

2020
2021

ANNUAL
REPORT



Cheam First Nation

ANNUAL NARRATIVE REPORT

In Partnership with Seabird Island Band

The Cheam First Nation is in the Upper Fraser Valley region located near the community of Rosedale, British Columbia, Canada.



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Cheam Health Services in Partnership with Seabird Island Band Contact Information

CHR – Marlana Peters LPN 604-794-7171 Fax: 604-794-7928

Homecare Nurse – Gagan Phulka RN, Marlana Peters LPN, Brittani Harris-Fontaine LPN – 604-792-3499

Communicable Disease Nurse – Ceilidh Ross & Lisa Walberg – 604-796-2177

Maternal Child Health – Brooke Bobb-Reid – 604-796-2177

Foot Care – Marlana Peters– 604-792-3499

Medical Clinic – Physicians, Midwife, Acupuncture – 604-796-2165

Healthy Lifestyle Coach – Valencia Bobb – 604-796-2177,
Virtual Nutrition Education – Valerie Thomson imaginehealth4u2@gmail.com

Diabetes Coordinator – Bonnie Nickel LPN – 604-796-2177

Dental Services – Cheryl Hicks – 604-796-6853

Early Child Development – Carlene Brown – 604-796-2177

Employment Center – 604-796-6865

Optometry/Mammogram Clinics – Amanda Peters – 604-796-2177

Better at Home Program Coordinator – Tash Peters – 604-796-2177

Health Administration Staff – 604-796-2177 or 1-800-788-0322

Drug & Alcohol Support, Mental Wellness, Youth Services – contact Cheam Band Office
604-794-7924



Community Members

Health Team

Cheam gets full-time coverage from Licensed Practical nurses (LPN), Marlana and Brittani. Gagan (RN- Registered Nurse)) works in Cheam one to two days a week and Sue works for the Home Care Program as needed. The Communicable Disease nurse comes out once a month for Immunizations, TB control and Women's Health.

Nutrition Services are available along with the many other Health Services in Cheam including the physician, Acupuncturist and Midwives. However Dr. Benning (Psychiatrist) has left his practice at Seabird Island as of May of 2020 is no longer providing services to Cheam. Cheam also has access to the Mobile Mammogram Clinic twice a year, Optometry services monthly and the Mobile Diabetes Clinic annually. Cheam Members also attended Tai Chi classes held at Seabird Island and also attend outings with the Diabetes/Nutrition Team.

Healthy Child Development



Cheam Health Building

A. Maternal Child Health Program

The Maternal Child health program has 2 Registered Midwives and one Locum who work closely with two Registered Nurses and LPN. Kwiyo:s ('Respected Aunties') Maternal Child Program provides support for expecting moms and their families, which extends into the post-partum period.

The Kwiyo:s, 'Respected Aunties':

The Kwiyo:s 'Respected Aunties': The Kwiyo:s is part of the Maternal Child Health program. This program is a great program that opens the door for new and experienced moms to come and ask for support. The Kwiyo:s Workers are Brooke, Pam and Ashley (LPN). This past year the Kwiyo:s worked with seven (7) families with expecting moms and/or mom with babies/toddlers. There was one baby born in Cheam on reserve who received support. The Kwiyo:s Team have 10-12 home visits a month to provide support, education and help connect families with other services. The Kwiyo:s is also doula (labor/birth/postpartum support) trained and help make pregnancy and childbirth more comfortable. Postpartum support includes: helping with the physical, emotional and spiritual adjustment of parenting, as well as breastfeeding support, breastfeeding education, infant/child milestones, infant/child development (i.e. support for immunizations, status, birth certificates etc.), attending appointments with families both medical and non medical, providing medical transportation as well as car seat safety issues and questions. Even with Covid-19 protocols, the Maternal Child Health Team still provided support for these families in Cheam.

The Kwiyo:s works closely with Midwives (Amelia and Cheryl), the Locum midwife Lee and also the MCH RNs.

The purpose of the MCH team is to reduce the incidence of unhealthy birth weights and encourage breastfeeding through education. This includes individual home visits, phone calls, virtual meetings, health and wellness for entire families overall health by accessing supports services, and education both in and outside of the community. The program helps link mothers with needed services and provides collaboration of the Health Team to support the needs of at-risk pregnant women along with healthy women. The services provided through MCH, include food supplementation, nutritional counseling, support, education, referral and guidance on how to have a healthy and active lifestyle during pregnancy.

All in house classes at Cheam were cancelled due to the COVID-19 pandemic. All expecting moms and moms with babies up to 1 years old received a \$50 incentive along with a good food bag. This would give nurses and health staff the opportunity to provide education to families. Families are encouraged to enter raffles and virtual contests in response to education they learn each month.

High-risk families receive close monitoring to provide them better health care and follow up. Families are referred to support programs for monitoring such as Kwiyo:s, nutrition, social services, a Mental Health Worker, an Addiction Prevention Worker, an Early Childhood Education Worker, and any other services which can assist any family in need.

In Cheam, families recognize the importance of breast-feeding baby for 6 months or longer and know the importance of waiting for the appropriate age for feeding babies solid foods. A lactation consultant is available as needed. The MCH Team support moms in however they choose to feed their babies such as formula and MCH will provide an emergency supply of formula if needed.



Cheam Families

Fetal Alcohol Spectrum Disorder (FASD)

The FASD program is incorporated into Maternal Child Health. Workers provide education on FASD through displays/presentations via Zoom and media such as Facebook. Kwiyo:s build relationships with moms who may be at risk, this support helps reduce the risks of having baby affected by FASD.

Some families have become dependent on the MCH Team for support and transportation, they are now fully supported giving their children the best possible chance for healthy development.

Aboriginal Head Start On Reserve

The primary program under the Head Start umbrella is the Parent and Tot Program. This program is open to all Cheam families with children 0 - 6 years old. The program is offered September to June and includes many fun activities for parents, grandparents, other family members and children. The children take pleasure in playing with their friends, doing arts and crafts, singing and having fun with toys. Activities typically have a strong cultural component. Families also enjoy nutritional snacks and a wonderfully prepared meals. Unfortunately, this program is on hold due to the COVID-19 pandemic.

Other Healthy Child programs are funded by the Aboriginal Infant Development Program. An example is the parenting program “Someone so Small”. In this program, parents have an opportunity to talk to other parents and learn about parenting issues in a supportive environment. This is done in a COVID-19 safe way either virtually or one-on-one following Covid-19 safety protocols.

Children’s Oral Health Initiative (COHI)

COHI in Cheam has 26 children 0-7 years old who are eligible for COHI.

Dental screenings are done quarterly for children under 7 years of age and prenatal parents. Topics covered are oral hygiene instruction, fluoride varnish, health center visits, information on prenatal sessions and prevention of early childhood tooth decay. This has also been on hold due to Covid-19 but the Dental Therapists are slowly providing refresher courses with LPNs to start up the program again in a safe way.

Roles of COHI Aide

- ✓ Engage with elders/aunts/uncles etc., at community gatherings to remind them in a respectful manner of the impact they have on their family’s oral health. This supports COHI initiatives.
- ✓ Distribute mouth care supplies to newborns, especially to families who do not regularly attend baby clinics.
- ✓ And any other way to promote Dental Health

B. Healthy Living

➤ **Chronic Disease Prevention and Management**

Aboriginal Diabetes Initiative/Injury Prevention

Seabird Island Health Services provides the services of a Nutrition and Fitness Educator to members of Cheam First Nations. The educator’s services intend to meet the following objectives:

1. To reduce the incidence of chronic diseases, specifically diabetes and heart disease
2. To reduce the effects of, and complications associated with, diabetes and heart disease
3. To reduce incidents of childhood obesity and related illness
4. To promote healthy lifestyle choices and support active living

The Diabetes Program is still running but through virtual meetings or phone calls. The Diabetes Educators are accepting in person appointments and referrals through nurses and/or the doctors.

The Nutrition and Fitness Educators are also known as 'Lifestyle Coaches'. They hold monthly diabetes sessions, each with an overall educational objective. Valerie Thomson, the Nutritionist holds one-on-one sessions and group sessions virtually. These virtual appointments are booked through her email: imaginehealth4u2@gmail.com

Some of the topics covered virtually or by phone are dental health, the kidneys, the eyes, stroke, medications, supplements, nutrition and the importance of foot care. Also a requisition form provided by our doctors are sent to Life Labs for lab work that is recommended every three months for clients who require there A1C tested.

Community Kitchen

The aim of this program is to provide a hands-on learning experience on healthy food choices and healthy food preparation. This is also a great opportunity for participants to learn about new recipes and food ideas. Topics include healthy carbohydrates, leaner fats choices, meats and alternatives, breakfast ideas, label readings, and adding spices to enhance the flavor of foods. This program has been very beneficial in providing learning through experience as well as the opportunity for participants to experience foods that they normally would not have chosen.

Seabird purchases an abundance of fruit in summer months for Cheam Elders as part of the Nutrition Program



Spaghetti Ingredients



*Bean Soup
Ingredients*



Three Sister Stew



Elders Hampers

Community Kitchen has monthly events that take a lot of preparation time. Such as menu planning, food shopping and equipment purchasing. With the Covid-19 Pandemic it takes lots of creative thinking on how to make the Community Kitchen work. The Nutrition Team want to make sure this is done in a safe manner while still providing people with their meal bags which contains enough food for a full meal. Previously there were 5-6 people attending the Community Kitchen, but now with the delivery of meal in a bag (due to COVID-19), there have been 15 meal bags dropped off at the office. These meals are picked up or Wellness Workers deliver them to homes. People are grateful that this service is provided and really appreciate the program.

Community Events

A popular yearly event is the Nutrition Family Fun Run/walk. This is a 5 or 10 km walk or run. A bonus of participation is the training program (13 weeks of run/walking training). Many individuals use the training program for the April Sun Run, which was virtual this year. Participants provided pictures of where they walked/ran and were given incentives to stay active.



Community Members

C. Communicable Disease Control

Immunizations

Cheam is 90% up-to-date with immunizations. Lisa Walberg scheduled appointments monthly for infants, babies, toddlers, school age, adults and seniors to receive immunizations. Sixty-nine (69) Cheam Members were immunized this past fiscal year with vaccines to prevent disease.

A Communicable disease nurse provided education about Women's Health, prevention to groups (such as youth health and adult health), and also performed testing for sexually transmitted infections, Hepatitis C and other communicable diseases. The Communicable disease nurse also provided appropriate support and medications. TB Screening is done on an annual basis, which has been a bit of an issue but is well under control. TB is a respiratory disease but is curable with prophylactic treatment. Influenza clinics were held in the late October and throughout the winter months to prevent Respiratory infections. Fifty-two (52) influenza vaccines were administered and one-hundred and fifty-six (156) COVID-19 vaccines were administered.

Home and Community Care

Home Care Nursing is services provided by an RN and LPN, which includes:

- Prescription monitoring, Medication Management, preventing polypharmacy, medication pick up, delivery and assisting with refills.
- Rehabilitation Equipment Assessment: referrals for medical equipment in the home
- Health Specialist Referrals, OT, PT, counseling, psychiatry.
- Home Visits: Provide home visits assessing overall health status, vital signs, foot assessments, head-toe assessments, friendly visits, medication review, healthy living, diet and exercise
- Health Specialist Referrals (Better At Home Referrals, Safety Equipment in the homes, Valley Alert Life Line referrals)
- Home Assessment: Advocating for funding to install ramps and housing renovations so that Elders that need medical renovations are taken care of and to promote their independence and healthy living
- Foot Care: provide diabetic foot care screening, prevention and education. Also foot care assessments for nerve damage, neuropathy, sensation and overall foot health. There are 4-15 clients a month.
- Wound care: provide prevention, treatment and management of all types of wounds. Also assisting with wound care assessments, funding and referrals.
- Doctor's Clinics: Assisting with home visits by Dr. Fox, advocating for client's needs and requests, and assisting with the booking of appointment and transportation to SIB doctor's office.

Optometry/Mammography Services

These services are arranged through the Seabird CHR Amanda Peters. Cheam CHR's encourage and facilitate attendance at the Eye Clinic and the Mammography clinic (4 clients were driven by CHR's to Seabird Island Health Centre).

D. Mental Health and Addiction

Addiction Counseling and Prevention

Cheam has a full-time Drug and Alcohol Prevention Counselor. The focus is to work with families who are dealing with drugs or who have children who are having problems with drug addiction. NAAW (National Addictions Awareness Week) is an annual event at Cheam to raise awareness of addiction.

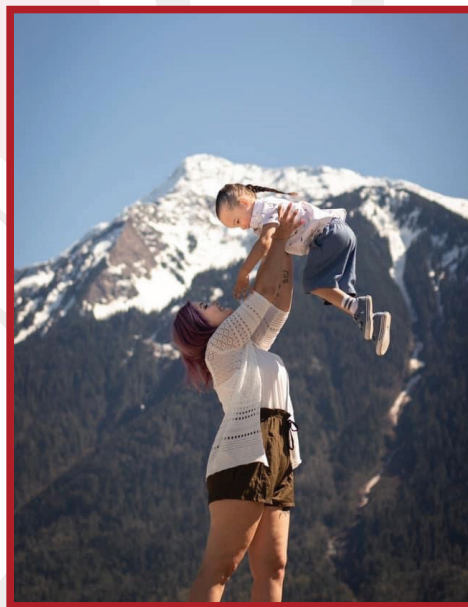
Cheam provides their own Mental Health and Addiction services; contact the Cheam office 604-794-7927

Workshops and Community Events

Back to School Daze

Back to School Daze had 106 participants. This year it was held slightly different this due to the COVID-19 pandemic. Lisa Walberg administered Kindergarten booster shots and information on school health. During this time backpacks with school supplies were handed out to kindergartners and other school age children. This was done following COVID-19 safety protocols.

Seabird Health Team who provides support to each other and in Cheam community.



Celebration of Life by Linda Forseth RN

Cheam Candlelight 2020

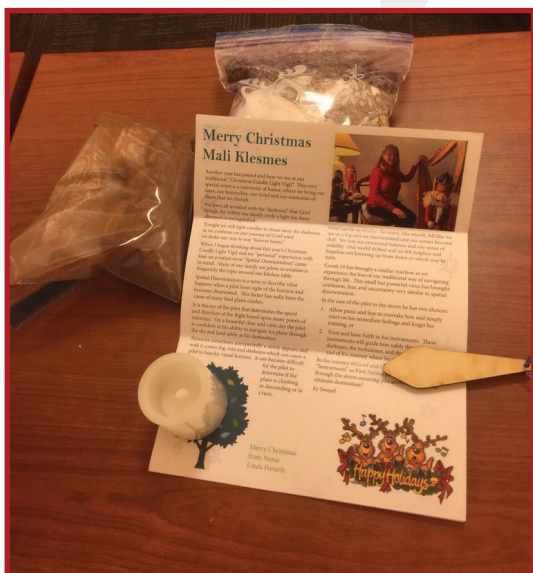
"I saw your eyes in the window pane as I watched the falling rain, it seemed as each raindrop fell, and I quietly said your name."

The Community of Cheam First Nation has embraced the concept of holding a "Candle Light Celebration" as part of their Christmas tradition. Usually a large group of Community Members would gather in the gymnasium for an evening where Christmas memories were shared and loved ones no longer with us were remembered and honored.

However, this year COVID-19 Pandemic restrictions have prevented the community from gathering as they have for the past fifteen years.

Recognizing the great need for emotional support and a plan for "mental health check ins" were made. What seemed like an unsurmountable task became possible using time, talent, and technology.

With the cultural guidance of Russ and Shannon Williams a virtual evening of singing, poems, and stories were created along with a DVD of prayers. Candles were gently lit. Drummers drummed and sang. As well as fiddles, harps and voices created an atmosphere of peace. Facilitators offered wisdom, empathy, inspiration and strength to survive the "Christmas blues" which have been magnified by the inability to receive human touch.



Cheam Health Staff notified the community of the new delivery plan and those who were interested in participating were given an opportunity to sign up. On a very wet and chilly afternoon, the Cheam van was loaded up with gift bags and house-to-house deliveries began. It was heartwarming to find that many Community Members were eager to greet Health Staff and receive their gift bag which included all the tools necessary to have their personal Candle Light Ceremony and express their appreciation. Many members had viewed the Facebook page and commented on how comforting it was to them and how many people they “shared” the event with. Tears were shed as individuals expressed their sadness over recent and unexpected loss within their family circle. As well as the cultural significance of losing respected and esteemed Elders in their community. Each Community Member was reminded that there are resources and support available to encourage them despite the gloomy days. A warm spirit prevailed. It became very evident how great the toll of isolation was taking and how greatly appreciated our humble efforts were.

Aboriginal Breast Cancer Survivor Group

The Breast Cancer Support Group provided a safe and supportive setting for group members. This group meets a few times a year; RN, Linda Forseth works hard to keep the group connected and provide meaningful opportunities for clients and spouses/support person to meet. This year our Seabird Island Breast Cancer Support Group. Once again, dealing with COVID was done by handing gift card for restaurant and small Christmas gift basket to the Breast Cancer Survivor Group. Living and dealing with breast cancer is an “isolating” experience where days are spent in clinics, hospitals, in cars travelling to countless appointments. Our goals continue to be:

- “Empowering Aboriginal Women to improve their health”
- “Reduce Breast Cancer mortality through increased breast health education and mammography screening”



Home Better at Home

Better at Home is a fairly new program for Elders 65 year plus or 55 years with a disability and living on Reserve in any of the 22 Stó: lō Territories. This is a non-medical service to support Elders living at home and to enhance the current services Elders receive. 16 days and 111 hours of services were provided to Cheam Elders from housekeeping, yard work, gutter cleaning and minor home repairs.

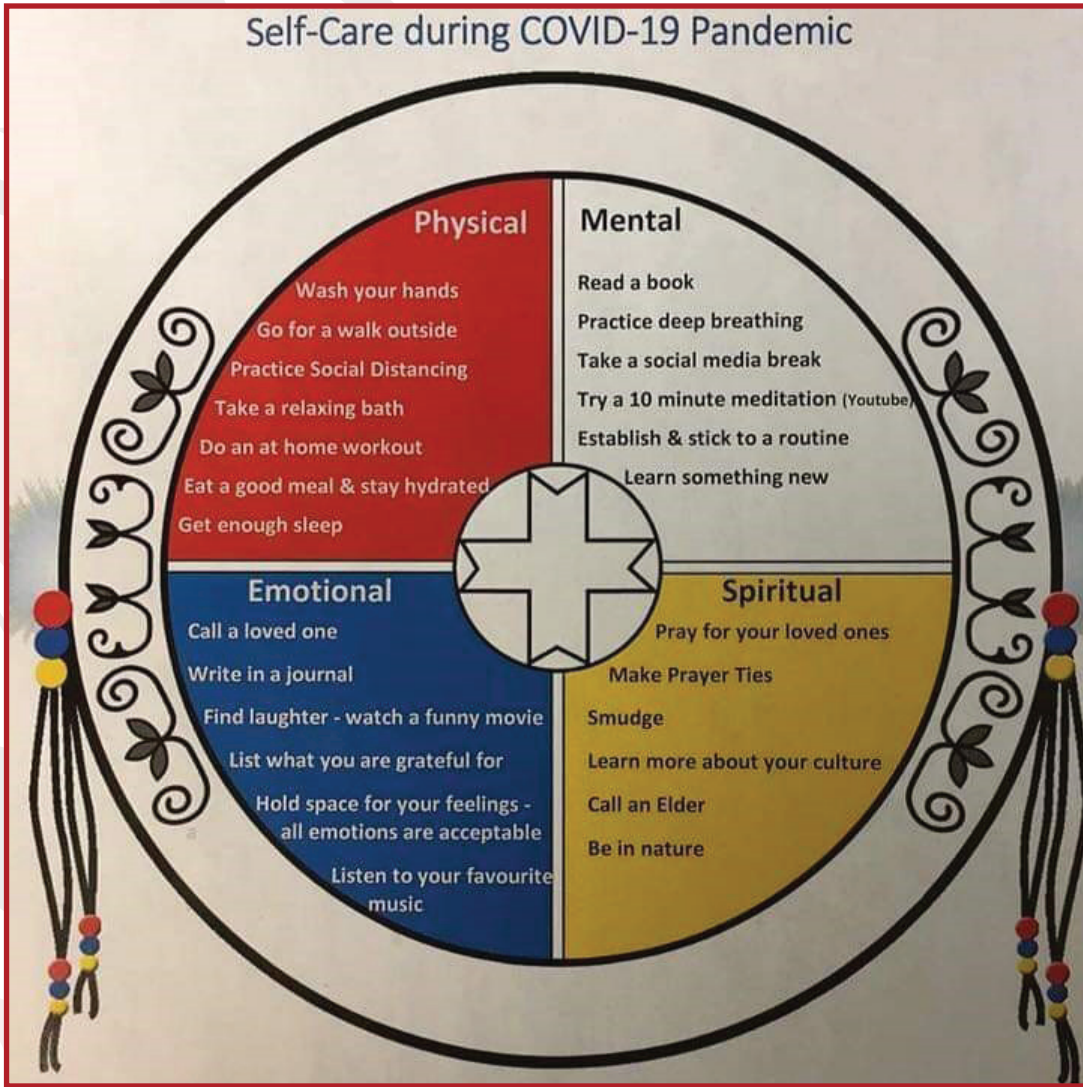
Summary

With new staff on board we are continuing to accept more home care clients and managed to see 14 foot care clients. One of our successes is that all care plans and assessments are in place and charting is all caught up.

We have had great success with our group sessions with increased participation and community involvement. Our Health Center visits and telephone communication is strong. This is because of the LPNs who adamantly get out to see clients.

A few of our challenges is keeping up to date with our foot care program and optometry appointments. This is mostly due to missed appointments. Staff turnover can also be an issue with consistency but strategies are being implemented to help resolve this challenge. Patient travel is also a big issue. Clients need rides and these appointments are very important. Another challenge is trying to get Youth involved with events.

We plan to increase our home visits and make it a priority to assess and visit the Elders and chronically ill on a weekly basis, and to be more involved with the diabetic program clients.





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