

# Journey of Collaboration Newsletter

Summer 2024

## Journey of Collaboration Update

We are acting on the Mi'kmaw Community's recommendations outlined in the Framework and Action Plan.

1. You can now take your sacred items into surgery! Expect to have a conversation with your perioperative nurse to decide a safe place for it during the procedure.
2. Smudging policy is approved! You can request a smudge through a member of your health care team.
3. In 2023/2024, with the support of community, we held a speakers series and smudge education sessions for health care staff. In 2024/2025, we will continue staff education.
4. In partnership with the Mi'kmaw Cultural Foundation, we are seeking funding to place artwork in health care facilities.
5. Melissa Muise, the Indigenous Patient Navigator (IPN) is available at Western Memorial Regional Hospital. More information on the back.
6. In 2024/2025, we will continue health promotion activities for community through Wellness Days. We've had 3 and are planning more. Watch for more information or reach out to Wendy to discuss.

## Did you know you can lower blood pressure by:

Managing stress  
Eating well (less sodium, more fiber)  
Staying active  
Quitting smoking  
Drinking less alcohol



## Is the information in this newsletter useful?

Please let us know by contacting:

**Wendy Brake**

Journey of Collaboration Project Coordinator

[wendybrake@westernhealth.nl.ca](mailto:wendybrake@westernhealth.nl.ca)

Telephone: 833-662-0140 (toll free)

## Indigenous Patient Navigator

Melissa Muise, Indigenous Patient Navigator, offers in-person services for the health care facilities in the Corner Brook area and virtually, upon request and availability, to other health care facilities.

Some of the responsibilities of an Indigenous Patient Navigator include:

- Help remove barriers and challenges that patients may face with health care systems.
- Assist individuals in connecting with community cultural support.
- Attend appointments with the patient if they need extra support.
- Respond to general questions related to health care systems.
- Visit patients during their stay at health care facilities in the Corner Brook area or meet virtually to other health care facilities based on individual request and availability.

For more information or to request support, please contact:

Melissa Muise, Indigenous Patient Navigator

Telephone: 709-640-9007 or (toll-free) 1-833-640-9007

Email: [melissaannmuise@westernhealth.nl.ca](mailto:melissaannmuise@westernhealth.nl.ca)

## NL Health Services Update

Announced as part of Budget 2022, the Government of Newfoundland and Labrador initiated the process of amalgamating Central Health, Eastern Health, Labrador Grenfell Health, Western Health, and the Newfoundland and Labrador Centre for Health Information (NLCHI) into one entity. The transition to a single, unified provincial health authority was undertaken to integrate and streamline provincial programs and services to become more efficient and effective in our health care delivery across the province. Because of this transformation, our region is now named, NL Health Services - Western Zone. NL Health Services is hiring a Director of Indigenous Health to continue the momentum of improving Indigenous health.

## Involvement within health care facilities

Would you like to host your monthly drum group, host a craft session or celebrate special events with residents of care facilities?

If you've answered yes and don't know how to get started, contact us and we will try to connect you. Contact Wendy at 1 833-662-0140.