



Welcome to 2018! We hope everyone had a safe and joyful holiday season. In January we welcomed back Brittani Norstrom to the First Nations Telehealth Network (FNTN) support team. Brittani was away on maternity leave for the past year. Upon her return back to work, Brittani has moved in to the Telehealth Program Analyst position and Justin Hoeber has taken over the Telehealth Operations Analyst duties. Tyler Stevensen, previously occupied the Telehealth Operations Analyst position, has moved to another department within TSAG.

We are very excited to have Justin remain on and for Brittani to return; we want to thank Tyler for his hard work and wish him luck in his new position. The First Nations Telehealth Network will remain focused on providing First Nations communities across Alberta with videoconference capabilities.

UPCOMING VIDEOCONFERENCE SESSIONS

Schizophrenia Society of Alberta: Schizophrenia Facts



Date: February 22, 2018
Time: 10am

First Nations Telehealth Network is pleased to welcome the Schizophrenia Society of Alberta to present this valuable information. Please join us to learn about schizophrenia and its personal impact on community members. In this session participants will learn:

- Facts about schizophrenia and related disorders
- Impact of psychosis
- Hear personal stories of schizophrenia and its impact



FNIHB Presents: Eating for a Healthy Gut!

Date: February 20, 2018

Time: 10am



This 1 hour videoconference is about the trillions of healthy gut bacteria living in your digestive system, and the importance of their role your health. You will learn about factors that affect gut bacteria, probiotics and prebiotics, and foods that keep the gut healthy.

The learning objectives:

- 1) To develop an understanding of why the bacteria in our gut are important for our health
- 2) To understand prebiotics and probiotics
- 3) To identify three ways to help positively influence gut health

Presented by: Molly Lancaster, Dietetic Intern with the Nutrition Advisory Team, FNIHB

Targeted audience: Community health workers who are interested in a basic understanding on the role of gut bacteria in our health and learn how foods can help promote gut health.

FNIHB Presents: Update on the Joint Action Health Plan in Alberta- Health Service Integration Fund (HSIF)

Date: February 12, 2018

Time: 13:30



The goal of the Joint Action Plan to Improve the Health of First Nations in Alberta is to enhance collaboration between First Nations, federal and provincial governments to achieve quality of health services for First Nations. Recently, the partners have drafted a commitment document outlining how they will work together to do this.

If you're interested in learning what the Joint Action Health is, where it comes from, where it's going and what it could mean for you/your community, please register for this session!

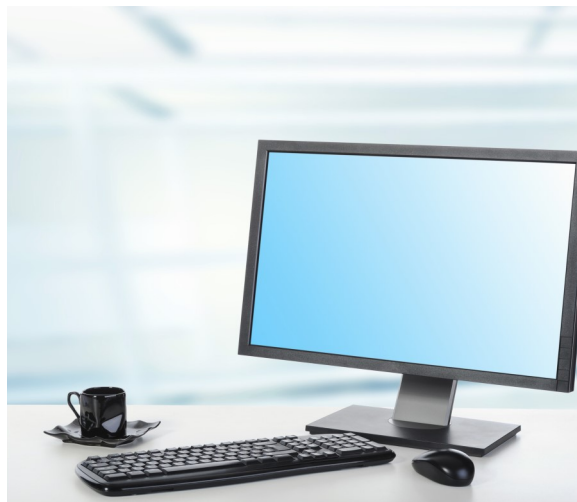
*To register for any upcoming videoconference session, visit the First Nations Telehealth Portal at www.firstnationsth.ca or call our offices at **1-888-999-3356***



OUR WEBPAGE:

www.firstnationsth.ca

Our webpage features all information about upcoming sessions, site information and training manuals. Users can register for upcoming education sessions and contact the First Nations Telehealth Network (FNTN) support team.



Subscribers to the First Nations Telehealth Network receive the most up to date information on sessions happening and any new information. Subscribe to the portal to receive the following:

- Weekly emails on recently added sessions
- Registration deadline emails
- Registration reminders
- Electronic version of the monthly First Nations Telehealth Newsletter
- Important information on sessions or any information on the network itself

To subscribe visit the First Nations Telehealth Network Portal at www.firstnationsth.ca and click on the red subscribe button to the right of the screen.

VIDEOCONFERENCE TRAINING

Training for videoconference users is available on the [First Nations Telehealth Portal](#). There are [training videos](#) which can be accessed 24/7. These videos include information on how to book sessions, create education sessions and how to use the videoconference equipment. If you feel that you need one on one training or have a larger group of people please contact us directly to book these training sessions.





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WE WANT TO HEAR FROM YOU!

Community feedback is a crucial part of our services. We appreciate any and all feedback, feedback allows for us to provide the best services to First Nations Telehealth users.

- *Do you enjoy attending videoconference sessions on our network?*
- *Do you have any tips to help improve our services?*
- *Do you wish we offered different types of video conference sessions?*

If you want to send us some feedback please feel free to contact our offices today.

