

# *Ki-Low-Na Friendship Society*

## Annual Report



2012—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.

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## PRESIDENT'S REPORT

I've learned a lot as your President over the last four years. I'll be stepping down at our Annual General Meeting in June as my term comes to an end. I would like to thank all the new staff members who have joined our Friendship Centre. Thanks also to all our volunteers who work so hard and help so much. Our Elders Luncheons bring in new faces and help us enjoy and share togetherness and friendship. To all the departments at KFS, I thank you for the work you do in helping our people. Our Executive Director and her team continue to work very hard to keep our Friendship Centre strong and welcoming. Thank you.



I plan to continue helping with programs and volunteering. I'll always be close to the Centre.

Your friend,

*Dinah Littlechief*  
President



### Board of Directors:

President: Dinah Littlechief

Vice President: Gilly Alook

Secretary: Ann Bell

Treasurer: Dr. R. Robin Dods

Member: Alma Marten

Member: Karen Vircavs

Youth Member: Sydni Galuska

## EXECUTIVE DIRECTOR'S REPORT

Wai to all my relations,

As always it is an honor and privilege to be a part of the “empowering” team at the Ki-Low-Na Friendship Society Centre. Our team includes the Board of Directors, volunteers and staff, and program funders. Our mission is to continue to empower our relatives who choose to walk into our front doors by implementing the medicine wheel concept along with the seven teachings into all of our programs and events.

I would like to thank and acknowledge the following Team Leaders: Cam, Arlene, Molly, Sheridan, Sheila, Kim, and Selena for guiding and supporting their teams throughout the year.



Our Centre programs continue to expand and flourish, and over the year we may add a new program or a program may end. We may say good bye to staff and welcome new staff. Jacqueline left Skomxist Pre-School; Alice welcomed Cynthia and Stacy to her team. Micheal replaced Brenda who left her Family Support role to become a full time foster care parent.

Shelly and Robin moved on from their Youth positions and were replaced by Nicole and Michael. Lavana moved on and was replaced by Sherida for the Employment Coordinator role. Holly went on maternity leave and Ali replaced her in the CAP-C program.

Albie took a short leave from his kitchen duties and Kyle filled in for him. Enstarie left her position as the receptionist and Raylene and Julie shared the position.

Outreach/White Buffalo Lodge welcomed Derek, Gloria, and Darren to their team and Sheila took over as the Team Leader. Sadly, Sonja went on a long term disability leave. Dixon left the Aboriginal Community Liaison role and Gloria stepped in.

Carrie joined the ELSA team. Selena took a short leave from SAV and Jennifer replaced her. Davina also joined SAV. Summer students for 2012 were Raylene, Orenda, Cori, and Stuart; they assisted in Administration, Outreach, Youth and Kitchen.

We lost one of our Elders, Virginia Black Plume, she participated in our Traditional Parenting programs and shared a lot of her wisdom and knowledge. We also said farewell to Deborah Loring who volunteered her time in the kitchen and so willingly shared her cooking skills with Albie. Lastly we said good bye to Henry Kooses who lived his life to the fullest.

We continue to be active in the community by participating in Sisters In Spirit, Dragon Boat Festival, Lake Country Native Association's Family Winter Gathering, National Aboriginal Day, Aboriginal

Career Fair, Volunteers appreciation Day, National Addictions Awareness Week, Salvation Army's Christmas Kettle Campaign , Honor Your Health, and Feed the People.

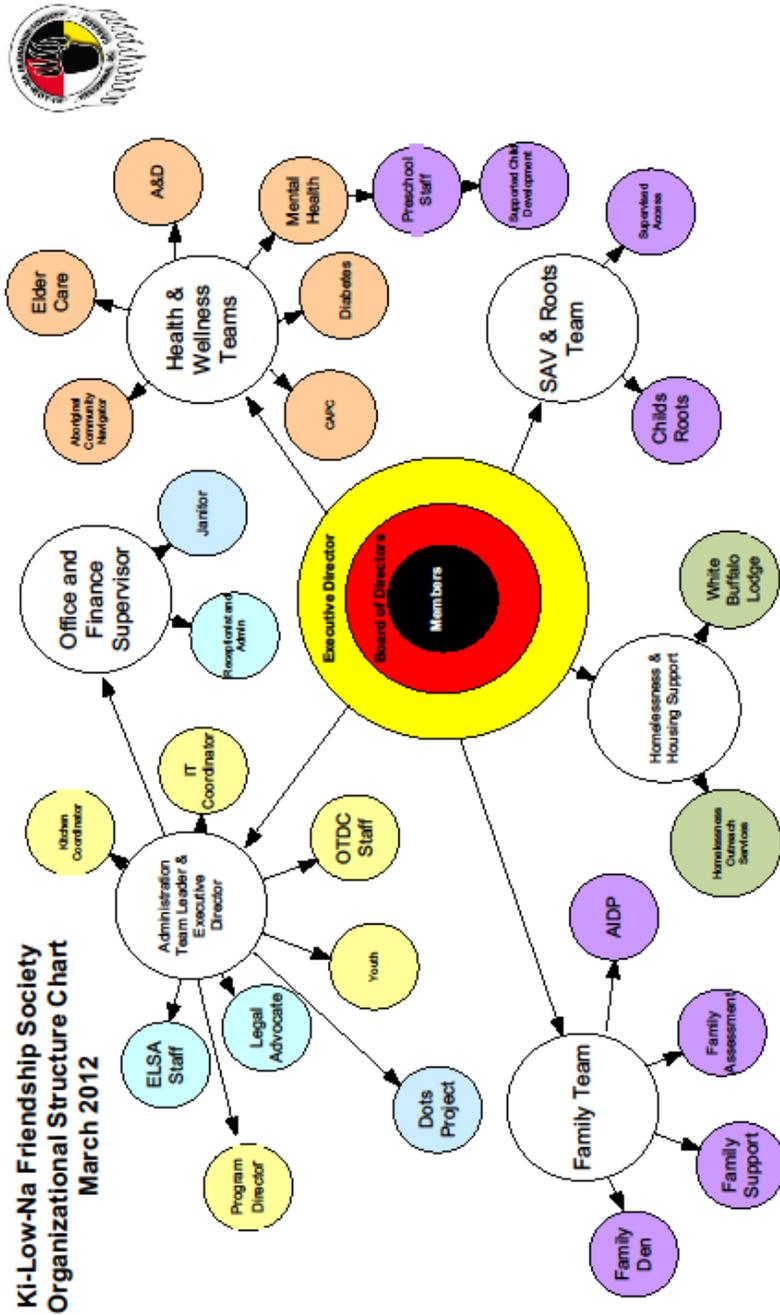
Lim limpt to the Board of Directors, staff and Community members for their continued support and time in assisting KFS to meet the many needs of our people who choose to walk in out front doors.

Lim Limpt, All My Relations,

*Edna Terbasket*

Executive Director





## ADMINISTRATION REPORT

2012-2013 has been another successful year for the Ki-Low-Na Friendship Society. We've maintained key programs and our core services. Here are some of the year's highlights:

- Our Community Gaming Grant was approved, allowing us to continue many important programs including the computer lab, Family Nights, Elders Luncheons, as well as several Christmas and holiday activities
- The federal New Horizons program funded a project to support Elders mentoring Aboriginal youth
- Service Canada's Opportunities Fund for Persons with Disabilities funded an Assistant Events Coordinator/Kitchen Assistant this past year
- White Buffalo Lodge has been extended for another year offering a transitional housing program for 40-50 people
- Integrated Health Network funding from Interior Health was renewed this year allowing us to provide diabetes prevention, education, and nutrition services this past year. This project served at-risk Aboriginal and non-Aboriginal clients. Tanya Gregoire continued her excellent work on this project
- The Correctional Service of Canada project to provide services to Aboriginal inmates released from federal institutions was extended this year. Our Aboriginal Community Liaison Officer, Gloria Dickie, works to assist individuals re-integrate into communities safely and positively
- Several important programs have been extended this year including our MCFD funded family services, our ELSA program, the Legal Advocate service funded by the Law Foundation of BC, and our Homelessness services
- KFS is on solid financial footing again this year. We have managed operating and admin costs effectively and paid reduced mortgage rates in 2012-2013

Our Administration team (Julie Brewer, Raylene Alphonse, Jeremy Bowers, Kim DuBrett-Draney, Cam Martin, and Edna Terbasket) works hard to support our frontline staff members and develop new services. 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 and Finance Supervisor



## HUMAN RESOURCES REPORT

My primary responsibilities as Human Resources Manager involve hiring, staff recruitment, and keeping all employee records up to date. This involves correspondence with our benefits plan, applications, renewals, terminations, change in status, etc. Signing off on timesheets for staff members, ensuring all correspondence with respect to sick days, vacation requests, timesheets, overtime accrued, and time off requests are recorded accurately.

Always In Great Spirit!

*Molly Brewer, BSW*

Human Resources Manager



## EVENTS & VOLUNTEER COORDINATOR

It's been another busy year at the Ki-Low-Na Friendship Society. Photographs from our many events in 2012-2013 are scattered throughout this report. Here are a few highlights from the past year...

Over 1,500 people attended our National Aboriginal Day celebration on June 21, 2012. This is our largest event of the year and it was a huge success.

Important fall events included the Sisters in Spirit Vigil in October, National Addictions Awareness Week in November, and our Children's Halloween Party on Family Night in October.

In December, we hold many events with a Christmas theme, including our Elder's Christmas Party, the Children's Christmas Party, and our annual Feed the People Gathering on December 24<sup>th</sup>.

In March, we hosted a traditional Rites Of Passage Ceremony for our youth and our annual Health Fair.

Thank you to all our dedicated volunteers who help to make our events successful. Also, thanks go out to former Events Coordinator Kathleen Bray, Raylene Alphonse who filled in, and new Coordinator, Dorothy "Dot" Spahan.



# NATIONAL ABORIGINAL DAY 2012 SNAPSHOTS





## LEGAL ADVOCATE PROGRAM

Hello, my name is Yolonda Beaudry, the Legal Advocate here at the Ki-Low-Na Friendship Society. I work closely with Jeremy Bowers who provides administrative and client support, as well as intake management for the program. Our program provides poverty law services to clients in the Kelowna area.

The Legal Advocate Program offers a range of Poverty Law services such as: Aboriginal Status applications; Persons with Disabilities and CPP Disability applications and appeals; Income Assistance appeals; Residential Tenancy issues; and Human Rights complaints; as well as referrals, case management, and other legal service information. We do not provide services in criminal cases or family law cases, although we can provide referrals to the Native Court Worker, Criminal Duty Counsel, Legal Aid, or Pro-Bono lawyer services. We also provide limited assistance with employment standards issues, WorkSafe BC (WCB) appeals, and civil (small claims) matters. Our program works closely with a supervising lawyer. We continue to be busy with an active caseload.

Advocate program staff attend legal information workshops whenever we can in order to keep our skills and knowledge updated in order to most effectively help our clients. We also work closely with the Legal Services Society in many areas, including eligibility for Legal Aid. Additionally, we also continue to network closely with various agencies in the community by attending weekly Partners In Community Collaboration (PICC) meetings, as well as informal networking with community service providers in an effort to provide the best possible information and services to our clients, and to ensure community awareness of our program.

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



# STAFF SNAPSHOTS



## FAMILY ASSESSMENT

The Family Assessment program works with Aboriginal families involved with Ministry of Children and Family Development (MCFD) from a strength-based model. The goal of the program is to work with MCFD and Aboriginal families to look at alternative out-of-care options for children, and support the opportunity to remain with family and/or within their community. The program works to ensure that the views and interests of children and families are heard, and focuses on preserving the family unit while ensuring the safety of the child. The Family Assessment Worker attends MCFD investigations, Family Group Conferences, Mediation, Family Court, healing circles, in-house referrals and community referrals.

All my relations,

*Sheridan Terbasket, BSW*

Family Assessment Worker & Family Team Leader



## FAMILY SUPPORT

The Family Support Program is an important part of the work we do with families at the Ki-Low-Na Friendship Society. Referrals to the Family Support Program are received from the Ministry of Children and Family Development (MCFD) and self-referrals through other Ki-Low-Na Friendship Society programs.

The Family Support Program's goal is to assist Urban Aboriginal parents to be successful and gain confidence in their ability to create and maintain a healthy family.

We support urban Aboriginal Parents who are involved with the MCFD and have, or may be at risk of having their children removed.

The Family Support Workers attend MCFD intake meetings, Family Court, Family Group Conferences, Legal Mediations; we provide emotional client support, transportation, in-house referrals, community support referrals, and client follow-up. We also provide support for families at MCFD meetings.

Parents are guided and supported by the Family Support Worker to understand and follow through with court conditions, and MCFD requirements, in order for a family reunification to take place.



The Ki-Low-Na Friendship Society has two Family Support Workers, Michael Blackburn and Muriel Bray.

Michael's ancestry is Mi'kmaq and German. Michael worked with Nicola –Similkameen S.D 58 for several years and is a Delegated Child Protection Worker.

Muriel Bray's ancestry is Okanagan. Muriel's parents are from Osoyoos Indian Band and Penticton Indian Band. Muriel is the proud parent of three.

In friendship,

*Muriel "Ducky" Bray & Michael Blackburn*  
Family Support Workers



## **FAMILY DEN**

The Family Den is a "Family Transition House" which supports urban Aboriginal families in the family reunification process by providing a safe caring, semi-supervised housing and parenting program. Residents at the Family Den must be involved with the Ministry of Child and Family Development (MCFD). Residents are required to be drug and alcohol free. Families must be willing to work with MCFD and the Ki-Low-Na Friendship Society and participate in KFS programs. Families work on their MCFD recommendations and volunteer as a way of giving back to their community. Most families live at the Family Den for six-months to one year while learning parenting and life skills.



## ABORIGINAL INFANT DEVELOPMENT PROGRAM

The Aboriginal Infant Development Program (AIDP) is a culturally sensitive program that works in respectful ways to support parents and/or caregivers 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.

A very important part of the Aboriginal Infant Development Program involves ongoing training and professional development. By strengthening my knowledge and acquiring new skills in child development, I can pass this valuable information on to the parents that I work with.

I would like to thank Ginny Dumaine, former AIDP Coordinator for many years at KFS, for her dedication to our families and for helping me make a smooth transition to the program.



*Jennifer du Bourg*  
AIDP Coordinator



## SKΘMXIST PRESCHOOL

This year we've had two classes at the preschool with 20-25 children enrolled; each class runs from 9:15 to 1:15. There are three staff members at SkΘmxist preschool: an Early Childhood Educator, an Aboriginal Supported Child Development worker, and one responsible adult. We support each other with a lot of multitasking to provide the children with a supportive healthy environment.

The program runs from September to June. During the school year we give the children the opportunity to try many new things as part of the preschool program: cultural activities, field trips out into the community such as the pumpkin patch, going to a hair salon, visiting Crock Talk, the museum, bowling, petting zoo, and the bakery.

SkΘmxist curriculum incorporates Aboriginal culture and includes a cultural teacher who comes into the preschool every month. Her visits include **n s y i l x c e n** language, songs, art, and traditional foods for the children to eat. The curriculum is also play based giving the children the opportunity to explore, take turns, problem-solve, develop independence, and make choices. Throughout the year we are preparing the children for entry into kindergarten. We provide the children with the knowledge and skills that they will need to succeed in school, starting with learning to print their names, shapes, colors, identifying letters and numbers.

I would like to thank the preschool team, our parents, and especially our preschool children.

*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.

## SUPERVISED ACCESS VISITS

My name is Justin Dyck and I recently graduated with a Bachelor of Social Work degree from UBC Okanagan. I have just been hired at the Ki-Low-Na Friendship Society, and Jennifer Du Bourg has trained me to take over for her as the Supervised Access Visit Program Coordinator. I would like to thank Jennifer and Selena Witt for the work they've done this past year to make the program successful.

The Ki-Low-Na Friendship Society provides Supervised Access visits for Aboriginal families involved with the Ministry of Children and Family Development (MCFD). The purpose of the Supervised Access Visit Program is to ensure the safety of children, and to encourage the maintenance of family relationships. The program currently has 11 supervisors who attend and support visits with the referred families.

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 behavior 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: one is located at the Ki-Low-Na Friendship Society, and the other is located at White Buffalo Lodge. Our family rooms have recently received a make-over, with a number of new toys and activities added 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.



*Justin Dyck*

Supervised Access Visit Coordinator



## CHILD'S ROOTS ARE FOREVER

The Child's Roots Are Forever Program is designed to ensure 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, and has three goals, 1) to identify children for whom a return to family or community may be appropriate, 2) where children can be returned to family or community, to assist Ministry workers, families, and communities to develop and implement appropriate reunification plans, and 3) where a move does not appear to be in the child's best interest, identify and implement strategies to strengthen the child's connection with their communities involvement in planning for the child. In essence, the Roots program assists Aboriginal communities in (re)connecting and (re)claiming 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.

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.



*Tanya Gregoire*  
Roots Practitioner



## COMMUNITY ACTION PROGRAM FOR CHILDREN

The Ki-Low-Na Friendship Society's Community Action Program for Children (CAPC) Program provides a safe environment where children and parents interact, have fun, share resources, and grow together. We learn about the latest research on raising healthy children, provide practical parenting, and offer nutritional information. The CAPC program provides practical health and educational information from conception to birth, for expecting parents and pregnant moms, as well as concentrating on the early years of child development. The program is facilitated in a supportive learning environment with open doors for mom, dad, siblings, aunts, uncles, grandparents and children 6 years and under.

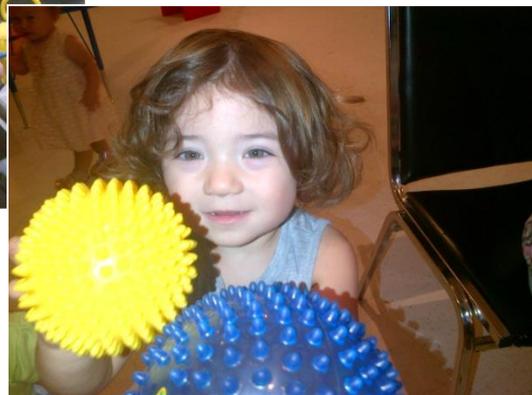
CAPC also utilizes other community organizations and workers including health nurses, nutritionist, dental hygienist and mental health workers. These partnerships help us access the latest information to help parents and children lead healthy and happy lives.

In addition, we continue to take families on outings to expose parents and children to learning opportunities, community recreation, and cultural events. Outings included trips to H2O, Salmon Feast, Nk'mip Desert Cultural Centre, Farmer's market, Fat Cat children's fest, Lake Country Native Association Pow-wow, and many more.

Highlights this past year included: participation in both the traditional parenting workshops, as well as the Granny and Grandpa kit. In particular, having Elders to come in and share their parenting knowledge and storytelling has had a positive impact on the families. The Food Skills for Families was another successful program, where parents had an opportunity to build relationships, interact with each other, and build on the skills in making healthy economical meals for their families.

*Farren Marchand*

Acting CAPC Coordinator



## DIABETES PREVENTION AND EDUCATION

Once again this year, the Ki-Low-Na Friendship Society offered two Diabetes programs.

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, Albert Johns, and Jeremy Bowers worked hard delivering nutrition and meal support.

Our larger Diabetes Prevention and Education program is funded by Health Canada. Niki Stevenson is the project coordinator. Project activities are designed to create supportive environments that will assist in reducing the spread of diabetes in the Aboriginal population. These activities include diabetes luncheons, community kitchens, education sessions, support for increased knowledge of traditional foods, and promotion of healthy lifestyles in all KFS programs. The program goal is to take a participant-friendly and fun approach to activities. Our approach includes hands-on activities like Food Skills, trips to the Farmer’s Market, Diabetes Bingo, videos and interactive workshop sessions. The project works closely with clinical staff from Interior Health and other community partners, including the Central Okanagan Diabetes program. The Coordinator also sits on the IH Diabetes Strategy Kelowna Local Improvement Team. It’s been a great year. I encourage you to check out our program.



All My Relations,

*Niki Stevenson*

Project Coordinator

All My Relations,

*Tanya Gregoire*

Project Coordinator



## ADDICTIONS 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 physical, emotional, mental and spiritual state of health. 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.

Here are some of the activities in 2012-2013:

- Provided one-on-one addictions counselling, family violence education to families, anger and grief issues
- Referrals to treatment centres and aftercare support to individuals who completed their treatment; also provided referrals to detox programs
- Attended case management meetings with Ministry of Children and Family Development and in-house support staff regarding how to help mutual clients deal with family and other presenting problems.
- We hold a Co-ed Women' and Men's Wellbriety Group every Wednesday evening; it is a Medicine Wheel concept using the Alcoholics Anonymous Twelve Step Program; we have anywhere of three to twelve men and women in attendance; I also host a Men's Circle every Thursday afternoon from 1:00 pm – 3:30 pm
- I attend my clients' Marble ceremonies at Round Lake Treatment Centre once they have completed their treatment
- National Addictions Awareness Week 2012 was held in collaboration with Westbank First Nation, and was a very big success; over 1,000 people were served meals throughout the week
- Attended Wellbriety training at Okanagan Indian Band in Vernon and Grief Counselling training at Tsoow Lun Le Lum; also I conducted a mini workshop at the UBCO Campus with our future doctors and nurses on addictions in the work place and how to treat individuals with respect & dignity
- Community partnership activities such as Partners in Community Collaboration and working closely with Outreach Urban Health to support mutual clients
- I've also been involved with the Sweat Lodge, and have directed a number of clients to it as well

All My Relations,  
*Dewayne Turner Robinson*  
Addictions Counsellor



## ABORIGINAL COMMUNITY NAVIGATOR

Hello, I'm Wayne Jack the Aboriginal Community Navigator (ACN). The past year has been a busy one helping clients access health services in the Kelowna area. I've also participated and shared information at our KFS Health Fairs, Elders Luncheons, National Addictions Awareness Week information sessions, and participated in community partnership activities.

The ACN provides a range of community health support services focused on the needs of the urban Aboriginal community. These services include referrals to primary health care, support in accessing health services, support for patients discharged from Kelowna General Hospital and other primary care facilities, and support for individuals and families with chronic health conditions.

1. The ACN is a resource to assist in the provision of culturally sensitive health care services
2. Assists Aboriginal clients to access community services that enhance the continuity of care
3. Advocates respectfully for Aboriginal individuals and families engaged with the health care system

I work closely with the Interior Health Aboriginal Patient Navigators and Outreach Urban Health staff to make sure our clients get access to the health services they need.

If you have any health service questions or need assistance with Non Insured health benefits get in touch with me and I can assist you.

Wishing you and your family a healthy and safe year.

*Wayne Jack*

Aboriginal Patient Navigator



## ELDER CARE

The Ki-Low-Na Frindship Society Elder Care program focuses on the needs of the urban Aboriginal Elder community through various activities. The expressed concerns of Elders are addressed through individual home support. This might be in the form of referrals for treatment and/or disease management services. Group activities are strongly encouraged to reduce isolation and increase socialization. The Community Navigator service may be utilized by Elders for various appointments such as medical tests, medical appointments, and discharge from hospital.

Elders advising focus groups took place quarterly, following the Elders' Luncheon. It now appears that the Interior Health Authority Seniors Health Advisory Committee (SHAC) meetings have now been discontinued. The SHAC used to meet monthly, and provided up-to-date elder-related health information, training, and contacts. It will be sorely missed, as it was a valuable source of training for elder care. The monthly Elders' Luncheons are continue to be, and always have been, well attended. Additional services include: healing circles, workshops, health education, and when they're available—culturally relevant materials are distributed.

The Elders' Song Club, which began in January of 2011 continues to create space for joyful socializing for some of our elders. In the past two years, attendance has averaged about six per session. This year, attendance has fallen off. I suspect the reason may be due to Elders becoming bored. An attempt was made to revitalize the program through the introduction of small instruments. As there is no assigned budget for this program, music stores were solicited for donations of instruments, however this effort proved unsuccessful. Perhaps this activity has lived out its time. If attendance continues to lag, it may be discontinued.

Other highlights for the past year include:

- In April, The Elder Care Coordinator took the Financial Literacy for Older Adults training through the B.C. Centre for Elder Advocacy and Support (BCEAS), and received training in order to provide this training workshop, which was provided for the Elders in October
- Elders' Song Club singers sang for the annual Volunteer Appreciation Dinner
- Hearing clinic, with a presentation from a hearing specialist, followed by hearing tests
- Falls and Injury Prevention workshop
- Traditional sage picking outing
- An event for the National Day of Reconciliation and Healing was coordinated with a special ceremony to facilitate healing for elders; 35 elders attended
- The fourth annual Elders' Summer Picnic at Sun-Oka beach in Summerland in June
- Elders' Gathering in Abbotsford in July
- Annual Salmon Feast in Okanagan Falls in September
- Elders' Bannock and Tea was held to honour our Elders on National Seniors Day in October
- Also in October, The Elder Care Coordinator facilitated the B.C. Centre for Elder Advocacy and Support Financial Literacy for Older Adults workshop

- Advanced Care Planning workshop
- Elders Family Systems Healing Circle, facilitated by the Elder Care Coordinator as part of National Addictions Awareness Week activities
- Elders' Song Club singers sang Christmas carols out in front of KFS—many passers by joined in
- Annual Elders' Christmas Dinner
- Elders' Tea Learning and Conversation Circles in January, February, and March
- Several youth and Elders attended a dinner, get-together, and talking circle in February—Elders have expressed strong interest in being more involved with KFS youth



The Elder Care Coordinator also supervised a fourth year UBCO Bachelor of Social Work practicum student from January through April of this year.

*Arlene Vrtar-Huot, BSW, RSW*  
Elder Care Coordinator



## MENTAL HEALTH SERVICES

As the Mental Health Worker, I am responsible for urban Aboriginal clients within the Kelowna area. The region covers the greater Kelowna area, Lake Country, Westbank, and Peachland. My program focuses on women and men who are 19 years of age and older. They are status, non-status, Métis, Inuit and non-Aboriginal. I provide one-on-one counseling to this target population, many of whom are suffering from traumas, 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 also offer many group workshops to the various programs at the Ki-Low-Na Friendship Society. Some of the workshops from this past year include: Relationships – The Good, Bad and Ugly, Anger Management, and support for the Traditional Parenting program. 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 many committees as a representative of the Ki-Low-Na Friendship Society:

1. UBCO Concurrent Disorders Project
2. AWAC: Aboriginal Wellness Advisory Committee
3. KFS, UBCO and Okanagan College Aboriginal Career Day Committee
4. Okanagan Hub Representative
5. MCFD Building Partnerships
6. MCFD Protocol Committee



Mental Health services are funded by the Interior Health Authority.

Always In Great Spirit!

*Molly Brewer, BSW*  
Mental Health Worker



## CONNECTING THE DOTS



Connecting the Dots is a research partnership between CMHA Kelowna and the Ki-Low-Na Friendship Society. The project is funded by the Public Health Agency of Canada. Parallel projects are also running in Quesnel and Port Alberni.



The project is designed to improve the mental wellness of young urban Aboriginal families by implementing and adapting a promising model known as Communities That Care. Communities That Care uses a five-step process to bring different parts of the community together – from school representatives to law enforcement, city and business leaders to faith community members, youth and health professionals. Community members then work together to first measure risk and protective factors for mental wellness and then implement proven strategies to promote healthy outcomes for young people.

Over the past year, Connecting the Dots has been involved in many exciting activities. Two key project components were Photovoice and Tribal Best Practices. Photovoice is a visual research method that supports participants in documenting their experiences through photography and attaching stories and narratives to photos in an effort to raise awareness and influence positive change



Tribal (First Nation, Aboriginal) Best Practices is a workshop-based exploration of how best to demonstrate the validity of cultural practices in community programming. The Tribal Best Practices training was well attended by community leaders and Connecting the Dots is seeking to follow up with community participants to explore what the next steps are for our community and for our people.



*Sheila Lewis*

Connecting the Dots Coordinator



## CULTURAL CONNECTIONS FOR ABORIGINAL YOUTH

The Cultural Connections for Aboriginal Youth (CCAY) program accomplished a lot in a short time this past year. A delay in funding decisions meant that all CCAY programs across Canada didn't really get started until October, 2012 although some programs like the one at the Ki-low-na Friendship Society operated without funds in April, 2012.

The Youth group participated in a variety of activities. Some of the most successful included: learning First Nations culture and legends, Fit4Defense martial arts, PhotoVoice, Cultural Safety, recreational and fitness activities, traditional crafts, as well as cooking and healthy eating.

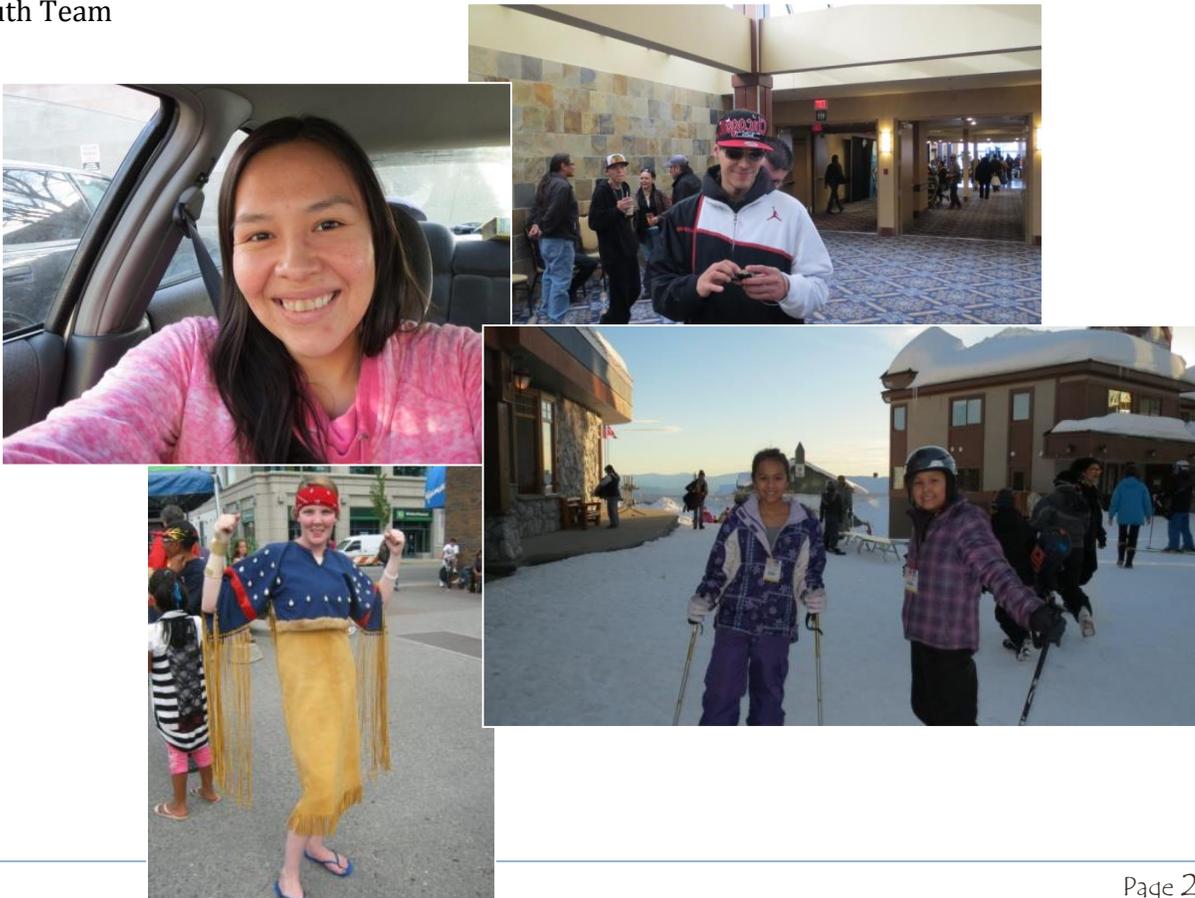
Youth also participated in a very popular Elders/Youth program component with the support of Elder Care Coordinator Arlene Vrtar-Huot.

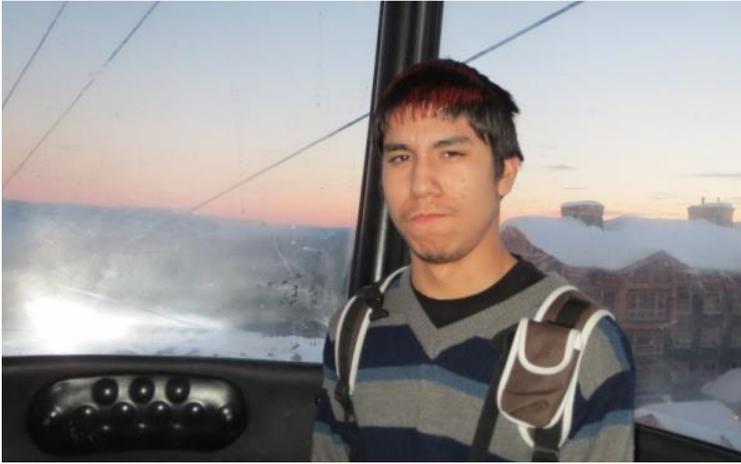
Many youth were able to attend Gathering our Voices Youth conference in Penticton this year. The Connecting the Dots project provided crucial support for our youth team. It has been a great year. As one of our youth said, "We can learn things at the group that we can't learn in school."

Funding for CCAY is provided by the Government of Canada, through the Department of Aboriginal Affairs and Northern Development.



*Nicole Big Sorrel Horse & Michael Bissonnette*  
CCAY Youth Team





## 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 populations 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's 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.

We've had some staff changes this year. Special thanks to Sonja Mountain, who worked so hard to build this program. Sonja is on extended medical leave and has had to give up her Team Leader role.

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.

*Sheila Lewis*  
Homelessness Programs  
Team Leader

*Leanna Romano*  
Housing Support  
Worker

*Ali Butler*  
Aboriginal Outreach  
Worker

*Derek Renneberg*  
White Buffalo Lodge  
Coordinator

*Darren Wittner*  
White Buffalo Lodge  
Support Worker

*Shannon Beaudry*  
PT White Buffalo Lodge  
Support Worker

*Gloria Dickie*  
PT White Buffalo Lodge  
Support Worker



BC Housing  
Canada

## WHITE BUFFALO LODGE

White Buffalo Lodge (WBL) provides 39 units of transitional housing for individuals and families at risk of homelessness. This was our third year of operation in partnership with BC Housing, the City of Kelowna, and the Aboriginal Housing Management Association. Once again this year, the Lodge was full with a waitlist usually of between 10 to 20 people.

Because of its unique environment—a former motel—in order to ensure safety for everyone living there, residents must sign program agreements before moving in. Residents and the WBL team hold monthly meetings to discuss issues and sort out problems. Residents are encouraged to access other KFS services when appropriate, or connect with our community partners such as Outreach Urban Health.

Residents, staff, volunteers, and community supporters worked hard again this year to maintain the community garden project at WBL. We would like to thank White Buffalo Lodge residents for their support in making this project successful.

And a big thank you also goes out to the many members of the community who donated services and materials to support the work at WBL.

*The White Buffalo Lodge Team*



BC Housing



## EMPLOYMENT SERVICES

The Ki-Low-Na Friendship Society Employment team has had another busy year

Employment Assistant Caroline Bechtel and Employment Coordinator Sherida Crane provided services for over 3,000 client visits this year.

Our program offers short and long term funding. We send clients on short term courses such as First Aid, WHMIS, BST (Basic Security Training), Flagging/Traffic Control, Construction Safety Training (CST), H<sub>2</sub>S Alive, Petroleum Safety (PST), Food Safe, and Serving It Right.

We also provide client support with job-search, resume development, and referrals to other in-house and external services.

The Ki-Low-Na Friendship Society Employment Program is funded by the Okanagan Training and Development Council.



*Sherida Crane*  
Employment Coordinator

*Caroline Bechtel*  
Employment Assistant



## ENGLISH LANGUAGE SERVICES FOR ADULTS

The Ki-Low-Na Friendship Society English Language Services for Adults (ELSA) program provides English as a Second Language classes for newcomers to Canada. This year, we offered four classes: three Literacy to Level 5 classes plus a new Level 6-7 class focused on advanced students. 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 rights, and using language day-to-day in the community. They go on field trips to the library, courthouse, museum, and many other places in the community. We also bring in guest speakers on topics like health services, income tax, legal responsibilities and rights, 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 once again the highest it's ever been, with some classes running over capacity. Staff members participated on regional and provincial committees and boards focusing 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 support staff. Funding for the ELSA program is provided by the British Columbia Ministry of Jobs, Tourism, and Innovation.

*Alana Turigan*

ELSA Coordinator/Instructor

*Cathay Gibson*

Instructor

*Anita Veal*

Instructor

*Linda Little*

Instructor

*Carrie Skinner*

Instructor

*Kim DuBrett-Draney*

Finance Supervisor

*Cam Martin*

Administration Team Leader



## ABORIGINAL COMMUNITY LIAISON OFFICER

The Ki-Low-Na Friendship Society provides support for Aboriginal inmates being released from federal institutions through a program funded by the Correctional Service of Canada. The project is designed to improve the community re-integration process for inmates through culturally appropriate supports and links to community services. Aboriginal inmates make up a disproportionate percentage of Canada's prison population. Our goal for this project is to create a model for future services, to reduce recidivism, and assist former inmates to live healthy productive lives.



*Gloria Dickie*

Aboriginal Community Liaison Officer

## 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 resumes and letters. We help individuals learn basic computer skills, and assist them in solving their computer-related problems. For most of this year, 10 to 20 people a day used the lab.

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

Funding for the computer lab is provided by the Province of British Columbia through a grant from BC Gaming.



*Randy Weatherbee*

IT Coordinator



## **2013 ANNUAL GENERAL MEETING AGENDA**

**Wednesday June 26, 2013**

**5:30 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 27, 2012.**
- 4. Auditors Report**
  - a) Review/Adoption of March 31, 2013 Financial Statement
- 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**

## 2012 ANNUAL GENERAL MEETING MINUTES

Meeting Called to Order at 6:32pm

1. Opening Prayer by Dinah Littlechief
2. Adoption of the 2012 Annual General Meeting Agenda

### **Motion #1**

To accept the 2012 Annual General Meeting Agenda as presented - no changes or amendments requested.

Moved By: Ann Bell; Seconded By: Alma Marten; All in Favor; Motion Carried.

3. Adoption of the 2011 Annual General Meeting Minutes dated June 29, 2011

Edna Terbasket read the AGM Meeting Minutes which were presented the 2012 Annual General Report located on page 33.

### **Motion #2**

To accept Annual General Meeting Minutes from June 29, 2011 as presented.

Moved By: Dinah Littlechief; Seconded By: Alma Marten; All in Favor; Motion Carried.

4. Auditor Report ~ Grant Thornton

### **Review of the March 31, 2012 Audited Financial Statements**

Tyler Neels, Senior Manager from Grant Thornton presented the Financial Audited Statements dated March 31, 2012. It was noted that the draft financial statements have been reviewed with management and the board of directors.

### **Review of Contents:**

- Independent Auditors 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

**Motion #3**

To accept the March 31<sup>st</sup> 2012 Audited Financial Statements as presented by Grant Thornton.

Moved by Gilbert Alook; Seconded by Alma Marten; All in Favor; Motion Carried.

**5. Appointment of the Auditor**

**Motion #4**

Would like to appoint Grant Thornton for a 2 year appointment as our auditor (2013 + 2014) Moved by Ann Bell; Seconded by Dinah Littlechief; All in Favor; Motion Carried.

**6. Directors Reports**

**a. Presidents Report**

Dinah Littlechief President's Report was included the 2012 Annual Report on Page 3. Alma Marten read the report to membership.

**Motion #5:**

To accept the 2012 President's Report as presented.

Moved by Ann Bell; Seconded by Gilbert Alook; All in Favor; Motion Carried.

**b. Executive Directors Report**

Edna Terbasket's Executive Director's Report was included in the 2012 Annual General Report on Page 5. Alma Marten and Edna Terbasket read the report to the membership.

**Highlights of Report:**

- Organization has been in service for 38 years
- Thanked the Team Leaders for their help and support
- Provided updated of programs and staff changes
- Overview of major events held

**Motion #6**

To accept the 2012 Executive Director's Report as presented.

Moved Gilbert Alook; Seconded by Dinah Littlechief; All in Favor; Motion Carried.

## **7. New Business**

No Items were reviewed or brought forward during this time.

## **8. Nomination For Board Members**

There are 3 board positions that are up for renewal and require nominations.

### **Call For Nominations:**

Ann Bell nominates Robin Dods (*It was noted that Robin Dods was not present but she accepts her nomination*)

Dinah Littlechief nominates Ann Bell. Ann Bell accepts her nomination.

Gilbert Alook nominates Alma Marten. Alma Marten accepts her nomination.

### **Motion #7**

To elect Robin Dods as board member for a 2 year term effective from June 2012 to June 2014.

Moved By: Ann Bell; Seconded By: Dinah Littlechief, All in Favor; Motion Carried.

### **Motion #8**

To elect Ann Bell as board member for a 2 year term effective from Jun 2012 to June 2014.

Moved By: Dinah Littlechief; Seconded By: Alma Marten; All in Favor; Motion Carried.

### **Motion #9**

To elect Alma Marten as a board member for a 2 year term effective June 2012 to June 2014.

Moved By: Gilbert Alook; Seconded By: Tommy Falardeau; All in Favor; Motion Carried.

### **Motion #10:**

Request to close the nominations and the following members have been elected by acclamation for a 2 year term: Robin Dods, Ann Bell and Alma Marten.

Moved By: Ann Bell; Seconded By: Gilbert Alook: All in Favor; Motion carried

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

### **Motion #11**

To adjourn the Annual General Meeting at 7:02pm.

Moved By: Ann Bell; Seconded By: Gilbert Alook; All in Favor; Motion Carried.

## **9. Closing Prayer by Gilbert Alook**





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