

# MÎNÎ THNÎ COMMUNITY CONNECTIONS

*The latest news and updates from Stoney Tribal Administration, Stoney Health Services and other Mînî Thnî businesses and organizations.*



Families, emergency responders and health care staff gathered for International Overdose Awareness Day on Wednesday, August 31 for a ceremony and walk to remember and mourn loved ones who have died from drug overdose. The annual global event raises awareness of overdoses and reduces the stigma of a drug-related death. More photos inside and @ stoneyhealth.com. *Photo credit: Howard Cove Photography*

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## Health Fair returns

Aba Wathtech - Hello, Stoney Health Services welcomes all Îethka Wîchâstabi to the Stoney Health Fair, Wednesday, September 14, 10 am – 4 pm at the Bearspaw Youth Centre.

We want to showcase the resiliency of the Mînî Thnî community and share the many health and wellness programs and resources that are available. Our Stoney theme, Daâ Îchihñûhabi agichikpadâbi, guides us as we celebrate strength and encourage good mental, emotional, physical and spiritual health.

There will be exhibits, presentations, self-care, wellness and cultural workshops, a pipe ceremony, grand entrance, smudging, entertainment and opportunities to explore health and wellness resources – on and off reserve.

A highlight will be the keynote address on resiliency by Stoney Nakoda Nation member Dr. Terry Poucette at 11 am. Full program, pg. 4

## A path to healing hearts, a photo recap



*Gūnīnciyabik Īnīkparāmisch:* The community came together to honour loved ones lost tragically to drug overdose on August 31. In memory, many placed ribbons along the fence bordering the Mīnī Thnī Crisis team trailer, while others carried photos and signs. Drummers guided the 50+ walkers along the route. *Photo credit:* Howard Cove Photography. More photos online @ [stoneyhealth.com](https://stoneyhealth.com)





# SWIFT Mîñî Thnî Transit shifts into gear

- Did you know that SWIFT Mîñî Thnî Transit is the first of its kind? It is the **FIRST** First Nation transit service in Canada. This is something to be very proud of!!
- Let's show each other and our non-nation riders our Stoney values.
  - Please be respectful of all riders and help everyone feel physically and emotionally safe when riding the bus.
  - Intoxication and consumption of alcohol or drugs is strictly prohibited. Violators will be denied access.
  - Consider how your creator or elders would view your actions in relation to Stoney values.
- SWIFT Mîñî Thnî Transit provides service to residents of Morley and Cochrane enabling Nation and non-Nation community members to move easily and affordably to access services, shopping, employment, and entertainment on and off nation lands.
- Cost to ride is \$5 each way with a **FREE** fare zone between Mîñî Thnî (STA building) and Chiniki Gas Bar – this is a safer option than walking on Mîñî Thnî road.
- Riders must present a ticket to ride.
- Tickets are available to purchase at Stoney Nakoda Resort, Chiniki Gas Bar, Bearspaw Centex, Stoney Tribal Administration and Cochrane Library.
- Some programs offer tickets to their clients such as Stoney Child and Family Services, Stoney Health Services, Job Resource Center, Eagles Nest, and the Daycare and Bus tickets can also be obtained at Band offices at the discretion of the band administrators.
- Visit [minithnitransit.ca](http://minithnitransit.ca) for info.

## Share your voice!

We need your input into the future care offered at the Stoney Adult Wellness Centre. Contact Denise Mitchell, director, mental wellness ([dmitchell@stoneyhealth.com](mailto:dmitchell@stoneyhealth.com) or 403-881-2762) to share your input on the action plan.

Small meetings and consultations will be held this fall. Contact Denise if interested in participating.

## BUS SCHEDULE

STAR  
JUNE

MONDAY-THURSDAY

The Station: Cochrane	9:30am	12:00pm	5:00pm
Mini Thni	10:05am	12:35pm	5:35pm
Chiniki Gas Bar	10:10am	12:45pm	5:45pm
Stoney Nakoda Resort & Casino	10:35am	1:05pm	6:05pm
Chiniki Gas Bar	10:50am	1:25pm	6:25pm
Mini Thni	11:00am	1:35pm	6:35pm
The Station: Cochrane	11:40am*	2:10pm*	7:10pm
Mini Thni	-	-	7:45pm
Chiniki Gas Bar	-	-	7:55pm*

FRIDAY

The Station: Cochrane (Depart)	9:30am	3:30pm	6:00pm
Mini Thni	10:05am	4:05pm	6:35pm
Chiniki Gas Bar	10:10am	4:15pm	6:45pm
Stoney Nakoda Resort & Casino	10:35am	4:35pm	7:05pm
Chiniki Gas Bar	10:50am	4:55pm	7:25pm
Mini Thni	11:00am	5:05pm	7:35pm
The Station: Cochrane (Arrive)	11:40am*	5:40pm*	8:10pm
Mini Thni	-	-	8:35pm
Chiniki Gas Bar	-	-	8:45pm*

SATURDAY-SUNDAY

The Station: Cochrane	11:00am	2:00pm	5:10pm
Mini Thni	11:35am	2:35pm	5:45pm
Chiniki Gas Bar	11:45am	2:45pm	5:55pm
Stoney Nakoda Resort & Casino	12:05pm	3:05pm	6:15pm
Chiniki Gas Bar	12:25pm	3:25pm	6:35pm
Mini Thni	12:35pm	3:35pm	6:45pm
The Station: Cochrane	1:10pm*	4:10pm*	7:20pm
Mini Thni	-	-	7:55pm
Chiniki Gas Bar	-	-	8:05pm*

\*Drop off only



## Education Corner: School's in

The Stoney Education Authority welcomes students back to school. We are looking forward to another great year, focused on celebrating our students! We have been doing a lot of planning and collaborating, striving for the best ways to meet our students' needs. We are excited to tell you about a few upcoming events and activities that will get our students skipping back to school.... Or at least, not dreading September!

If your students attended Nakoda Elementary School last year, they probably had the opportunity to experience our land based learning program in some capacity. NES W.I.L.D. was so popular we have expanded the program district wide. Our land based learning team will be traveling to all schools in our district to support them in building their own land based learning program. Stay tuned for more details.



Masking in our schools will be optional for staff and students, though enhanced cleaning and hepa air purifiers will remain in place for all learning environments and common areas. If you have questions or concerns regarding this, please reach out to school administration for school specific information. As always, Stoney Education Authority will follow the guidance and recommendations of Nakoda Emergency Management and Stoney Health.

We would like to take this opportunity to thank our school community- students, staff, parents, guardians and families for being our partners through the pandemic. When we needed you, you were there for us, and we are grateful!

### Stoney Health Fair Program, September 14 @ Bearspaw Youth Centre

- 10 am: Grand Entrance
- 10:30 am: Opening Ceremony
- 10 am: Exhibit Hall Open
- 10 am – 2 pm: Button Making with Marigold Library (child and youth activity)
- 11 am: Feature keynote Dr. Terry Poucette
- 12:10 pm: Wellness Workshops (*limited seating*)
- 1:00 pm: Opioid Antagonist Therapy (OAT) and Family Support
- 1:20 pm: Mental Wellness and Grounding
- 1:40 pm: Entertainment
- 2:00 pm: Wellness Workshops (*limited seating*)
- 2:30 pm: Mindfulness/Coping with Anxiety (presenter: Trish Tutton)
- 3:30 pm: Closing Ceremonies
- 4:00 pm: Exhibit Hall Closes

Stoney Health Services will close all locations and no appointments are available on September 14.

## FEELING DOPE SICK?

### WANT TO QUIT USING?

Opioid Agonist Therapy (OAT) is a safe and effective treatment for people dependent on opioids, such as heroin, fentanyl and oxycodone.

OAT includes Suboxone and Sublocade. These medications prevent withdrawal and reduce cravings.



### HOW TO GET STARTED

**Option 1:** Walk in to the SHS Harm Reduction Trailer between 12:30 - 4:00 pm, Monday to Friday or call 403-807-0622.

**Option 2:** Call the Virtual Opioid Dependency Program (VODP) @ 1-844-383-7688. Open 7 days a week from 8:00 am to 8:00 pm.

**Option 3:** See your family doctor or nurse practitioner.



## NEED NON-EMERGENCY MEDICAL TRANSPORT?

- Stoney Health Services appointments?
- Specialist appointments in Calgary or Bow Valley area?
- Medically necessary treatments not offered at Stoney Health?

**WE ARE HERE TO HELP.**



## STONEY HEALTH SERVICES

**MONDAY - FRIDAY**

**9:00 AM - 4:30 PM**

**CALL: 403-881-2709**

Call ahead. Notice required.

\*\*24 hr for SHS appointments

\*\*48 hr for specialist appointments outside of Morley

**After hours (hospital/urgent care), including weekends and holidays**

Give this number to medical staff to arrange transport through (NIHB): **1-866-227-0943**

Some classes are already underway by the time you read this newsletter and we are so excited to welcome you all back! Here's a glimpse of what's ahead:

September 12 - Nakoda Elementary School- classes resume for all students  
 September 22 - Treaty Day No School  
 September 23 - Professional Development for teachers, no school for students  
 September 29 - MCS High School Graduation ceremony and banquet  
 September 30 - Truth and Reconciliation Day No School

Students who attend full time in September will qualify for an incentive trip at the end of the month. More details to come!

Contact your school administration with any questions:

Morley Community School 403-881-2755  
 Nakoda Elementary School 403-881-2219

Please watch our social media pages- Facebook and Instagram to stay up to date with school happenings! Îsniyes



# SWIFT

MINI THNI TRANSIT

## BUS STOPS

- 1 Mini Thni (Stoney Tribal Administration)**  
40 Morley Rd, Morley
- 2 Chiniki Gas Bar**  
TransCanada Highway & Morley Road  
(Exit 131), Morley, AB
- 3 Stoney Nakoda Resort & Casino**  
888 Nakoda Way, Kananaskis
- 4 The Station: Cochrane (Library)**  
360 Railway St W, Cochrane

**Tickets: \$5 one-way**



minithnitransit.ca | 403-703-6731



**Sick of  
COVID?  
Get your  
booster  
when  
eligible.**

## COVID VACCINE RECOMMENDATIONS



**DOSE 1 & 2: Children (6 mos - 5 years)**

**BOOSTERS**

**DOSE 3: Ages 5+ | DOSE 4: Ages 18+**

**5 mth between doses AND 3 mth since last COVID infection**

### VACCINE CLINICS

**Monday - Friday  
10 am - 3:30 pm  
Stoney Health  
Centre**

**Info: 403-881-3920 or  
stoneyhealth.com/clinics**

**WALK-IN/  
DROP-IN.  
EVERYONE  
WELCOME.**



Book or drop in to get a COVID vaccine for your child (6 mos+). Anyone 5 years or older is eligible for their booster shot (3rd dose) and 18+ are encouraged to get their 4th booster. Immunizations remain our best defense to protect our community's most vulnerable from severe illness.

Vaccine clinics run daily at the Stoney Health Centre, 10 am – 3:30 pm.

### Routine Childhood Immunizations

Routine immunizations help protect children against dangerous infections such as whooping cough, measles, hepatitis B, and human papilloma virus (HPV). The pandemic impacted routine immunization for many First Nations children and youth in Alberta. Some children may have missed or received late immunizations and catching up is important to have the best protection against vaccine-preventable diseases. Contact the Stoney Health Service's Community Health team (403-881-2725) for information and to get your child's immunizations up-to-date.

## Client advisory circle looking for members

The renewed Stoney Health Service's Client Advisory Circle is looking for members. We welcome anyone who wants to volunteer to give a voice to health care in the community.

We are looking for 10-15 people of all backgrounds and ages (youth, adults and elders, men and women) to represent the community. Interested? Contact Wendy Thatcher, [client@stoneyhealth.com](mailto:client@stoneyhealth.com) or 403-888-0970.



**PREVENT  
AN OPIOID  
OVERDOSE**

**A Friend. A Loved One.**

#### GET YOUR FREE NALOXONE KIT

**Stoney Health Trailer  
weekdays  
12:30 - 4:00 pm**

**Morley Pharmacy  
weekdays  
9:00 am - 4:30 pm**

# Time for your mammogram?

Screen Test is coming to Morley  
October 6, 2022.

Screen Test is a free service provided by Alberta Health Services that offers screening mammograms. Our mobile screening units travel to 120 communities throughout Alberta to provide convenient access to breast cancer screening.

Having regular screening mammograms is the best way to find breast cancer early, before symptoms appear and when treatment may work better.

## Who should have a screening mammogram?

If you're 50 to 74, you don't need a referral to have a mammogram. Make screening part of your regular health routine. Plan to have a mammogram every 2 years or as decided by you and your healthcare provider.

If you're 40 to 49 or over 75, discuss the risks and benefits of screening with your healthcare provider. You will need a referral if you're 40 to 49 and it's your first mammogram, or if you're over 75.

**Call 403-881-2728 to book a mammogram with Screen Test.**

*Breast density scores are now included in your Screen Test result letter*

Breast density is the amount of dense tissue compared to the amount of fat in a person's breasts. It can be harder to find cancer in dense breasts because this tissue appears white on a mammogram, the same colour as many kinds of breast cancer. It's common to have dense breast tissue.

SCREEN TEST

Mobile Mammography Screening is coming to:  
**Morley: Wesley Elder's Lodge**  
October 6, 2022

**Please call 403-881-2728 to book an appointment.**



**Appointments are required. Call to book:**

**1-800-667-0604 (toll free)**

To learn more visit: [screeningforlife.ca](https://screeningforlife.ca)

Due to COVID-19, Screen Test is taking a number of precautions to ensure the safety of our clients and staff. Details will be shared when you call to book your appointment.

*Thank you for supporting Screen Test over the past 30 years.  
Together we are saving lives, one community at a time.*



Post until: Oct 7, 2022

Dense breasts are only one of many risk factors for breast cancer. Other factors, such as age and genetics, have a bigger impact on your overall risk. You can't tell how dense your breasts are by size, look or feel. The only way to find out is by having a mammogram.

Talk to your doctor or nurse practitioner about your breast density score.

## Is it safe to go for screening mammograms during COVID-19

Enhanced safety measures are in place to keep patients and staff safe and help prevent the spread of COVID-19. Details will be shared when you call to book your mammogram.

Visit [screeningforlife.ca](https://screeningforlife.ca) for info.

## Weekly Events

*Monday to Friday:* Stoney Health Fitness Centre at the Bears paw Youth Centre is open weekdays from 11 am – 4pm. Drop by and ask about free personal training and fitness classes. The entrance to the gym is locked at all times and times are subject to change. Call 403-223-7878 when you arrive.

*Wednesdays (resumes Sept. 21):* Mîni Thnî Virtual Wellbriety Group. Anyone impacted by substance use is welcome. Share with your family and loved ones. Starts at 6:30 pm on Zoom  
Meeting ID: 897 1520 298 | Passcode: nakoda  
Contact TJ (403-875-7718) for info.

*Thursdays:* Weekly Community Food Market! Drop by anytime between 12 - 3 pm at the Community Kitchen. Shoppers can choose to purchase a prepacked food bags or select your own veggies, fruit and other delicious yummy items. For pregnant moms and moms with babies, up to four food vouchers a month are available. Talk to a Stoney Health nurse or dietitian for details.

## Upcoming Events

Hosted by the Stoney Family Resource Network, Wesley Lodge, rm. 3

**Family Playtime, Monday - Friday, 1-4 pm**  
Children 6 years and under and their parents can enjoy simple crafts, sensory tables and all kinds of toys, while connecting with other families! Each day, we wind down with circle time featuring songs, stories and rhymes. Drop-ins welcome.

**Teepee Storytelling, Sept. 29**  
Join us during Truth and reconciliation week for a special afternoon focused on children. Toddlers, preschoolers and their families will enjoy traditional storytelling and flute playing in the teepee at the cultural healing park (beside the Wesley Elder's Lodge). No registration required; drop-in welcomed

## Featured Event



**September 14, 2022 | 10 AM - 4 PM**  
**Bears paw Youth Centre**

Health & Wellness Resources  
Keynote Speakers | Door Prizes  
Wellness and Cultural Workshops  
Food Trucks | Entertainment



The event is free and open to Mîni Thnî and surrounding communities.

Mark your calendars for these Band recognized statutory holidays.

All Stoney Tribal Administration departments are closed.

- Sept 22: Treaty 7 Day
- Sept 30: National Day for Truth & Reconciliation
- Oct 10: Thanksgiving Day

If you need urgent care, call Nakoda EMS 403-932-3222 or 911. For non-urgent care, call Alberta Health Link @ 811.

We want to hear from you! Please share what you think of this newsletter and let us know what news, features or events interest you. Text/call 403-888-0970 or

communications@stoneyhealth.com.  
Subscribe to the e-newsletter at stoneyhealth.com/subscribe to receive by email. Îsniyes!