



BC ABORIGINAL NETWORK ON DISABILITY SOCIETY  
"TO PROMOTE THE BETTERMENT OF ABORIGINAL PEOPLE WITH DISABILITIES"

# Voices & Visions

## President's Update Frazer Smith

April/May 2007

The last six months have passed very quickly and have been very busy. So I must apologize to everyone for not introducing myself. My name is Frazer Smith, and I am from the Tsartlip First Nation. I am pleased to announce that I am the new President of BCANDS. As the new president I am honoured to follow in the footsteps of the founder, Ian Hinksman and past President, Mike Touchie.

I know I have some pretty big shoes to fill, and I would like to thank Ian and Mike for the wonderful work they have done on behalf of BCANDS and its membership. In looking at some of the accomplishments they have done it has made my job as President a little bit easier. I've looked at the hard work Ian & Mike have done throughout BC, and the rest of Canada, educating people and getting them to at least try to understand what it is like for First Nations with disabilities and the hardships they go through. My plans are to continue on with the work Ian & Mike have started, by working with local governments, provincial governments, federal governments, Aboriginal political leaders, other disability organizations, organizations throughout BC, as well as stay in touch with our provincial leaders and national leaders, not to mention our MLA's and, MP's.

I would like to recognize BCANDS Board of Directors who are willing and able to step up to the plate when needed. They always keep in communication with me and we are heading in the right direction as a healthy board of directors. I would like to thank and extend my appreciation to the staff of BCANDS for their support and dedication as they fulfill our mandate and vision statement.

I want to thank all the members who attended our last AGM held in Victoria for their input and involvement.

If you have any questions, suggestions, comments, or concerns, I encourage you to contact the BCANDS office in Victoria, BC.

### All My Relations!

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Frazer Smith

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### **BCANDS Board of Directors**

- President, Frazer Smith, Brentwood Bay
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- Secretary/Treasurer, Ruby Reid, Nanaimo
- Director, Annie Morgan, Kitimaat
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- Dir. of Advocacy & Research, Jim Franklin, [jim@bcands.bc.ca](mailto:jim@bcands.bc.ca)
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- Resource Ctr Coord., Addie Taylor, [addietaylor@bcands.bc.ca](mailto:addietaylor@bcands.bc.ca)
- Dir. of Program Dev., Carrie Tom, [carrie@bcands.bc.ca](mailto:carrie@bcands.bc.ca)

### **BCANDS Honourary Patrons**

- Chief Andy Thomas, Esquimalt
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- Rick Hansen, C.C., O.B.C, Vancouver, BC
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*Logo by Allan Thickfoot a Cree quadriplegic who is a member of our Society*

## Diabetes and Oral Health

Emerging research suggests that there is a strong relationship between oral health and diabetes. People with diabetes are more prone to bacterial infections, including gum disease, than people without diabetes. Gum disease is often considered the sixth complication of diabetes. Individuals who don't have their diabetes under control are at a higher risk (especially individuals with type 2 diabetes).

Periodontal disease may make it more difficult for people with diabetes to control their blood sugar. Severe gum disease can increase blood sugar, contributing to increased times that the body functions with a high blood sugar. This puts a person with diabetes at increased risk for diabetic complications. It is important these individuals with gum disease receive regular treatment from a dental health professional and maintain oral health with meticulous daily mouth care.

### Oral Complications

Oral signs and symptoms of diabetes include:

- \*Dry mouth (xerostomia)
- \*Decreased saliva
- \*Burning tongue
- \*Swollen saliva glands
- \*Inflamed oral tissues
- \*Fungal infections
- \*Increased incidence for dental caries (cavities)

### Controlling Infection

People with diabetes are more prone to infection and are slower to heal. Infection taxes the body, causing an imbalance in the glucose levels and an increased need for insulin. On occasion, oral infections may even be life threatening to diabetic patients. Avoid infection by:

- ✓ Managing dry mouth symptoms (increase fluids/saliva substitutes etc)
- ✓ Treating decay in the early stages to prevent the progression to pulpitis)
- ✓ Controlling periodontal disease through professional dental care and meticulous daily oral care.
- ✓ Selective use of antibiotics

### Daily Oral Care

Stress meticulous daily oral care by:

- ✓ Proper brushing technique - gumline massage 2 to 3 times daily
- ✓ Daily flossing – when floss reaches the gumline, curve the floss into a ‘C’ shape against one side of the tooth and slide the floss into the space between the gum and the tooth (under the gums)
- ✓ Watch for signs of infection, soreness or bleeding and contact your dental professional immediately especially after dental surgery/extractions
- ✓ Ask a dental professional about saliva substitutes/ fluorides

### Dental Appointments

When scheduling dental appointments:

- ✓ Appointments should be short and as stress free as possible
- ✓ Morning appointments are preferred
- ✓ Take medications as prescribed and continue diet control with self-monitoring of glucose levels during the course of dental treatment (bring a carbohydrate source i.e. orange juice)
- ✓ Request the dentist/hygienist use a vasoconstrictor in local anesthetics (freezing)
- ✓ Consultation with the physician should take place for individuals with uncontrolled diabetes or if a long or stressful appointment is scheduled. Persons with well-controlled diabetes can usually be treated routinely for most dental procedures.
- ✓ Follow your dental professionals recommendation for frequency of appointments to treat/manage gum disease (usually a 3 month program is implemented for individuals with periodontal disease)

References: Position paper "Diabetes and Periodontal Diseases" Journal of Periodontology, April 2000; 71:664-678

"The Mouth Body Connection" American Academy of Periodontology, Feb 2002

Dental Education for Care of the Disabled, School of Dentistry, University of Washington, 1993

"Oral Health Matters from Head to Toe", from "Periodontal Disease and Diabetes Mellitus; a Two-way Relationship" Annals of Periodontology 1998; 3:51-61. College of Dental Hygienists of Ontario.

# Calendar of Health Promotion Days

## April

- ◆ National Cancer Month
- ◆ Earth Month
- ◆ Dental Health Month
- ◆ Irritable Bowel Syndrome (IBS) Awareness Month
- ◆ Parkinson Awareness Month
- ◆ Nt'l Physiotherapy Month (April 22-May 24)
- ◆ Daffodil Month: Cancer Awareness

## May

- ◆ Cystic Fibrosis Month
- ◆ Foot Health Awareness Month
- ◆ Hepatitis Awareness Month
- ◆ Huntingdon's Awareness Month
- ◆ Medic Alert Month

## May Cont...

- ◆ Multiple Sclerosis Awareness Month
- ◆ Speech & Hearing Awareness Month
- ◆ May 22-25 Aboriginal Awareness Week

## June

- ◆ ALS Awareness Month (Lou Gehrig's Disease)
- ◆ Nt'l Spina Bifida & Hydrocephalus Month
- ◆ Seniors Month
- ◆ Stroke Awareness Month
- ◆ June 21– National Aboriginal Day

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*If you would like to receive this publication electronic form please send your request to Debbie Thomas via email:*

[debbie@bcands.bc.ca](mailto:debbie@bcands.bc.ca)

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## *Tips on Making your food more Colourful!*

- ✓ Add raisins, berries or any fruit to your cereal
- ✓ Keep a bowl of fruit in your house for quick and easy snacks
- ✓ Always have a half a plate of veggies and fruits with lunch and dinner
- ✓ Add frozen veggies to any soup, casserole or pasta
- ✓ Have a green salad instead of fries
- ✓ Before you leave your house grab a fruit or some carrot sticks for a quick snack
- ✓ Store fruit leathers in your car or purse
- ✓ Add colour to your salad by adding any veggie you like
- ✓ Add raisins, berries, dates or apricots to your favourite muffin or loaf recipe
- ✓ Add fruit to baked Indian bread
- ✓ Cut up fruit and veggies and have them ready to eat in your fridge
- ✓ Make fruit smoothies
- ✓ Mix milk with 100% frozen orange juice for a blended treat
- ✓ Only drink 100% real juice
- ✓ Enjoy a glass of veggie juice
- ✓ Try new recipes with lots of COLOUR!



**Resource developed by Fiona Devereaux,  
RD Aboriginal Health –370-8258**



To BCANDS members:

For your information here is an in-depth look at how non-profit community organizations (including many Aboriginal organizations like BCANDS, First Nations groups & the Aboriginal Sports and Recreation Association of BC) use gaming funds to provide exceptional services and programs across the province. First things first-how much money are we talking about?

This fiscal year, the Province will distribute \$143.5 million in community gaming grants to 6,300 community organizations. In addition to grants, charitable organizations will earn around \$56.5 million through licensed gaming events (class A, B & C licenses), such as ticket raffles, independent bingos, social occasion casinos, and wheels of fortune.

In total, community organizations will share approximately \$203.6 million in gaming revenue from all sources, up from \$199.6 million in 2005/06 and \$193.3 million in 2004/05.

Okay, so-who gets it? And what do they do with it? Anticipated income from each licensed gaming event, and how the money will be spent, is clearly laid out in the application, so it's no mystery. But what about details on how community gaming grants were to be used?

Who gets the money is fairly straightforward. A complete list of community organizations (going back to 2002) that received gaming grants and information on licensed gaming events is easily available at:  
[www.pssg.gov.bc.ca/gaming](http://www.pssg.gov.bc.ca/gaming).

What the money is used for is a more complex and provocative question. In order to get a more complete picture, it may help to provide some examples of how gaming revenue is used by organizations across the province. Here's a quick breakdown of how some charitable organizations including many Aboriginal & First Nations groups used gaming grants last year.

### Capital Projects

Seniors at a Sikh temple in Prince George, gymnastics teams in Kamloops, lawn bowlers in Victoria, skateboarders in Canoe, and almost 50 other charities, shared around \$3 million in gaming grants for capital projects. Capital project funding was also used to improve access for disabled persons, restore heritage sites and build sports fields and other recreational facilities.

### Public Safety and Environment

More than 205 organizations that work to ensure safer and more environmentally friendly communities for all British Columbians received community gaming grants totaling \$6.3 million. One Victoria-based group is using funding to provide public access to a resource that offers real-life training scenarios for emergency responders. Another grant recipient, in Vancouver, is a community-based resource group, established and managed by youth, which helps build capacity for food growing and green projects.

### Sports, Culture and the Arts

Community gaming grants totaling more than \$31 million supported 1,330 groups that work to enhance the quality of life for people across the province. Organizations receiving funding included the Children's Art Umbrella Project Harmony group, which delivers dynamic art workshops and performances at schools and community centres in the Lower Mainland and across B.C. Theatre Terrific will offer year-round theatre classes for people with disabilities in Vancouver, New Westminster, Burnaby and Richmond.

### Parent Advisory Councils and District Parent Advisory Councils

Last year, more than 1,500 PACs and DPACs received \$12.1 million in community gaming grants to support extracurricular activities for students, and enhance parent involvement in schools. Activities receiving support included school drama and chess clubs, writing, debating and music competitions, student societies, and student field trips within B.C.

### Human and social Services

More than \$32 Million went to programs that significantly contribute to the quality of life in a community, including assisting the disadvantaged or distressed, promoting health or enhancing opportunities for youth. This includes grants to organizations such as the Victoria Friendship Centre, Rotary, Kinsman, Kiwanis, Knights of Columbus, Lions and Elk Clubs.

### Bingo Affiliation Grants

As of March 31, 2006, a total of 1,915 organizations were receiving Bingo Affiliation grants totaling \$53.7 million. Some examples of groups funded by bingo affiliation grants include:

- ◆ BC Special Olympics
- ◆ Big Brothers and Big Sisters
- ◆ Minor Hockey associations
- ◆ Community arts councils
- ◆ Swim Clubs \*Museum societies
- ◆ Service Organizations
- ◆ BC Branches of the Canadian Red Cross

**Other Grants**

And that's not all. A \$300, 000 gaming grant, allowed a team of police, firefighters and other law enforcement and emergency responders, people who keep our communities safe, to travel to Australia this year to participate in the 12<sup>th</sup> World Police and Fire Games.

About \$1 million dollars was provided to the Aboriginal Sports and Recreation Association of BC (through a number of grants) last year to prepare and co-ordinate Team BC's participation in the North American Indigenous Games in Denver Colorado.

And that's how many people benefit from gaming revenues. In BCANDS' next newsletter we will take a look at some specific Aboriginal projects which benefit from community gaming grants.

Sincerely,

Derek Sturko

Assistant Deputy Minister

Gaming Policy and Enforcement Branch

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**Paralympics Paramedic Training for Aboriginal People with Disabilities**

For the past several months, BCANDS has had discussions with the Vancouver Olympic Committee, Health Canada, Ministry of Employment and Income Assistance, Ministry of Aboriginal Relations and Reconciliation and Service Canada in promoting the training of Aboriginal People with Disabilities as Paramedic Assistants for the 2010 Games.

The intent of this program is to train a group of Aboriginal People with disabilities to a minimal level of Emergency Medical Responder (EMR). The training program will be extended to family members and care givers of the Disabled individual. Once the training is completed, further training will be offered to qualified individuals in Sports Medicine.

All individuals who are successful in their training will then have the opportunity to compete for at least 14 positions that will assist the Vancouver Paramedic Team at the 2010 Olympic Games.

BCANDS will continue to meet with the Vancouver Olympic Committee and interested parties and hopefully secure funding for this initiative. Please be advised that this is not confirmed, however if BCANDS can receive the proper support, we will have to start the process of training as soon as possible.

A list of Aboriginal People with Disabilities with some form of emergency training will be compiled along with a list of Aboriginal People with Disabilities who are interested in the course.

The training is the Red Cross Emergency Medical Responder Program and will be at least 80 hours in length. All students will receive certificates for Emergency Medical Responder (EMR), Automatic External Defibrillator (AED) and Health Care Provider (HCP).

Although this program is not yet been approved, we would like to take this opportunity to invite anyone who is interested to submit their names to our office. We would appreciate any information on any Medical training you received in the past. Please contact;

Robert Harry – [robert@bcands.bc.ca](mailto:robert@bcands.bc.ca)

Andrew Cowie – [andrewcowie@bcands.bc.ca](mailto:andrewcowie@bcands.bc.ca)

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**Promotional Items for Sale**

- ◆ Backpacks
- ◆ Zipper tote bags
- ◆ Golf Shirts
- ◆ T-shirts
- ◆ Thermal Coffee Cups

If you would like to order any of the above mentioned items, please contact Addie Taylor at BCANDS office:

Toll Free: 1-888-815-5511 Local: (250) 381-7303

Email: [addietaylor@bcands.bc.ca](mailto:addietaylor@bcands.bc.ca)



Indian and Northern Affairs Canada  
Affaires indiennes et du Nord Canada

Since 1998, we have been managing the Centre on behalf of the First Nations and Inuit Health program of Health Canada. This facility is available to provide information services and health programs to communities throughout B.C.



**The Resource Centre is readily available to provide:**

- ✓ Information in kits, charts, books manuals, reports, videos and CDs through our lending library system.
- ✓ Complimentary health promotion & prevention material, health awareness & information resources to Aboriginal health practitioners and others in the all communities.
- ✓ Parenting and prenatal educational packages to local First Nations centres.
- ✓ Assistance through community visits, conferences, special events or any type of gathering with a health-related theme.

If you need material, or information do not hesitate to give Addie Taylor, or Debbie Thomas a call at 1-888-815-5511.

You can also send them a request via email to : [addietaylor@bcands.bc.ca](mailto:addietaylor@bcands.bc.ca) or [debbie@bcands.bc.ca](mailto:debbie@bcands.bc.ca)

**Private donations**

BCANDS is a duly registered non-profit society (#S-27869). We receive some funding from governments, but we also rely on corporate and private donations.

Our charitable tax status (#0978981-09) means that we can issue you tax receipts for donations.

Your donation could help us with ongoing operations, or help our Resource Centre buy new books or videos on healthcare and disability issues.

To discuss options for donations, including how to mention us in your will, please call our Executive Director, Robert Harry at the following Toll Free Line: 1-888-815-5511

Email: [robert@bcands.bc.ca](mailto:robert@bcands.bc.ca)

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***Your opinion is valuable, and we look forward to hearing your comments, ideas, and suggestions. Send in your comments to us via email:***

Carrie Tom, [carrie@bcands.bc.ca](mailto:carrie@bcands.bc.ca)

***B.C. Aboriginal Network  
on Disability Society***

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