



## “GOING THE DISTANCE TOGETHER”

### One Day Pre-conference – separate from Language Conference

*A First Nations Symposium on “Aging with Dignity and Handling Change” with a focus on chronic and acute health crises issues of today, sharing practical tips and strategies on improving both family and professional caregivers communications & relationships with our client-elders today.*

**DATE: Thursday, March 26, 2015**

**PLACE: Kewadin Convention Centre, Sault Ste. Marie, Michigan.**

**TIME: 9:00 – 5:00 P.M.**

#### **WHO SHOULD ATTEND:**

Elders, family members, Elders’ program staff/boards, Health Centres, Family Support Workers, Chronic/Acute Illness Programs, Health Organizations, Health Centres, Leadership, Regional Service Groups, Friendship Centres, Hospitals, etc.

#### **DESCRIPTION:**

- ❖ Have you ever had to deal with a family member suffering from a traumatic illness and did not know how to talk about it with him/her and the rest of family?
- ❖ Have you wondered how our cultural beliefs play an important role in the way that we have relationships with one another?
- ❖ When was the last time you have honestly talked about “preparing for death” with family members, or with your aging parent/grandparent?
- ❖ Are you comfortable talking about this? Do you know what their wishes are?

This symposium **introduces** a culturally-relevant ‘aging with dignity and handling the rapid change of life today’ for First Nations Elders and their families. It explores the ever-changing cultural belief systems that can impair or enhance the communications and relationships between elders and caregivers so Elders can journey with dignity through traumatic illnesses and losses they have endured and perhaps not mourned, during their lives (handling pathological/delayed grief). Strategies will be shared for helping with healthy mourning, building practical day-to-day support systems, and particularly, “**breaking the family and community silence**” that occurs in traumatic illness of a family member. This symposium has been a result of 5 yrs. of research on this topic with First Nations families/communities and recognition that there is minimal to almost no help on this issue in our communities today.

*\*Please Note: The issues raised in this symposium are also relevant to other existing family traumatic illnesses that may occur early in life that can cause extreme stress and hardship in the family, i.e.: autism, blindness/impaired hearing, F.A.S.D., chronic depression, bipolar disorder, Suicides/homicides and/or loss of limbs, etc. due to car accidents, fires, etc.*

#### **GUEST TRAINER: Bea Shawanda**

Odawa-Pottowottomi, Wikwemikong, Manitoulin Island, Ontario. Raised with Elders, and attended Residential School. Specialized Higher Education from University of California, and Trinity University, Texas. Frontline worker in health, education and social development and family growth in Canada and the U.S. for the last 45 years. Frontline research with First Nations Elders on cumulative trauma, health issues and cultural change. Commissioned writing on Family Development, Grief work and Proactive strategies for aging with dignity. Grandmother of 13, Great-Grandmother of 4.

#### **A-TEG ELDER: Shirley Williams-Pheasant**

Wikwemikong, Manitoulin Island, Ontario. Elder and Teacher of language and culture in the PHD Program and Indigenous department at Trent. Courses include: Introductory and Intermediate Ojibway/Odawa, Identity, Land and Environment, Understanding Residential Schools, Immersion language courses plus Web-based Language courses. Teacher at Native Language Summer Program at Lakehead University in Thunder Bay, Ontario. International presentations on language and culture at New Zealand, Australia, and Hawaii, USA. Shirley’s Published materials are available through Goodminds.com



**GOING THE DISTANCE TOGETHER  
A FIRST NATIONS SYMPOSIUM ON AGING WITH DIGNITY &  
HANDLING CHANGE  
Thursday, March 26<sup>th</sup>, 2015**

**SYMPOSIUM REGISTRATION FORM**

**1. PARTICIPANT: (Please print clearly)**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Title: \_\_\_\_\_ Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov/State: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ FAX: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**2. SYMPOSIUM REGISTRATION FEES:** The Registration Fee includes refreshments, a 7-Hr. Educational session, and a booklet/handout.

**SINGLE RATE:** (one person): \$275.00

**GROUP RATE:** (3 or more are coming from the same program/tribe): \$250.00 each

There must be one registration form for each person in the group.

Name of organization: \_\_\_\_\_

**If Registration is paid by Tribe/Organization/Program:**

**Name:** \_\_\_\_\_ **Contact:** \_\_\_\_\_

Tribe/Organization/Program

*Please mail your payment with a copy of this form to Anishinaabemowin Teg Inc.*

Make Cheque payable to: Anishinaabemowin Teg Inc.,  
P.O. Box 84, 912 Wikwemikong Way,  
Wikwemikong, Ontario. P0P 2J0 Canada  
(Must be received in our office by March 20<sup>th</sup>, 2015)  
\*\*www.anishinaabemowin-teg.org

**Note:** Participant is responsible for own travel, accommodations, meals and any other incurred expenses.

**Hotel contact numbers** (please make your own reservations):

a) **Kewadin Casinos** 800-539-2346 (Call ahead to confirm room availability for your stay. To receive the 2015 pre- conference rate, please mention Kewadin Code 4776.)

b) **Days Inn** 906-635-5200

c) **Best Western** 906-632-2170

**3. CANCELLATION/SUBSTITUTION:**

Cancellation of registration should be sent in writing to: Martina Osawamick, President.  
Email to: [martizaamik@hotmail.com](mailto:martizaamik@hotmail.com) Cancellations will be accepted until March 20<sup>th</sup>, 2015. No refunds for cancellations received after March 20<sup>th</sup>, 2015 and no refunds for "no-shows". Substitution of participants will be accepted at any time.

**4. AUTHORIZATION:** Your Signature is requires as authorization of registration.  
Please sign and date below:

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_