

Journey of Collaboration Newsletter

Keep on going...

Being Mi'kmaw in Newfoundland and Labrador presents many challenges. Wherever you are on your path, keep going, learn from several respected leaders and take the time to listen, learn and appreciate. Reclaiming culture takes time and patience, and it cannot be achieved quickly.

Calling all Mi'kmaw Artists

We plan to place Mi'kmaw artwork throughout healthcare facilities. Do you make art? If yes, please express your interest by visiting: <https://bit.ly/MikmawArtistEOI>

*This project is dependent on funding approval.

The Journey of Collaboration

To build upon Western Zone's Person and Family Centered Care (PFCC) strategy and L'nu priorities we are taking action on community's recommendations.

We are:

- Supporting the creation of a smudging policy.
- Amending a surgical policy so sacred items are respected in operating room.
- In partnership with the Mi'kmaw Cultural Foundation, applying for funding to place artwork in facilities.
- Collaborating with Qalipu First Nation to have an Indigenous Patient Navigator at Western Memorial Regional Hospital.

Framework and Action Plan can be found [here](https://bit.ly/JoCFrameworkAction) or <https://bit.ly/JoCFrameworkAction>



Western Zone Regional Virtual Care Clinic (RVCC)

This clinic provides virtual primary care appointments for Western NL patients who do not have a primary care provider. Visit options may include telephone, video to your home or video to clinic. If the virtual provider determines your needs cannot be met through our virtual care options, the RVCC staff will help connect you with a one-time in-person visit in your health neighbourhood hub site where available. Please call to request an appointment or discuss your virtual care options.

1-888-784-6256

Book release "One Man's Journey"

Elder Calvin White is a respected Elder from Flat Bay, NL. His new book "One Man's Journey" tells the story of the Mi'kmaw movement in Newfoundland.

This book is a great way to learn of how we got to where we are today. Pick it up your copy today!



Reach out

Wendy Brake
Journey of Collaboration Project Coordinator
wendybrake@westernhealth.nl.ca
1 833 662 0140

Staying healthy

Eating healthy can be expensive. Growing your own vegetables can help. Why not plant some onion or carrot to support this healthy recipe?

Carrot Soup

From myrecipes.com

Ingredients

Ingredient Checklist

- 1 tablespoon olive oil
- 1 medium yellow onion, sliced
- 1 ½ pounds carrots, cut into 1/4-inch rounds
- 4 cups low-sodium chicken or vegetable broth
- 1 tablespoon grated ginger
- 1 ½ teaspoons kosher salt
- ¼ teaspoon black pepper
- ½ cup heavy cream
- 3 tablespoons chopped fresh dill



Directions

Heat the oil in a large saucepan over medium-high heat.

Add the onion and cook, stirring occasionally, until softened but not browned, 5 to 6 minutes.

Stir in the carrots, broth, ginger, 1 1/4 teaspoons of the salt, and the pepper.

Bring to a boil. Reduce heat and simmer until the carrots are soft, about 20 minutes.

Let cool at least 10 minutes. Using a blender, puree the soup in batches until smooth. Return to pot and rewarm over medium heat.

Meanwhile, whisk the cream in a small bowl until soft peaks form. Fold in the remaining salt and the dill. Divide the soup among individual bowls and top with the dill cream.

<https://www.myrecipes.com/recipe/easter-carrot-soup>

Did you know pharmacists now able to offer these services?

Pharmacists can:

- extend prescriptions to a maximum of 12 months.
- prescribe hormonal contraception.

Pharmacists can also assess and prescribe four additional ailments and conditions. They are:

- Conjunctivitis;
- Fungal Nail Infections;
- Herpes Zoster – Shingles; and
- Uncomplicated Urinary Tract Infection

Contact your local pharmacy to learn more.

Client Relations Office – NLHS – Western Zone

Clients, patients, and residents contribute to their own health and safety by engaging in open communication with health care workers.

We encourage you to discuss compliments, inquiries or concerns directly with staff, by asking for the program manager or you may also contact:

Confidential Toll Free Client Feedback Line 1 833 784 6802 clientrelations@westernhealth.nl.ca

Feedback provides valuable information for appropriate follow up for you and also contributes to organizational improvements.

NL Health Services also seeks your feedback through experience surveys. Current surveys can be found at <https://westernhealth.nl.ca/survey/>