the common area. The Lodge offers tours to other organizations and First Nations to share best practices. Ongoing improvements and maintenance include licensing, accreditation, and certification compliance, as well as addressing maintenance needs such as cabinetry installations, yard

care, and painting. Sanitation and cleanliness are prioritized, with regular supply top-ups and cleaning care. Designated parking and visible curbs are implemented for safety.

### **Activities:**

The Ginew Wellness Centre's Homecare Activities Program aims to provide comprehensive health care support while promoting mental, physical, and spiritual wellbeing among clients. The program assists individuals with various health conditions, including alcoholism, substance abuse, diabetes, mental health issues, and acute illnesses. Through a range of activities, clients receive support with basic needs, transportation, traditional practices, and participation in outings that promote wellness and connection to cultural heritage.

In 2023, the program saw significant growth and expansion, with increased participation in activities and outings. Services included assistance with obtaining identification cards, letters of support, transportation for various purposes, and a wide array of recreational and cultural activities. The program also provided mental health support through art therapy, attendance at healing gatherings, and elder meetings to address community issues.

Challenges include transportation limitations, particularly for wheelchair-accessible vehicles, and the need for additional staffing to meet growing demand. Despite these challenges, the program remains committed to serving the community and aims to expand its services to reach more individuals in need.

Future goals include acquiring a larger vehicle to accommodate more clients and wheelchair accessibility, hiring additional staff, and continuing to provide vital services for the community's vulnerable populations. Overall, the program's efforts have had a positive impact on clients' mental wellbeing, social engagement, and overall quality of life.

### **Elder Engagement and Community Wellness Report**

The survey aimed to gather insights into the perceptions and priorities of community members regarding elder engagement and community wellness. Participants shared their perspectives on the roles of elders, distinctions between elders and seniors, health priorities, visions of a healthy community, and desired improvements.

#### **Key Findings:**

1. **Elder Definition:**
  - Elders are revered for their wisdom, knowledge, and cultural heritage.
  - They are our mentors, passing down traditions and teachings to younger generations.
2. **Elder vs. Senior:**
  - Elders are distinguished from seniors by their cultural significance rather than solely by age.
  - Seniors are typically defined by age (55+), while elders are recognized for their wisdom and cultural contributions (65+).
3. **Health Priorities:**
  - Substance abuse, suicide prevention, access to medical services, housing, transportation, and mental health support emerged as top priorities.
  - Cultural preservation and education are also highlighted as essential.
4. **Vision of a Healthy Community:**
  - A healthy community is characterized by inclusivity, where everyone's voice is heard.
  - It involves intergenerational engagement, addressing substance abuse, and promoting cultural gatherings and education.
5. **Community Needs:**
  - Continued engagement sessions are desired for ongoing improvement.

- There's a call for comprehensive treatment centers with long-term care, access to dental and specialist services, elder support programs, and cultural workshops.
- Participants emphasize the importance of youth engagement, substance abuse prevention, elder guidance, and cultural preservation.

The survey findings underscore the significance of elders in community wellness, the need for holistic health approaches, and the importance of cultural preservation. Addressing substance abuse, promoting intergenerational engagement, and enhancing access to healthcare and cultural resources are key priorities for building healthier communities. Ongoing efforts and community collaboration are crucial for meeting these needs effectively.

#### **Workshops and Gatherings that clients attended:**

- Maawaniji'diwag – Where they come together. Elder's Retreat in Brokenhead, MB – Sponsored by Ginew Wellness Centre and CFS Law Development Group
- Elder and Traditional Peoples Conference – University of Manitoba – Sponsored by Mental Health Program
- 3-Day Puckertoe Moccasin Workshop w/ Jordan's Principal – Instructor Marlene D Henry
- Truth & Reconciliation – Land based Elder's Sharing Circle in Sandilands, Menisino Manitoba. DOCFS and Jordan's Principal's Annual Family Hunting Camps.
- Cradleboard Making w/ Maternal Child & Health – Instructor Maria White Cloud
- Beaded Red Dress Workshop w/ Jordan's Principal – Carly Becker
- Survivors Gathering – Wa-say Healing – Victoria Inn & Convention Centre – Sponsored by the Ginew Wellness Centre – Homecare Program
- Wa-say Healing Centre Inc. (2023) Survivors Gathering [Facebook page]. Facebook. January 30, 2023 – February 1, 2023.
- Healing Together Gathering – Southern Chiefs Organization – Winnipeg Convention Centre – Sponsored by the Ginew Wellness Centre – Language Program
- Southern Chiefs Organization (2023) Survivor's Healing Gathering [Facebook page]. Facebook. February 27 & 28, 2023.
- Birchbark Scroll Viewing in Winnipeg, MB – Long Plains Hotel– Midewiwin Society & Glenbow Museum Collaborating Event. (Not publicized.)
- Seasonal Billards – Ande Wendaminowad (Where they go to play) Drop-in Centre – Roseau River Community – Tyson Henry – Recreation Coordinator
- SCO CHIEFS-IN-SUMMIT HONOUR WAB KINEW – Southern Chiefs Organization (2023) Chiefs-in-summit Honour Wab Kinew October 26,2023.

Program Partnerships inside of the Ginew Wellness Centre and outside of the Ginew Wellness Centre.

- ❖ Jordan's Principal
- ❖ Traditional Healer Program
- ❖ Southern Chief's Organization – Traditional Healer Program
- ❖ Maternal Child & Health
- ❖ Mental Health
- ❖ Roseau River Chief & Council
- ❖ Roseau River Finance
- ❖ Roseau River Prevention Program
- ❖ DOCFS Prevention Program
- ❖ Ginew School





