



NTC Disability Access Awareness Committee (DAAC)

Health-Ability Fair October 25 & 26, 2023

Alberni Athletic Hall, 3727 Roger Street, Port Alberni

Kaahiqsak (The New Generation)

Year "26" of DAAC

October 25, 2023

8 am to 9 am Breakfast

8:30 am Registration

9:00 am Opening Comments, Les Doiron, NTC VP, Chair

Opening Prayer

Traditional Welcome

Tseshaht FN

Hupacasath FN

Opening Remarks

Helen Dick, DAC Chair

9:30 am **Overview of the NIHB Program** - Susanne Marsh, NIHB Coordinator

10:15 am **Overview of Home Care** - Claudette Watts, NTC Home Care Nurse & Christel Fong, RN, Home Support Island Health

10:30 am Nutrition Break

10:45 am **Dealing with Grief & Loss & Harm Reduction** - Gina Amos, Harm Reduction Outreach Worker, Quu'asa Program, NTC

11:30 am Open Discussion

12:00 noon Lunch Break

1:00 pm **Workshop – Don Burnstick, Healing Through Humour, "Laughter is Good Medicine"**, Our Elders say, "Laughter is good medicine." As Don shares this traditional teaching, he discusses some difficult topics but leaves the audience members enlightened, inspired, and definitely entertained.

2:30 pm Nutrition Break

Workshop Continued

4:15 pm Closing Summary – Chairperson

5:00 pm Dinner

6:30 pm Don Burnstick – Comedy Show

October 26, 2023

8 am to 9 am Breakfast

9:00 am Recap of Day 1 –Les Doiron, Chairperson

9:10 am **Workshop Don Burnstick – Living in Balance, Medicine Wheel Teachings**
Medicine Wheel teachings are among the oldest teachings of First Nations and create a holistic foundation for human behavior and interaction. Don explores how the Medicine Wheel, and its sacred teachings can assist individuals along the path towards mental, spiritual, emotional, and physical healing and enlightenment.

10:30 am Nutrition Break

10:45 am **Workshop Continued**

12:00 Noon Lunch Break

1:00 pm **NTC Mental Health Resources** - Lynnette Lucas, Director of Health & Sanne VanVlerken, Teechuktl Manager

1:30 pm **Importance of Personal Wellness & Self Care** - Jenn Cody, Registered Dietician

2:30 pm Nutrition Break

2:45 pm **Communicable Disease Program** - Marion Giraud, CHN

Open Discussion

4:00 pm Wrap up - Closing Comments

Traditional Brushings - will be provided at designated times only throughout both days by members of the Quu'asa Team. If you would like to sign up for a brushing, please see staff at the Qu'aasa Information table.

Self-Care Services Due to the popularity and high demand, we need to limit participants to **one treatment per day** so that other participants will have a fair chance to enjoy the services as well.

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| • Massage | Neala Nixon |
| • Reflexology | Holly Cameron |
| • Acupuncture | Rebekah McMaster |
| • Haircuts | Moriah Chase |
| • Haircuts | Myra Mack |



Cedar Weaving: Mariah Desnoyer & Shirley Galbraith



Information and Resource Tables

1. NTC Non-Insured Health Benefits, Susanne Marsh, NIHB Coordinator
2. NTC Early Years Outreach - Program Staff
3. NTC Nurse Navigator, Linda Smith
4. Blood Pressure & General Health, Laurie Sinclair, NTC Home Care Nurse
5. Diabetes & Nutrition Information, Jen Cody, NTC Dietician
6. Healthy Foods Table, Jenn Cody, NTC Dietician
7. NETP - Employment & Training Program, Cynthia Dick, Manager & Staff
8. Mental Health Resources - Teechuktl Staff
9. Men's Health, Malcolm Many Chiefs, Comm. Health/Home Care Nurse (Day 2 only)
10. Home Care - Claudette Watts, Home Care Nurse (Day 2 only)