



## April 2019

Spring has finally sprung! After what feels like an exceptionally long winter, we are finally enjoying that beautiful spring weather. Is your community health centre hosting a health fair this spring? First Nations Telehealth Network would be happy to participate and share valuable information on Telehealth and TSAG programs. Telehealth is an easy way to attend clinical appointments without having to travel and leave your community. It also allows health centre staff and community members to attend FREE education sessions. If you are interested in having First Nations Telehealth attend your health fair contact our team at 1-888-999-335



For a full list of all upcoming events happening on the First Nations Telehealth Network visit our website at [www.fntn.ca](http://www.fntn.ca)

## News

### Office Closure



Our offices will be closed April 19, 2019 and April 22, 2019. We will re-open again on April; 23, 2019 @ 08:30.

### Video Recordings



March was a busy month for video recordings; with over nine education videos recorded and posted to our website. You can find the latest recordings in both the Harm Reduction Series and the Diabetes 101 series in our library. As well as the other sessions throughout the month. For a full list of all video recordings visit [www.fntn.ca](http://www.fntn.ca)

# Upcoming Sessions

## Vaping Information and Health Impacts

**April 11, 2019**

**10:00—11:30**



The presentation will feature information on the fast-growing trend of vaping, including its relationship with commercial tobacco. We will also cover cannabis, commercial tobacco and other tobacco-like products. Most of the focus will be on youth, but other populations will be discussed, including pregnant women.

### Learning Outcomes

- What is vaping?
- What are vaping trends?
- What do we know about vaping?
- What are the health impacts of vaping?
- Does vaping help you quit commercial tobacco use?
- How can we prevent our youth from using commercial tobacco products and vaping?
- How does vaping related to commercial tobacco use?

**Presented by:** Laura Kinley. Laura is a Program Consultant from Alberta health Services. Laura's focus is on youth prevention and engagement and she is currently working on a program for all junior high students in Alberta.

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This session will introduce Poundmakers Lodge Treatment Centres and explain why having an Indigenous Treatment Program is important for people in recovery. We will examine the mental, emotional, physical and spiritual components of the treatment program.

### Learning Outcomes.

- 1. Mental-** Learning about addictions and their impact to cognitive functioning.
- 2. Emotional-** Feeling emotions, accepting emotions and regulating complex emotions.
- 3. Physical-** Working with identifying physical impacts of using, detoxification,
- 4. Spiritual-** Using narrative therapy and cultural Ceremonies as healing

**Presented By:** Evan Anderson and Jessica Semaganis

\*This is the first session in a four part series that will explore substance use disorder and strategies to help those in recovery

## Poundmakers Lodge Series: Introduction to Poundmakers Lodge Treatment Centres

**April 17, 2019**

**14:00—15:30**



# Diabetes 101 Series

The Diabetes 101 series is well underway; with 4 sessions already completed. This series provides an incredible opportunity for participants to gain valuable knowledge of diabetes. All previous sessions have been recorded and are currently available for viewing on the First Nations Telehealth Portal at [www.fntn.ca](http://www.fntn.ca). All session handouts and videos can be accessed by visiting the Diabetes 101 series page.



As we continue on through the series we want to encourage anyone to provide open and honest feedback. Your feedback is crucial in helping develop a series that meets the needs of all participants. You can provide feedback by completing the post-session evaluations.

The next three sessions in the series are now open for registration. To register for any session please visit [www.fntn.ca](http://www.fntn.ca) or click the link below. This series is scheduled to run for a total of 10 sessions, the last session will be held in late June. Don't forget to subscribe to the First Nations Telehealth Network to receive up to date information to your inbox.

## **DIABETES 101 SERIES** **MANAGEMENT** **ACTIVE LIVING 101**

**APRIL 11, 2019**  
**13:30 – 15:00**

The fifth session of Diabetes 101 takes at how physical activity can help prevent and manage diabetes and prediabetes.

### **Learning Outcomes**

1. Understand what active living means
2. Understand how being active helps prevent and manage diabetes
3. Understand the barriers to being active
4. Identify strategies to promote active living
5. Know where to get help.

### **Presented By:** Kathleen Gibson RD CDE

Kathleen Gibson is a Registered Dietitian with Indigenous Services Canada. Kathleen has lived with type 1 diabetes for more than 24 years, and is a Certified Diabetes Educator. Some of you may remember her from the time of SLICK! She is passionate about helping other people with diabetes live well and in a good way.

# **DIABETES 101 SERIES**

## **MEANINGFUL CONVERSATIONS**

**APRIL 25, 2019**  
**13:30 – 15:00**

The sixth session of Diabetes 101 explores how to talk with people living with diabetes and help them to live well.

### **Learning Outcomes**

1. Understand the emotional impact of a diagnosis of diabetes
2. Learn about the Spirit of Motivational Interviewing
3. Learn useful tools and tips of communicating with clients and motivating them to make healthy changes.


### **Presented By:** Marie Caluttung RN

Marie Caluttung graduated from the University of Alberta with a Bachelor of Nursing Degree in 2001. She has been working with First Nations and Inuit Health for 10 years and has vast experience in Nursing within various settings of Community Health. She has a strong interest in teaching and learning. Outside of Nursing she has 2 busy boys named Xavier and Xander age 7 and 4. Their enthusiasm for life and the world around them reminds her of the importance of looking at the world with curiosity.

## **Frequently Asked Questions**

I am supposed to get connected to a session and I was told to have my equipment on and ready to go. What does that mean?

Our Bridge Technician's will try and reach out to all registered participants before a videoconference session. During these phone calls they will ask you to make sure your unit is turned on and ready to connect. To turn your unit on complete the following steps:

- Make sure your VC unit is connected to power and internet
- Turn on your unit (if not on already). You can turn the power on by pressing the green button on your remote  press this button until the orange light on your video conference unit blinks and the camera moves
- Turn your TV on and change it to the correct input (if necessary) until you can see yourself on the TV screen
- Make sure your camera is pointed to where you will sit. If you need to adjust your camera, only do so with your remote. DO NOT move the camera by hand.

If you need more details on how to preform each of these steps visit the First Nations Telehealth Network Portal. Our website has training videos and detailed documents explaining how to complete each step.



# Tech Talk



**CANADA  
LEARNING CODE**

**"At Canada Learning Code, we believe that digital skills are tools of empowerment. The world is changing, and we want Canada to be ready. We're here to make sure that all Canadians- particularly women, girls, people with disabilities, indigenous youth and newcomers- have access to the knowledge they need to prosper in our digital world?"**

- <https://www.canadalearningcode.ca/about-us/>

Canada Learning Code offers education and learning experiences in locations throughout Canada. If you ever wanted to learn to code or increase your knowledge, check out their website today. You can also subscribe to their website to get the monthly newsletter direct to your inbox. April is Health & Well being month at the Canada Learning Code. You can find more information by clicking the link below or visiting the website at [www.canadalearningcode.ca](http://www.canadalearningcode.ca)

**Please note:** The First Nations Telehealth Network and/or TSAG are not responsible for any fees procured by taking the courses or learning experiences offered by Canada Learning Code. The purpose of this Tech Talk is to let people know of the resources available to increase technology awareness and competency.

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Please note that some interactive features of this newsletter have been removed. For a full interactive newsletter please subscribe to our website at [www.fntn.ca](http://www.fntn.ca)

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Network**

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