

DEFINING HEALTH FOR TYENDINAGA

On February 19, 2007 community members were invited to a strategy meeting on community health.

As a result of this historic meeting a number of health issues and priorities were identified. It was decided at this meeting to form a retreat of health providers within our community that would compile issues identified and then develop a strategy to meet the health needs for the community. This group was tasked with this challenge and then to present their work back to the community at a later date.

I had the pleasure and honor to attend Blaine Loft, as the Mohawk Council Health portfolio holder, , March 9-11, 2007 in Brighton Ontario, where the retreat was held. In total there were ten attendees, 2 members from council, myself and Councillor Roy Maracle, CAO Rod Jeffries, Lynn Brant, Karen Lewis, Janet Brant Nelles, Jeanne Hebert, Scott Maracle, Suzanne Brant and Luke Jeffries representing the youth of the community.

It was a tremendous experience, despite the fact that it was the weekend, all of those in attendance, put forth a great deal of energy to the work at hand. The work groups completed their tasks with enthusiasm and excellent understanding of the direction, facilitator Rod Jeffries challenged them with. Lively discussions not only during the working group functions but at lunch and breaks added to the coming together process. I was very happy to witness and participate in this exciting and stimulating exercise. It illustrated to me how much can be accomplished by working together for a common cause, the health of our community members. Thanks for your hard work team!

Councilor Blaine Loft

TYENDINAGA HEALTH STATEMENT

Health is a gift and it is our responsibility to take care of it.

Health is balance and harmony of body, mind, spirit and our emotional well-being. Honoring diversity, respecting Creation's life cycle, embracing our interconnectedness and practicing Kanyen'kehaka traditional beliefs, are the foundation of health and well-being. The respectful relationships we develop with self, with each other, and with Creation, are how we experience holistic health.

Our self-determination for the preservation and sustainability of the gift of health, will protect us for generations to come.

Community Health Priorities - Short and Long Term Goals

	2 year Goals	5 Year Goals	10 Year Goals	15 Year Goals	25 Year Goals
Health and Human Resources	<p>To offer services that include:</p> <ul style="list-style-type: none"> • long term care medical doctor • nurse practitioner • traditional medicines practitioner • traditional practitioner program that includes body, mind & spirit • mental health workers (men's, women's, youth) • full-time diabetes educator • full-time dietitian with traditional knowledge base • chiroprapist with foot care nurse • develop and implement an ongoing 25 year community education awareness plan • client safety • to maintain or revise existing programs to meet needs of the community (see appendix) • health and safety committee • social worker • linkage with police services 	<p>To offer services that include:</p> <ul style="list-style-type: none"> • midwifery • optometry • dentistry • chiropractic • massage therapy • 2nd nurse practitioner • To be accredited in all community well-being services • Ambulance services • Developmental service workers • Parent support groups 	<p>To offer services that include:</p> <ul style="list-style-type: none"> • occupational therapy • physical therapy • psychiatrist • speech therapy 	<ul style="list-style-type: none"> • To educate our own traditional practitioners and herbalists • To offer diagnostic lab services • To support an exchange of traditional foods access by purchase or trade, (i.e. grocery store, food bank, community market) • All schools will have a cafeteria 	<ul style="list-style-type: none"> • To have a functioning full service health facility staffed by qualified and competent MBQ members

	2 year goals	5 year goals	10 year goals	15 year goals	25 year goals
Language, Culture and Traditional Ways	<p>To have training programs for all workers and community members in the areas of:</p> <ul style="list-style-type: none"> • lateral violence • cultural identity • community healing activities • Revitalization of traditional ways, ie. traditional practitioners program • ceremonies • traditional medicines • traditional sources of knowledge • language access • alcohol and drug prevention & aftercare • prevention of violence and bullying • mental health • healing the culture of self-hate • healthy changes in the workplace • To have annualized funding for Mohawk language acquisition • Cultural competency training for school and health staff • Traditional research department • Traditional parenting classes • Childcare offered at all community workshops 	<ul style="list-style-type: none"> • To have a multidisciplinary health, healing and wellness facility • To have full language immersion for day care • junior and senior kindergarten • Full time language nest • Traditional roles and responsibilities learning group • Life skills training for youth • Healthy trails- ensure trails are safe and integrate medicine walks 	<ul style="list-style-type: none"> • To have all grade 12 graduates fluent in the Mohawk language. • Immersion for elementary grades • Living museum for cultural education 	<ul style="list-style-type: none"> • The Community will be knowledgeable and practicing our ways and our language • Faithkeeper school • Rights of passage from birth 	<ul style="list-style-type: none"> • To have NO ADDICTIONS, NO SUBSTANCE ABUSE, and NO VIOLENCE in Kente, our Community

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Environment	<ul style="list-style-type: none"> • To implement a massive environmental public relations campaign for all ages, with provision for curriculum development • To increase the level of the community cultural awareness specifically addressing our responsibility to the environment • To complete the research for the development of environmental policies • Good water 	<ul style="list-style-type: none"> • To deliver environmental education to the whole community, which includes cultural awareness and our responsibilities to the natural world 	<ul style="list-style-type: none"> • To have a fully staffed environmental research department operating in their own building with their own laboratory 	<p>To have self-sustaining practices in the following areas:</p> <ul style="list-style-type: none"> • education • housing • employment • renewable energy • food security • resource management, ie. water, land, biodiversity, etc. 	<ul style="list-style-type: none"> • To be a self-sustaining community that respects the environment through knowledge of our traditional ways • To have protected natural resources

	2 year goals	5 year goals	10 year goals	15 year goals	25 year goals
Sustainable Development	<ul style="list-style-type: none"> To have a new MBQ administration building with a Health Director position Community wellness director and conjoin community wellness & alternative therapies programs in one building To develop the framework for the MBQ Health Authority. To have established prioritization of Health needs To have a fully accessed recreation center To have equivocal resource sharing and linkages between community programs To offer nurse practitioner clinic services To offer E-Health for the community To utilize a health lobbying process To have health care providers educated in cultural health practices Development of central warehouse/depot for medical supplies 	<ul style="list-style-type: none"> To implement the MBQ Health Authority To have a fully functioning clinic and pharmacy To develop partnerships with health services educational facilities (ie. FNTI, First Nation communities, Queen’s University) To have a long term care facility To have completed health services transfer To have framework for health service capacity building To have TMC actively lobbying for capital \$ (ie. through Rama or partnerships) Youth lodge Infant/toddler daycare Trades training 	<ul style="list-style-type: none"> To have infrastructure that operates a fully functioning counseling center for private and public access Cultural learning centre Developmentally challenged group home Adult daycare Housing – low income, supportive, affordable 	<ul style="list-style-type: none"> To actively improve the development of the MBQ Health Authority policy and guidelines Addictions/family treatment centre 	<ul style="list-style-type: none"> To live in a community where everyone takes responsibility for their own optimum health and for community health To have hospital and all medical services available within the community including emergency clinic To have traditional medicine readily available for community members’ choice To have increased long term care access and capacity within the community To have well established medical partnerships with Queen’s University To actualize intern placements at facilities within the community To have a confidently functioning MBQ Health Authority To have an ongoing health services capacity building process To have ongoing capital fund-raising (possibly Rama \$)

TASKS COMPLETED

1. To have a community meeting offering:
 - feedback from these planning sessions
 - input by the community
 - discussion for action.

(completed)

2. To establish a health partnership working group, comprised of community members, MBQ staff and Council members, that will drive the strategic plan.

(completed)

3. (this as internal issue not necessary to publish in the newsletter)
Involve MBQ departments in the process through awareness sessions.

(completed)

WHAT'S NEXT

Develop an operational plan

Develop subcommittees for four core areas

Securing financial resources for mental health programs

Random acts of kindness