

Journey of Collaboration Newsletter

Winter 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 in place! You can request a smudge through a member of your healthcare team.
3. In fall 2023, with the support of community, we held a speakers series and smudge education sessions for healthcare staff.
4. In partnership with the Mi'kmaw Cultural Foundation, we are seeking funding to place artwork in healthcare facilities.
5. Melissa Muise, the Indigenous Patient Navigator (IPN), is available at Western Memorial Regional Hospital. More information on the back.

Is the information in this newsletter useful?

Please let us know by contacting:

Wendy Brake

Journey of Collaboration Project Coordinator

wendybrake@westernhealth.nl.ca

Toll-free: 1-833-662 0140

Upcoming Activities:

Winter 2024

Continued healthcare staff education.

Spring 2024

Wellness Days

- You've told us that you want to know how to stay healthy. In response, we are bringing health and wellness topics to your community.
- Please let us know the health topics important to you and stay tuned for details on how to join us.



Did you Know?

In Mi'kmaq culture we believe every person has a role in our nation and every person has a gift. Traditionally, ceremonial roles start by being a helper. A respected Elder may receive a spiritual message in ceremony that you have the potential, through fasting and earning, to be responsible for Ceremony. This path will include our old ways, using oral traditions passed down through generations. This takes years of sharing, learning and earning. Elders and Knowledge Keepers earn ceremony through guidance of another and will share who mentored them. Be patient, never assume and understand everything comes at the right time.

Indigenous Patient Navigator

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

Some of the responsibilities of an Indigenous Patient Navigator include:

- Help remove barriers and challenges that patients may face with healthcare 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 healthcare systems.
- Visit patients during their stay at healthcare facilities in the Corner Brook area or meet virtually to other healthcare 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: melissaanmuise@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, Newfoundland and Labrador Health Services (NL Health Services). 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 referred to as the Western Zone.

Involvement within Healthcare Facilities

Would you like to share some stories, songs, music or drumming, host a craft, or host an event to help engage residents at 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 (toll-free).