

2018 COMMUNITY WELLNESS PLAN

Fort Smith Metis Council

Introduction

The Fort Smith Metis Council and Staff have come together to create a Wellness Plan that works for its members. Our plan is created to serve our members by listening helping and assisting to meet their needs.

Mission Statement

“To improve the health, well-being and quality of Life for community members”.

Our priorities are:

- 1. Healthy Members – Meat Freezer, Gatherings**
- 2. Healthy Elders**
- 3. Partnerships with other Wellness Groups.**
- 4. Mental Health & Addictions**

Priority 1.

Healthy Members – we provide traditional foods to our members. We strive to keep our freezer full of fish, caribou and migratory birds that are harvested and made available to the community.

Youth – The financial burden upon many families prevents youth from participating in after school activities. We assist with sporting equipment, fees and registration to help our youth become and stay active.

Assistance with school lunch programs is important to us. We provide financial assistance so that we do not loose these important programs in our schools.

Women on the Land – Assistance is provided in the form of gas.



Members can go and hunt, fish, camp or pick herbs or berries.

Medical Travel Assistance – Many members do not have the financial means to accompany a loved one out of the community or to attend a medical appointment and we find they depend upon us for assistance to ease the monetary stress.



Bereavement assistance – Many families are not financially able to properly bury a loved one and assistance is required for burial costs. Assistance with service, plot, wakes and casket costs are requested.

Priority 2.

Partnerships with other Wellness Groups – working with other groups we will provide healing, sewing, cooking, nutrition, diabetes circles.

Once again, we provide traditional foods to our members. We strive to keep our freezer full of fish, caribou and migratory birds that are harvested and made available to the community.

“As pensioners living on a fixed income we use this program to offset our income. The fish is appreciated and helps us when we run out of money. We run out of money toward the end of the month.”

Allan

“I appreciate getting fresh white fish and a turkey at Christmas time”.

Malcom



Elders - Provide equipment to make mobility easier.

Travel to Elder gatherings – Elders within our community travel to Lac St. Anne for the Annual Pilgrimage. This is a long-established Native Catholic Tradition for aboriginal people to gather.

Community Feast – During the Year we host community feasts, we hold one at Christmas time and one during Aboriginal days.

Priority 3.

Working with the Metis Nation – On the Land Program we will partner up and work with them on healing, drum making, healthy babies and other programs they offer. We will also reach out to other programs and work with them.

Priority 4.

Mental Health & Addictions – We are here to assist members who want to attend treatment. Treatment is not available in Fort Smith, we encourage members who wish to deal with addictions by helping them seek treatment outside of the NWT.

Conclusion

The Fort Smith Metis Council with the help of the Government of the Northwest Territories have come together as a partnership to provide emotional and mental health to our members. This is achieved through listening, listening to our members needs and providing programming or financial assistance.