



# TEAM 20

Natural helper: A community member who offers support to elders even if they are not being paid and the elder is not a blood relative. These helpers are essential in supporting elders to age in place.

*Technology for the way that we are: community-based holistic elder engagement, IAGG 2017.*

(i-caare.ca/iagg2017)

## Team Members on the Move



L-R: Wayne Warry, Kristen Jacklin, and Melissa Blind at a CCNA event in 2014.

We have exciting news! Members of Team 20 have joined the Memory Keepers Clinic at the Faculty of Medicine, University of Minnesota, Duluth. Kristen Jacklin, Wayne Warry, and Melissa Blind will be taking their skills over the border to support aging and memory loss research in the United States. Part of their mandate at this new clinic is to continue their work on Manitoulin, and they are travelling back often.



Cath Josif, a member of the Australian team who developed the Kimberly Indigenous Cognitive Assessment visited Manitoulin the first week of August, 2017 to learn about Indigenous health services and ways of life on Turtle Island. Here she is with Joseph Pitawanakwat on a medicine walk. Cath shared that this time on the land was her “aha” moment on this trip to Manitoulin.

### **Congratulations!**

Our CCNA Team 20 Trainees, Sharlene Webkamigad and Ashley Cornect-Benoit are graduating from their Masters program at Laurentian University on October 28, 2017. We will catch up with them this winter and share their travels with you in our next issue, Spring 2018.

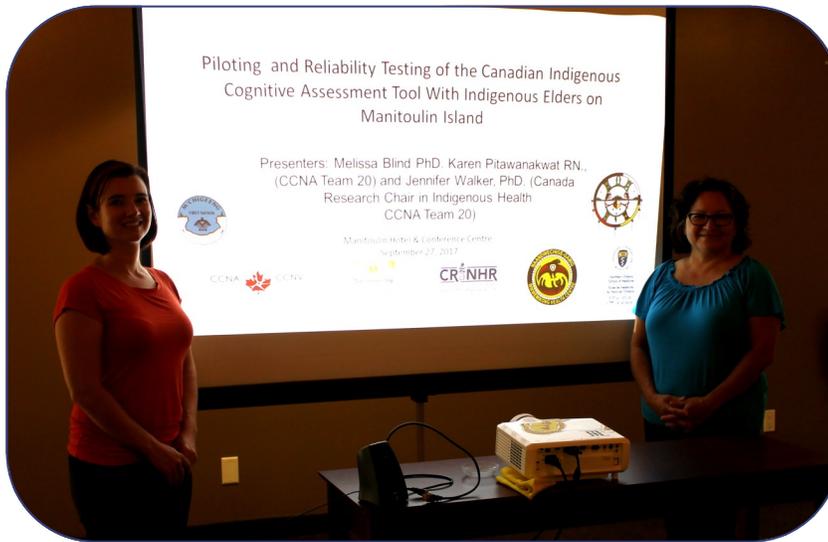
***Miigwetch to both graduates for all that they have brought to our work.***

## Bringing local providers to the table

On September 27, 2017, Team 20 hosted a meeting in Little Current for local providers in partnership with the Manitoulin Local Education Group. Dr. Melissa Blind and Karen Pitawanakwat, RN presented “Piloting and Reliability of the Canadian Indigenous Cognitive Assessment with Indigenous Elders on Manitoulin Island.” Dr. Jennifer Walker presented further details on reliability testing and upcoming validation (for more details check out p. 4).

Nine local providers, including physicians, nurses, and allied health professionals, shared a meal with the research team and made suggestions for continuing this research and including local health services. Many providers were eager to see the Canadian Indigenous Cognitive Assessment in practice one day and wished us luck on the validation.

Melissa and Karen getting ready to present. These findings were previously presented at the International Association of Geriatrics and Gerontology World Congress in San Francisco, California, this past July (see p. 1).



“Getting an accurate diagnosis as early as possible can rule out causes of memory loss not due to dementia and can help you access care that you need. Having a family member or friend with you for diagnosis is helpful.”

*The Path of Dementia*  
(i-caare.ca/factsheets)

## Making Memories in M’Chigeeng

On October 3, 2017, Team 20 and our partners at the Health Sciences North Research Institute held a community information session in M’Chigeeng First Nation. Roughly 50 people attended the sharing circle held at the Saaswahns Spiritual Centre. Elders Jean McGregor-Andrews and Bill Antoine generously offered their time and shared Indigenous views of dementia and aging with the circle.

**Kind Words Corner**  
*“We have the right to be the people that we are and live a healthy, well-balanced life.”*

Elder Jean McGregor-Andrews (Birch Island)

Elder Jean offered teachings on many areas, including how to care for a loved one with buried memories, the importance of valuing and including elders, the resilience of the people, and the good life. Elder Bill shared teachings around the life cycle, returning to childhood, and aging well. Dr. Janet McElhane, a geriatrician based in Sudbury at Health Sciences North, shared information on how she works with older adults and how health care providers can be more culturally safe. She shared that taking the time to get to know the elders she works with and hearing their stories drives her work.



Dr. Janet McElhane

Dr. McElhane explained that communities already know how to age well, and shared a story about the three rules for successful aging: stay connected to community, stay active, and eat well.

Community members who attended shared many teachings and stories of loved ones, like being grateful despite hardships, the importance of laughter, caregiver needs, and the wounded spirit. Roger Beaudin generously offered his time as MC and guided the circle from opening to closing.

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# Let's talk about the "CICA"

The Canadian Indigenous Cognitive Assessment (CICA) is a tool that Team 20 has developed. It will be used by doctors, nurses, PSWs, and other providers to screen for dementia once we make sure that it works. The results have been promising so far. We piloted the tool, so we know that the CICA is comfortable for people to use, and that the questions are easy to understand. We also tested the CICA for reliability, to see if it works the same way every time it is used, and it does.

Next, we need to know for sure that it works. This process is called validation. We will go over the CICA with 70 community members from all over Manitoulin, and then each of those community members will visit with a geriatrician. We will compare what the CICA said about each person's memory with what the geriatrician found while she was visiting with them. Participants will decide if they want to share these results with their own health care provider or not.



The advisory and language groups meet on Sept. 27 to discuss the CICA. L-R: Bonita Bebamash, Melissa Blind, Jean McGregor-Andrews, Evelyn Roy, Ashley Amson, Rose Shawanda, Jennifer Walker, Roseanne Debassige, Isaac Pitawanakwat, Joe Peltier, Roselinda Peltier, and Rhonda Trudeau.

## Next Steps

In the coming months, Team 20 will be focussed on validating the CICA, and bringing forward some of our other work. Stay tuned for information on PIECES of my Relationships and an art-based research collaboration with knowledge keepers in the Spring 2018 newsletter!

If you want to help validate the CICA, get in touch with Karen (see below).

Get in touch...

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## Meet Jen



Dr. Jennifer Walker is of Haudenosaunee and settler ancestry. Her research focusses on Indigenous health and health service use across the life course.

Dr. Walker is a Canada Research Chair in Indigenous Health, and believes deeply in community based approaches. She roots her approach in listening to older Indigenous adults, and hopes to benefit the health of elders across Turtle Island.

Dr. Walker is based at Laurentian University in Sudbury, but also works with the Institute for Clinical Evaluative Sciences and the University of Toronto.

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