

POSITIVE JOURNEYS

April - May, 2011

Save the Date!! September 25th, 2011



The Walk for Life is a national fundraising event, raising funds in the fight against HIV/AIDS in Canada. During the week of September 17-24, over 130 communities will unite to support their local AIDS Service Organizations.

We all walk for different reasons. We walk for those who are no longer with us. We walk to support those living with HIV/AIDS. We walk to help stop the spread of HIV/AIDS in our own communities. We walk to create awareness of the issues surrounding this devastating disease that is affecting Aboriginal people in Saskatchewan in alarming numbers. We walk to STOP DISCRIMINATION, IGNORANCE & STIGMA!

Join us in the annual AIDS Walk for Life. When you walk and collect pledges, you are making a difference in the lives of those infected and affected by HIV/AIDS.

For more information contact:

AIDS Programs South Saskatchewan
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All Nations Hope AIDS Network
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The alarming facts about HIV/AIDS in Saskatchewan

- In 2009, 157 out of 200 cases of HIV/AIDS were of Aboriginal origin
- 89% of females (79 out of 89 cases) in 2009 were Aboriginal
- 70% of males (70 out of 111 cases) in 2009 were Aboriginal
- All 8 HIV cases diagnosed in 2009 in the 15-19 year age group were Aboriginal females
- 92% (56 out of 61 cases) in the 20-29 year age group were Aboriginal. 57% of this group were Aboriginal females.
- 79% (55 out of 70 cases) in the 30-39 year age group were Aboriginal including 25 Aboriginal female cases

Statistics taken from:
HIV/AIDS in Saskatchewan 2009 Annual Report November 30, 2010
Saskatchewan Ministry of Health

Inside this issue:

In Honor and Remembrance of Art Kaiswatum	2
Healing at The Place	3
Wellness Days at ANHAN	3
All Nations Hope Life Skills Sessions	4
ANHAN Community Outreach	5
Overdose deaths down by 35%	5
The PLACE	6
All Nation Hope's Quewezance talks Medicine Wheel at CATIE Hepatitis C Workshop	7
ANHAN Info	8

Special Points of Interest

- **In Memory of Art Kaiswatum**
- **Wellness Days**
- **Healing**

In Honor and Remembrance of Elder Art Kaiswatum

Founder, Advisor, Elder and Board Member of All Nations Hope AIDS Network



Art passed away on February 28, 2011 at the age of 61. He is survived by his wife, Diane; children, Jennifer, Thomasine and Timothy; grandchildren, Tyler, Jordan, Thomas, Precious, Janai and Reezin. Both are Elders from Piapot First Nation and have been involved with the All Nations Hope AIDS Network (ANHAN) since its creation in 1996. Diane Kaiswatum is the wife of Art; she too is an advisor, an Elder and a current board member of ANHAN.

They have inspired, mentored and supported ANHAN staff, board, and membership towards a common vision which responds, holistically, traditionally, and spiritually, to the needs of Aboriginal people living with HIV/AIDS and Hepatitis C. They are leaders in the community who lead by example; they are walking their talk in the community, and moving the HIV/AIDS movement

forward to deal effectively and efficiently with the needs of the people.

It has been a life long journey for Art and Diane Kaiswatum, a journey that has brought them to a time in life that they were teaching, sharing and healing those who ask for their guidance and support. Both are recognized and respected because of their outstanding achievements as individuals in the community. They do not stand out in the crowd; they have been selected by the people who recognized them for their leadership within the community life. They are knowledgeable about customs, traditions, language, spirituality, land, herbal medicines and governing structure. When visiting with them, there is a feeling of love, kindness and compassion. They have also made the great journey from the mind to the heart.

As you spend time with them, they share their life's journeys with you and you begin to understand this thing called "Life". They know the realities of life as Aboriginal people, from the past, present and the future. From the beginning, they cared about people living with HIV and AIDS; they did not discriminate but showed care and compassion.

Art was traditionally given to his Aunt & Uncle who were of Cree and Salteaux ancestry. He passed on many teachings, ceremonies, songs and traditions to the people. He was well versed in the western world and the First Nation world. I like to say about him that he had the ability to walk in both worlds, speaking both languages; he was a modern day Elder who understood how much the world had changed from his ancestors' day to today. It is a harder walk for our Elders today with the new diseases and social issues that Aboriginal people face today.

Art taught us that we are in the business of building people and not tearing them down, he assisted the Network in building a strong foundation, and he brought in his years of experience and skills. It was an honor to be able to sit, talk and share stories with Art. His work was guided through a personal relationship to the spirit world, ceremony, and prayer. Elders such as Art and Diane are seen as the workers of the Creator. Both taught, talked, and lived the life of contemporary Elders in the community.

As contemporary Elders they brought all of the values and wisdom that traditional Elders possess into the day-to-day life of our modern world. The many modern challenges we all face regularly offered multiple opportunities for them to help and guide individuals and communities. They provided important counseling skills whenever they assisted individuals in various institutional situations such as hospitals, prisons, universities and schools. They provided important teachings, during board meetings and Elders' conferences, to help others more deeply appreciate how aboriginal individuals and communities are trying to heal themselves. The healing that they provided to damaged and recovering people is through helping them to bring the past into the present and showing the way for the future generations.

They have all of the strengths of traditional Elders but they are very much in tune with everything that we face in the modern world so that they are able to bring serenity, guidance and control to all of the modern challenges that so often can leave all people feeling desperate and not knowing where to turn. All people were able to find truly valuable support and help by spending time with and listening to them.

Art will be missed by all. His songs, language, ceremonies and teachings will not be forgotten by ANHAN and those he had included in his circle of care. I will personally miss his Monday morning calls to ask how I was and to give me strength and guidance for the week. I Love you Art and Diane and I will always remember what you have taught me, I try each day to walk my talk as a leader in the community.

Prayers and Blessings for the Kaiswatum Family

Margaret Poitras, CEO ANHAN

Healing at “The Place” is open to everyone!

April 1, 2011 has passed, spring has sprung and summer is in the air. Ok not quite yet but the new fiscal year has begun, with that comes new programming for All Nations Hope AIDS Network.



Eagle Moon Healers

The last Wednesday of each month

We are delighted to announce that two Aboriginal Health Consultants Lisa and Darlene from Eagle Moon Health Services will provide service to the public **free of charge** on the last Wednesday of every month. This is open to everyone. If an offering is required we can help. This month Lisa and Darlene will be at The Place *on Wednesday, April 27, 2011* from 9:30 a.m. – 3:30 p.m. this is on a drop in basis.

Addictions Counsellor Tuesdays

Every Tuesday from 1:00 p.m. to 3:00 p.m. Darcy Drummond from the Métis Addictions Council of Saskatchewan (MACSI) visits Red Ribbon to help. She assists with referrals and assessments to treatment. If you know of someone who needs to get into a treatment centre or wants a counsellor, Darcy is here.

Wellness Days at ANHAN: May 2 and 30, 2011

9:00 am—4:00 pm

Marlene Allen from the White Raven Healing Centre will be providing Biofeedback Stress Detection & Reduction plus the use of H.T.E. Wellness Devices

(Hot House, Chi, E-Power, E.R.E., Power Eyes & FIR Back Massager)

We would like to thank the White Raven Healing Centre, MACSI Centre and

Eagle Moon Health Services along with the Regina Qu'Appelle Health Region for partnering with us to help bring the services to the people.

**These services
will be provided
to the
community for
FREE!**

The opportunity is there.....will you take it?

With each passing year we see the changes of Mother Nature, climate, and seasons. This happens as well with our network. The beginning of this new fiscal year, our sights have taken on a new direction. This year we have healing in our sights; to help anyone needing it or wanting it. There are two Elders on site male and female who are willing to help if asked. How fortunate we are to have both available to help with the needs of our community. We will help those interested in attending the sweat lodge ceremony. We have a schedule, transportation and can help with the protocol of offerings. If you are interested and need a hand call the office and we will do what we can to assist you in finding the healing you require. Schedule of Sweats is as follows; every Wednesday and 2nd Thursday of each month at Paul Dojack Cultural Grounds 7:00-10:00 p.m. lunch/small feast afterwards. Anyone serious in attending call the Program Director of ANHAN at 924-8424 ext 227.

ANHAN Community Outreach

There have been many changes at Red Ribbon Place. The people really enjoy their time here at the Community Outreach.

The community is provided with access to all ANHAN resources; everything from safe sex to nutritional value manuals, articles, pamphlets and newsletters.

We do our share helping people out whenever we can. We do referrals, set up appointments for them, help them with transportation by providing bus tickets, assist them with their resumes and showing them how to do things for

themselves. Everything is done in the strictest confidence.

The mornings here are more than just a coffee, toast and eggs meeting place. We offer people the use of all programs that ANHAN has to offer.

Ceremonies in the ceremonial room, counseling in the Elder's room, healing from the Eagle Moon healers are just a few of the cultural programs we have available.

We offer support and give words of encouragement when needed, or if our

clients complete other programming such as treatment, schooling or achieving something unique, we are there to cheer them on. We recognize their successes and encourage them to go further.

We offer crafts for those that want to come and join us, it gives us an opportunity to get to know our clients through some quality time.

We are always here and keep watch over them, that is what makes ANHAN's Community Outreach a very safe, needed and caring place.



All Nations Hope Life Skills Sessions



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Toll Free: 1-877-210-7622
Fax: (306) 525-3698

Website:
www.allnationshope.ca

For more information:
lquewezance@sasktel.net

Summer Season
August 2- Sept.23, 2011

Monday – Thursday
1:00 - 4:00 pm

Fall Season
October 3 – Nov 25, 2011

Monday – Thursday
1:00m – 4:00 pm

Winter Season
Dec 5, 2011- Jan. 27, 2012

Everyone interested in attending:
Drop in
Fill in an application;
ask for one at the front desk.

Or call 924-8424.

If you've been here before
We'd love to see you again!

You are invited to visit our new
Program Room
Everyone is welcome!

Monday – Thursday
1:00 – 4:00 pm

Overdose Deaths Down 35% : Vancouver's Insite

Science Daily (April 18, 2011) - "Illicit drug overdose deaths in Vancouver's Downtown Eastside dropped by 35% after the establishment of Insite, North America's first supervised injection facility, according to a new study by researchers at the University of British Columbia and the British Columbia Center for Excellence in HIV/AIDS."

This study was published April 18 in *The Lancet*. It is the first study to assess the impact of supervised injection sites on overdose mortality. The researchers compared nearly 300 case reports from the British Columbia Coroners Service. The documentation included all illicit drug overdose deaths in Vancouver between January 1, 2001 and December 2005. The 35% reduction was seen in the immediate vicinity of Insite and did not include the rest of Vancouver with a 9% decrease in overdose deaths in the same time period. No overdose deaths have been recorded at Insite since they opened this facility.

The study shows the benefits of supervised injection facilities and the data clearly shows that lives are being saved and playing a crucial part in reducing the harms connected with illicit drug use. Insite could be the difference between life and death for those that use this service.

Insite is a pilot facility with 12 injection seats in a neighborhood with an estimated 5,000 injection drug users. The neighborhood is well known for its open drug market, HIV epidemic and large numbers of homeless people. The staff here supervise more than 500 injections on any given day. Insite was established in 2003 in response to the HIV epidemic and the rising overdose death rates in Vancouver's Eastside. Insite allows injection drug users to inject pre-obtained drugs with sterile needles under the supervision of nurses. Counselors are available onsite to provide support and referrals to programs, including addiction treatment. An earlier extensive scientific evaluation has verified Insite's ability to reduce HIV risk behavior, increase access to addiction treatment and primary health care services and reduce healthcare costs in the long term.

On January 15, 2010, the BC Court of Appeal upheld a decision by the BC Supreme Court and ruled that Insite is under provincial jurisdiction. An earlier decision also ruled that Insite helped ensure the constitutional right to health by providing an essential health service.

Once again the Conservative federal government wants Insite closed down. They have submitted an appeal to the Supreme Court of Canada. The case is scheduled to be heard on May 12. Several groups will be calling for the continued operation of Insite.

Did you know there are 65 safe injection sites around the world where drug users can inject pre-obtained illegal drugs to help reduce the risks involved with drug use, such as sharing needles and overdosing.

Did you know that injection drug use is one of the leading causes of HIV transmission in Canada?



This picture was taken in 2006, during a demonstration that was held during the 16th International AIDS Conference in Toronto, ON.

The Conservatives wanted Insite closed then, and they want it closed now. Insite clashes with their National Anti Drug Strategy.

Stephen Harper did not show up to this conference where there were 24,000 delegates from across the world in attendance, nor did he show up at the last one in Vienna.

The PLACE

We operate a PLACE which responds, holistically, traditionally, and spiritually, to the needs of Aboriginal people living with HIV/AIDS and Hepatitis C. ANHAN as an agency that has credible partnerships and is well respected for the work it does. The PLACE is a vibrant community where those at risk can find opportunities to create, to belong, to hope, to choose and to have the freedom to believe in the future.

ANHAN believes and values:

- the inherent worth and dignity of every individual
- respect, honesty, trust, compassion and understanding as the basis for interactions with staff and clients
- high quality, professional service
- involving the people we serve
- accountability to stakeholders
- a healthy workplace culture which reflects teamwork



Underlying the values of ANHAN is a foundation of spirituality which encompasses all the work of the organization.

The PLACE serves as a safe space for all people to go that need somewhere to socialize, eat, get clean set of clothes, hang out and get help if needed, open 7 hours per day, Monday to Friday, no strings attached, no barriers. A place where people belong regardless of their status and many labels placed on them. We do not ask any identifying information, it is open to all people; men, women, youth, transgender, and families. Most that come in to our centre are dealing with addictions and poverty. It is here at All Nations Hope AIDS Network that we work with them. We counsel them, give direction where needed, but most of all, we give them that hope that they so desperately need.

We are actively seeking donations of cash or food to assist in the feeding program:

- **Proteins.** Canned meats such as tuna, chicken or fish are high in protein and low in saturated fat. Peanut butter is rich in protein and high in monounsaturated and polyunsaturated oils, the "good fats." These are among the most expensive foods -- too expensive for food banks to buy large quantities.
- **Soups and stews.** They are filling, particularly the "chunky" soups, and contain liquid for hydration. In addition, soups can be filled with protein and vegetables.
- **Breads, Rice and pasta.** Staples and grain-based foods, such as pasta, are a good source of fiber and complex carbohydrates.
- **Cereal, including oatmeal.** Breakfast cereals can be an additional source of protein, and most cereals today include a variety of vitamins and minerals.
- **Canned vegetables, including tomatoes and tomato sauce.** Studies indicate that canned vegetables have about the same nutritional value as fresh vegetables.
- **Canned or dried beans and peas.** Beans are a low-fat source of protein and fiber.
- **Canned fruits.** Rich with vitamin C and a healthy choice.
- **Fruit juice (canned, plastic or boxed).** Make sure it's 100% juice.
- **Prepared box mixes** such as macaroni and cheese or Hamburger Helper.
- **Shelf-stable milk.** This includes dehydrated milk, canned evaporated milk and instant breakfasts.

Charitable Organization #85497 0407 RR0001

All Nation Hope's Quewezance talks Medicine Wheel at CATIE Hepatitis C Workshop

When people congregated in Saskatoon January 31 and February 1 to talk about how hepatitis C was affecting their communities, the medicine wheel had a prominent role to play. Leona Quewezance, Program Director of All Nations Hope AIDS Network, used the wheel in her presentation on Health and Wellness for Aboriginal People to demonstrate the need for holistic healing.

"In healing," says Quewezance, "western medicine will specifically focus on the physical aspect only. But regardless of your race, whether you have hepatitis C or not, we're all human, everybody's blood is red and we have four aspects to ourselves: the physical, emotional, mental and spiritual. If you have some type of illness or hurt that you haven't dealt with, you need to look at those four aspects in order to heal."

Quewezance's presentation was part of a two-day capacity-building Hepatitis C Workshop for Saskatchewan and Manitoba that attracted 110 participants. It was hosted by CATIE's Hepatitis C Program in partnership with AIDS Saskatoon, Regina Qu'Appelle Health Region, Prince Albert Hepatitis C Program and the 595 Prevention Team. CATIE's workshop is designed to raise knowledge and awareness of hepatitis C and to increase the capacity of frontline service providers to implement harm reduction and prevention strategies targeted to at-risk populations.

The workshop agenda was wide-ranging: hepatitis C transmission, testing and assessing risk, co-infection with HIV, harm reduction strategies, living with hepatitis C, hep C and the correctional system and a networking discussion where people shared challenges and solutions. Devoting one of the sessions to Aboriginal issues was apt. The Public Health Agency of Canada reports that in 2008, the diagnostic rate of hepatitis C was almost five times higher among Aboriginal people than among other ethnicities in Canada (79 per 100,000 population versus 17 per 100,000, respectively).

Quewezance, someone who at one time sought help from All Nations Hope and who is now a veteran worker with the organization, shared with the attendees some of the realities of her experience when she needed healing. "I had lived with an addiction, I had been in an abusive relationship, I had hepatitis C – the community was there to help me, and I wanted to let the frontline workers at the workshop know that what they do makes a real difference to people."

"Throughout the workshop," says Rachel Landauer, Researcher/ Writer for CATIE's Hepatitis C Program., "physicians, community workers as well as people living with hepatitis C were open enough to share their experiences with others. This gave attendees some good insights to take back and apply in their communities." "It's great that these workshops are open to all," adds Quewezance, "We don't often get that opportunity to network with other service providers and learn what they are doing."



CATIE is Canada's source for up-to-date, unbiased information about HIV and hepatitis C. We connect people living with HIV or hepatitis C, at-risk communities, healthcare providers and community organizations with the knowledge, resources and expertise to reduce transmission and improve quality of life. For information on CATIE's hepatitis C workshops, please contact CATIE at: info@catie.ca.

Being a network of Aboriginal people, organizations and agencies, we respectfully strive to provide support and services to our First Nations, Métis and Inuit families and communities who are experiencing HIV/AIDS and Hepatitis C.

ALL NATIONS HOPE AIDS NETWORK

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Vision: ANHAN is an organization that responds holistically, traditionally, and spiritually to the needs of Aboriginal people living with HIV/AIDS and Hepatitis C. ANHAN engages in partnerships for service delivery, research, education and on going evaluation.

Mission; ANHAN mission is to support and assist First Nations, Métis and Inuit and all other people and their families living with HIV/AIDS and Hepatitis C to live meaningful lives, and to provide professional, training, and awareness of HIV/AIDS and Hepatitis C to the community.

Mandate: The ANHAN is a collective of all nations, community based organizations and agencies that share common interests or concerns about HIV/AIDS and Hepatitis C among all nations in Saskatchewan.

ANHAN mandate states: Being a network of Aboriginal peoples, organizations and agencies, we respectfully strive to provide support and services to our First Nations, Métis and Inuit families and communities who are experiencing HIV/AIDS and hepatitis C.

Welcome to the ANHAN Team Desiree Parisian!

Desiree comes to All Nations Hope AIDS Network from the Rainbow Youth Program "Road to Employment". She will be working here with us for six months as the Youth Mentor, revamping the YAC committee and preparing for upcoming youth projects.

STOP!

and check us out
on the web

www.allnationshope.ca

ANHAN TEAM

STAFF

Margaret Akan
Chief Executive Officer
Leona Quewezance
Program Director
Lana Holinaty
Director of Operations
Wesley Keewatin
Community Outreach Worker

RESOLUTION HEALTH SUPPORT WORKERS

Gordon Keewatin
Elder
Viola Gordon
Elder
Selina Brittain
Resolution Health Support Worker

BOARD OF DIRECTORS

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