In January our team got a little smaller Candice Cardinal moved onto another great Journey back home in Saddle Lake. Candice were so sad to see you go and we will miss you but, we are all wishing you and all the lives you'll enlighten well, in your new venture.

February was a super busy month for Telehealth. We had our largest held videoconference for the Medical Officers of Health update on the Novel Coronavirus. Also, on the 13th we had the Alberta Opioid Response Surveillance Report on First Nations People.
March

We officially have a new Telehealth Education Coordinator. Welcome Brooke Hames. If you have any Education questions or concerns feel free to email her at bhames@tsag.net or call 780-638-2740. Here are some fun fact about Brooke.

- What is your favorite vacation spot? I have two favorite types of vacations. The first is the typical beach, sun, and ocean vacation where all you do is lay around in the hot sun. The second is where you travel around and see as many sites as possible. Italy and Japan have been two of my favorite places.
- Do you have any pets? I do not have any pets, but if I did, I would have a golden retriever!
- What is on your bucket list? To go on a road trip to all 48 states!

When registering to join a session, and if you would like a Live Stream account, you can request under comment section. Also, please provide your name, phone number, email, and which sites/building/organization you are attending the session from.

Or, you can always email us at vchelp@fnmn.ca

However, Live Stream option is not interactive, meaning that the participant would not be able to ask a verbal question, even if they have a microphone available on their computer. The participant can only watch and listen to the attending session.

International Womens Day
International Women's Day, is Sunday, March 8th 2020. The celebration of this day started March 19th, 1911. It was commemorated this day because the Prussian king promised to introduce votes for women in 1848 on that day. It wasn't until 1913 that the date was moved, due to him not fulfilling his promise.

On this day we acknowledge the equality of humans as beings. We observe woman's achievements around the world. Also, we honor the equal presence in global development.

The Symbol for International Woman's Day is the Feminine symbol of Venus.

To find more information on social media, use the hashtags #IWD2020 #EachforEqual
March 03, March 10 and March 17th 2020 13:00 - 14:00
FNIHB CDC will be transitioning over to using AHS biological pages for immunizations. These will replace the FNIHB program summary pages. All three sessions cover different biological product information.

Learning Objectives:
This is a 3 part series in which there will be a review of AHS's biological pages for: DTaP-IPV-Hib-HB and DTaP-IPV-Hib, Pneumococcal Conjugate 13, Rotavirus, Meningococcal C Conjugate, MMR-Var, d-Tap-IPV, Influenza, HBV, HPV, dTap, MenC - ACYW

Target audience:
This video conference is for nurses who provide immunizations in First Nations

Speaker Info:
Brent Whittal is the Communicable Disease Control Nurse with First Nations and Inuit Health Branch Indigenous Services Canada. He began his career as a registered nurse 32 years ago, and has worked in community health for about 26 of those years. Brent's current work with FNIHB, involves assisting health center staff, with the management of communicable diseases and immunization programs.
Novel Coronavirus (COVID-19) Update
Friday, March 6th, 2020
1:30 – 3:00 PM

Target Audience:
First Nations Chiefs and Health Directors

Objectives:
- Provide latest update on spread and impact of COVID-19
- Outline key preparedness activities and FNIHB supports
- Address questions

https://www.alberta.ca/coronavirus-info-for-albertans.aspx

Key FNIHB staff will be available for questions. Questions can be submitted in advance or at the end of the presentation to VChelp@FNTN.ca

Speakers include:
Dr. Deena Hinshaw, Chief Medical Officer of Health, AB
Dr. Wadieh Yacoub, Senior Medical Officer of Health, FNIHB
Dr. Chris Sarin, Deputy Medical Officer of Health, FNIHB
Jeff Kresowaty, Acting Manager for Health Emergency Management, FNIHB

LIVE STREAM WILL BE MADE AVAILABLE

TO ACCESS THIS SESSION FROM AN AUDIO LINE DIAL
1-833-362-3684
CODE 14001#

VISIT THE FIRST NATION PORTAL AT
http://WWW.FNTN.CA
TO REGISTER FOR THIS SESSION

FIRST NATIONS
TELEHEALTH NETWORK
1.888.999.3356
www.fntn.ca
vchelp@fntn.ca

Click the box above to watch the video
March 11, 2019 1:30pm – 2:30pm

Fact vs Fiction: Nutrition Myth Busting

March is Nutrition Month! To kick off the FNIHB AB Nutrition Team’s activities - join us for this videoconference on separating fact vs fiction when it comes to nutrition. In the world of nutrition information overload how do we keep straight if we should be cleansing, fasting, keto dieting, buying organic, or trying the latest superfood trends? Our Registered Dietitians will help you bust some common myths and give you the information you need to make healthy choices.

Learning Objectives:
- Separate fact from fiction regarding common nutrition myths (weight loss, health halos, and the concept of ‘good’ and ‘bad’ foods)
- Understand evidenced based approaches to nutrition

Speaker Info:
Amy Angus, Dietitian First Nations and Inuit Health Branch

The First Nations and Inuit Health Branch supports the delivery of public health and health promotion services on-reserve and in Inuit communities. It also provides drug, dental and ancillary health services to First Nations and Inuit people regardless of residence.
Nutrition for Diabetes

March 13, 2020
1:30pm – 3:30pm

Presentation for individuals wanting to learn how to manage diabetes through nutrition.

Learning Outcomes:

- Review type 2 Diabetes
- Review how foods and drinks affect blood sugar
- Importance of meal timing & spacing
- Importance of food portions

Target Audience:

Clients and health care providers

Speaker Info:

Paige Thomsen, Registered Dietitian working in Morley for Stoney Health Services with the Stoney Nakoda First Nation

Register Here
Developmental Pathways of Addiction and Mental Health impacts on Children and Youth.
March 16, 2020 10:00am to 12:00pm
Everyone experiences mental distress on a daily basis. When children or youth have difficulties coping with life pressures this may negatively impact their mental health and their families’ well-being. This session will allow participants to explore resources that may help prevent and/or mitigate the outcomes of mental health issues.

Learning Outcomes:
- Increase understanding of the developmental pathways that may lead to addiction, mental health, and concurrent disorders.
- Improve understanding of ways to decrease risk and increase protective factors for children and youth who are at risks of developing addiction, mental health and concurrent disorders.
- Enhance service providers practice when working with children, youth, and families.
- Increase understanding about addiction and mental health.

Speaker Info:
**Dr. Linda Kongnetiman**, PhD MSW RSW
Manager, Provincial Addiction & Mental Health, Information and CYFI Standards, AHS

**Arianna Mestre Wong**, MSc MSW Consultant, Provincial Addiction & Mental Health, Information and CYFI Standards, AHS

LIVE STREAM WILL BE MADE AVAILABLE
TO ACCESS THIS SESSION FROM AN AUDIO LINE DIAL 1-833-362-3684 CODE 14001#

VISIT THE FIRST NATION PORTAL AT WWW.FNTN.CA TO REGISTER FOR THIS SESSION

FIRST NATIONS TELEHEALTH NETWORK
WWW.FNTN.CA 1.888.999.3356 vchelp@fntn.ca

Register Now
Nutrition for Mental Health

March 17, 2020
10:30am – 12:00pm

Presentation for individuals wanting to learn how to manage diabetes through nutrition.

Learning Outcomes:

- Review the relationship between food and our mental health
- Review easy nutrition tips for improving mental health

Speaker Info:

Paige Thomsen, Registered Dietitian working in Morley for Stoney Health Services with the Stoney Nakoda First Nation

Register Here
**Chronic Obstructive Pulmonary Disease**  
**March 18, 2020 10:00am – 11:30am**

This session is about Chronic Obstructive Pulmonary Disease, commonly known as COPD. In this session, you will learn the most common causes and prevention of COPD as well as how to treat and manage COPD.

**Learning Outcomes:**

- What is COPD
- Causes and prevention of COPD
- Signs and symptoms
- Treatment and management
- What is overlap syndrome

**Speaker Info:**

Cheryl Tomn, RRT, Clinical Consultant and Inside Respiratory Therapist for VitalAire Healthcare. Respiratory Therapist for over 20 years, primarily working in the homecare field, which involves patient assessment and treatment as well as patient education. Cheryl has worked with patient groups presenting on specific disease states. She assists with any clinical questions that arise as well as education for clients and staff.
Nutrition for Heart Health

March 20, 2020
1:30pm – 3:30pm

Presentation for individuals wanting to learn how to reduce their risk of stroke & heart attacks through nutrition.

Learning Outcomes:

- Review what triglycerides, cholesterol, and blood pressure is
- Review strategies for improve blood pressure, blood cholesterol, and triglycerides

Speaker Info:

Paige Thomsen, Registered Dietitian working in Morley for Stoney Health Services with the Stoney Nakoda First Nation
Syphilis in Alberta: An Update  
Tuesday, March 24, 2020  
1:30pm – 3:00pm

Session Description:

This presentation covers the current syphilis outbreak in Alberta, its epidemiology, the clinical picture of syphilis, its treatment and management, and the community’s public health response and follow up.

Learning Outcomes:

1. Understand the distribution of syphilis in the Alberta context  
2. Understand the STI reporting and program in Alberta  
3. Recognize the signs and symptoms, identify the diagnostic tests and know the available treatment options for syphilis  
4. Be aware of the FNHB STBBI Test and Treat policy  
5. Learn the community-based public health response to the syphilis outbreak

Speaker Info:

Dr. Petra Smyczek is the Provincial Medical Director for STI in Alberta, a Medical Officer of Health for Alberta Health, and Medical Director of the STI clinic in Edmonton.  
Dr Wadieh R Yacoub is the Senior Medical Officer of Health, FNHB, Alberta region  
Primrose Sotocinal, Acting STBBI Prevention Program Coordinator, FNHB
March 25, 2020 1:30 -2:30pm

Feast on Fibre for Health: Unveiling the 2020 Nutrition Fibre Toolkit

If there was a pill that could help: -lower your cholesterol -improve blood sugars -lower your risk of certain cancers -promote positive mental wellness -keep your gut healthy -make you feel full (help with managing weight) would you take it? What if we told you this 'pill' was dietary fibre? Join us to learn about fibre and the training tools developed by the Nutrition Advisory Team to teach about fibre in your community programs.

Learning Objectives:

- Understand the role of fibre in health
- Understand which foods we eat have fibre
- Demonstrate ways to incorporate more fibre into your diet

Speaker Info:
Team of Registered Dietitians, First Nations and Inuit Health Branch

The First Nations and Inuit Health Branch supports the delivery of public health and health promotion services on-reserve and in Inuit communities. It also provides drug, dental and ancillary health services to First Nations and Inuit people regardless of residence.
Nutrition for Liver Disease

March 27, 2020
1:30pm – 3:30pm

Presentation for individuals wanting to learn how to improve the health of the liver through nutrition.

Learning Outcomes:

- Learn about non-alcoholic fatty liver disease (NAFLD)
- Review healthy eating and lifestyle changes for improving liver health

Target Audience:

Clients and health care providers

Speaker Info:

Paige Thomsen, Registered Dietitian working in Morley for Stoney Health Services with the Stoney Nakoda First Nation

Register Here
CRA Indigenous Benefits and Credits
Wednesday, April 1
10:00am – 11:30am

Session Description:

The goal is to make sure that Indigenous Canadians are aware of what benefits and credits they are entitled to receive, and what they need to do to receive those benefits and credits.

Learning Outcomes:

- Have a better understanding of the Indigenous - Canada Child benefit, Child Disability Credit, Disability Tax Credit, GST, Working Income Tax Benefit, Non-Taxable income
- the eligibility criteria, how to apply for it
- Where to find resources

Speaker Info:

Sandra Paul- Regional Outreach Officer

Register Now
Newly Added Video Recordings

This video will feature information on:
Tips & Techniques, whether you are a staff member or a family member, on how to support the person living with dementia. If a person is repeating; not understanding why they can’t do something they always used to be able to; or even if they are expressing themselves in ways that they have not before, we will provide you with hints as to what you can do.

Tips and Techniques For Helping Support People With Dementia

Click the box above to watch the video ↑

Transgender and Gender: The Basics
This session will discuss:

- How to work respectfully and competently with TGNC people.
- How to talk about and ask questions regarding gender identity
- A brief history of healthcare and mental health care for TGNC people in Canada
- A sense of how one’s own gender identity may enhance (or interfere with!) the therapeutic relationship
Logan McColl is an Occupational Therapist specializing in psychosocial rehabilitation for serious mental illness and other concerns. In this session you will learn about:

- the experience of psychosis
- understanding & treatment of psychosis
- how to empower individuals in living their meaningful lives, and to empower families in caring for loved ones

Psychosis – Current Therapeutic Understandings and Approaches

LIVER DISEASE
HEALTHY LIFESTYLE
INFROGRAPHIC: ELEMENTS

March is Liver Health Month. Let’s raise some awareness on this amazing organ.
Frequently Asked Questions

Q. I have never used the videoconference equipment before, how will I know when I am connected to a session?

There are a few tips and tricks that help you to know when you are connected to a videoconference session. There are some exceptions that may apply and each tip might not apply directly to your situation.

1. You will see another site on the TV screen
2. You can hear another site/someone else speaking
3. You may need to direct dial the site to connect to your session, so you will know if you are connected after the call goes through
4. There is a green light on the videoconference unit

Please note: That while you are in a room with videoconference equipment the camera may spin around; this does not mean you are necessarily connected to a session. See the above tips to ensure if you are connected to a session.

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