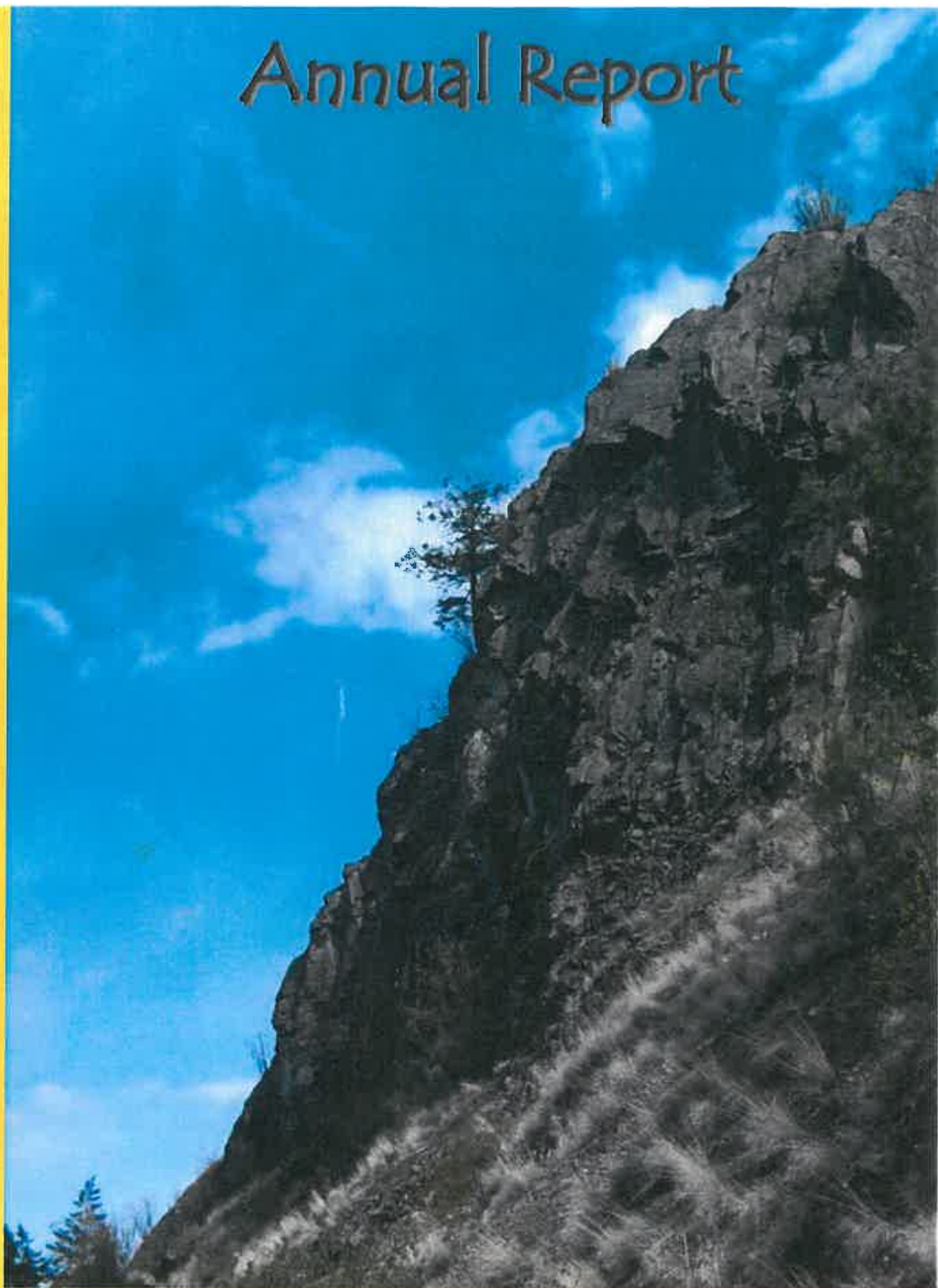


Ki-Low-Na Friendship Society

Annual Report



2013

MISSION STATEMENT



The Ki-Low-Na Friendship Society will provide for the mental health, emotional, physical and spiritual well-being of all peoples through the development of community-based services, while encouraging the community to preserve, share and promote Aboriginal cultural distinctiveness.

TABLE OF CONTENTS



Message From the President	3
Message From the Executive Director	4
Organizational Structure	5

Reports

Administration & Finance	7
Events & Volunteer Coordinator	8
Human Resources	9
Legal Advocate Program	10
Family Assessment	11
Family Support	12
Aboriginal Infant Development	14
Community Action Plan for Children	14
Supervised Access Visits	15
Family Den	16
SkOmxist Preschool	18
Aboriginal Supported Child Development	19
Child's Roots Are Forever	20
Alcohol & Drug Counselling	21
Mental Health Services	22
Connecting the Dots	23
Community Kitchen	24
Diabetes Education & Prevention	25
Aboriginal Community Navigator	25
Community Computer Lab	26
Cultural Connections For Aboriginal Youth	27
Employment Services	29
English Language Services For Adults	31
Homelessness Outreach & Housing Support	35
Elder Care	36

Agenda & Minutes

2014 Annual General Meeting Agenda	38
2013 Annual General Meeting Minutes	39



A MESSAGE FROM THE PRESIDENT



This year marks the 40th anniversary of the founding of the Ki-Low-Na Friendship Society! As I think about those 40 years, my thoughts turn to the thousands of Elders, Youth, families, adults, and the many who first came as infants and have grown up right here with us! So many community members have been touched in some way by the Friendship Society, whether they be clients, staff, or our valued volunteers. Our doors have always been open to all peoples.

The Friendship Society has always been a second home to our Elders, Youth, and all community members in between, no matter what their circumstances or origin—all are welcome, both Aboriginal and non-Aboriginal. Our programs support people in all stages of life; and there's always a warm pot of coffee and a warm welcome for all in our lobby! I'd like to take this opportunity to acknowledge the continuing support of the City of Kelowna, the local business community, and other service providers for their continuing support of our families.

I also wish to thank the many who have served in the past and present on the Board of Directors and as Executive Directors who have provided wise leadership and stewardship to the Society; and the many dedicated and hardworking staff, practicum students, and summer students who have called the Friendship Society their home away from home over the years, and each in their own way have helped to build the Society to what it is today.

Last, but most definitely not least, we could never do what we do without our dedicated volunteers! Countless volunteers over the years have been an invaluable support to so many of our programs. Finally, I'd like to give a special acknowledgement to Dinah Littlechief, who has created many star quilts, and other ceremonial items for the Friendship Society to gift to Youth, Elders, and families over the years.

Karen Vircavs
President

Board of Directors:

President: Karen Vircavs

Vice-President: Gilbert Alook

Secretary: Ann Bell

Treasurer: Dr. R. Robin Dods

Member: Alma Marten

Member: Christina Verhagen

Youth Member: Michael Mucha

A MESSAGE FROM THE EXECUTIVE DIRECTOR

Wai to all of my relations,

Many lim limpts to all of our relatives who walk through Ki-Low-Na Friendship Society's front doors; because of you, we are inspired to work diligently to meet your needs. KFS was incorporated in January 1974 and we are now celebrating our 40th year. We couldn't have done this work without a team of dedicated and visionary Board members, volunteers, and staff. Always, we seek to empower our relatives and not enable them. KFS staff offered programs throughout the year to enrich our clients' lives spiritually, mentally, emotionally, and physically.



Elders were brought in to share traditional knowledge of the land and all that it offers, from medicines, to living healthy and well. Other Elders shared their knowledge and wisdom on the historical impacts that shaped who we are today. They talked about the family systems that existed before colonization, Residential Schools, Indian Act, and explained some of the reasons for the dysfunctionality and chaos we find ourselves dealing with today. Elders spoke of the importance of taking care of self, and reaching out to someone for guidance and advice to seek a good path, and to let go of past hurts, find forgiveness, and move on to a healthier life. Adults and Youth participated in seasonal physical activities. Fall was gym time for basketball, winter for the ski hills, spring for the joggers and summer for the water sports. Staff and friends met weekly to paddle in the dragon boat for preparation of the annual Dragon Boat Festival. In August a week long ceremony and camping adventure for all ages was available. With that, many traditional teachings and stories were shared.

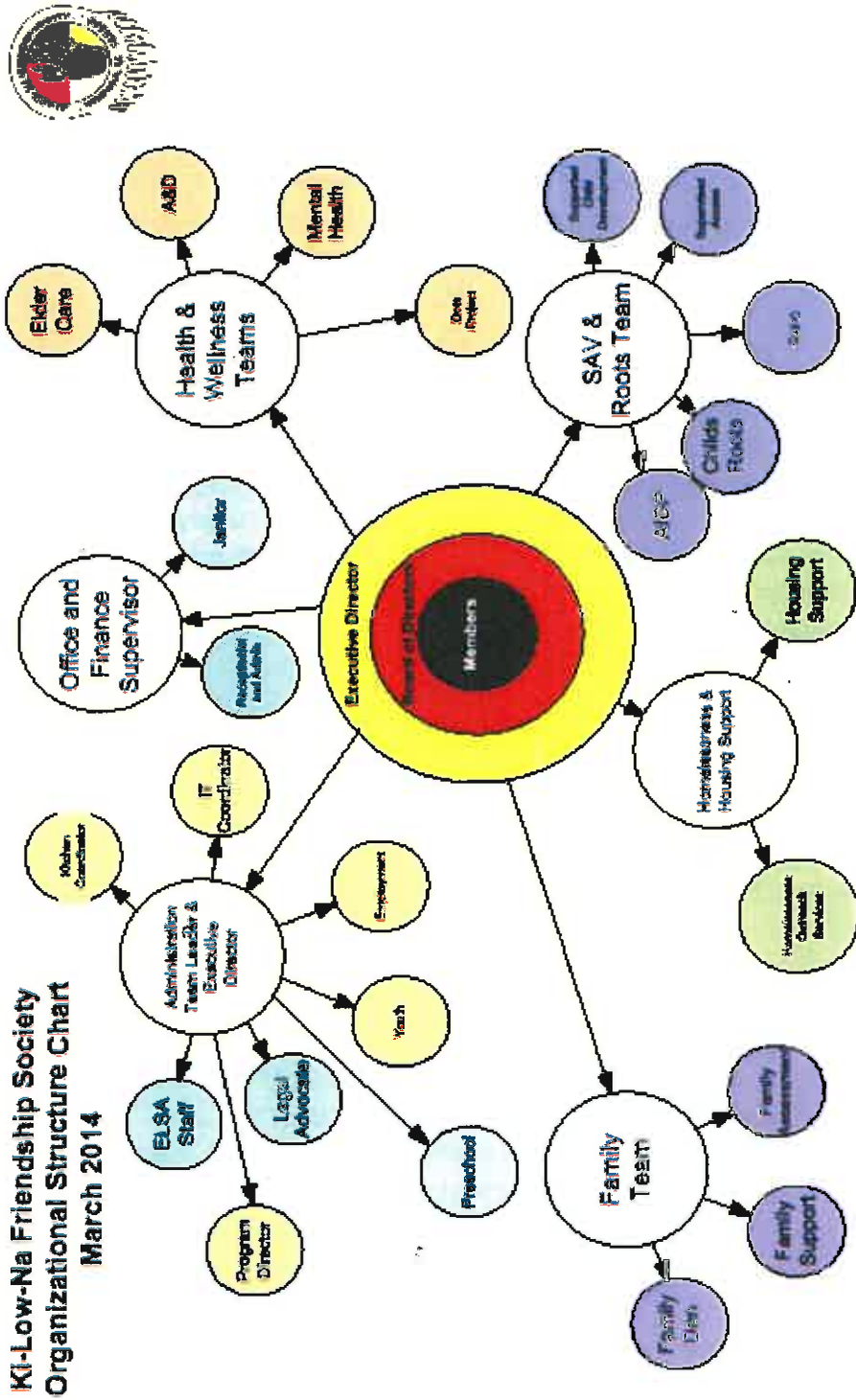
KFS continues to build strong relationships and understanding with our community partners to enrich all of our lives. We work together in events like Sisters in Spirit to eliminate violence against women and children, and National Aboriginal Addictions Awareness Week, which is filled with activities for all peoples to participate in. On December 24th, we open our doors to "Feed the People" a festive dinner before the holidays start. There are also many other events that KFS hosts throughout the year to help our relatives who may be in need.

KFS faced challenges this year. The following five programs ended this fiscal year: Federal Diabetes Education and Prevention, Provincial Diabetes support, Aboriginal Community Navigator, White Buffalo Lodge, and Aboriginal Community Liaison Worker (Corrections Canada). With these challenges, we became stronger and more determined to empower our relatives. We celebrate our forty years of moving forward to bring a better quality of life to our relatives and we look forward to the many successful years to come.

All my relations,

Edna Terbasket
Executive Director

ORGANIZATIONAL STRUCTURE





ADMINISTRATION & FINANCE REPORT

It's been a year of change at the Ki-Low-Na Friendship Society. We've maintained key programs and our core services, but some important projects and programs have ended. Our financial outlook remains strong for 2014-2015 despite the loss of some programs. One of the most exciting new projects started this year involves the development of affordable housing on the Central Green site in downtown Kelowna. BC Housing and the City of Kelowna chose KFS as the lead proponent to develop 86 units on the site. Negotiations continue on the details of the development. If successful, the project will open its doors to tenants in 2016. Here are some of the year's other highlights and changes:

- Our Community Gaming Grant was approved again, allowing us to continue many important programs including the computer lab, Family Nights, Elders Luncheons, as well as several Christmas and holiday activities
- Several important programs have been extended this year including our MCFD funded family services, the Legal Advocate service funded by the Law Foundation of BC, our Interior Health funded Mental Health and Addictions and Elder Care programs, and our Homelessness services funded by BC Housing and Service Canada (through the Central Okanagan Foundation)
- Funding responsibility for our English Language Services for Adults program (ELSA) moved back to the federal government after March 31, 2014. The new program is called Ki-Low-Na Friendship Society LINC Language Training Services. KFS was awarded a new contract running to March 31, 2016.
- The federal New Horizons project to support Elders Mentoring Aboriginal Youth ended March 31, 2014. Tanya Gregoire coordinated this very successful project.
- White Buffalo Lodge closed on February 10, 2014. The City of Kelowna decided to proceed with Mission Creek bridge expansion plans this year and the building had to be torn down to make way for the redevelopment work. WBL was hugely successful. Over 100 individuals were supported in transitional housing during the 3 ½ years the project was open. We thank BC Housing, the Aboriginal Housing Management Association, and the City of Kelowna for their support with this project. Alternative housing was found for all residents before the closing date.
- Integrated Health Network funding from Interior Health for diabetes prevention, education, and nutrition services end March 31, 2014. This project served at-risk Aboriginal and non-Aboriginal clients. Also, the Public Health Agency of Canada changed funding priorities for the off-reserve components of the Aboriginal Diabetes Initiative. All urban programs, including the one operated by the Ki-Low-Na Friendship Society, ended November 30, 2013.
- Our Aboriginal Community Navigator program funded by Interior Health ended October 31, 2013.
- The Correctional Service of Canada pilot project to provide services to Aboriginal inmates released from federal institutions ended this year. We remain hopeful that in the future this pilot will return as an ongoing program.

The Cultural Connections for Aboriginal Youth program ended March 31, 2014. The federal government is replacing CCAY with a new program. We expect more details before the end of the year.

We encourage everyone to get to know the services available at the Centre and sign up to help out as a volunteer at our many special events. Thank you for your support.

Cam Martin

Administration Team Leader



Kim DuBrett-Draney

Office & Finance Supervisor



EVENTS & VOLUNTEER COORDINATOR

This past year was an extremely busy one at the Ki-Low-Na Friendship Society. Photographs from the many events this year are scattered throughout this report.

Among the events held this year were:

- The Sisters in Spirit Vigil to honour and acknowledge the many Aboriginal women who have disappeared over the last several years
- Our annual Children's Christmas Party, Family Nights, the Elders' Christmas Party and other family events
- National Aboriginal Day on June 21st: over 1,500 people attended

We also hosted National Addictions Awareness Week activities and many other program events focused on health and wellness, Residential School Issues, as well as Elders' and Youth activities.

We could never do what we do without the tireless dedication of our many volunteers! We look forward to an active and exciting year in 2014-2015.

Jeremy Bowers

Events and Volunteer Coordinator

HUMAN RESOURCES

As well as basic Human Resources tasks such as recruitment, hiring, and evaluation duties, this year KFS received a new security designation. The Canadian Industrial Security Directorate advised us that we now have a Document Safeguarding Capability (DSC) at the PROTECTED B level which has been approved for our organization. This DSC along with our Designated Organization Screening entitles us to hold sensitive information or assets up to and including the PROTECTED B level. As part of that approval process, I am now the Company Security Officer for KFS. My role involves ensuring our standards for DSC are maintained.



In addition, this year I worked on the development of several special projects outside our ongoing programs:

- Moving Moccasins project: a grant supported cultural opportunities for Youth.
- Standing Strong Project: a grant assisted women in finding their voice to speak about violence against women. Men participated as well. Two participants were cast in a video production to be released in 2014
- Echoes of Yesterday Heard Today Conference: A grant from the United Church of Canada covered the cost of hosting a community conference that showcased Western and Aboriginal modalities of healing.

A Community Sports Development grant was used to purchase sports equipment and clothing for youth.

Always in Great Spirit!

Molly Brewer
Human Resources



LEGAL ADVOCATE PROGRAM

Hello, my name is Yolonda Beaudry and I'm the Legal Advocate here at the Ki-Low-Na Friendship Society. Jeremy Bowers, who provides client and administrative support for the program, is the Legal Advocate Assistant. We provide poverty law services to clients in the Central Okanagan.

This year, we've assisted a number of clients applying for, or appealing, provincial or federal disability benefits. We have helped clients apply for registration to obtain Aboriginal status; we also provided mediation services between clients and their landlords with various tenancy issues. Tenancy matters included representation for dispute resolution hearings. Our program had successes assisting clients with their Employment Standards complaints; as well as clients filing Work-SafeBC claims, review, and or a Workers Compensation Appeal Tribunal (WCAT).

For issues beyond the scope of our program, such as criminal or family law cases, we provide referrals to the Native Court Worker, Criminal or Family Duty Counsel, Legal Aid, or pro-bono lawyer services. We continue to be very busy with an active and diverse caseload.

Our program works closely with a supervising lawyer, and the Advocate and Advocate Assistant attend various legal information workshops and webinars to keep our skills updated in order to effectively assist our clients. We continue to promote the Legal Advocate program by networking with other community service providers, participating in the annual Law Day held at the Kelowna Courthouse, as well as participating in KFS events such as National Addictions Awareness Week and the annual Health Fair.

We want to thank the Law Foundation of British Columbia for their continuing support of this vitally important work.

Yolonda Beaudry
Legal Advocate

Jeremy Bowers
Legal Advocate Assistant



FAMILY ASSESSMENT

The Family Assessment Worker supports and empowers Urban Aboriginal families involved with the Ministry of Children and Family Development (MCFD). I attend investigations, Family Group Conference, safety planning meetings and court to give input and support the Aboriginal families involved with MCFD. I also conduct home visits and advocate for families to help them access resources. In addition, I work closely with the Family Support Workers, A&D, CAPC, AIDP, SAV, Roots Program, Employment, Outreach, Mental Health and the Preschool at KFS to ensure the families get the support services they need in a culturally appropriate manner. The Family Assessment program works with families in a non-intrusive and preventative manner. The program ensures that the views and interests of children and families are heard and represented and the family unit is preserved. Overall the program goal is to empower and support families to stay together.

All my Relations,

Sheridan Terbasket-Wilson, BSW
Family Assessment Worker



FAMILY SUPPORT

My name is Janelle Jakesta and I work as a Family Support Worker. I have lived in the Okanagan territory since 2002 and have had the privilege to work with many local community members. I am Shuswap and Tahltan and have two amazing children. I completed my Social Work degree in June 2013, and was asked to join Sheridan Terbasket's team near the end of November 2013.

I work alongside Michael Blackburn the other Family Support Worker, and with our program we assist Aboriginal families that need support in the community or need direction with navigating through the system of the Ministry of Children and Family Development (MCFD). We assist families with housing, the food bank, referrals to community organizations, court and more. Our families come from Aboriginal communities all over Canada, and we do our best to walk alongside them on their journey of healing and recovery. The majority of our families have systemic barriers they face due to poverty, drug/alcohol usage and dealings with loss of their children. Our role is to support them in allowing our families to find their voice and encourage them when they feel that all hope is lost.

In my role, I have work with mothers who are seeking to get their children back. Our families are referred to our A&D Counsellor, Mental Health Worker, Outreach team, AIDP, and CAPC. We offer wrap around services to provide them with many tools. We assess each family and monitor their progress. We work on team building better ways to assist our families through programs, discussions and collaborative planning.

I also work one day per week at the Family Den on Saturdays and this involves one on one with families in discussing things they are experiencing or wanting to get done. A key factor to success in our role is allowing our families to express what they are going through and allowing them to learn how to problem-solve the obstacles they face. My greatest learning tool for our families is allowing them to be heard and valued as individuals who deserve good things for their future. I believe that each voice that gets the freedom to express what they have gone through allows them to heal and one day they will look back and appreciate the support they have received from our role as "Family Support."

Limpt Limpt (Thank you)!

Janelle Jakesta
Family Support Worker





ABORIGINAL INFANT DEVELOPMENT PROGRAM (AIDP)

My name is Jennifer du Bourg and I joined the Aboriginal Infant Development Program AIDP program in June, 2013. I am Kuuquot First Nation of the Nuuchahnulth. I enjoy working with the families and young children and feel very fortunate to be working with the Ki-Low-Na Friendship Society as the new AIDP worker.

This year Ki-Low-Na Friendship Society managed to get extra funding to provide several culturally appropriate programs for our families. AIDP was one of the programs that benefited from these extra funds.

We offered drum-making workshops; moccasin & beading workshops. We also brought in Stepping Stones Counseling group to do several Play-therapy workshops. We were able to hire a temporary part time worker to help with the AIDP program; Davina Huey who connected well with the families. She has moved on to become our full-time CAPC Coordinator.

The Aboriginal Infant Development Program is a culturally sensitive program that works in respectful ways to support families with children (0-6 years of age). The focus is on the child as a whole, to include health, intellectual, emotional, physical and spiritual well-being. The AIDP supports families by providing home visits, developmental assessments, parenting skill development, and assisting families in accessing other health, social and community services.

This year, the program worked with over 35 families to support their children's healthy growth and development. Our goal is to assist families in increasing knowledge of their child's overall growth and development, and encouraging the skills needed.

Jennifer du Bourg
Aboriginal Infant Development Worker



COMMUNITY ACTION PROGRAM FOR CHILDREN (CAPC)

Hello my name is Davina Huey and I have had the recent pleasure of coordinating the CAPC program. This program consists of developing parenting skills, creating a sense of community, nutrition, and learning traditional crafts and teachings that have the unique benefit of helping families explore their spiritual and cultural roots. In the time that I have been with the program there has been drum-making, moccasin making, beading, gardening, Medicine Wheel teaching with Judy Goodsky, and Playful Connections with Stepping Stones Counseling.

We have recently had two families in our program reunited with their children no longer requiring supervised visits. What I appreciate about the Ki-Low-Na Friendship Society is seeing how all the programs work together to support families in living healthier lives.

Davina Huey
CAPC Coordinator



SUPERVISED ACCESS VISITS

My name is Justin Dyck and I have been working at the Ki-Low-Na Friendship Society as the Supervised Access Visit Coordinator since May of 2013. The program has significantly increased in size since I started just over a year ago. The program currently has 8 supervisors who attend and support visits with the families referred and the success of this program is certainly due in part to the professionalism and reliability of these workers. I look forward to continuing to help connect children in care with their birth parents through maintaining and building relationships.



The Ki-Low-Na Friendship Society provides Supervised Access visits for Aboriginal families involved with the Ministry of Children and Family Development. The purpose of the Supervised Access Visit Program is to ensure the safety of children, and to encourage the maintenance of family relationships.

The Supervised Access Visit program supports families in a variety of ways:

- Positive parent-child relationships are encouraged, and when needed, workers provide gentle suggestions, model appropriate interactions, or protect children from harm if a family member's behaviour is in breach of specific guidelines.
- Whenever appropriate, the program allows families to visit with children in an environment where they feel most comfortable – such as at their home or in the community. For cases where this may not be an option, the Ki-Low-Na Friendship Society has two comfortable visiting rooms available that all families are welcome to use. These rooms are equipped with TVs and DVD players and all sorts of other toys for the families to enjoy.

Overall, the goals of the program are to maintain healthy relationships while supporting Aboriginal families to cope with the separation they may be experiencing, and to support children with the process of integrating back to family and/or community. During my time as Supervised Access Visit Coordinator I have been encouraged by many families that have been doing the necessary work to get their children back.

Justin Dyck
Supervised Access Visit Coordinator



FAMILY DEN

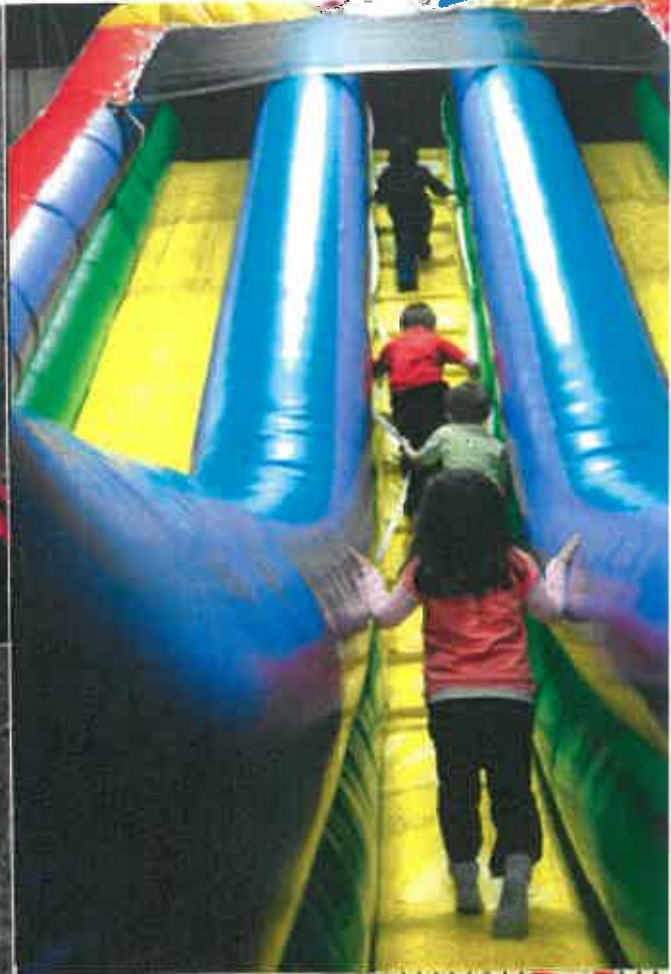
The Family Den is a short-term Family Transition House operated by the Ki-Low-Na Friendship Society for the past 12 years. Family Den provides support to urban Aboriginal parents and children in crisis and at risk of involvement with the Ministry of Children and Family Development. It is a safe, stable living environment to help families work on parenting, education, and employment skills. Most families live at the Family Den for 6 months to a year and participate in KFS programs during their stay.

Sheridan Terbasket
Family Team Leader



WHITE BUFFALO LODGE SNAPSHOTS





SKƏMXIST PRESCHOOL

Currently, SkƏmxist preschool runs Monday through Friday. We have a 3 year old class that is on Tuesday and Thursdays from 9:30 to 12:30 and a 4 year old class that is on Monday/ Wednesday/ Fridays. This class runs from 9:30 to 1:00. There are 15 children enrolled in the Monday/Wednesday/ Friday class and 13 children in the Tuesday/Thursday class. There are 3 Staff employed at SkƏmxist preschool 2 early childhood educators with special need certificates and 1 assistant.

The program runs from September to June. During the school year we give the children the opportunity to try many new things while they are at preschool, this includes field trips out into the community such as the pumpkin patch, going to a hair salon, visiting a Kangaroo farm, Museum, bowling, petting zoo, and the bakery.

SkƏmxist preschool curriculum incorporates Aboriginal culture that includes a cultural teacher who comes into the preschool every month. Her visits include n s y i l x ə n language, songs, art, and tradition foods for the children to eat. This year we also included a parent participa-



tion drum making workshop. The curriculum is also play based giving the children the opportunity to explore, turn take, problem solve, independence, and choice taking. Throughout the year we are also prepping the children for their entry into kindergarten. We provide the children with the knowledge and skills that they will need to succeed such as, learning to print their names, shapes, colours, identifying letters and numbers.

Alice Ryder
Preschool Coordinator



ABORIGINAL SUPPORTED CHILD DEVELOPMENT

The Aboriginal Supported Child Development program (ASCD) assists families of children with special needs and developmental delays. The program's goal is to support access to inclusive services that assist child development.

ASCD provides individual planning to promote each child's development. Training and information are available for families and KFS program staff to help child development. Resources such as books, toys and specialized equipment are also available. The program supports referrals to specialized services in the community.

The Ki-Low-Na Friendship Society program currently focuses on the needs of families with children attending our preschool, but is open to all our families.



CHILD'S ROOTS ARE FOREVER

The "Child's Roots Are Forever" Program ensures that Aboriginal children in the care of the Ministry of Children & Family Development (MCFD) have a cultural plan of care which respects, preserves and promotes the child's Aboriginal identity. The goals of the Roots program include re-connecting Aboriginal children with their families, community, culture and heritage. The three goals are:

- To identify children for whom a return to family or community is appropriate
- Assist MCFD workers, families and communities to develop and implement appropriate reunification plans when children can be returned to family or community
- Identify and implement strategies to strengthen the child's connection with their communities involvement in planning for the child where a move does not appear to be in the child's best interest

In essence, the Roots program assists Aboriginal communities in re-connecting and reclaiming children and youth in MCFD care. The program also nurtures a sense of belonging for Aboriginal children with their birth family including extended family and community members. Another aspect of the program is to support children in care to explore cultural activities and their cultural heritage.

My name is Freda McLean and I have joined the Roots program as of April 2014. I am from the Okanagan Indian Band recently returned to the Okanagan area after living on the coast for 35 years. I am thoroughly enjoying working in the Roots program. To date, contacting and actively engaging bands, agencies, and primary cultural links for completion of cultural plans is a new, exciting and rewarding experience.

One highlight shared with me by Tanya Gregoire, the former Roots Practitioner was the following story:

KFS held a Welcoming and Honouring Ceremony to welcome, bring together, and acknowledge adoptive parents who were adopting Aboriginal children. Before one of the children came to ceremony, he said he did not want to come. During the ceremony, we shared a meal together and held a talking circle where everyone (family, their friends, community members) got to share words on how much the children mean to them. Children shared how happy they are the adoptive parents will be caring for them. After the day ended, the one child who initially did not want to participate said to the group, "I didn't want to come today, but now I don't want it to end."

The story is heartwarming example of how rewarding Roots work can be. Also, as a community approach to providing services, the Roots program participates with other KFS programs and activities throughout the year such as; Elders Luncheons, Christmas festivities, and National Aboriginal Day celebrations.

Freda McLean & Jennifer du Bourg
Roots Practitioner and Roots Team Leader



ALCOHOL & DRUG COUNSELLING

Prevention and treatment programs are developed around the traditional and holistic teachings of the Medicine Wheel. The goal is to assist individuals to recover to a better physical, emotional, mental and spiritual state of health through addictions counseling within a culturally appropriate framework, each individual receives the respect needed to grow and develop a healthy sense of pride and personal responsibility. Culture is an important part of individual and collective empowerment. It highlights the interdependence of personal values, beliefs, attitudes, and behavior. Cultural knowledge strengthens treatment and prevention. The Wellbriety program is a central component of our services. The Medicine Wheel and Twelve Step program utilized in Wellbriety provides a culturally appropriate Twelve Step program option for Aboriginal men and women.

In my program, I provide assessment, counselling, prevention, educational materials and referrals to the appropriate support programs for people who have addictions. Some of the services provided by our Alcohol and Drug Counselling Program which are open to all people include:

- One-on-one counseling
- Referrals for clients to addictions treatment centres, and aftercare support
- Co-ed weekly Wellbriety meetings and Men's Healing Circle—between 3 – 7 people attend these meetings on average
- Weekly Men's Healing Circle
- National Aboriginal Addictions Awareness Week every November provides a time for the community to learn about addictions, and to raise awareness about how addictions affect Aboriginal communities, families, and individuals
- Make available information regarding gambling prevention, and support for families and friends of those in addictions
- Help clients who wish to make the Sweatlodge ceremony a part of their recovery to attend weekly sweat lodge ceremonies in the community

In addition to these program services, during this past year I have also:

- Participated in monthly Family Nights at the Friendship Society, which help clients to know me better and to build trust
- Attended Caring for First Nations Children Society workshop where I received certificate for Completion of Family Support Worker Training in November 2013
- Completed Wellbriety training in Kamloops in February 2014
- Attended the Echoes Conference held on March 26 - 28, 2014, which was very successful in bringing together the Residential School survivors and people who did not attend these schools: each day began with sunrise ceremony which included a pipe ceremony. During the Echoes Conference I facilitated a father and son sweat lodge ceremony

Randy Jim

Alcohol and Drug Counsellor



MENTAL HEALTH SERVICES

As the Mental Health Worker, I focus on services for urban Aboriginal clients within the Kelowna area. I provide one-on-one counselling to this target population, many of whom are suffering from traumas and suffering depression and anxiety. The clients who have identified with a disorder and do not have a psychiatrist are referred to clinical services. Individual plans and goals are developed with each person depending on need.

I offer many group workshops to the various programs at the Ki-Low-Na Friendship Society. Some of the workshops from this past year include: Anger Management, support for the Traditional Parenting and Strengthening Families programs and Healthy Relationships. Each presentation is culturally oriented for the participants. Community education and distribution of culturally relevant resource materials is done at the workshops.

As part of my role in providing mental health services I serve on committees as a representative of the Ki-Low-Na Friendship Society:

- Aboriginal Concurrent Disorder Project: best practice or promising practice models focused on the integration of traditional Mental Health and Substance Use (MHSU) services with Aboriginal models of healing that show promise to create a full spectrum of services for use within the city of Kelowna and surrounding area.
- Aboriginal Health and Wellness Advisory Committee: (AHWAC) was formed on May 6, 2002. The AHWAC functions under the auspices of the Interior Health Board of Directors in accordance with the Aboriginal Health and Wellness Strategy.

Always in Great Spirit!

Molly Brewer, BSW
Mental Health Worker
Health & Wellness Team Leader



CONNECTING THE DOTS

Connecting the Dots (CTD) is a federally funded project intended to help improve the mental, spiritual and emotional wellness of urban Aboriginal youth. CTD is funded through the Public Health Agency of Canada (PHAC) and is led in partnership at the provincial level by the Canadian Mental Health Association, BC Division (CMHA BC) and the BC Association of Aboriginal Friendship Centres (BCAAFC). The partnership promotes a collaborative decision-making approach to the work of CTD and is implemented on a local level with Friendship Centres and CMHA branches in three BC communities.



CTD Kelowna has implemented two intervention programs to address priority risk and protective themes which were food security, family management, community connectedness and cultural connections. CTD launched a food and nutrition education program with both the CAPC and CCAY programs at KFS, and the CMHA Kelowna SuperClub youth group. The food and nutrition education program allows the CTD project to address all themes, and the nutrition-wellness focus of this program also addresses wellness promotion. Digital storytelling was included in the youth program as both an evaluation tool and mental health promotion tool, as creative expression, empowering voice, critical thinking skills, community and self-exploration are all ways in which mental health and well-being can be positively influenced, while telling the story of how a program has impacted health and well-being, in a way that reflects an indigenous storytelling lens.



The second intervention program, Strengthening Families (SF) was launched in October, and was delivered for 12 weeks. SF promotes positive family attachment and healthy family development. This program helps to address family management, connectedness and bonding, as well as explore important mental health issues within families. SF provides information, tools and activities to address complex behavioural and developmental challenges along with promotion of positive family attachment and development. Due to both the success of the first program, and the need to support our community's families, this program will be delivered again from May – July 2014.

The food and nutrition education intervention and Strengthening Families were very well received by the participants. The food and nutrition education participants also indicated that they would like to continue their learning and that they “loved” the course. Significant improvements in confidence and enjoying meals as “family time” were reported. Perhaps the most significant development that is evident in the food and nutrition education programming with the youth groups at KFS and CMHA, is the way that food and food preparation brings youth together. The degree of confidence, inclusion, social support through helping and working in teams, the bonding that occurred at the table over dinner is readily apparent.

Other CTD activities included delivering two workshops to youth delegates at the Gathering Our Voices- Aboriginal Youth Conference (GOV), entitled: *Wheel of Wellbeing: Balance and Self Care*. Both workshops were well attended, despite being scheduled for the end of the day.

Forty youth attended.

CTD also had an opportunity to deliver a workshop at the Okanagan parent Conference, held at the West Bank First Nations Community Centre, as the conference hosts United Way- Success by Six and Aboriginal CATCH are CTD Advisory partners. The workshop CTD facilitators developed, At The Table, combined Attachment Theory with food, specifically how families can enhance cultural connectedness and bonding through cultivating a food and meal culture at home.

Niki Stevenson
CTD Project Coordinator

Canada



COMMUNITY KITCHEN

Our Community Kitchen continues to be a busy focal point for the Friendship Centre. Many programs are supported by the kitchen, such as: Youth, CAPC, AIDP, Diabetes Prevention, Saturday Outreach Breakfast, and Elder Care. In addition, the kitchen has been instrumental in supporting events such as: Strengthening Our Families, National Aboriginal Day, Sisters In Spirit, Family Night, and the Aboriginal Career Fair.



DIABETES EDUCATION & PREVENTION

Both of our Diabetes prevention and education programs ended in 2013.

Our small project funded by the Interior Health Authority focused on diabetes prevention and education for at-risk individuals and families—Aboriginal and non-Aboriginal—as well as management of Type II Diabetes. This project provided much needed support to the Ki-Low-Na Friendship Society Saturday breakfast, which serves from 70 to 110 people every weekend. Nutritious meals were provided using the Healthy Food Policy developed by KFS. Participants received practical information that could be applied to diabetes management. Tanya Gregoire coordinated this project.

Our larger Diabetes Prevention and Education program funded by the Public Health Agency of Canada also ended this past year. Sheila Lewis and Niki Stevenson were the project coordinators.

Diabetes Project activities were designed to create supportive environments to assist in reducing the spread of diabetes in the Aboriginal population. These activities included diabetes luncheons, community kitchens, education sessions, support for increased knowledge of traditional foods, and promotion of healthy lifestyles in all KFS programs. The project worked closely with clinical staff from Interior Health and other community partners, including the Central Okanagan Diab tes program.

Canada



ABORIGINAL COMMUNITY NAVIGATOR

The Aboriginal Community Navigator program provided a range of community health support services focused on the needs of the urban Aboriginal community. These services included referrals to primary health care, support in accessing health services, support for patients discharged from KGH and other primary care facilities, and support for individuals and families with chronic health conditions.

The program worked closely with the Interior Health Aboriginal Patient Navigators and Outreach Urban Health staff to make sure our clients were able access the health services they needed.

Funding for the ACN program ended October 31, 2013. We would like to thank Wayne Jack for his dedication to the program and our clients.



COMMUNITY COMPUTER LAB

The computer lab provides drop-in service so community members can e-mail friends, practice keyboarding skills, look for employment, search the internet, and prepare resumés and cover letters. We help individuals learn basic computer skills, and assist them in solving their computer-related problems. On average, approximately 10–20 people per day use the computer lab.

In addition to the drop-in service, the lab also hosts workshop and training activities for other KFS programs and external agencies.

Randy Weatherbee
IT Coordinator

We acknowledge the financial assistance of the Province of British Columbia.

SNAPSHOTS—2013/2014



CULTURAL CONNECTIONS FOR ABORIGINAL YOUTH

Youth Programs have been an important part of the Ki-Low-Na Friendship Society for many years. But because of a change in government funding priorities, this year was the final one for CCAY.

An average of 15 – 20 youth participated on a regular basis each week in CCAY programming. The youth went on medicine gathering trips to Spotted Lake, Rattlesnake Island, and other sacred Okanagan sites, where they also learned about the history of these sites, and about Okanagan culture from an Okanagan Elder. Youth and Elders collaborated on a number of activities ranging from a weekly song club to crafts and drum making. This provided a vital connection between Youth and Elders, and invaluable mentoring opportunities. Computer skills, development of job skills and job search skills, as well as nutrition-focused life skills were also integrated into the program this year. The PhotoVoice project, in collaboration with CMHA Kelowna, wrapped up this year. But plans are in the works to continue youth PhotoVoice projects in the future.

Recreational opportunities were offered that youth from disadvantaged home situations would not otherwise be able to afford to participate in. Outings to the H2O aquatic centre, horseback riding, and skiing and inner tubing at Big White Ski Resort were among the major activities offered this year. Skating at Stuart Park, yoga and meditation sessions, and hikes and picnics in local parks rounded out the activities for the year. A Youth Council was initiated this year to work in collaboration with the Youth Coordinators and other staff to guide and plan youth activities throughout the year.

Canada 



YOUTH SNAPSHOTS



EMPLOYMENT SERVICES

Another tremendous year, thanks to the hard work of KFS clients, staff, board and all! The Ki-Low-Na Friendship Society, Employment Services Division continues to have a busy, challenging and exciting year. There has been a significant increase in the numbers of unemployed clients visiting our Employment Services Division. We had over 5,000 client visits last year! Clients are required to complete Labour Market Research prior to applying to Okanagan Training and Development Council for financial assistance. I also keep myself updated on current Aboriginal Labour Market trends that way I can monitor the employment and training preferences of the Kelowna Aboriginal community to determine training priorities and to guide future partnership initiatives.



Entering the workforce or qualifying for training programs can often require some academic upgrading for our clients. Unfortunately, our Employment Services is unable to provide a living allowance for upgrading, but through a Memorandum of Understanding signed between OTDC and the Ministry of Social Development and Innovation, our clientele continue to receive an MSD allowance while attending school (up to 1-year).

I work to create positive and innovative job opportunities through the development of partnerships with private and public sector organizations. I attend Kelowna Labour Market Meetings, and continue to make connections with the Okanagan College Aboriginal Student Centre, and I have visited many different Okanagan College departments such as Culinary Arts, Women In Trades etc UBC Aboriginal Access program, First College, BC Safety and Security, Industry Training Authority (ITA), the Southern Interior Construction Association, BC Aboriginal Forestry Council, construction businesses, in order to create a network of resources in many occupations.

Other highlights of the year ran the spectrum from individual training accomplishments to groups of clients completing the BladeRunners program, and the Fuel Modification program. Clients successfully completed training in the following occupations: BC Safety and Security – Security Guard, Certified Irrigation Tech, Heavy Equipment Operator, Carpentry Level One, Emergency Medical Responder, Cabinet Making, Medical Office Admin, Pre-Apprenticeship Electrician, Non Destructive Technician, and Health Care Assistant. Clients have also completed short term courses such as: Food Safe, Flagging, First Aid, Construction Safety Training, H2S Alive, and Petroleum Safety WHMIS.

Thank-you to Caroline, our Employment Services Division Administrative Assistant, who continues to be passionate about assisting our clients. We welcome all of the new clients who have relocated to the Kelowna and as we work in partnership together we will obtain the dreams and future goals of obtaining the job that you are passionate about. Once again, Thank-You to all of our clients who use our services, and we all look forward to another successful year.

Sherida Crane
Employment Coordinator



ECHOES OF YESTERDAY HEARD TODAY CONFERENCE SNAPSHOTS



ENGLISH LANGUAGE SERVICES FOR ADULTS (ELSA)

For over 10 years, the Ki-Low-Na Friendship Society ELSA program has provided English as a Second Language classes for newcomers to Canada. This past year, we continued to offer four classes from Literacy to Level 6-7. All our students learn the English language skills they need to find jobs, support their kids in school, and access community services. They also learn about Aboriginal culture and traditions, Canadian laws and systems, and using language in the community. Students go on field trips to learn about accessing community services and to practice language skills in cafes, museums, and other “real world” situations. The program brings in guest speakers on topics like health services, income tax, legal rights and responsibilities, and starting businesses. Students have access to other services at KFS, and we refer them to the Settlement program at Kelowna Community Resources as well as many other community agencies for additional support.

This year has been a very successful one for ELSA. Demand for our classes was high, with some classes running over capacity for the second year in a row. Staff members participated on regional and provincial committees and boards that focused on improved English language instruction and building better programs and services for immigrants. The Ki-Low-Na Friendship Society is unique in Canada as the only Aboriginal organization providing immigrant services.

We have an excellent team of instructors and administrative staff. Funding for the ELSA program was provided by the British Columbia Ministry of Jobs, Tourism, Skills Training & Minister Responsible for Labour. Starting April 1, 2014, the program changes to the Ki-Low-Na Friendship Society LINC program as funding responsibility has returned to the Government of Canada.

Alana Turigan
Coordinator/Instructor

Anita Veal
Instructor

Carrie Skinner
Instructor

Cathay Gibson
Instructor

Linda Little
Instructor

Cam Martin
Team Leader



ELSA SNAPSHOTS



NATIONAL ABORIGINAL DAY 2013 SNAPSHOTS





HOMELESSNESS OUTREACH & HOUSING SUPPORT

Our Aboriginal Homeless Outreach program provides a variety of services for homeless and at-risk clients. We place individuals in stable permanent housing if possible and support them to maintain that housing. We also find emergency and transitional shelter for clients and provide a range of outreach and housing support services to the homeless population in Kelowna. We focus on the needs of the urban Aboriginal community, but about forty percent of our clients are non-Aboriginal. Our team works closely with other KFS programs and community partners like Outreach Urban Health, Inn from the Cold, Living Positive Resource Society, the Kelowna Gospel Mission, and Canadian Mental Health Association.

We connect with clients on the street or when they drop by our office; we case manage their needs with partner agencies through PICC (Partners in Community Collaboration). Client needs are often complex and involve a range of health, addictions, and other poverty-related issues. We assist our clients by referring them to medical services, providing transportation, hygiene packs, and also help them with Income Assistance applications. We provide a Saturday morning breakfast attended by between 80 to 120 people. Our weekend breakfast program is supported by volunteers from the community.



BC Housing

This year, saw the closing of White Buffalo Lodge Program that was able to provide 39 units of transitional housing for individuals and families at risk of homelessness. KFS was able to operate this facility in partnership with BC Housing, the City of Kelowna, and the Aboriginal Housing Management Association, for three successful years. While we were sad to see this resource go, we were able to successfully re-house every client who was living at White Buffalo Lodge.



Canada

Our Aboriginal Homelessness Outreach team is funded by the Government of Canada through the Homelessness Partnership Initiative and by BC Housing through the Aboriginal Homelessness Outreach Program, which is administered by the Aboriginal Housing Management Association.

Sheila Lewis

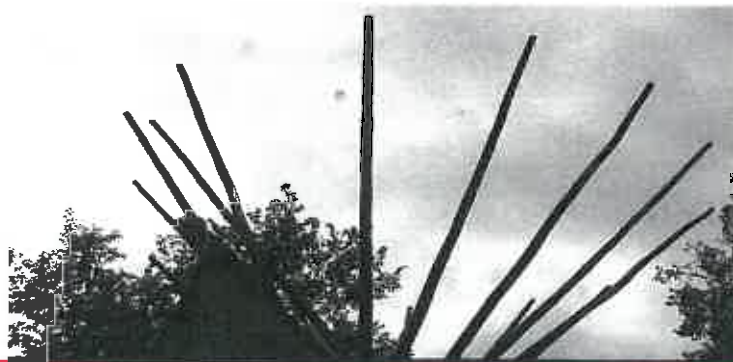
Homelessness Programs
Team Leader

Leanna Romano

Housing Support Worker

Ali Butler

Aboriginal Outreach
Worker



ELDER CARE

Elder Care services at the Ki-Low-Na Friendship Society focus on the needs of the urban Aboriginal community through one-on-one support and group activities, with a focus on health and wellness, in particular chronic disease prevention and management. The health and wellness concerns of the Elders are addressed in a holistic and culturally relevant way through individual home support, group activities to reduce isolation, and referrals to treatment or disease management services. Individual clients are transported to and from hospital or medical appointments. Additional services are intended to increase Elder participation in the community and reduce isolation; these include: healing circles, workshops, education, and monthly outreach activities. Provision of these services naturally involves case management, distribution of culturally relevant materials, and open access to any other services provided by the Elder Care Coordinator.

Highlights of the past year include:

- Workshops on addictions, injury and falls prevention, and Elder abuse
- Monthly Elders' Luncheons with entertainment and health & wellness information presented by guest speakers
- Activities in the community such as the Elders' Summer Picnic, Song Club, and a trip to the Salmon Feast in Okanagan Falls
- The Annual Elders' Gathering held this year in Prince George
- Support for the Elders' Mentoring Project which brought together Aboriginal youth and Elders to support reduced isolation, and increase cultural knowledge

If you would like to participate in the Elder Care Program activities, please contact Amanda Barnes, the Interim Elder Care Coordinator.



STAFF SNAPSHOTS



2014 ANNUAL GENERAL MEETING AGENDA

Wednesday June 25, 2014

5:00 pm

1. Meeting Called to Order

a) Opening Prayer

2. Adoption of Rule of Order

a) Adoption of agenda

3. Minutes of AGM Wednesday June 26, 2013

4. Auditor Report

a) Review/Adoption of March 31, 2014 Financial Statement

b) Appointment of Auditor

5. Director's reports

a) President's Report

b) Executive Director's Report

6. New Business

7. Nomination of Board Members

8. Election of Directors

9. Closing Prayer



2013 ANNUAL GENERAL MEETING MINUTES

Ki-Low-Na Friendship Society
Annual General Meeting
Okanagan Room
Wednesday June 26, 2013

Meeting called to Order at 5:35 pm

1. Opening Prayer by Karen Vircavs

2. Adoption of the 2013 Annual General Meeting Agenda

Motion #1:

To accept the 2013 Annual General Meeting Agenda as presented—no changes or amendments requested.

Moved by: Ann Bell; seconded by: Gilbert Alook; all in favour; motion carried.

It was noted that 7 members were present and quorum was met.

3. Adoption of the 2012 Annual General Meeting Minutes dated June 27, 2012

Edna Terbasket read the Annual General Meeting Minutes which were presented in the 2012 Annual General Report located on page 35, 36, and 37 of the 2012 Annual General Report.

Motion #2:

To accept the Annual General Meeting Minutes from June 27, 2012 as presented.

Moved by: Rodney Bell Seconded By: Julie Desautels; all in favour; motion carried.

4. Auditor Report—Grant Thornton

Review of the March 31, 2013 Audited Financial Statements

Chris Meyers, Senior Accountant from Grant Thornton attended the meeting to present the Financial Audited Statements dated March 31, 2013. It was noted that the draft financial statements have been reviewed with management and the board of directors.

Auditor Report Continued

Review of Contents:

- Independent Auditor's Report

- Statement of Financial Position which is essentially the Balance Sheet
- Statement of Changes in Net Assets
- Statement of Operations which is a condensed version of the Income Statement
- Statement of Cash Flows
- Notes to the Financial Statement

Questions:

Rodney Bell asked overall how the society is doing financially.

Auditor's Response:

Chris Myers referred to the page 3 of the Audited Financial Statements and focused in on the overall deficit and that over the years the deficit has been reduced every year which shows we are on a good path.

Motion #3:

To accept the March 31, 2013 Audited Financial Statements as presented by Grant Thornton.

Moved by: Julie Desautels; seconded by: Gilbert Alook; all in favour; motion carried.

5. Directors' Reports

President's Report:

Unfortunately, Dinah Littlechief sent her regrets for not being able to attend the meeting this evening as she was away at a relative's graduation. Ann Bell read the President's Report which is included in the 2013 Annual Report on Page 3.

Motion #4:

To accept the 2013 President's Report as presented.

Moved by Julie Desautels; seconded by Rodney Bell; all in favour; motion carried.

Executive Director's Report:

Edna Terbasket's Executive Director's Report was included in the 2013 Annual General

Report on Page 4.

Highlights of Report:

- The Centre is here to welcome all individuals to help empower them and not enable them. Would like to acknowledge and recognize our people, our relatives that this is their home and we are here because of them.
- Thanked the Staff, Team Leaders and Volunteers who help do the work (45 Full-Time Staff and 15 Part-Time Staff on board to support events and programs).
- Provided updated of programs and staff changes.
- Overview of major events held: National Aboriginal Day, Gathering our Voices Annual Youth Conference, Rites of Passage, Working with the Elders, Sisters in Spirit (remembering our lost and missing sisters in our community), WFN/KFS Golf Tournament, and Salvation Army Kettle Campaign where staff help raise money and give back to our community. Co-Hosted the 19th Aboriginal Career Fair and next year in 2014 Ki-Low-Na Friendship Society will be celebrating our 40th year of service.
- Lake County Native Association will be hosting their 19th Annual Family Winter Gathering.

Edna Terbasket mentioned that it is an honour and a privilege to have the role as the Executive Director and thanks the board and the membership for having this opportunity.

Motion #5:

To accept the 2013 Executive Director's Report as presented.

Moved by Julie Desautels; seconded by Karen Vircavs; all in favour; motion carried.

6. New Business

No Items were brought forward during this time.

7. Nomination For Board Members

There were 3 board members positions that were up for renewal and required nominations.

The Following Board Members Have Completed Their Terms:

- Karen Vircavs filled in as an Interim Community Member
- Gilbert Alook, Vice President
- Dinah Littlechief, President

Call For Nominations:

- Ann Bell nominated Karen Vircavs
- Ann Bell nominated Christina Verhagen – *it was noted that Christina agreed to accept the nomination*
- Rodney Bell nominated Gilbert Alook.

Motion #6:

To elect Karen Vircavs as a board member for a 2 year term effective from June 2013 to June 2015.

Moved by: Ann Bell; seconded by: Rodney Bell; all in favour; motion carried.

Motion #7:

To elect Christina Verhagen as a board member for a 2 year term effective from June 2013 to June 2015.

Moved by: Ann Bell; seconded by: Gilbert Alook; all in favour; motion carried.

Motion #8:

To elect Gilbert Alook as a board member for a 2 year term effective June 2013 to June 2015.

Moved by: Rodney Bell; seconded by: Julie Desautels; all in favour; motion carried.

Motion #9:

To close the nominations for the 3 positions that are available on the board of directors.

Moved by: Julie Desautels; seconded by: Jane Ritchie; all in favour; motion carried.

Last Call for Nominations (Call was X3)

Motion #10:

Nominations were accepted by acclamation for a two year term starting June 2013 to June 2015.

Moved by: Julie Desautels; seconded by: Arnold August; all in favour; motion carried.

Board Members will meet after AGM to appoint members of the executive committee.

Motion #11:

To adjourn the meeting at 6:45 pm.

Moved by: Julie Desautels; seconded by: Arnold August; all in favour; motion carried.



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