

# ANNUAL REPORT



2024/2025

CONSEIL DES ABÉNAKIS  
**ODANAK**



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# EXECUTIVE DIRECTOR



# EXECUTIVE DIRECTOR



**DANIEL G. NOLETT**

Executive Director  
Abenaki of Odanak  
Band Council

Kwaï, kwaï mziwi!

The 2024–2025 year proved to be another extremely busy one. I would like to highlight the excellent work done by all the Council teams and staff, from the administration office to the health center, public works, the Land and Environment Office, and the Abenaki Police Force. All of these wonderful people are extremely dedicated to the organization's mission, vision, and values and are committed to serving the community well. For all of this, I would like to thank and congratulate them. Pita wlalokaw8gan mziwi!

Several projects were completed this year. The most notable developments in 2024–2025 were, of course, the signing of the settlement agreement on the two specific claims of Odanak and the Seignorial System (Saint-Francis Mission) and the agreement with the Government of Canada on the 38 lots. This agreement was the culmination of over 20 years of hard work by the research team of the Grand Conseil de la nation Wabanaki (W8banaki) and our attorneys at Dionne Schulze. Upon examining our audited financial statements for the fiscal year 2024–2025, you will notice that our total revenues amounted to \$221,251,966. However, please note that this amount includes the \$10,000,000 paid by the federal government as compensation for the incidental costs incurred by the Odanak and W8linak Councils to finalize and negotiate the three land claim files (Odanak and the Seignorial System [the Saint-Francis Mission], as well as the file concerning the 38 lots and the original boundaries of the Seigneurie of Bécancour). It also includes an amount of \$190,000,000 stemming from these same land claims. In summary, we are maintaining our standards of excellence in financial health.

Wli agizow8gan! Enjoy your reading!

## ADMINISTRATION

### CAPITAL ASSETS

Regarding the shelter project for Indigenous women and children fleeing violence, construction began on April 22, following the public call for tenders launched in December on the ETS (Electronic Tendering System). The contract was awarded to Therrien General Contractor. The work was completed on December 13. We are currently in the process of hiring for the position of shelter director. Human resources has met with several candidates and discussions are underway with one of them. Once in office, the director will be responsible for establishing the necessary structure for the proper operation of the shelter.

This includes drafting job descriptions, developing administrative procedures and policies, and purchasing the furniture and equipment needed for the rooms, common areas, and offices. She will also help set up the shelter's board of directors. As you can see, there are still several steps ahead of us before we can consider planning the shelter's official opening. Our Executive Director will play a central role in this implementation. Rest assured: she will not bear this responsibility alone. She can rely on the support of various internal resources and, if necessary, the expertise of external resources.



A new service facility was built for the community pool. Work began in early April 2024 and was completed in time for the start of the season around June 23. This \$400,000 investment was necessary due to the dilapidated condition of the old building. The work was carried out by Construction SAMMAX.

To celebrate this significant improvement, a small party was held on Labor Day weekend. On this occasion, the new building was renamed in honor of Alanis Obomsawin, the great instigator of the construction of our pool in 1965.

In the winter of 2024, the Aw8ssisak daycare center submitted a request to the Ministry of Family Affairs for 31 additional spaces. Rather than expanding the existing building, it was decided to build a brand new facility, at an estimated cost of nearly \$4 million. The daycare center capacity will thus increase from 50 to 81 spaces. On June 18, 2024, the Ministry confirmed that 29 additional spaces would be granted.

A call for tenders was published with ETS to hire an architectural and engineering firm. These professionals will be responsible for producing the final drawings for the architecture and engineering of the building (foundations, structure, electricity, ventilation, heating, etc.). The firm MFA Architects was selected for this stage of the project.

The clearing of the land earmarked for the new daycare center and future FNHSP premises was completed in November. A call for tenders for the construction of the two buildings will be issued in spring 2025. Construction is expected to begin in late summer or early fall 2025, with completion scheduled for summer or fall 2026.

Here is a list of projects and their current status:

- **New youth center for 11- to 17-year-olds (youth centre):** Ashini Consultants has been commissioned to draw up the design plans.
- **Right of way—Pierreville property:** We are continuing our efforts to reach an amicable settlement with Mr. Gamelin, owner of the road leading to the Rogers cell tower located on Haut-de-la-Rivière Road in Pierreville.
- **Residential project—Mgezo Street:** The plan-drafting mandate for the construction of a new building comprising four 3-bedroom apartments has been entrusted to the W8banaki technical services department.
- **Expansion of the industrial park:** W8banaki's technical services are also working on developing plans and specifications for the expansion of the industrial park.

- **New health center:** We have begun discussions with Indigenous Services Canada (ISC) regarding the construction of a new health center. We need to demonstrate that the current facilities are outdated and no longer adequate for providing programs and services to our members.
- **Construction of new offices—BETO and tourist office:** We plan to finance the construction of new offices for the BETO and the tourist office using funds from the Four Pillars Society.
- **Investments in wind power projects:** A total investment of 5% has been agreed upon for two wind power projects: 2.5% in a project led by Innergex in the Lotbinière RCM, and 2.5% in a project with Pattern Energy in the Appalaches RCM. Furthermore, negotiations are still underway with Boralex and other partners for similar projects in the Arthabaska and Rouville RCMs.
- **Real estate partnership:** Work is proceeding well on a real estate partnership with the Chagal Group for a residential complex in Nicolet. The Council is investing \$727,238 in phases I and II. We are also considering collaborating with the group on other real estate projects, such as in Sherbrooke.
- **Framework agreement with Hydro-Québec:** Negotiations are progressing favorably toward establishing a framework agreement with Hydro-Québec. This agreement will provide compensation for projects carried out on our Ndakina, as well as for potential future contracts on our land.
- **Legal action against the State of Vermont:** We plan to take legal action against the State of Vermont to overturn the recognition process of the four groups calling themselves "Abenakis." These groups were recognized by the state in 2011 and 2012. We have hired the services of the Maine-based firm Drummond Woodsum. The attorney handling the case is a member of the Passamaquoddy Nation.



# EXECUTIVE DIRECTOR

On March 4, 2024, the Council adopted a resolution formalizing the creation of the Abenaki Language Office. This organization's mission is to support, promote, and oversee the use of the Abenaki language through various linguistic, cultural, and technological means.

The Office's main objectives are to:

- Provide a linguistic and technological showcase
- Monitor language quality
- Ensure the linguistic and cultural quality of translations, whether for written documents, advertising, or signage
- Promote and develop linguistic tools, such as glossaries, dictionaries, and teaching or educational materials
- Analyze and use relevant reference documents
- Support initiatives that promote the Abenaki language
- Coordinate language teaching through an educational committee
- Respond to translation requests from organizations and services

The Office's committee is composed of myself, Mathieu O'Bomsawin, Hélène O'Bomsawin, Pascale O'Bomsawin, Mélanie O'Bomsawin, and Philippe Charland. We meet periodically to advance the Office's mandates.

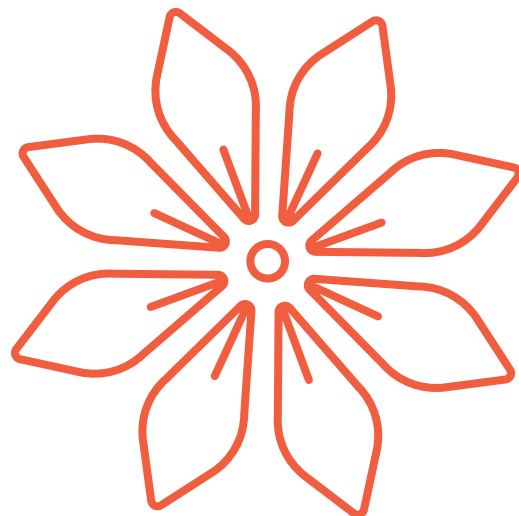
In August 2024, we implemented an organic waste collection program in Odanak through the distribution of brown bins. This concrete action helps reduce the amount of compostable waste sent to landfills, which can instead be reused. As landfills are reaching their limits, this initiative is part of a collective effort to protect Mother Earth. Along with citizens in neighboring communities, we are doing our part, and every action counts, even if it means managing our waste more carefully. Thank you all for your valuable cooperation.

In February 2024, Public Safety Canada confirmed that it would award a one-time grant of \$1,308,676 to the CPDA. This amount will enable us to upgrade our equipment to meet the highest safety standards. Planned acquisitions include new servers and computer equipment to connect to the "Centre de renseignements policiers du Québec" (CRPQ), uniforms, weapons, equipment for the holding cell, and new patrol vehicles.

In March, we received confirmation of another grant, this time from the Ministère de la Sécurité publique du Québec, amounting to \$1,500,000, for the expansion of the police station. Construction must be completed by 2027. We are also optimistic that we will obtain new budgets in 2025–2026 to hire additional police personnel, which will enable us to meet Level 1 service coverage requirements.

In June 2024, the Council accepted the Government of Canada's settlement offer regarding specific claims related to the seigneurial system and the 38 lots in Odanak. We received the final wording of the agreement in December. Three information sessions on this subject were held on January 20, 22, and 25, 2025, during which our attorneys presented the settlement offer to the members. The Council officially signed the agreement on January 25.

The financial compensation, amounting to \$200,000,000 (including \$10,000,000 for the inherent costs of Odanak and Wôlinak), was deposited on March 11, 2025, into our account at BMO in Pessamit – a separate account from the Council's current account.



# ODANAK ENVIRONMENT AND LAND OFFICE



# ODANAK ENVIRONMENT AND LAND OFFICE



**SAMUEL DUFOUR  
PELLETIER**

Director of  
Odanak Environment  
and Land Office

## PROGRAMS

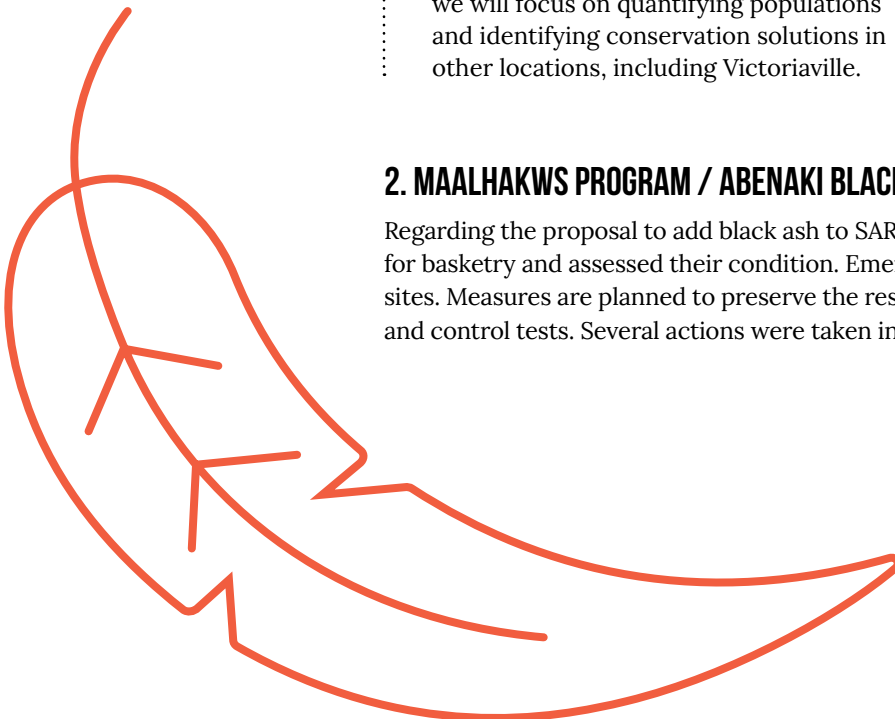
### 1. NAMAS NI T8NI WIGO PROGRAM / ABENAKI FISH AND HABITAT RESEARCH PROGRAM

This program covers initiatives related to fish and their culturally or biologically significant habitats.

- **Striped Bass Project in the Sorel Islands:** Since 2019, we have been working with Wôlinak and the MFFP to identify key habitats for the reintroduced striped bass population. We have confirmed reproductive activity in Lake Saint-Pierre and located gathering areas. In 2024–2025, we worked to better locate and document wintering areas, which are mainly in Sorel and the lower reaches of the Richelieu River.
- **American Eel Project:** In 2023, we began studying eel migration in the main Ndakina rivers. An environmental DNA campaign revealed the presence of American eels at six out of fourteen sites. We also identified several factors hindering their free movement and caught specimens in Drummondville at the dam's base. In the coming years, we will focus on quantifying populations and identifying conservation solutions in other locations, including Victoriaville.
- **Yellow Perch Project—Masta Marsh:** A land development project aimed at reconnecting Masta Marsh to the St. Lawrence River is underway. Fish, including yellow perch from Lake Saint-Pierre, will now be able to spawn there. The project also aims to develop a turtle observation site, install duck nesting boxes, and clean up the pond.
- **Yellow Perch Project—Cormorants:** In 2024, we rendered eleven navigation structures inaccessible in the centre of Lake Saint-Pierre. As a result, there were fewer than 1,000 cormorants present during the fall migration, representing a reduction of approximately 62 tons of fish in their diet compared to previous years. This result is consistent with that of 2023. We will be continuing this work in 2025.

### 2. MAALHAKWS PROGRAM / ABENAKI BLACK ASH PROGRAM

Regarding the proposal to add black ash to SARA, our team located 72 stands with high potential for basketry and assessed their condition. Emerald ash borer infestation was confirmed at several sites. Measures are planned to preserve the resource, such as experimental plantings, threshing, and control tests. Several actions were taken in 2024, and efforts will continue in 2025.





### 3. AWAASAK, SIPSAK NI T8NI WIGOAK PROGRAM / ABENAKI RESEARCH PROGRAM ON MAMMALS AND AVIAN FAUNA AND THEIR HABITATS

This program covers our work on the Ndakina mammal and avian fauna.

- **Shore Swallow Project:** Since 2021, we have identified over 100 colonies along several rivers. This has led to partnerships with landowners and Environment Canada to study their movements using telemetry. In 2024, we identified new pre-migratory gathering areas at Lake Saint-Pierre, where thousands of them congregate in the same place—a first in Quebec.
- **Little Bittern Project:** In 2024, we launched a new project to study bird use of wetlands, focusing primarily on the little bittern (an endangered species that has similar needs to several other species). While our success has been limited, it has paved the way for a new collaboration with ECCC. This project will continue in 2025.
- **Duck Banding Station Project:** For the first time, BETO and BEW operated a duck banding station at the National Defense marshes in Baie-du-Febvre. We banded nearly 800 ducks, making it Quebec's most productive station in 2024.

### 4. MIJOW8GANI LIDBEZEW8GAN PROGRAM / ABENAKI FOOD SOVEREIGNTY PROGRAM

- **Garden Project:** BETO looked after the community gardens and added native milkweed and nectar-producing flowers to help pollinators, especially monarch butterflies. Wildflower patches were also set up and outreach activities were organized.
- **Butchering project:** Two BETO employees, two Ndakina office employees, one BEW employee, and two Odanak community members attended a custom made butchering training course at the Bel-Avenir training centre in Trois-Rivières. These individuals are now fully capable of preparing meat and wild fish.

### 5. M8WIMAM8JW8GANAL PROGRAM / COMMUNITY INITIATIVES PROGRAM

- **Waste management:** In 2024, the eco-centre only serviced Odanak and St. Elphège, which significantly cut down on the number of visits. In 2024, brown bins were introduced in Odanak. A subsidy for reusable hygiene products is also in place. In 2025, canvassing will be done to try to integrate other municipalities into our eco-centre.
- **Climate Change Adaptation:** A strategy for greening and managing diseased ash trees has been developed. A climate change adaptation plan is currently being drafted.

## OTHER ACTIVITIES

- Consultations on watersheds and wildlife
- Scientific and community communications
- Support for partner organizations (W8banaki, BEW, MFFP, etc.)
- Trails, woodlands, parks, and skating rinks maintenance
- Snow removal
- Staff and budget management
- Funding requests
- Involvement in Nation committees
- Short contracts (e.g., Asian Carp Environmental DNA)

## 2023–2024 STAFF

- Samuel Dufour-Pelletier (Manager)
- Luc G. Nolett (Field Team Leader)
- Jennifer Vollant Durand (Land Manager)
- Evelyne Benedict (Field Assistant)
- Yvan Desmarais (Field Assistant)
- Edward Coughlin (Eco-centre Attendant)
- Émile Gariépy (Environmental Project Manager)
- Théo Allart (Environmental Project Manager)
- Stéphanie Harnois (Environmental Project Manager)
- Joannie Beaupré (Environmental Project Manager)
- Cathy Duguay (Environmental Project Manager)
- Alex Descôteaux-O'Bomsawin (Environmental Project Manager)



# TOURISM





**STÉPHANIE  
NIKA TROTTIER**

Tourism Development  
Consultant

Administration	
<ul style="list-style-type: none"> <li>• Creation of Tourisme Odanak (brand image, website, social media, brochures, cards, etc.)</li> </ul>	
<ul style="list-style-type: none"> <li>• Organization of tourism committee meeting</li> <li>• Creation of various tools and presentations for Tourisme Odanak</li> </ul>	<ul style="list-style-type: none"> <li>• Supervision of our intern for Pow Wow support</li> <li>• Organization of the “Awareness Day for Indigenous Issues in Tourism” event</li> </ul>
Grants and Sponsorships	
<ul style="list-style-type: none"> <li>• Six (6) grant applications for various projects, three (3) of which have been approved for a total of \$425,354.00, and one (1) application is pending</li> </ul>	<ul style="list-style-type: none"> <li>• One (1) sponsorship has been approved for the awareness event, and two (2) are pending</li> </ul>
Marketing and Visibility	
<ul style="list-style-type: none"> <li>• Representation of the Council and Tourisme Odanak at events such as conventions, functions, conferences, and symposiums</li> <li>• Presentation to ATR-ATS of various ongoing projects, such as the creation of Tourisme Odanak</li> </ul>	<ul style="list-style-type: none"> <li>• Support during press tours organized by the Alliance de l'Industrie touristique du Québec, the Indigenous Tourism Association of Canada, Tourisme Autochtone Québec, and Tourisme Centre-du-Québec</li> <li>• Planification of various advertising tools and membership</li> </ul>
Development	
<ul style="list-style-type: none"> <li>• Management of the pontoon project</li> <li>• Dock replacement project</li> <li>• Heritage Area project dedicated to basket weaving and ash pounding, and the Abenaki Culinary Centre</li> <li>• Support Samuel for the multifunctional building project</li> </ul>	<ul style="list-style-type: none"> <li>• Various meetings and sourcing of suppliers for the development of projects such as tourist reception and visitor infrastructure development (footbridge, church area)</li> <li>• Partnership development for projects such as the Saint-Francis Tour, the Lac-Mégantic project, Owl's Head Mountain, etc.</li> </ul>
Support for business owners and partners	
<ul style="list-style-type: none"> <li>• Ten (10) business owners received support with project ideation, pre-launch, and funding applications</li> </ul>	
<ul style="list-style-type: none"> <li>• Funding opportunities and information sharing on distribution platforms (e.g., the Indigenous Artists Program)</li> </ul>	<ul style="list-style-type: none"> <li>• Support in seeking funding, marketing, and visibility</li> <li>• Assistance in seeking CPE funding</li> </ul>



# INCOME SECURITY





## ANN LANDRY

Socio-economic  
and Education agent

## ACTIVITIES

- National Forum on Income Assistance (Reform of the Income Security Program)
- Annual Meeting of Income Security Program Officers and Managers
- Joint meetings of the FNHRDCQL and the FNQLHSSC for income security program officers and managers
- Meetings to share information on pre-employability, in conjunction with the FNQLHSSC
- Meetings (4) to share best practices among communities adhering to the First Nations framework policy
- Meetings (2) with the FNQLHSSC to develop an administrative procedure for the income security program
- Prepare and mail T5007 and Relevé 5 forms to beneficiaries for their 2024 income tax returns
- Prepare new financial projects (2024-2025) in the ALMASS system
- Prepare and send income security program reports to Indigenous Services Canada (ISC) in accordance with the requirements of the funding agreement
- Draft administrative procedures for the income security program
- Draft administrative procedures for the use of our SSAMTA system
- Support the new income security agent in Wôlinak
- Participate in the food drive committee
- Visit the job fair in Trois-Rivières to meet with employers in the region
- Prepare the 2024-2025 budget in collaboration with the Director of Finance
- Quarterly budget monitoring
- Periodically inform service providers that the special inflation allowance and Metro gift cards will continue thanks to additional funding received by ISC
- Apply the administrative procedures of the income security framework policy and stay informed of updates and apply them as appropriate
- Analyze last-resort assistance applications and inform new recipients of their eligibility and their rights and obligations under the income security program
- Provide professional services to program beneficiaries, taking into account their personal needs
- Conduct annual reassessments to update beneficiary files
- Establish healthy relationships with regional and provincial agencies involved in income security, provincial transfers, and employment
- Training and workshops:
  - Training on the Financial Administration Act (FAA) and its policies
  - Training on the new Norming administrative system
  - Training on emergency measures by PMU
  - Training on the Employment Insurance Benefits Information System (EIBIS)
  - Workshop on sharing best practices at annual meetings
  - Workshop on complex interactions with clients (how to protect yourself from emotional overload)



# INCOME SECURITY

## BUDGET ITEM, PROVISION OF LAST-RESORT ASSISTANCE

During the 2024-2025 fiscal year, the income security sector provided financial assistance to 13 families and their dependents. The income security sector paid out nearly **\$181,137.44** to beneficiaries of the income security program. According to statistics, we achieved the following results:

LAST RESORT ASSISTANCE BENEFIT EXPENDITURES		2024-2025	ADDITIONAL INFORMATION ON BUDGET ITEMS
Basic allowance		\$119,818.14	
Bonus allowance <sup>1</sup>		\$1,200.00	
Constraint allowance <sup>2</sup>		\$32,783.30	
Special allowance <sup>3</sup>		\$560.00	
Special inflation allowance (allowance + grocery gift cards) <sup>4</sup>		\$26,776.00	
Total for 2024-2025		\$181,137.44	

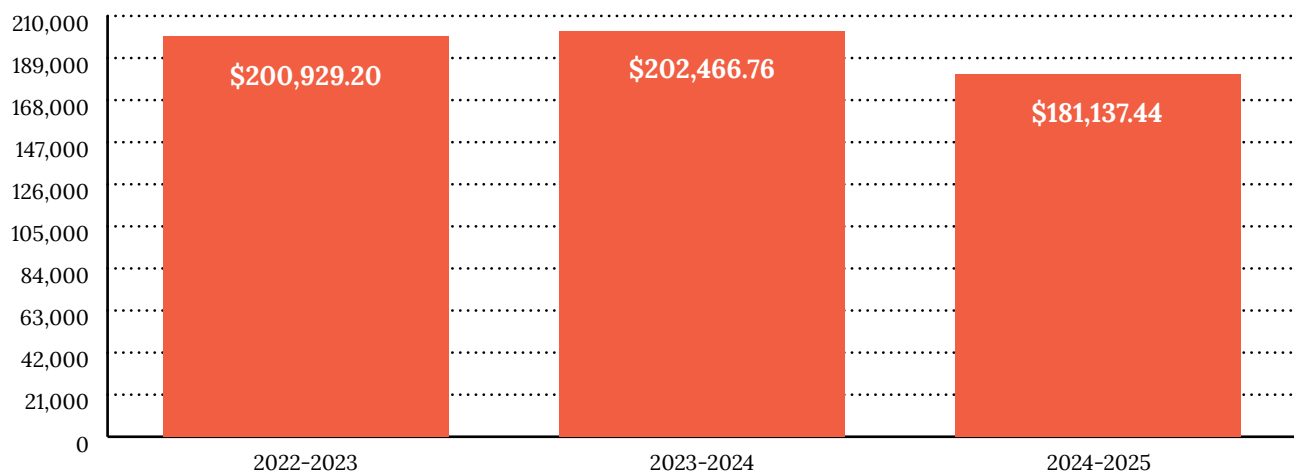
**Note 1:** Bonus allowance for single persons capable of working (without restrictions).

**Note 2:** Allowances for restrictions are paid to persons with a physical or mental disability, or due to pregnancy, age (58 and over), or for children under the age of 5.

**Note 3:** Special allowances are paid to individuals with special needs in the following situations: illness, pregnancy, death of a family member, etc.

**Note 4:** Special inflation allowance (temporary) paid to income assistance recipients and their families to offset the increase in the cost of living.

### LAST RESORT ASSISTANCE BENEFITS—STATISTICS, EXPENDITURE OVER THE LAST 3 YEARS



## BREAKDOWN OF THE NUMBER OF PEOPLE ASSISTED IN 2024-2025

BREAKDOWN OF THE NUMBER OF PEOPLE	NUMBER OF PEOPLE	
	Men	7
	Women	6
	Single persons	11
	Single persons with dependents	1
	Couples without dependents	1
	Couples with dependents	0
	Participants in case management (employment assistance measure)	0
	Total number of people	13
	Average age	48

## EMPLOYMENT, TRAINING, AND BENEFICIARY DEPARTMENT

EMPLOYMENT, TRAINING, AND BENEFICIARY DEPARTMENT	NUMBER OF PEOPLE	
	Education (Adult, Vocational, Postsecondary)	0
	Job Market	0
	Employment Assistance Measures	0
	Moved outside the community/ Eligible for old age pension (65 years old)/Death	6
	Total	6





# EDUCATION







## NATHALIE CARDIN

Education officer  
Indian Register  
Administrator

## MISSION OF THE EDUCATION SECTOR

- Promote, within the limits of available budgets and established rules, an increase in the level of education of members of the Odanak community.
- Ensure that students of the Odanak community receive the educational services to which they are entitled, while adopting measures that will promote academic success and prevent school dropouts.
- Promote the funding of studies for students who pursue them on a continuous basis.

## EDUCATION

### AJ PRIMARY LEVEL ON RESERVE

Total number of students: 33

### BJ HIGHSCHOOL LEVEL ON RESERVE

Total number of students: 17

Number of public school students: 9

Number of private school students: 8

Number of graduates: 5



## C) COLLEGE LEVEL (PROGRAM COORDINATOR, ANN LANDRY)

2024 SUMMER SEMESTER	Students	6	2024 FALL SEMESTER	Students	52	2025 WINTER SEMESTER	Students	54
	On reserve students	0		On reserve students	9		On reserve students	8
	Off reserve students	6		Off reserve students	43		Off reserve students	46
	Graduate(s)	0		Graduate(s)	3		Graduate(s)	12
	Dropout/Failure	0		Dropout/Failure	4		Dropout/Failure	3

### COLLEGE-LEVEL

#### GRADUATES' PROGRAMS:

- AEC in Accounting
- AEC in event and convention
- Business Administration
- Developmental Services Worker

- Formation initiale en patrouille-gendarmerie
- Pre Health Sciences Pathway to Advanced Diplomas and Degrees
- Social Science
- Natural Science
- Techniques de soins infirmiers

- Techniques policière
- Visual ortosis technique
- Youth and Adult Correctional Intervention Technique
- Social Work Technology

## D) UNIVERSITY LEVEL

2024 SUMMER SEMESTER	Students	27	2024 FALL SEMESTER	Students	67	2025 WINTER SEMESTER	Students	66
	On reserve students	2		On reserve students	4		On reserve students	4
	Off reserve students	25		Off reserve students	63		Off reserve students	62
	Graduate(s)	4		Graduate(s)	2		Graduate(s)	7
	Dropout/Failure	1		Dropout/Failure	5		Dropout/Failure	1

### E) EXPENSES FOR BOTH LEVELS:

Tuition: \$585,362.08

Books: \$152,334.43

Living allowance: \$1,088,735.75

Total expenses: \$1,826,432.26

### UNIVERSITY-LEVEL

#### GRADUATES' PROGRAMS:

- Bachelor of Business Administration (2)
- Bachelor's Degree in High School Education - Social Sciences Profile (2)
- Bachelor of Education
- Bachelor of Business Administration-Accounting specialization
- Bachelor of Computer Science

- Master of education studies in teaching and learning
- Master of Arts-Community Psychology
- Master of Management in Artificial Intelligence
- Juris Doctor
- Doctorat en médecine vétérinaire
- Ph.D. in Biomolecular Sciences
- Ph.D. in Water engineering resources



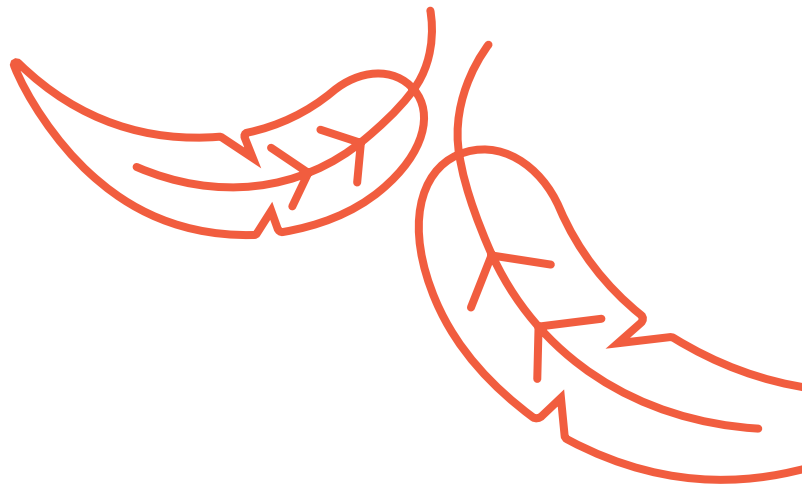


## ACTIVITIES

- Verification and follow-up of student files for elementary and highschool levels, both on and off reserve, as well as post-secondary students at the university level. College-level file verification and follow-up were carried out by the agent responsible for that level.
- Updates for financial assistance cheques sent to parents at the beginning of the school year in elementary and secondary schools, both on and off reserve (preparing letters, adding new children and removing graduates, address changes, school level changes, date of receipt of proof of attendance, and preparing to send cheques). In total, 187 families were eligible for this financial assistance.
- Several interactions between parents, students, and institutions.
- Receipt of various communications related to education (ISC, organizations, institutions offering special programs, etc.).
- Approval of various FNEC program expenses.
- Participation in FNEC meetings.
- Updating all documents used for education and ensuring that they are also available on the Internet.
- Requesting, receiving, and paying invoices to primary, secondary, university, and college institutions.
- Collaboration with various organizations to plan activities and monitor and comply with budgets.
- Preparation of various documents regarding primary school transportation (forms and tickets for parents) and for the driver, a list of children/streets for his route.
- Updating the list of names report and the post-secondary list for ISC.
- Adding educational activities or programs deemed interesting for young people to our website.
- Supporting and collaborating with the college-level manager.
- Collaborating with Asban to create a platform for post-secondary students.
- Collaborating with the ALMASS program designer to improve the management of primary and secondary school files.

## ACTIVITIES THAT TOOK PLACE IN COLLABORATION WITH EDUCATION

1. Individual homework assistance
2. Summer jobs for students
3. Purchase of equipment for various cultural, educational, and science and technology activities
4. Field trip to the Montreal Biodome
5. Participation in interschool games
6. Cultural officer fees



# REGISTRAR

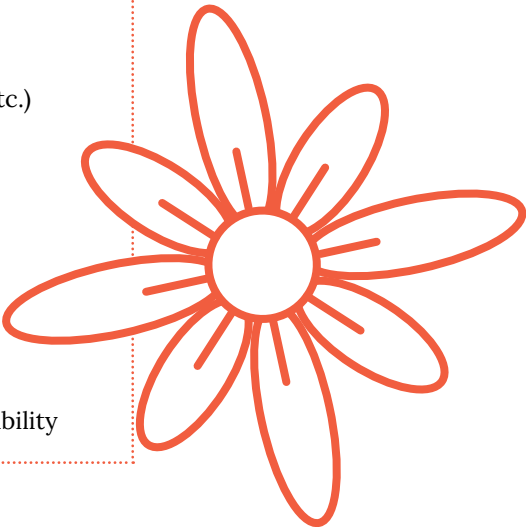


# LIST OF MEMBERS OF THE ABENAKI BAND OF ODANAK AS OF JULY 2025

		OFF RESERVE		
		ODANAK	UNITED STATES	CANADA
MEMBERS	Status	321	464 (of this number, 34 members have died but have not been reported to ISC because death certificates have not been submitted), for a total of 430	2,202 (of this number, 21 members have died but have not been reported to ISC because death certificates have not been submitted), for a total of 2,181
	Citizenship Code	36	29	113
	Status - other Nations	7	-	-
	Non-indigenous	161	-	-
	Total	525	459	2,294
	Total status members living on and off reserve	2,932		
	Total citizenship code members living on and off reserve	178		
	Grand total	3,110		

## ACTIVITIES

- Production of monthly reports on events submitted to ISC (births, additions to the band list, deaths, moves, weddings, etc.)
- Updates to the band list and resident list
- Receiving citizenship code registration applications, and preparing and sending approval letters
- Helping with filling out various ISC forms and sending forms to applicants
- Responding to various questions from registered members and those who wish to apply
- Conducting family research to inform people about their eligibility



# HOUSING





**CLAUDE PANADIS**  
Housing Officer

## HOUSING

Thanks to the housing policy, recognized members of the Odanak community can benefit from available programs that allow them to build, renovate, and acquire a home. Funding for the housing component comes largely from Indigenous Services Canada (ISC), the Aboriginal Savings Corporation of Canada, Desjardins, BMO, RBC, and the Canada Mortgage and Housing Corporation (CMHC).

## ON-RESERVE RESIDENTIAL ASSISTANCE PROGRAM

At the beginning of the fiscal year, one (1) regular application under the 2024-2025 the program was submitted and approved, for a total of \$22,000.

## MINOR REPAIRS

Nine (9) applications for minor repairs were approved for various work, for a total of \$23,225.59 in grants awarded to community members.

## CONSTRUCTION AND HOME PURCHASES

Eight (8) ministerial guarantees were processed, including one (1) for the construction of new house, three (3) for the purchase of existing houses, and three (3) applications for various home refinancing purposes.







# ETSC







**CÉLINE L.  
O'BOMSAWIN**

ETSC Agent

The Employment and Training Service Center (ETSC) program includes support and guidance, training, professional development, and job placement measures. Here is a brief description of these measures.

### **SUPPORT AND GUIDANCE MEASURES (MEASURES “A”)**

- Acquire relevant information about the job market and the academic world, and use it to identify services and resources that can help clients enter the job market (documentation centers, job centers, the Internet, job postings, academic and career information, etc.).
- Offer professional resources that can help clients develop strategies for entering the job market.

### **TRAINING AND PROFESSIONAL DEVELOPMENT MEASURES (MEASURES “B”)**

- Enables individual clients to acquire the professional skills required for a specific job;
- Enables a client to complete their high school diploma in order to obtain a better job or enables a client to enter the workforce.

### **EMPLOYMENT INTEGRATION MEASURES (MEASURES “C”)**

- Job creation initiatives provide incentives to employers to help clients re-enter the job market and gain work experience.
- To members who want to start a business, self-employment assistance provides financial support during the first years of their new business' operations.

### **THESE MEASURES ARE SUBJECT TO ODANAK'S ETSC POLICY AND AVAILABLE FUNDS.**

The program targets First Nations members living in Quebec, both on and off reserve, who do not receive educational allowances or who do not benefit from employment measures under social assistance. The ETSC's main role is to offer training and job creation services that promote short- or medium-term integration into the job market within and outside communities in Quebec, and to enable individual clients to acquire the professional skills required for a specific job. The program also enables clients to enhance their skills in order to obtain employment or change careers, complete their high school education in order to pursue post-secondary training, or re-enter the job market.



Over the past year, we have provided financial assistance to clients seeking to access adult education or vocational training. We have also offered incentives to employers to help clients re-enter the job market with the goal of enabling them to gain sufficient work experience to access higher-paying jobs. Here are the details of these measures.

		ASSISTANCE	ONGOING	COMPLETED	ABANDONED
MEASURE	Vocational training	11	3	7	1
	Adult education	3	3	-	0
	Student summer jobs	9	-	9	0
	Self-employment measures	2	0	2	0
	Job creation	33	7	23	3

(Financial support granted to 58 members)

## Activities over the past year:

- Participated in regional meetings and joint meetings of the First Nations Human Resources Development Commission of Quebec (FNHRDCQ) and the First Nations of Quebec and Labrador Health and Social Services Commission (FNQLHSSC).
- Participated in pre-employability sharing meetings in conjunction with the First Nations of Quebec and Labrador Health and Social Services Commission (FNQLHSSC).
- Prepared new financial projects in the ALMASS system.
- Assist members with employment insurance benefit renewals.
- Prepare monthly payments and allowances in accordance with our policy.
- Follow up with students in vocational training.
- Work closely with adult education teachers to monitor our students' progress.
- Budget preparation and monitoring.
- Restructuring of the Employment and Training Service Center (ETSC) department (computerization of files).
- Implementation and monitoring of the PMO/IMT project (survey of the job market population).
- Participated in multiple training courses offered by the Abenaki Council of Odanak as part of the new grant agreement:
  - Workshop on preventive interventions in situations of hostility, intimidation, and threats;
  - Training on the Financial Administration Act (FAA) and its policies;
  - Training on emergency measures by PMU;
  - Exercises on emergency measures;
  - Cultural safety workshop.
- Participated in training sessions and workshops offered by the First Nations Human Resources Development Commission of Quebec (FNHRDCQ):
  - Career counselling training;
  - Training on the Employment Insurance Benefits Information System (EIBIS);
  - Access to the LMDA platform.
- Meeting with the Nicolet Youth Employment Center.



# ABENAKI POLICE FORCE



# ABENAKI POLICE FORCE



**ÉRIC CLOUTIER**

Director of Abenaki  
Police Force

As Director of the Abenaki Police Force, it is my honour to present our annual report for the year 2024–2025. This year has been marked by significant achievements and ongoing challenges, reflecting our deep commitment to the safety and well-being of the Abenaki people.

In 2024–2025, we worked tirelessly to ensure the safety of the community, often in difficult, unprecedented, and complex circumstances. I would like to highlight our officers' outstanding work on a daily basis, especially in a year during which the police service was in high demand.

The Department's activity report provides an overview of all the work accomplished over the past year. Following the agreement to upgrade our equipment and expand the police station, we have just signed an agreement to stabilize our workforce, which will increase from 8 to 18 police officers. This major achievement aims to enhance visibility in each community and improve response times. In addition, this agreement intends to make working conditions and wages more competitive in relation to neighbouring police forces, which will stabilize our workforce.

The CPDA has just signed an additional three-year agreement with the Department of Public Safety to address homelessness and mental health issues. This project will bring in two specialized civilian resources to strengthen collaboration between police and health services in order to address growing mental health and homelessness issues in the communities of Odanak, Wôlinak, and their surrounding areas. It will promote cooperation between the police, social services, and the public health system, ensuring timely and effective interventions tailored to local needs. This partnership will also reduce the prosecutions of individuals in crisis while ensuring the sustainability of practices through a rigorous mental health follow-up protocol, supporting and directing individuals to the appropriate resources. This project is the first initiative of its kind in the communities of Odanak and Wôlinak (deployment of civilian resources).

Finally, I would like to highlight the remarkable work carried out every day by all employees, police officers, and civilians. Their commitment to making our communities safer and protecting both life and property has been fantastic, especially in a year during which the police service has been in high demand.

Maintaining safety remains our priority.





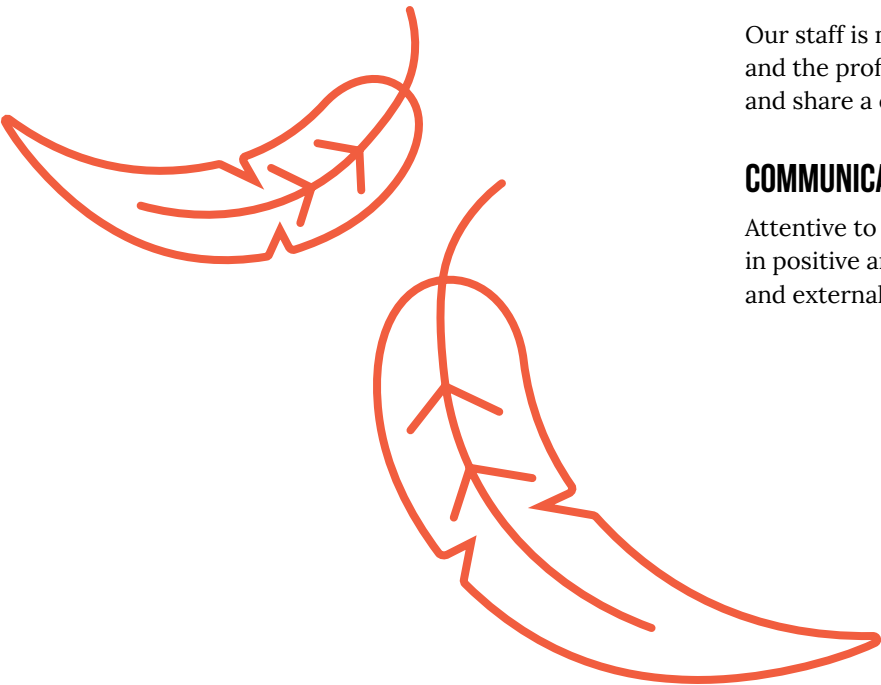
# OUR MISSION

The mission of the Abenaki Police Force (CPDA) is to protect the lives and property of citizens, maintain peace and public safety, prevent and fight crime, and enforce laws and regulations.

In partnership with institutions, social and economic organizations, community groups, and the people of Odanak and Wôlinak, the CPDA is committed to improving the quality of life of Abenaki communities by helping lower crime rates, improving road safety, promoting a sense of security, and developing a safe and peaceful environment, in accordance with the rights and freedoms protected by the Canadian and Quebec charters.

# OUR VISION

Our vision is to serve our community as a team, and to be recognized for our professional approach, our high level of expertise, and our excellent practices.



# OUR VALUES

The CPDA upholds the values of the Odanak and Wôlinak communities, namely responsibility, courage, and respect. The following values also guide us in achieving our mission and vision:

## SERVICE

The safety of our citizens is our top priority. We firmly believe that it is through the quality of our day-to-day actions and our commitment to their safety that we are able to maintain our priority of providing them with a safe living environment.

## ETHICS

All police officers must be paragons of respect for the law. They must enforce it while exercising sound judgment in the use of their discretionary powers. Integrity, respect, and accountability characterize our conduct, and this is essential to maintaining public confidence in us.

### Partnership

Our professional relationships with our partners are based on common goals and interests, and coordinated initiatives.

## COMMITMENT

Our staff is motivated by a strong bond with the organization and the profession; they identify with the department's goals and share a commitment to the well-being of the community.

## COMMUNICATION

Attentive to the needs of the population we serve, we engage in positive and proactive communication with our internal and external clients.



# ABENAKI POLICE FORCE

## ABENAKI MEMBERS OF ODANAK & WÔLINAK



## ROAD SAFETY

Improving quality of life, saving lives, and promoting better coexistence between drivers, pedestrians, and cyclists on the road—this sums up the motivation that has driven CPDA police officers throughout the year.

With 414 traffic violations reported and over 15 sobriety checkpoints set up, the CPDA has truly fulfilled its responsibility to ensure road safety for everyone.

## CRIME STATISTICS

For 2024–2025, in addition to traffic violations, the CPDA processed 609 files of all kinds. Of these 609 files, 173 were related to criminal offences within our territories, representing a 23% increase in police interventions, but an 8% decrease in criminal offences.

Breakdown by community:

**Odanak** : 103 criminal incidents and 329 police interventions

**Wôlinak** : 70 criminal incidents and 107 police interventions

Here is the list of files we have processed:

### CRIMINAL FILES:

- 23 thefts of any kind (bicycle, car, identity)
- 18 frauds
- 17 impaired drivings or refusals
- 13 breaches of condition
- 9 armed assaults
- 8 assaults
- 8 mischiefs under \$5000
- 8 criminal harassments
- 7 utterings of threats
- 7 crimes involving firearms
- 6 possessions or trafficking of drugs
- 6 trespassings at night
- 6 sexual crimes
- 4 dangerous operations
- 4 mischiefs—\$5000 on a vehicle
- 4 violations of tax or tobacco law
- 4 intimidations
- 3 disturbings of the peace
- 3 impersonations
- 3 breaking and enterings
- 3 possessions of break-in instruments
- 1 driving without a license
- 1 harassing telephone communication
- 1 escape from lawful custody
- 1 criminal negligence
- 1 extortion
- 1 arson
- 1 forcible confinement
- 1 public mischief
- 1 luring a child using a computer

### NON-CRIMINAL FILES:

- 102 other assistances provided (bailiff, ambulance, other police forces, fire departments)
- 93 public assistances
- 49 tips received by the public
- 28 accidents
- 23 alarms
- 18 security services
- 16 people monitored
- 13 mental health issues
- 10 vehicle impoundments
- 8 civil affairs
- 7 mandates
- 6 arrested persons
- 6 missing/found
- 6 parked/abandoned vehicles
- 6 lost or found goods
- 5 unfounded 911 calls
- 4 intimate partner disputes
- 4 calls related to an animal
- 4 family feuds
- 3 people in distress
- 3 children's development in danger
- 2 vehicles monitored
- 2 items seized
- 2 non-criminal fires
- 2 noise complaints
- 1 by-law
- 1 vehicle moved during snow removal operation
- 1 death
- 1 fingerprinting
- 1 disturbance in a public place





# ABENAKI POLICE FORCE

## PREVENTION

This year, the CPDA carried out several prevention initiatives, including:

- **Child identification activity:** Organizing events to identify children and ensure their safety.
- **Presentation on cycling rules:** Visit to the Odanak day camp in partnership with the CSO to teach children about cycling safety rules.
- **Student meeting:** Discussions with students in police technology and special education at Trois-Rivières on the realities of Indigenous communities and regional differences.
- **Community Day Participation:** Presentation of CPDA services during Community Day.
- **Facebook posts:** Raising public awareness of different types of fraud and spreading important information via Facebook posts.
- **Roadblocks:** Collaboration with the SQ to set up roadblocks aimed at preventing fraud.

## CONCLUSION

The Abenaki Police Force is ready to tackle the various issues and challenges it will face with dedication and determination in order to ensure the community's safety in the coming year.

I am convinced that, through the dedication and professionalism of our staff, the collaboration of our various partners and citizens, and the support of our elected officials, the Abenaki Police Force will be able to fulfill its mission of maintaining the safety of the communities of Odanak and Wôlinak.





# HEALTH CENTRE



# HEALTH CENTRE



**JEAN VOLLANT**

Director, Odanak  
Health Centre

Dear Odanak community members,

I am very proud to present the Odanak Health Center's 2024-2025 annual report. The past year was marked by an increase in requests for support from families benefiting from the Jordan Principle program, as well as an expansion of our psychosocial and wellness promotion services.

I would also like to extend my warmest thanks to all the health centre's committees. Their unwavering commitment and dedication have enabled us to develop essential tools so that our professionals can provide quality care to each and every one of you.

Your trust and support are a constant source of encouragement. They motivate us to continue striving to meet your needs, as well as guiding our community towards a healthy and fulfilling future.

We look forward to continuing this wonderful collaboration.

## INTRODUCTION

This annual report covers the activities of the Odanak Health Centre administration for the period from April 1, 2024, to March 31, 2025. The financial report for this program will be provided by the finance and HR departments.

## PURPOSE OF THE OHC

The Odanak Health Center has defined its **mission** as follows: "To contribute to improving the health and well-being of Odanak community members through prevention-focused health programs and wellness promotion, using a holistic approach that honors the beliefs and cultural values of the Abenaki Nation."

This aligns with the **vision** of the Abenaki Council of Odanak: Comprised of members who are proud of their identity, history, and culture.

Selected in collaboration with OHC practitioners, the following **guiding principles** inform actions taken and decisions made:

- Teamwork
- Collective Well-being
- Quality of Service

The above elements are part of the Abenaki Council of Odanak's strategic plan. The latter supports the health centre's mission. To this end, the values determined by the OHC are also promoted.

- Happiness
- Respect
- Integrity
- Commitment



# 2024–2029 COMMUNITY HEALTH AND WELLNESS PLAN

## MAIN OBJECTIVES

1	<b>Networking:</b> building collaborative relationships and partnerships with organizations and agencies that provide health services to the public.
2	<b>Community support:</b> providing support that meets the needs of community members
3	<b>Healthy living:</b> developing healthy lifestyle practices among the population
4	<b>Back to basics:</b> providing holistic care to the population

## COLLABORATORS

Michel Paul	Accreditation Coordinator
Nathalie Nadeau	Odanak Childcare
Élisabeth Morel	Dental hygienist
Marie-France David	Nutritionist
Anik Sioui	NIHB Psychologist
Véronique St-Amour	NIHB Social Worker

## CURRENT PARTNERS

The Odanak Health Center is always looking to work with other organizations and groups in the area, and we want to highlight the ones we already have ties with. To improve the quality of our services and offer more options to better meet our community's needs, we are building more connections and agreements with different partners.

- Abenaki Council of Odanak
- N8wkika/W8banaki
- Odanak Land and Environment Office (BETO)
- Aw8ssisak Early Childhood Centre, Abénakis Aventure Camping, Wôlinak Health Centre (WHC)
- First Nations of Quebec and Labrador Health and Social Services Commission (FNQLHSSC)
- First Nations and Inuit Health Branch (FNIHB)
- Non-Insured Health Benefits program (NIHB)—EXPRESS SCRIPT
- Indigenous Health Canada (IHC)
- Centre intégré universitaire de santé et de services sociaux de la Mauricie et du Centre-du-Québec (CIUSSS-MCQ)
- Centre de services scolaires de la Rivéraine (CSSDLR)
- Table intersectorielle régionale - Saines habitudes de vie - Centre-du-Québec (TIR-SHV-CQ)
- NoYau social impact generator
- Maison des naissances de la Rivière Le Lien de la famille
- Centre d'action bénévole du Bas-St-François (CAB)
- Bas-St-François Youth Centre
- Association des personnes handicapées Nicolet-Yamaska (APHNY)
- Pierreville Family Medicine Group
- Sherbrooke University
- Trois-Rivières Friendship Centre(CAATR)



# HEALTH CENTRE

## PARTNERSHIPS IN PROGRESS

The Centre Intégré universitaire de santé et de services sociaux Montérégie-Est (CIUSSS-MÉ) and the Centre de services scolaire Sorel-Tracy (CSSS-T)

## STAFF

The Odanak Health Center team wishes to expand its range of services by hiring qualified health professionals such as chiropractors, physiotherapists, occupational therapists, sexologists, nurse practitioners specializing in mental health, etc.

In anticipation of a new construction project, it will be important to plan for these additions in order to optimize the facilities for practitioners and meet user needs. Similarly, we will seek resources for children and families to ensure the rehabilitation and reintegration of young people within the community. To this end, professionals such as remedial teachers, speech therapists, and psychoeducators will be able to conduct assessments, provide follow-ups, and implement the necessary measures to ensure the development of young clients.

## 2025–2026 FILES

1. Improve access to health services for the Odanak community;
2. Establish prevention and health promotion programs that target specific community issues, such as mental health, chronic diseases, and the health of children and the elderly;
3. Strengthen the capacities of health centre staff by offering training and professional development programs to ensure better quality health services and patient satisfaction;
4. Maintain and strengthen existing partnerships, and develop new ones;
5. Renew the OHC's accreditation status (May 2025);
6. Project to build a new health centre in Odanak;

7. Policies and procedures update — *In progress*:
  - OHC Quality Improvement Policy
  - Suicide Prevention Strategy Policy
  - OHC Client Appointment Cancellation Policy
  - Mental Health Policy/Protocol
  - Complaints Policy (see management)
  - OHC confidentiality and information disclosure policy
  - OHC user file management policy
  - KCHAIKAK eligibility policy
  - Procedure to be finalized with the Reception team—Archives
  - Collaboration agreement with midwifery services (OHC/CIUSSS-MCQ)
  - Collaboration agreement between the OHC and the St-Léonard GMF—Pierreville satellite site
8. Support for families (Jordan Principle)
9. Food security and meals-on-wheels service
10. OHC service quality and satisfaction surveys
  - Psychosocial component
  - NIHB component
  - Medical records component
  - Medical transport component (March 2024)



COMMITTEES, WORKING GROUPS, CONSULTATIVE BOARDS, ETC.

HEALTH CENTRE TEAM
Nursing care
Single file committee
Quality and Risk Management Committee (QRMCM)
PSYCHOSOCIAL TEAM
Archivists/Medical transport/NIHB
Working committee/Accreditation Canada

OHC ADMINISTRATIVE FOLLOW-UPS

- One-on-one meetings with program managers (once a month)
- Budget monitoring
- Monthly activity monitoring
- Quarterly report monitoring (once every three months)
- 2024–2029 strategic plan
- Working committee
- OHC staff evaluation period (February 2025)

PARTICIPATION IN BOARDS OF DIRECTORS/OTHER CONSULTATIVE FORUMS/WORKING COMMITTEES

- FNQLHSSC: Working group on decision-making processes
- FNQLHSSC: Governance processes for First Nations health and social services in Quebec
- Meetings of steering committees and stakeholders from communities and organizations
- FNQLHSSC: 2024–2025 Operational Management Plan (OMP) of the FNIHB
- FNQLHSSC: Community Mobilization Coordinators
- National Day of Truth and Reconciliation
- Accreditation Canada Committee
- FNIHB

2025–2026 CHALLENGES

1. Follow-up on the OHC 2024–2029 strategic plan Nursing care/psychosocial sector/healthy lifestyles;
2. Follow-up on the 2024–2029 community health and wellness plan;
3. Health centre construction project;
4. Maintain Accreditation Canada results (visit in May 2025);
5. Continuity of psychosocial services offered to the population;
6. Review the organization of the OHC's work;
7. Maintain a spirit of partnership with external organizations such as: CIUSSS-MQ, FNQLHSSC, FNWAT, Wôlinak Health Center, etc.;
8. Collaboration agreement between the Odnak Health Center and G.M.F. Pierreville;
9. Partnership with the shelter for women and children fleeing violence;
10. Research project on improving services for children aged 0–12 at the University of Sherbrooke.

CONCLUSION

Now more than ever, the Odnak Health Center stands by its promise to make better, more accessible, and sustainable healthcare for the Abenaki community of Odnak.

By going through the accreditation process, we are proving that we provide safe, effective, and high-quality care that is focused on our patients' needs. This commitment also strengthens trust, promotes learning within the Odnak community, and makes the best use of our resources.

Our involvement in the Accreditation Canada program shows our commitment to providing the best possible care to your community. Achieving accreditation allows us to adopt and share knowledge and best practices with others, recruit and retain qualified staff, improve our services, and strengthen ties with the community. We count on your support to continue making progress in this essential process.



# HEALTH CENTRE

## MICHEL PAUL

Accreditation  
coordinator (contract)

## WORD FROM THE ACCREDITATION COORDINATOR

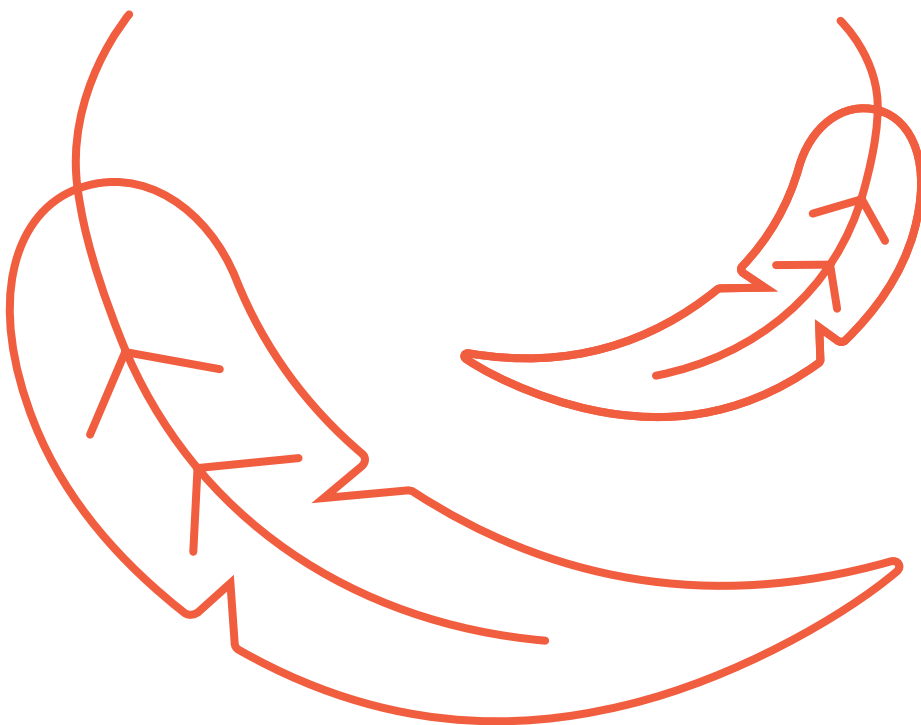
### *Renewal of the Odanak Health Centre (OHC) accreditation status*

Kwei everyone,

The OHC accreditation renewal process remains on track, in accordance with the implementation of the Continuous Quality and Safety Improvement Plan (PACQS/2024-2025), in anticipation of our **next visit on May 6–8**.

Since last January, we have been working tirelessly with each of the designated team leaders to monitor the results of the self-assessment exercise in relation to the standards set out in our assessment guide. I would like to remind you that this important step in the process of renewing our accreditation status is similar to a compliance audit based on regulatory requirements.

For example, our assessment guide included five (5) standards relating to safe medication management and infection prevention and control, among other things. Each of these standards had a set of organizational practices and required criteria (OPR). All in all, the self-assessment exercise carried out to validate compliance with these elements amounted to over 336 criteria and 15 OPRs for our organization. For each of these elements (criteria/OPRs), we had to assess their level of compliance, provide evidence of compliance, and, if non-compliant, identify and implement the necessary corrective measures in preparation for the visit. In addition to this self-assessment exercise carried out by each of the accreditation teams, over thirty-two (32) areas for quality improvement were identified for the continuous improvement of quality and safety.



In our last publication on this subject, we presented a table illustrating the different stages associated with each of PACQS's main activities for 2024–2025. Here is the final summary of its implementation in the form of a percentage (%) of completion:

PACQS IMPLEMENTATION SUMMARY FOR 2024–2025

STAGES	MAIN ACTIVITIES	DEADLINE	COMPLETION (%)
1	Conducting the workforce survey among OHC staff, communicating the results to stakeholders, and following up on corrective measures where necessary.	December 2023	100%
2	Conducting various surveys on patient satisfaction and monitoring the implementation of corrective measures where necessary.	May 2024	100%
3	Carrying out a practical fire evacuation drill, producing an evaluation report on the event, and monitoring the implementation of corrective measures.	Juin 2024	100%
4	Update of all our clinical and administrative processes (e.g., policies, care procedures, clinical protocols, etc.).	November 2024	100%
5	Assessment of compliance with applicable criteria and OPRs in relation to the standards set out in our assessment guide.	December 2024	100%
6	Follow-up on criteria found to be non-compliant during the last visit and on areas for improvement identified through the self-assessment exercise, and implementation of corrective measures.	February 2025	100%
7	Planning, implementation, and coordination of certain other activities in anticipation of our visit scheduled for May 2025.	March 2025	50%

We believe we are ready for next May’s evaluation meeting with the visitors. Finally, I would like to commend the management and staff of the OHC for their excellent collaboration in establishing and maintaining an organizational culture focused on providing quality, culturally safe care to community members.



# HEALTH CENTRE

PAULE LEIBY

LYNE MAILHOT

BIANCA GILL-  
GUILBEAULT

SANDRINE CARDIN

ANDRÉANNE GOVIN

Medical archivist  
and MT coordinator

Sectors: Reception-  
Archives Services/  
NIHB/Medical Transport

## INTRODUCTION

This report covers activities related to the medical records program (366), medical transportation program (340), liaison officer program, NIHB program (330), and OHC physician support program (320). The financial report for these programs will be produced by the finance and HR departments.

## ACTIVITIES CARRIED OUT BY THE SECTOR

### ARCHIVES SECTOR:

- Create files at the request of professionals;
- Analyze notes recorded by OHC and N8wkika professionals in users' electronic medical records (DMÉ OFYS);
- Create or update forms;
- Make appointments for clients (OHC doctor, IPS, other clinics);
- Respond to access requests;
- Assist professionals with OFYS (software pilot);
- Restrict access to user files to active professionals only;
- Provide training: OHC policies, procedures, and EMR OFYS, and DSQ.

### NIHB SECTOR:

- Forward requests for reimbursement for dental care (orthodontics), eye care, mental health counselling, medications, and medical supplies.
- Build relationships of trust with NIHB providers;
- Meet with clients in my office and explain the NIHB program to them;
- Promote awareness of the NIHB program among my colleagues who provide care and services to users;
- Submit exception/denial requests to ISC.

### MEDICAL TRANSPORT SECTOR:

- Answer transportation requests from registered members of the community:
  - By med. trans. vehicle;
  - With a contract driver;
  - With CAB;
  - Taxis (Sorel or Nicolet);
  - Ambulance;
  - Private vehicle;
  - Para-transport;
- Prepare monthly statistics;
- Keep activity reports up to date (Med. Trans.) and send them to the FNIHB;
- Make reimbursements for the monthly PSI (psychologist, doctor, social worker);
- Forward PSI annual statistics reports to the FNIHB;
- Build partnerships with resources that can support vulnerable clients benefiting from the med. trans. service.

### ALL SECTORS:

Keep a daily record of internal and external requests received for all sectors.





## TRAINING/MEETINGS/COMMITTEES

DEPARTMENT	TYPE	TITLE	DATE
		<b>April, Mai, June 2024</b>	
Archives	T	OFYS training	April 3, 2024
NIHB	T	Guidelines for dealing with an aggressive clientele	May 22, 2024
NIHB	T	SCI-100 - Emergency measures	May 14, 2024
		<b>July, August, September 2024</b>	
Archives	T	Inserting emails into a clinical note/N8wkika	July 30, 2024
Med. Trans.	T	Med. Trans. training (for summer replacement)	August 1, 2024
Archives	T	OFYS training and policies and procedures (new N8wkika employee)	August 27, 2024
Archives	T	Training for OFYS and analysis of OFYS EMR files	July 1, 2024
		<b>October, November, December 2024</b>	
OHC	T	Communication and conflict management	October 2, 2024
OHC	T	Self-management of mental health: tools and strategies in the workplace	October 17, 2024
OHC	T	“Transidentité” training	October 16, 2024
OHC	T	SCI-200 training—Emergency measures	October 22, 2024
OHC	T	Preventing harassment and violence in the workplace	November 7, 2024
OHC	T	Office 365 Teams	November 12 and 19, 2024
Archives	T	Legal training/AGISQ	December 6, 2024
OHC	T	Touch the ghost to make it disappear	December 12, 2024
NIHB	T	NIHB Program Update	December 16 and 17, 2024
		<b>January, February, March 2025</b>	
Archives	M	Partnership with Indigenous communities/Implementation of the DSN/CIUSSS-MCQ	January 20, 2025
Archives	T	Optimize your meetings	January 23, 2025

T : Training / M : Meeting / C : Conference



# HEALTH CENTRE

DEPARTMENT	TYPE	TITLE	DATE
Archives	M	Legal aspects for external mental health referrals (psychosocial)	January 27, 2025
OHC	T	Norming	February 10, 2025
Archives	M	Meeting with OHC management to follow up on medical archivists	February 10, 2025
Archives	M	Development of policy on guidelines for managing suicide crises	February 10, 2025
Archives	T	Training on record keeping and use of OFYS for the N8wkika team	February 17, 2025
Archives	M	CQGR animation and committee	February 19, 2025
Archives	M	Legal aspects and guidelines for psychosocial consent for inter-institutional exchanges	February 19, 2025
CAO	T	Outlook	February 20, 2025
OHC	M	Continued: Policy development for managing guidelines in the event of a suicide crisis	February 24, 2025
CAO	T	PMU	February 25, 2025
OHC	M	Meeting with Metaxia of the NIHB OHC program	March 10, 2025
CAO	T	Self-management of mental health: tools and strategies in the workplace	March 13, 2025
CAO	T	Expectations and information for program managers	March 17, 2025
Archives	M	Meeting on access restrictions, legal aspects, and confidentiality	March 17, 2025
CAO	T	MNP Training—Financial Administration Act (FAA) and its policies	March 18, 2025
Archives	M	Leading and participating in the CQGR committee	March 19, 2025
Archives	M	Approval of the new procedure for analyzing biopsychosocial OHC files	March 19, 2025
Archives	M	Follow-up on collaboration agreement: Pierreville Medical Clinic	March 24, 2025
CAO	C	RBA presentation	March 25, 2025
Archives	M	Leading and participating in the single file management committee	March 26, 2025
OHC	M	Meeting with N8wkika management: Management of the single user file	March 26, 2025

T : Training / M : Meeting / C : Conference



SUMMARY OF EVENTS HELD

- Stable and effective collaboration between different sectors in terms of communication;
- Catching up on and implementing various administrative tasks relating to different sectors.

CHALLENGES OVERCOME

- Promote NIHB and med. trans. program services both internally and externally;
- Lead and participate in various committees (single file management, CQGR, and Accreditation Canada);
- Restructure the team and mandates as needed (absences, sick leave, maternity leave, vacations, replacements);
- Single file management: access restrictions, creation of new professional profiles, EMR training, policy and procedure training.

CHALLENGES TO BE ADDRESSED IN THE NEXT ANNUAL REPORT

- Obtain full-time, permanent support from a resource dedicated to medical archivists and the OHC receptionist;
- Stabilize the roles and mandates of each member of the reception-archives, NIHB, and med. trans. teams;
- Maintain member participation in various OHC committees in order to solidify decision-making.

MED. TRANS./NIHB AND MEDICAL RECORDS COMMUNICATIONS LOG

TYPES OF COMMUNICATIONS	MEN	WOMEN	TOTAL
Calls	356	683	1,039
In-person requests	234	290	524
By email, text message and post	201	838	1,039
By fax	49	144	193
By Teams	351	972	1,323
Total	1,191	2,927	4,118

STATISTICS PER SECTOR

TYPES OF REQUESTS	
Med. Trans.	707
NIHB (Full range of services)	789
Other requests (admin)	208
Canada Accreditation	73
Medical Archives	596
Total	2,373

MEDICAL TRANSPORT STATISTICS

TYPES OF REQUESTS	
Transports carried out (med. trans. vehicle)	232
Para-transports carried out	52
Med. trans. by contract driver	56
Private vehicle	121
Med. trans. with CAB	19
Taxi transports	18
Ambulances (community members)	8
Total	504



# HEALTH CENTRE

## DAPHNÉE COUTURE

Nurse clinician

Sector : Nursing  
care manager

We are pleased to present our annual report on community healthcare and its various aspects. Our focus remains on access to quality care for all. Therefore, we wish to highlight the importance of this commitment by sharing our accomplishments over the period from April 1, 2024, to March 31, 2025.

Like in previous years, we worked closely with folks at the health centre, along with outside partners, local organizations, and members of the Odanak community. Their help played an important part in reaching our goals, and we are very grateful to them.

I would also like to express my gratitude to the nursing team for their ongoing dedication to continuously improving the quality of care provided to the community. The impact of their everyday work is significant and deserves to be fully recognized.

The year was also marked by the visit of Accreditation Canada in May, an important milestone that allowed us to showcase our collective pride and demonstrate our commitment to the highest standards.

On behalf of the entire nursing team, I would like to express my sincere gratitude for your support, trust, and commitment to the well-being of all.

Sincerely,

## ISABELLE DUPUIS

Nurse clinician

Sector : Maternal  
child health

## MATERNAL AND CHILD HEALTH

The Maternal and Child Health (MCH) program aims primarily to strengthen the sense of belonging in the community and promote the biopsychosocial development of all children and young people in the community. Throughout the 2024-2025 year, several tangible actions were taken to support families, expectant mothers, and young children.

As part of the SMI program, personalized prenatal care is offered to every expectant mother. Pre- and postnatal support is also available, including follow-up home visits after discharge from the hospital. The nurse responsible for the SMI program ensures the continuity of this care with a family-centered approach. Child immunization and developmental monitoring services for children aged 0 to 5 are also available at the OHC.

For eligible pregnant women, the OLO (egg, milk, orange) program is available. This program supports Abenaki women (or spouses of Abenaki members) living in vulnerable socioeconomic situations, with the goal of reducing the effects of these conditions on the health of the mother and her unborn child. Joint follow-up with a nutritionist and an N8wkika worker is provided during pregnancy and after childbirth.

A subsidy for the purchase of cloth diapers is also available for families with children under the age of two in the community.



## SUMMARY OF EVENTS HELD

A partnership has been established with the Maison des naissances de la Rivière, allowing a midwife to offer prenatal follow-ups directly at the OHC on Friday mornings. This local service is greatly appreciated by pregnant women.

Additionally, to increase breastfeeding services and better support families, the MCH nurse has enrolled in a specialized graduate diploma (DESS) program in advanced interdisciplinary approaches to breastfeeding for healthcare professionals. This training will enhance her clinical skills and enable her to offer personalized support based on best practices in breastfeeding.

Several community activities were held:

- Christmas party at the community hall, open to both daycare centre and community children;
- Head lice screening at the Aw8ssisak daycare centre (no cases detected);
- Workshop on vaccination and childhood illnesses at the Pierreville Family Center;
- Creation of a welcome basket for newborns, the result of intergenerational collaboration: seniors wove baskets from splint and sweetgrass and made hats, mittens, slippers, and comforters;
- Workshop on baby-led weaning (BLW), led in collaboration with Marie-Pier Desnoyers.

## STATISTICS

This year, 166 consultations were carried out for children aged 0 to 6. The nurse made 44 visits to newborns and 36 home visits. There were also 55 developmental follow-ups for children aged 0 to 5, and 49 children aged between 2 and 24 months were vaccinated. In terms of breastfeeding, 80% of mothers began breastfeeding at birth, a very encouraging rate that demonstrates the positive impact of the actions that have been implemented. Finally, for the year 2024-2025, there were 16 births recorded in Odanak, a revealing figure for the community.

## FOR THE YEAR AHEAD

Two priority objectives will guide the coming year:

- Finalize the official agreement with the Maison des naissances to ensure the stability and sustainability of midwifery care in the community.
- Complete training on the ABCdaire 18 mois + tool to integrate comprehensive developmental screening during 18-month vaccination visits.



## MARIE-NOËL MAYRAND

Nurse clinician

Sectors :  
Chronic diseases and  
diabetes prevention

## DIABETES AND CHRONIC DISEASES

### 2024–2025 SUMMARY

The program aims to carry out prevention and awareness-raising activities related to healthy lifestyles and diabetes, while ensuring the development of a systematic follow-up protocol, both at the health centre and at home, for clients with chronic diseases, particularly diabetes and cardiovascular disease, which are the initial priorities.

### PROFESSIONAL DEVELOPMENT

In order to continuously improve practices and provide high-quality care and follow-up, several training courses were completed over the past year. The following nursing-related training courses were taken:

- **Vaccination:** training on the Gardasil vaccine
- **Technical care:** urinary catheters
- **Safety:** preventive measures in situations involving aggressive behaviour, intimidation, and threats
- **Regulations:** transport of hazardous materials
- **Culture and inclusion:** awareness of Indigenous realities
- **Communication:** conflict management
- **Chronic diseases:** training on Alzheimer's disease—assess to better intervene

### PARTNERSHIPS AND COMMUNITY INITIATIVES

Several successful partnerships continued in 2024–2025, including:

- **Healthy Halloween snack at the daycare centre,** in partnership with the Étinzelles program
- **Health Capsules:** production of informative content on healthy lifestyles and physical activity, in collaboration with kinesiologists, broadcast on social media
- **3 Sisters Challenge—2nd edition:** intergenerational walking/running event, with participation awards

### FOLLOW-UP DATA—DIABETES

In 2024–2025:

- No new cases of diabetes were diagnosed in the community.
- 193 diabetes-related follow-ups were carried out, representing a 44% increase over the previous year. This increase reflects more rigorous care and better support for diabetic patients.

### 2025–2026 PERSPECTIVES

Several health promotion and disease prevention activities are planned for the coming year, in collaboration with various healthcare professionals. Coming soon:

- More educational health capsules on social media
- Return of the 3 Sisters Challenge
- Participation prizes to be won
- Advertisements distributed via social media and mail



## MARCELLE HANNIS

Nurse clinician

Sectors :  
Elder care and infection  
prevention and control

## INFECTION PREVENTION AND CONTROL

The infection prevention and control (IPC) program is a set of measures and procedures implemented in healthcare facilities to prevent the spread of infections, particularly during patient care. The main elements of this program are as follows:

- Risk assessment;
- Hand hygiene;
- Prevention of healthcare-associated infections (wound care, insertion of a venous or urinary catheter, blood sampling, etc.);
- Use of personal protective equipment (PPE);
- Cleaning and sanitization;
- Monitoring and reporting;
- Patient involvement;
- Assessment and ongoing improvement.

Over the course of the year, we focused on three objectives:

### 1. Maintain best practices in infection control among employees

- o Annual update on hand washing, respiratory etiquette, and the use and disposal of personal protective equipment (PPE)
- o Refresher course on N95 mask fit testing (every two years and as needed)
- o Yearly preventive maintenance of medical equipment with Prévimed to ensure accurate calibration of our healthcare equipment.

### 2. Raise awareness in Odanak about the importance of best practices in ICP

- o Information shared on the Odanak Health Center's Facebook page about current viruses and the importance of hand washing;
- o Annual influenza immunization campaign on November 5, 2024;
- o Survey of the population to assess their level of appreciation of IPC, conducted during the influenza vaccination clinic and via QR code;
- o Information sessions for community hunters on best practices, organized on March 1, 2025, by the environmental health officer.

### 3. Maintain up-to-date knowledge of PCI (training, updates)

- o Training on cleaning and sanitizing healthcare equipment and on the basics of medical device reprocessing;
- o Updating the sterilization procedure with the CIUSSS MCQ, agreement to be finalized;
- o Updating the policies and procedures in the infection prevention and control manual approved by the OHC.

Once again this year, several partnership agreements with the CIUSSS Mauricie-et-Centre-du-Québec have yet to be finalized. These partnerships are essential for the implementation of optimized prevention procedures and practices, and are indispensable for meeting the requirements of the Accreditation Canada visit coming up in June. These agreements with CIUSSS MCQ will not only ensure a safer environment for patients, but also meet the rigorous criteria for this certification.

### Upcoming Challenges for the Next Fiscal Year

- Continue to raise awareness among the public about infection prevention, current viruses, and other relevant topics via our Facebook page and the Pilaskw community newspaper;
- Further promote caregivers to support our community;
- In collaboration with community organizations, highlight International Elders Day on October 1.





## GABRIELLE DOLAN

Nurse

Sector :  
Prevention and health  
promotion component

## COMMUNITY COMPONENT (PREVENTION AND PROMOTION)

### ANTI-SMOKING INITIATIVE

Central to the mission of community nursing in Odanak is the desire to improve the overall health of the population through prevention, the promotion of healthy lifestyles, and personalized support. The anti-smoking initiative remains a top priority, given the significant impact of tobacco use on respiratory, cardiovascular, and social health.

### COMPLETED ACTIVITIES

Over the past year, several prevention and intervention activities have been launched to support and raise awareness among members of the Odanak community about the issues surrounding smoking and vaping. Efforts were intensified to implement various activities aimed at preventing young people from taking up smoking, supporting smokers in quitting, and raising awareness of the harmful effects of vaping. Our OHC nursing team continued its efforts to provide accessible, culturally safe care tailored to the needs of the Odanak population. Here are a few examples:

#### 1. Community Challenge: “Tobacco-Free Community” from February 10 to March 23, 2025

A community challenge was organized to motivate community members to quit smoking. Personalized support was offered to the nine people who voluntarily signed up to the challenge. It focused on active listening, providing motivation, and using tools such as nicotine replacement therapies. Follow-ups were conducted individually (or in pairs) to ensure that the approach was tailored to the participants’ needs. Regular nursing follow-ups included the development of an individualized plan tailored to the person’s needs and pace, education and decision-making assistance in choosing different treatment options (therapy, nicotine replacement, medication, alternative approaches, etc.), connecting them with additional resources if necessary (e.g., nutritionist, kinesiologist), and providing active support through regular follow-ups. A random draw was held at the end of the challenge and prizes were awarded to participants to encourage them.

#### 2. Individual Coaching to Quit Smoking

Outside of the “Smoke-Free Community” challenge period, personalized support was made available to individuals who wanted to quit or reduce their smoking. The same personalized approach was recommended. Between April 1, 2024, and March 31, 2025, 11 people began the process of giving up smoking with the support of the OHC nurse.



### 3. Workshops on Vaping Awareness

In collaboration with representatives from the Comité Québécois de la Santé et du Tabac (CQTS), two educational workshops were offered to deconstruct myths surrounding vaping and discuss associated risks. The first event took place on February 21, 2025, at the Espace Jeunesse in Odanak. It was aimed at young people aged 11 to 17 and was attended by eight participants. The young participants were presented with an interactive presentation and took part in discussions about the vaping industry, flavored products, and marketing strategies targeting young people. Subsequently, a second event was organized at the Odanak community centre, once again in collaboration with the CQTS. This time, it was aimed at an adult audience. On February 27, 2025, 14 participants joined in to learn about the issues related to vaping while deconstructing the misconceptions surrounding vaping products, which are often perceived as harmless.

### 4. Prevention Campaign

Various prevention initiatives were carried out throughout the year to raise awareness among the population. These included displaying prevention posters in public places, sharing messages on community social media, and promoting positive messages about giving up smoking at community events. Additionally, in 2024–2025, we worked to promote the lung cancer screening program in the Odanak community. The main objective was to raise awareness among the eligible population about the benefits of early screening and to encourage voluntary participation in the program in order to promote earlier diagnosis, thereby increasing the chances of effective treatment and survival.

## CHALLENGES SO FAR

### 1. Normalization of vaping among young people

Vaping, often perceived as a “less harmful” alternative, is becoming increasingly common, particularly among adolescents and young adults. Its widespread acceptance complicates prevention efforts, especially in a context where flavored products are easily accessible in the community.

### 2. Motivation and Commitment

Although many people have begun the process of quitting, long-term success remains a challenge. Stress, social habits, and physical dependence can lead to a relapse, even with proper support.

### 3. Remote access to certain specialized services

Patients eligible for lung cancer screening who agree to low-dose computed tomography (LDCT) must travel to Montreal or Quebec City to have the test done, which is a barrier for some patients.

## CHALLENGES FOR THE COMING YEAR

1. Continuation of personalized follow-up for individuals seeking to quit smoking or vaping;
2. Preparation of a new edition of the tobacco-free challenge is planned for the first quarter of 2026, with a focus on a multidisciplinary approach;
3. Creation of new awareness-raising activities, including tools tailored to young people;
4. Promotion of community-based approaches by involving local partners to advocate for smoke-free and vape-free environments.



# HEALTH CENTRE

## COMMUNITY COMPONENT (NURSING)

During 2024–2025, the community care component of OHC's nursing services continued its mission of prevention and health promotion, focusing on a holistic approach that is respectful of the beliefs and cultural values of the Abenaki Nation. Several programs and initiatives were implemented to meet the population's needs regarding immunization, cancer prevention, and general nursing care. The community nursing care provided at the OHC not only meets the immediate needs of the population, but also intervenes in the prevention of future health issues.

### ACTIVITIES COMPLETED

Among the key actions of the past year, several programs and initiatives were rolled out to meet the needs of the community. The activities carried out had to adapt to the constantly changing health needs of the population and emerging health priorities, while maintaining a high level of quality and accessibility of services.

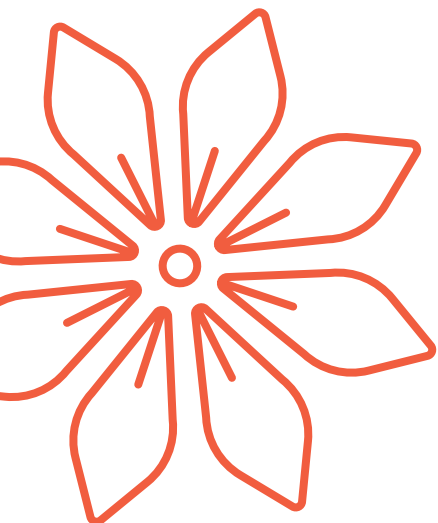
#### 1. Tick Bite Awareness Activities

Two prevention activities were organized to raise community awareness of the risks associated with tick bites. In addition to numerous social media and postal messages, a 120-minute workshop was offered to children attending the Odanak day camp. Approximately 34 young people participated and learned about prevention methods and what to do in the event of a bite. A second workshop was held for 13 childcare workers to strengthen their ability to protect themselves and the health of the children and infants in their care.

#### 2. Collective Prescriptions at OHC

The implementation of collective prescriptions has been instrumental in promoting nursing autonomy and quality of care. Thanks to effective interdisciplinary collaboration, we have been able to develop 15 collective prescriptions within the OHC in response to clinical needs identified in the community. These collective prescriptions offer concrete benefits for users: they enable faster, more accessible, and safer care, while fully mobilizing the skills of healthcare professionals. Here is a list of the collective prescriptions in effect at the OHC:

- Treatment of anaphylaxis;
- Administration of oxygen;
- DRS— Nitroglycerin S/L;
- DRS— Aspirin;
- Mild to moderate pain or fever (3 months and over);
- Treatment of warts (70 and under);
- Urinary pregnancy test;
- Emergency oral contraception;
- Treatment of constipation (15 and over);
- Use of tissue glue to mend minor lacerations;
- Deciding whether to remove sutures;
- Initiation of a single dose of doxycycline in an asymptomatic person following a tick bite (8 and older);
- Screening and antibiotic treatment for group A beta-hemolytic streptococcal pharyngitis tonsillitis (3 and over);
- Initiate treatment for urinary tract infection (cystitis) without complicating factors in women (14 and over);
- Allergic reaction and pruritus (2 and over).



### 3. Ensuring Health and Safety at the 2024 Odanak Pow Wow

The main objective of the first responder nurse was to ensure the health and safety of Pow Wow participants, dancers, seniors, visitors, and volunteers. This activity was coordinated with the organizers to ensure swift incident reporting and in collaboration with local emergency services for rapid response when needed.

### 4. Cancer Prevention

Cancer prevention initiatives were conducted, focusing particularly on lung cancer screening and education on the risks associated with skin cancer. Topics covered included smoking, nutrition, physical activity, screening, HPV vaccination, and sun exposure. Sunscreen dispensers at recommended locations continued to be maintained and refilled this spring, ensuring that everyone has access to sun protection at all times. In addition, workshops were offered to raise awareness of risks relating to sun exposure. A service corridor was also established to independently recommend the lung cancer screening program to patients. The goal is to initiate testing in people presenting a high risk of developing lung cancer.

### 5. Immunization

The OHC immunization program maintained its mission of providing safe, regular, and free access to various vaccines, including those against shingles, measles, HPV (Cervarix), seasonal influenza, and other preventable infectious diseases. Thanks to rigorous monitoring, we were able to maintain good vaccination coverage within the community. In collaboration with NIHB and the community pharmacy, volunteers aged 60 and over were able to receive the shingles vaccine free of charge. Similarly, adults aged 21 to 45 who wished to be vaccinated against human papillomavirus (HPV) received the Cervarix vaccine free of charge. These services were widely advertised through various communication channels. Outside of the childhood vaccination program, a total of 26 different vaccines were administered to help combat preventable diseases. In addition, 97 doses of COVID-19 vaccine, 12 doses of pneumococcal vaccine, and 116 doses of influenza vaccine were administered. These efforts demonstrate the nursing team's ongoing commitment to protecting public health in the Odanak community.

## CHALLENGES ENCOUNTERED

1. The nursing team faced several challenges related to immunization operations, particularly due to the measles outbreak in Quebec. This unexpected epidemiological situation required rapid action and a constant adjustment of practices in order to effectively protect high-risk populations.
2. Some sunscreen dispensers were vandalized over the winter, requiring new equipment to be ordered and installed.
3. Despite efforts, participation in lung cancer screening programs was low, mainly due to some users' reluctance to travel for diagnostic tests.

## CHALLENGES FOR THE COMING YEAR

1. Continue to hold workshops to raise awareness on tick bites and develop partnerships with specialized external organizations to offer community information sessions on Lyme disease and prevention methods.
2. Review existing collective prescriptions to ensure their compliance and validity within the OHC, while acquiring new collective prescriptions to strengthen nursing autonomy and improve the quality of care provided to Odanak residents.
3. Maintaining immunization activities remains a priority in order to ensure the accessibility, consistency, and quality of vaccination services for the entire population. For the coming year, we aim to maintain routine vaccine clinic schedules, ensure that our nursing team stays current with immunization guidelines, and be prepared to promptly address unforeseen public health situations, such as outbreaks or modified guidance.
4. Collaborations with regional public health partners will also be strengthened to support these actions and ensure a coherent and effective approach.



# HEALTH CENTRE

## OTHER NURSING SERVICES OFFERED:

- Vaccination;
- Multidisciplinary services in palliative care;
- Assessment of needs and safe adaptation of the client's living environment for home care;
- Optimization of nursing care and services provided at home (blood tests, podiatric care, nursing care);
- Access to a midwife, a specialized nurse practitioner, and a doctor at the OHC.

## ANNUAL STATISTICS

NURSING CARE CONSULTATIONS				
NUMBER OF CONSULTATIONS	2021-2022	2022-2023	2023-2024	2024-2025
Odanak Health Centre	728	1192	1055	1249
Home care	521	542	519	508
Personal care services by W8banaki (meals, housekeeping, hygiene assistance) + nursing services provided at home	5226 hours/ 38 clients	5230 hours/ 38 clients	5233 hours/ 36 clients	4608 hours/ 26 clients
Specialized nurse practitioner Front line	-	134	124	114
Doctor	-	181	123	119
Telephone	281	432	478	365

ÉLISABETH MOREL  
Dental Hygienist

First of all, the CDHP program has grown since its introduction in Odanak in 2017. What is interesting is the variety of preventive dental services offered. For example, applying sodium fluoride at least twice a year makes a difference in preventing tooth decay, and silver diamine fluoride can stop asymptomatic cavities without anesthesia. These are interesting examples of preventive treatments offered to the population in order to reduce oral diseases by encouraging and referring target clients towards curative oral care and by teaching and applying preventive oral care.

## ODANAK HEALTH CENTRE REPORT

Number of participants who took part in CDHP program activities:  
59 people (43 children in daycare, 15 elementary school children, fewer than 5 seniors).

In conclusion, it has been a great year, and client participation in various prevention activities demonstrates their confidence in the program and the care they receive. The pit and fissure sealing activity and the “Oral Health Through the Ages” conference for adults each attracted about 15 people. Over the coming year, we aim to roll out preventive activities across the community. These include preventive consultations with parents in their role as providers of dental care for their children, adults, and seniors, as well as continuing to provide care for children and raising awareness of the program’s services among pregnant women as an important step in preparing for the arrival of a newborn.



## YANNA GIRARD

Sector: Psychosocial

## MESSAGE FROM THE CLINICAL COORDINATOR

The past year has been marked by numerous challenges, but also by significant progress in our psychosocial support services. Thanks to the ongoing commitment of our team and the support of our partners, we have been able to offer tailored services focused on attentiveness, respect, and the dignity of each individual.

We have implemented several initiatives aimed at strengthening individual and collective resilience, notably through individual consultations and awareness campaigns. By implementing a community-driven approach, we have been able to establish secure and encouraging environments that foster the communication of needs and the empowerment of users.

A highlight of this year was the addition of a **human relations officer (HRO)** to our team. This integration has enhanced our ability to intervene, enabling a greater presence on the ground and more individualized support for people in vulnerable situations. The complementary nature of the HRO's role and that of psychosocial workers have fostered a more integrated, effective, and humane approach.

We have also continued our efforts in terms of ongoing training for practitioners, in order to guarantee a quality of listening and intervention in line with best practices in the psychosocial field. In collaboration with other departments, we have promoted an interdisciplinary approach that has enabled a more comprehensive response to complex situations.

## ACTIVITIES CARRIED OUT BY THE PSYCHOSOCIAL SECTOR

- 1 conference
- 39 assessments (intake, assessments, referrals)
- Cases assigned and HRO support: 27 users
- Meetings with social workers: 225 meetings
- HRO/addiction meetings: 322 follow-ups
- Addition of an HRO
- Professional development
- 811 partner line agreement
- Agreement with Dr. Blain, consultant/clinical component
- Use of Facebook to share psychosocial information or prevention
- Updated list of our internal and external partners (done internally)
- Drafting of an integration tool for future employees
- Presentation of the "Homelessness in Schools" project at the elementary level
- Presence of the new NIHB psychologist, Ms. Valérie Beaudoin (once a week, on Tuesdays)



# HEALTH CENTRE

## TRAINING COURSES TAKEN

TRAINING/WEBINAR	PRESENTED BY
Training in NLP/Hypnosis/ Addiction/Neuroscience/Webinar/ Mental Health Podcast	Online
Training on Bill 42 (work environment, civility)	Abenaki Council of Odanak
Training on sexual exploitation	La Piaule
Training on coercive control	Grouping of women's shelters for victims of domestic violence
VIGIE training	CSV
Homelessness Conference	Un expérientiel
"Effective Approaches for Dealing with Suicidal Individuals" training course	Accalmie Suicide Prevention Centre

## MEETING/COMMITTEE

MEETING AND/OR COMMITTEE	PRESENTED BY
Psychosocial	Yanna Girard (coordinator)
Psychosocial Clinic	Yanna Girard, OHC Clinical Coordinator, Dr. Samuel Blain and Marianne Doucet, external nurse
CIUSSSMCQ SAD meeting	CIUSSSMCQ
Meeting with CPDA	Mylène Trudeau and Warren Robertson
CA meeting	Wapan
Therapy	External centre
Accreditation Canada	Jean Vollant / Michel Paul
Unique File, CQGR	Archivist
Collaboration with a streetworker	Point de rue

## CHALLENGES OVERCOME

1. No waitlist for treatment  
in our psychosocial services
2. 811 partner line agreement
3. Agreement with Dr. Samuel Blain,  
consultant for the psychosocial sector
4. New NIHB resource: Ms. Valérie  
Beaudoin, psychologist
5. External referral (psychologist)

## CHALLENGES ENCOUNTERED

1. Insufficient premises/office hours
2. Service trajectories with partners

## CHALLENGES TO BE ADDRESSED IN THE NEXT ANNUAL REPORT

1. Development of a violence  
and danger risk protocol
2. Development of an OUTREACH-type  
intervention
3. Promotion of better collaboration  
between different sectors
4. Training or team-building activity



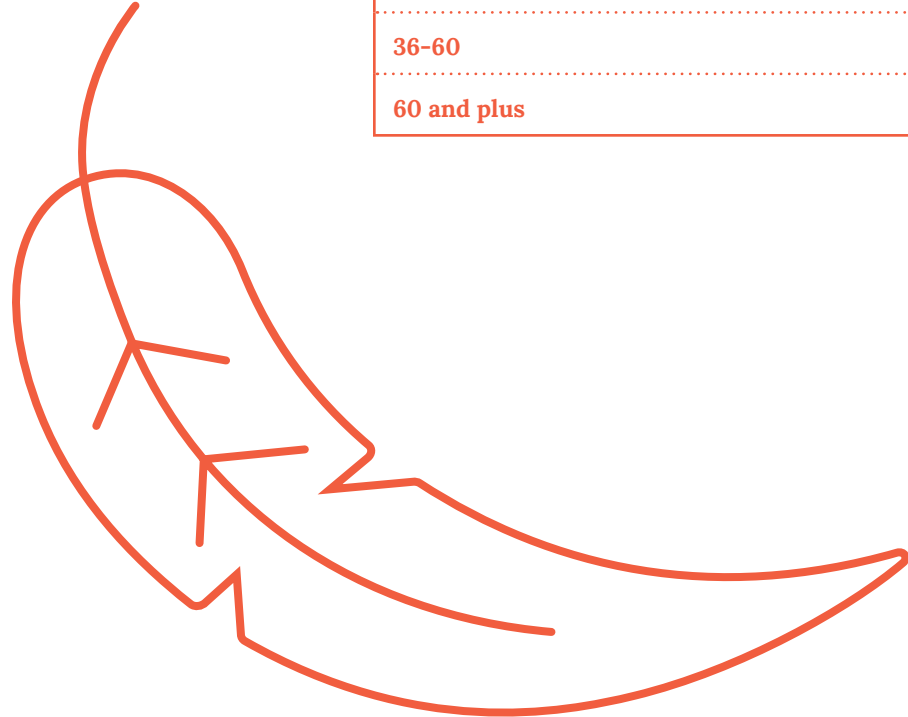


STACEY  
TRÉPANIER FEQUET

Social worker  
Sector: Psychosocial team

ACTIVITIES CARRIED OUT BY THE SECTOR

Total number of meetings held/interventions with a client during the last year*	225
*excluding meetings and procedures with partners, as well as telephone interventions	
Total number of training courses taken	14
Total number of customers for whom interventions were carried out	40
Women	21
Men	19
Abenaki	35
Non-indigenous	<5
Under 18	less then 5
18-35	13
36-60	16
60 and plus	10



# HEALTH CENTRE

## ANIK SIOUI

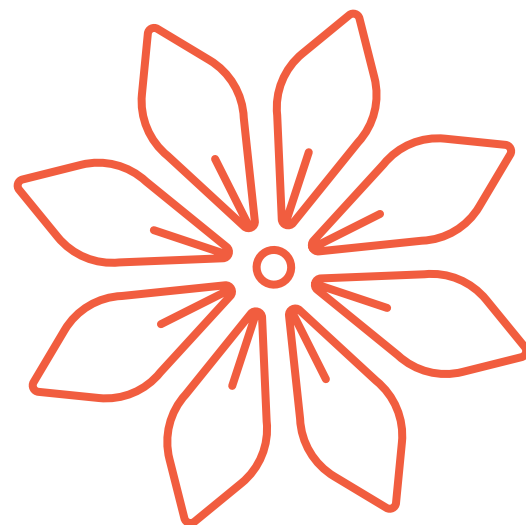
Psychologist

Sector: Psychology,  
psychosocial services

At the beginning of June 2024, we successfully renewed the letter of agreement between Indigenous Services Canada (ISC), the Odanak community, and I for the eighth consecutive year. The agreement continues to favor a hybrid approach, combining community visits and telepsychology. Due to the increasing number of requests in recent years, I am authorized to make one or two three-to-five-day visits to Odanak per month. The rest of the time, sessions continue to take place via telepsychology or, in some cases, over telephone. For those who wish to access a quiet and confidential location or who do not have a computer at home, the Odanak Health Center continues to make a tablet available in my office on Tuesdays to accommodate remote meetings when possible.

We are proud to offer culture-based psychotherapy services to the Odanak community, including individual and family psychotherapy for adolescents aged 14 and older, adults, and elders, as well as referrals to other resources when necessary. Due to criteria related to the ISC program, psychotherapy is offered exclusively to Odanak members with Indian status, whether or not they live in the community.

The most common issues encountered over the past year were related to anxiety disorders and stress/anxiety, depression, self-esteem, grief, simple or complex trauma, relationships (romantic or otherwise), family, work, identity, and difficulties adapting to a chronic illness. People aged 18 to over 75 have consulted with me. A total of 814 psychotherapy sessions were provided (including 332 in-person sessions). This represents an increase of 25 sessions compared to 2023–2024 and an increase of 107 sessions compared to 2022–2023.





Here are my statistics:

MONTH	NUMBER OF SESSIONS		
	TELEPSYCHOLOGY	IN PERSON	TOTAL
April 2024	70	24	94
May 2024	59	29	88
June 2024	2	25	27
July 2024	53	20	73
August 2024	52	19	71
September 2024	47	23	70
October 2024	38	44	82
November 2024	46	23	69
December 2024	18	43	61
January 2025	25	21	46
February 2025	36	25	61
March 2025	49	23	72
Total	495	319	814

After over a decade of service to the community, I have decided not to renew my contract with the Odanak Health Center. My last day of work was April 25. This was a very difficult decision to make, as I have a deep affection and sincere attachment to Odanak.

I would like to express my gratitude to the Odanak community and to all the people who have crossed my path. The past ten years spent working alongside you and supporting you mean a lot to me. They have allowed me to grow both professionally and personally, and I will cherish the memories of the relationships I have formed and of the lessons I have learned. I would like to thank every person who sought my services over my years at the health center. It takes a great deal of courage, humility, commitment, and introspection to actively work on bettering oneself. It has been an honor for me to have accompanied you through a part of your life's

journey. Each and every one of you has touched me with your unique qualities and taught me something valuable. I am deeply touched by the trust you have placed in me. I would also like to thank my colleagues: our team has been able to adapt to changing realities and challenges over the years and prove again and again that they are committed, available, versatile, and attentive. You care deeply about the well-being of the community, and it has been a pleasure to work with you!

I hope everyone enjoys the summer and gets their fill of sunshine, joy, laughter, connection, and companionship! Often, suffering is invisible and silent. That's why we need to keep paying attention to our loved ones as well as those we know less or not at all. Offer a smile, lend an ear, or put a hand on their shoulder; it can often make all the difference. Also, don't hesitate to refer your loved ones to our services.

Wliwni, Tiawenhk, Mik8etc!



## ANDRÉ GILL

Drug addiction counselor  
Sector: Psychosocial

## ACTIVITIES CARRIED OUT BY THE SECTOR

PROFESSIONAL DEVELOPMENT/WEBINAR	NB. OF HOURS
NLP/Hypnosis/Addiction Professional Development	32
Professional Development/Neurosciences and the Brain	15
Webinar/Addiction/PNL/Hypnosis	6
Mental Health Podcast	3

## MEETINGS/COMMITTEES

MEETINGS	NUMBER
OHC team meetings	3
Psychosocial meetings	18
Other meetings	3
Wapan Board meetings	14
Cultural centre meetings	1
Information Requests about the Program	3
Closed Therapy	x < 5
Internal Therapy (withdrawn)	x < 5

## INTERVENTION FOLLOW-UPS

	NUMBER	EQUIVALENT	CANCELLED APPOINTMENTS	CASE DISCUSSION
<b>Men</b> (Between 17 and 80 y.o.)	122	180,75	24	30
<b>Women</b> (Between 28 and 79 y.o.)	200	344,25	31	45
<b>Men and women total</b>	322 follow-ups	525 follow-ups		

## JULIE DURAND

Assistant Director,  
Odanak Health Centre

## ACTIVITIES CARRIED OUT BY THE SECTOR

Over the course of my first year in this role, I felt it was important to establish new relationships with all OHC professionals. It was also vital for me to learn about the organization's ethos and to support its mission. In addition, I needed to build and maintain relationships with our internal partners and organizations in the Nicolet-Yamaska region. I was also able to take over the committees on which Jean had served in order to maintain our visibility and foster our partnerships. I supported my teams according to their needs by making myself available and taking a proactive approach whenever possible. They were able to appreciate my management style and leadership vision. The 2024–2025 year was therefore a positioning year for me.

## TRAINING COURSES TAKEN

TRAINING/WEBINAR	PRESENTED BY
Démarch'Action	Centre-du-Québec Partners
ÉquiJustice Presentation	ÉquiJustice Nicolet
Preventive intervention in situations involving aggression, intimidation, and threats	Organized by Council
Virtual PMU Training	Organized by Jennifer Volland
Domestic violence prevention	La Nacelle (Caroline Blackburn)
Conflict Management Communication (2 x 0.5 days)	Council through a consultant
Self-care in mental health	Employers' centre
PMU (2 days)	Council (Jennifer Volland) through a consultant
Sylvain Marcel (conference)	Psychosocial Sector
Communiquer : toucher le fantôme (Communication: Touch the ghost)	Council (Dominique Morneau)
Energy transition conversation: Health	UQTR
Preventing harassment and violence in the workplace: federal regulations	Suzie O'Bomsawin
Course on Stress	Sonia Lupien
Optimize your meetings	Consultant (Council HR)
Health governance process	Sharène Niquay
Financial Administration Act	Council



# HEALTH CENTRE

## MEETING/COMMITTEE

MEETING AND/OR COMMITTEE	PRESENTED BY	MEETING AND/OR COMMITTEE	PRESENTED BY
CSP Steering Committee	OHC	Monthly meetings with each sector	Julie Durand
Consultation table with R. Dostie	OHC	Follow-up with Jean	Jean Volland
Meetings with the teams	Jean Volland	Mélanie Bilodeau Clinic	Justine M'Sadoques Plourde
Reinvestment plan (unspent funds)	ISC	Sharing Circle	Rosalie Dostie
IELCC	Jean Volland	HR Follow-up	Suzie O'Bomsawin
CSW	Louis Beauregard	Cultural safeguarding	Julie Durand
Medical Transport/ NIHB/Archives	Jean Volland	Community health plan	Jean Volland
Single File Committee	Paule Leïby	Midwife Project	Jean Volland
Community Engagement	Jean Volland	Psychosocial Team	Yanna Girard
OHC Team Meetings	Jean Volland	Sports Infrastructures	Julie Durand
N8wkika Meeting	Justine M'Sadoques-Plourde	Consultation Committee	N8wkika
Accreditation Canada Steering Committee	Michel Paul	Jordan's Principle Committee	Justine M'Sadoques Plourde
Meetings between senior management/deputy senior management Council + elected officials	Varies depending on the subject	Construction of the FNHSP facility	Geneviève Veilleux
NoYau Steering Committee	Andréanne Boulanger	Networking	FNQLHSSC (Marie-Ève Moreau)
FNIHB	Jean Volland	Single File Committee	Paule Leïby
CQGR	Paule Leïby, transferred to J. Durand	TIR-SHV (follow-up committee)	Mélissa Guillette
CDC	David Blais	IELCC and MOB	Marie-Ève Moreau
Family ties	Martine Côté	HR Follow-up	Suzie O'Bomsawin and Widline Courchesne
CSSDLR	Justine M'Sadoques	Community Health Plan	Jean Volland
Health Directors Committee	Invited by Jean Volland	FEHNCY Project	Jolian Wong



MEETING AND/OR COMMITTEE	PRESENTED BY	MEETING AND/OR COMMITTEE	PRESENTED BY
Meeting with reception/ archives sector	Jean Vollant	Nw8kika	Stéphanie Simard
Food Drive Committee	Daniel G. Nolett	Executive Committee	Daniel G. Nolett
CSSS-T Primary Table	Julie Durand and Justine M'Sadoques-Plourde	Reception/archives/Med. Trans. sector	Jean Vollant
Gouvernance	CSSSPNQL	Strategic plan and annual planning	Jean Vollant
Council Strategic Planning	Daniel G. Nolett and Suzie O'Bomsawin	NCTR Committee	Julie Durand
Meetings with CIUSSS-MCQ	811 – Governance models, etc.	Meetings regarding the shelter	Suzie O'Bomsawin
Meetings regarding the shelter	Suzie O'Bomsawin	NoYau Executive Committee	Andréanne Boulanger
TIR-SHV (follow-up committee and main TIR)	Mélissa Guillette	Community pool	Suzie O'Bomsawin
FNQLHSSC (MOB, IELCC, projects)	Marie-Ève Moreau	New OHC	Geneviève Veilleux
NIHB funding	NIHB	NoYau Steering Committee	Andréanne Boulanger
FEHNCY	FEHNCY Team	Community Consultation	N8wkika
CRR	Edgar Blanchet	CAB BoD	Guylaine Fréchette, president
AVA Program	Louis Beauregard, Jean Vollant	Funding meetings	Catherine Bussièrès-Côté





## SUMMARY OF EVENTS HELD

- Planning, implementing, and submitting the Community Health and Wellness Plan with the committee;
- Budget planning for MOB and IELCC in consultation with partners;
- ISC procedures for the OHC new construction project;
- Collaboration on the new FNHSP facility;
- Involvement in the NoYAu management committee (decision-making) and steering committee (advisory);
- Involvement in the CABLAP Board of Directors;
- Support for campaigns promoting Jordan's Principle;
- Financial management of various budget items;
- Restructuring of the Kchaiaik sector (community lunches, special outings, etc.)
- Planning, organization, and implementation of Cultural Safety Day
- Involvement in the monitoring committee (decision-making) and the Main TIR-SHVCDQ;
- HR follow-ups, hiring, departures, and volunteer management;
- Management of the 2024 food drive (file management, purchasing, and distribution);
- Deployment, FEHNCY Project;
- Participation in the Accreditation Canada visit;
- Support for Le Refuge;
- Participation in PMU + management of the OHC in real-life situations;
- Planning and organization of NDTR 2025 with the committee;
- Support for various sectors.

## CHALLENGES OVERCOME

I am very proud of the progress I have made this past year! I pursued a career change that has introduced me to many new people, different challenges, and exciting projects. I often say that we are privileged to have dedicated professionals, financial resources, and employer support. By changing work environments, I have been able to witness my own growth as a manager. I have gained the trust of my employees, and they know that I am present, available, and always ready to take on new challenges.

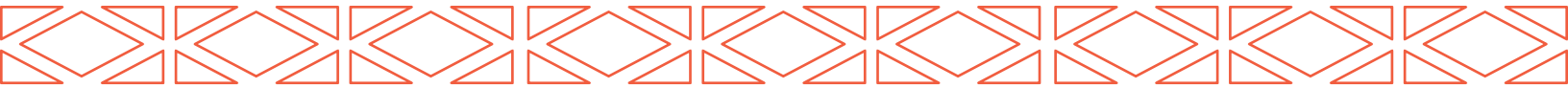
## CHALLENGED ENCOUNTERED

Meetings and committees occupy much of my workload. However, I am still able to complete my tasks, thanks to some reorganization that has opened my schedule. Various large-scale projects are underway, requiring consultation, preparation, and organization. Managing events is more difficult when I am almost solely responsible for them, especially since my agenda can never be exclusively dedicated to these. Since I am somewhat uncomfortable with networking, I have made a conscious effort to promote the OHC to our partners. I am developing new skills! The Kchaiaik sector has overcome its fair share of challenges this year. Fortunately, I was able to rely on Annette, who continued her activities with me. Knowledge of Abenaki culture remains an issue, because I still feel like an impostor. I try to avoid making a faux pas and not offend sensibilities in order to respect the population. I always make sure to pay attention during meetings so that I can learn more.

## UPCOMING CHALLENGES FOR THE NEXT QUARTERLY REPORT/ANNUAL REPORT

Over the coming year, we will need to continue working on building the new FNHSP facility and the OHC. In the meantime, adjustments will be made to the SMO to ensure that our staff are properly accommodated. With new hires, it is imperative that we ensure sound team management. One-off events will certainly bring their share of challenges, but we will be able to meet them.





## REPORTING BUDGET ITEM 378

### 2024-2025

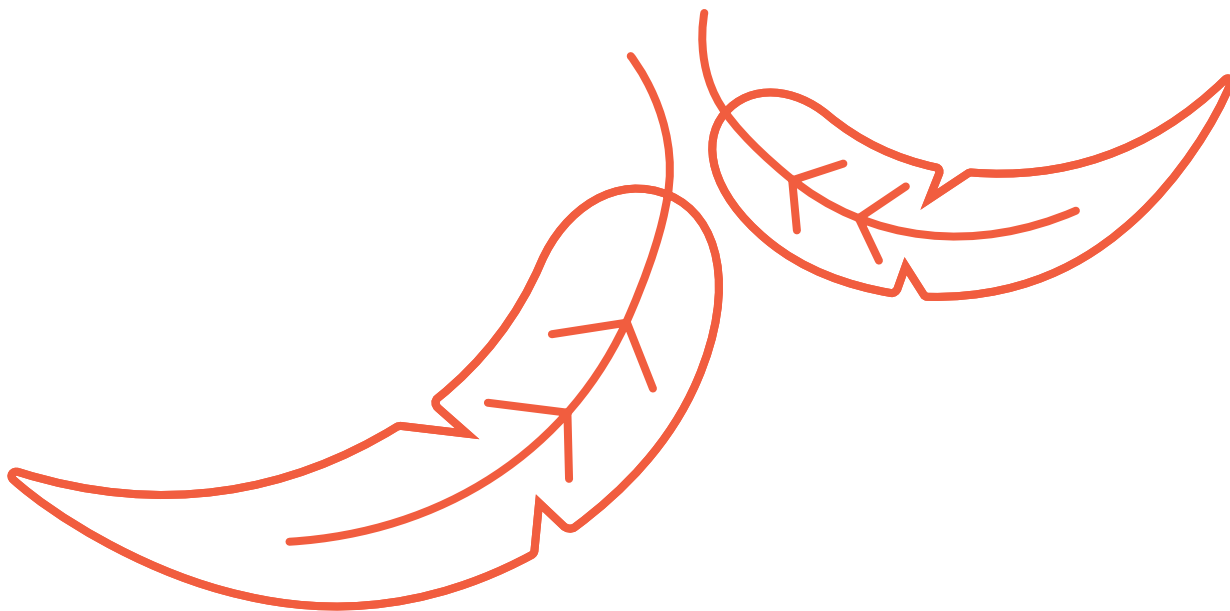
As outlined in the Community Health and Wellness Plan, the Healthy Living and Addiction Services sector provides safe, high-quality, care to users of the Odanak Health Center. One of the ways we achieve this is by maintaining the highest level of competence through the use of professional development.

In 2024-2025, the OHC's total budget for program 378 was \$6,736 + \$254 (\$6,990). Expenses totalling \$5,303.90 were recorded, leaving a balance of \$1,688.10.

Over the fiscal year, our four practitioners participated in a total of 16 training sessions, while the kinesiologists joined five platforms to support them in their work.

Some of the training expenses were charged to the psychosocial sector budgets, as all practitioners were required to attend and, according to our operating procedures, recorded expenses are not to be split among different budget items.

All year long, we offer a range of activities to help people adopt a healthy and active lifestyle. These cover our entire client base, from group activities to individual consultations. Plus, our services are offered close to where people live or right in their homes, making participation easier.



# HEALTH CENTRE

**JUSTINE  
M’SADOQUES-  
PLOURDE**

Program officer—  
Jordan’s principle

## INTRODUCTION

The Jordan’s Principle is a principle of priority for children designed to ensure that First Nations children receive the services they need when they need them. Given the significant increase in funding requests, the team has developed advocacy documentation regarding service delivery. The goal is to respond to the real needs of children and ensure that the services provided are of the highest quality.

### MEETINGS / COMMITTEES

MEETINGS	ACTION	PERSON INVOLVED
<b>20 meetings— education partners</b> CSS de la Rivéraine CSS Sorel-Tracy CSS Deschênes CSS Chemin du Roy	<ul style="list-style-type: none"><li>• Support for a request involving Inuit children</li><li>• Gathering information about FNEC budget</li><li>• Registration for the Petite Plumes program</li><li>• Workshop on Indigenous homelessness (Yanna Girard) at VL</li><li>• Connecting the Council and VL-MLT management for the mural project</li><li>• 2 x intervention plan meetings at Paradis School</li><li>• Gathering information about Jordan’s Principle</li></ul>	Justine M’Sadoques-Plourde
<b>38 meetings— community partners or suppliers</b>	<ul style="list-style-type: none"><li>• Transfer of the baby carrier rental service to Tikinaguan</li><li>• Consultation regarding the Info-Social team</li><li>• Consultation regarding access to N8wkika services</li><li>• Participation in the distribution of a lunch at VL</li><li>• Reorganization of the homework assistance program</li><li>• Research and sharing circle related to Rosalie Dostie’s research</li><li>• Discussion of service offerings with the Mélanie Bilodeau clinic</li></ul>	Justine M’Sadoques-Plourde
<b>“Cérémonie des premiers pas” committee</b>	<ul style="list-style-type: none"><li>• Information gathering</li><li>• Soliciting potential committee members</li><li>• Suspension of activities</li><li>• Confirmation of Nicole O’Bomsawin’s participation</li><li>• Naming ceremony postponed until September</li><li>• First steps ceremony pending confirmation (knowledge keeper)</li></ul>	Justine M’Sadoques-Plourde Angelie Lafontaine



MEETINGS	ACTION	PERSON INVOLVED
9 team meetings	<ul style="list-style-type: none"><li>• Consultation on the strategic plan and annual planning</li><li>• Update on changes to ISC funding—Jordan's Principle</li><li>• Consultation on access to services regarding Jordan's Principle mobilization documents and the back-to-basics approach.</li><li>• Presentation of documents—Mobilization of Jordan's Principle and the back-to-basics approach</li><li>• OHC team meeting</li><li>• Resolution of mobilizations related to Jordan's Principle</li><li>• Performance evaluation meeting</li><li>• Planning of the workshop on medicinal plants with Kchaïak</li></ul>	Julie Durand Justine M'Sadoques-Plourde
4 conferences	<ul style="list-style-type: none"><li>• Quali Symposium</li><li>• Two conferences for psychoeducation students at UQTR</li><li>• Kiuna Institution—ACS Special Education</li></ul>	Justine M'Sadoques-Plourde Rosalie Dostie
5 meetings with Jordan's Principle coordinator	<ul style="list-style-type: none"><li>• Special meeting on Jordan's Principle operational bulletin</li></ul>	CSSSPNQL/SAC
3 meetings—Jordan's Principle Committee	<ul style="list-style-type: none"><li>• Update on Jordan's Principle activities and issues related to family support and travel expenses</li><li>• Consultations related to mobilization</li><li>• Consultations related to access and levels of service</li><li>• Two case studies</li></ul>	Justine M'Sadoques-Plourde



# HEALTH CENTRE

## SUMMARY OF EVENTS HELD

### THE BACK TO BASICS APPROACH

The “Back to Basics” approach document illustrates the hourly rates for certain services previously approved for the 2023–2024 fiscal year by Indigenous Services Canada. The amounts vary depending on the professional chosen by the parent. In addition, we have established general prices for services and support materials. By monitoring prices, professionals can examine different service options and direct users to the most advantageous funding source. The purpose of this document is to provide support for professionals who work with Abenaki children.

### GROUP REQUESTS

Considering the approval times for funding requests, with the authorization of the regional manager—Jordan’s Principle and Initiative: Inuit Children First—we have determined that group requests for certain services may be submitted. The goal is to facilitate access to funding for children when they need it.

The following group requests were submitted in 2024–2025:

- Healthcare costs: prescription drugs, doctor’s appointments, emergency transportation
- Dental and orthodontic costs
- Speech therapy services
- Special education services

For the 2025–2026 fiscal year, changes to funding for speech-language pathology services will be made halfway through the year, in November. Subsequently, all group applications will be renewed annually to simplify coordination.

### REQUEST FOR HOMEWORK ASSISTANCE

Considering that homework assistance is provided by the Abenaki Council of Odanak’s education program, the Odanak Health Center has decided not to cover the costs associated with additional hours. However, special cases may be handled by members of the Jordan’s Principle Committee. Enrichment and tutoring services may be eligible for reimbursement following a review of the file. In order to reduce requests for learning support made to Jordan’s Principle of Odanak, Abenaki students aged 12 to 18 who are residents of Odanak will be transferred to the Council’s homework assistance program.

If a request is made by a parent and approved by the committee, tutoring registration fees may be reimbursed. Considering that a tax credit may be applicable, proof must be provided at the time of application.

### KEY LIAISON OFFICER FOR COLLABORATION WITH THE FNCFS (N8WKIKA)

Given the significant increase in requests for funding for psychosocial services, N8wkika and the Odanak Health Center (OHC) have established a new procedure to support families and children in the Odanak community.

This procedure consists of offering N8wkika’s services to families with children between the ages of 0 and 18, with their consent. Case workers will be able to proceed with intake, assessment, and referral (IAR). The case will then be processed. In order to provide rapid access to high-quality services, the OHC and N8wkika will work together to promote children’s educational success and maximize their full potential.

Throughout the mandate, the caseworker will be available to support the family and children and to reassess their needs.

Furthermore, if the recommended service is psychological follow-up and the child has been assessed, N8wkika will take the necessary steps directly with the OHC’s NIHB Services agent.





## COLLABORATION WITH SCHOOL BOARDS

Every year, the Jordan's Principle coordinator, the assistant director of the CSSDLR, and an Indigenous Services Canada program officer meet before the end of the school year to agree on the direction to take for the coming school year.

Moreover, the Jordan's Principle Coordinator and N8wkika work together to develop a profile for each Abenaki student regarding their needs and educational background. The N8wkika worker is the key agent and will ensure that the tools used and the interventions recommended are beneficial to the child in all areas of their life.

In order to establish a link between organizations, each special education resource in the school community must submit a quarterly report on the student's progress.

The remedial education service will no longer be subsidized by Jordan's Principle through the CSSDLR. Since there is a labour shortage in the education sector, this is creating service gaps in schools. The CSSDLR therefore wishes to prioritize students who have significant learning difficulties, regardless of their origins. The Odanak coordinator therefore recommends hiring a special needs Educator, which would report to the OHC. It seems essential to meet the real needs of Abenaki children while developing their autonomy.

## PROMOTIONAL EVENTS

Several promotional events were held, such as:

- Cultural Safeguarding Day
- Community Day
- Babywearing Workshop
- Purchase of promotional materials
- Quali Symposium
- Presence at NDTR
- Presence at the Mini Pow Wow

## CHALLENGES OVERCOME

- Decrease in complaints about Jordan's Principle-funded special education services in provincial schools;
- Mobilization of program demands that reflect our visions and realities.

## CHALLENGES ENCOUNTERED

- Significant increase in requests from Ontario or outside Quebec;
- Change in operations related to service delivery.

## UPCOMING CHALLENGES

- Consultation with the Jordan's Principle Committee and positioning of the Council regarding requests from outside Quebec;
- Creation of effective tools for profiling school-aged children;
- Significant delays in processing new funding requests;
- Hiring of a remedial education/speech therapy resource;
- Hiring a psychoeducation resource in collaboration with N8wkika;
- Implementation of a collaboration agreement with N8wkika.



# HEALTH CENTRE

## SERVICE DELIVERY STATISTICS—JORDAN'S PRINCIPLE 2024—2025

SERVICE/SUPPORT	ACTIVE REQUEST	NO. OF UNIQUE CHILDREN COVERED
Education services		
SET	3	27
Special needs teacher		
Teaching aids		
Homework help/tutoring	3	3
Psychoeducation	4	4
School curriculum		
Speech therapy/language stimulation	5	13
Health Services		
Audiology		
Medication/medical consultation	7	28
Podiatrist/orthotics		
Occupational therapy	7	6
Acupuncture and hypnosis	1	1
Dental expenses	6	11
Sports/extracurricular expenses	2	20
Optometry	1	1
Physical therapy	3	3
Naturopathy	1	2
Chiropractic care	2	3







SERVICE/SUPPORT	ACTIVE REQUEST	NO. OF UNIQUE CHILDREN COVERED
Maternity services		
Perinatal equipment	5	7
Osteopathy	6	6
Mental health services		
Neuropsychology	6	6
Social worker	1	1
Psychological care	3	3
Aw8ssissak ECC		
Educational agent	1	54 children = 33 FN + 21 non-indigenous
Financial support for families		
Transportation/hospitalization expenses	3	3
Homecare	2	4
Total	70	

\* Some requests combine two services\*

0–18 CENSUS

AGE GROUP	RESIDENT	NON-RESIDENT	BOY	GIRL
0–1 baby	8	1	3	6
0–5	13	4	7	10
5–12	14	28	27	15
12–18	6	12	8	10
Total	41	45	45	41

As of 2025-05-29



# HEALTH CENTRE

## ANNIE LAPIERRE

Hygiene and Safety Program Manager

Sectors: Hygiene and sanitation program/  
Wild game Training (community health)

## INTRODUCTION

This quarterly report covers activities that took place under the hygiene and sanitation program (community health) (item: 347) and the wild game training program (community health) (item: 324) for the January 1 to March 31, 2025, period.

## ACTIVITIES CARRIED OUT BY THE SECTOR:

Inspections of public establishments in the community are carried out by a public health and environmental officer from Indigenous Services Canada (ISC) with the assistance of the hygiene and sanitation program manager and, when necessary, along with the public works supervisor from the Abenaki Council of Odanak.

This quarter, Ms. Aïcha Kaouache remained our community's designated public health and environmental officer. Only one inspection was conducted this quarter. On January 30, 2025, an inspection was conducted at the Aw8sissak daycare centre, which was found to be compliant. A report was sent to the relevant authority.

Our mandate for this program is to link between services, develop public health and environmental notices for the population, archive/follow up on reports prepared by Ms. Kaouache and Ms. Paolin, and manage appointments for inspections taking place within the community.

On March 1, 2025, a workshop on wild turkeys was held for community members, community hunters, etc.

Mr. Mario Huot of Aventures Express was the speaker of this workshop, during which topics discussed included the ethical aspects of hunting, factors influencing meat safety and quality, the most common diseases and parasites, evisceration time, nutritional values, etc.

Eleven people registered, and nine participants attended. We received positive feedback from participants, and from what I gathered, the speaker greatly enjoyed his visit.

A general notice was posted on the OHC Facebook page as a preventive measure and warning regarding cases of rabies in raccoons in the Eastern Townships (no cases have been reported in the Centre-of-Québec region). We included a list of municipalities with reported cases in the notice.

## TRAINING COURSES TAKEN:

TRAINING/WEBINAR	PRESENTED BY
MNP training (in Teams) on the Financial Administration Act	Suzie O'Bomsawin
Training on game (wild turkey)	Mario Huot (Aventures Express)
Meeting between program managers	Catherine Bussi�res
Training on the pension plan	Council

## MEETINGS/COMMITTEES

I was unable to attend because the meetings and other events took place while I was on vacation.

## CHALLENGES OVERCOME:

Organize and run a workshop/training session on wild game or other topics.

## CHALLENGES ENCOUNTERED

- Having no or very little budget for activities. I need to ask ISC for substantial financial assistance.
- Reduced schedule.

## UPCOMING CHALLENGES FOR THE NEXT ANNUAL REPORT/ QUARTERLY REPORT:

Finalize my tasks and/or projects before the end of June (summer vacation period) so that I can start next September with my list of activities and try to see with ISC about the budget for my program.

**MARIE-PIER  
DESNOYERS**

**CHRISTINA  
BÉLAND-RACINE**

Healthy Lifestyle  
Habits (339)

Dietetic Technician

Kinesiologist

Massage therapist

## INTRODUCTION

This annual report covers activities carried out as part of healthy living promotion programs (339) for the period of April 1, 2024, to March 31, 2025. The financial report for this program will be produced by the Finance and HR departments.

## ACTIVITIES CARRIED OUT BY EACH SECTOR

### PHYSICAL ACTIVITIES WITH CHRISTINA

- Training for interschool games and volleyball (April 3 to May 15, May 1)
- Meeting with an Olympic athlete (April 3)
- Quarterly healthy lifestyle capsule
- Off-the-grid cycling pilot project (April 15)
- Balance and flexibility program for seniors (May 1 to June 5)
- Ergonomic assessment of employee workspaces (May 7 and 15)
- Interschool games (May 22 to 26)
- Business Challenge (June 1)
- Introduction to paddleboarding (July 3)
- Festivalvolley (July 4 to 7)
- Aquafitness (July 9 to August 13)
- Bicycle/scooter safety (July 10, September 11 and 17 (day camp))
- Parade at the Odanak Pow Wow with youth from the Interscholastic Games (July 21)
- Paddleboard rental (July 4 to September 6)
- Wigodi retreat (August 30 to September 1) CANCELLED
- Active break—cultural safety (September 12)
- Three Sisters Challenge (September 19)
- Volleyball training and tournaments (September to March, November 15–16)
- Ascension of Mont-Pinacle (October 20)
- Exercises and walks for seniors (October 29, November 19 to December 17, and January 29 to February 26)
- Active breaks and lunchtimes for employees (November 13 to December 18)
- Let's Walk Together (November 25)
- Community dinner (December 7)
- Christmas parade (December 12)
- UQTR university volleyball game (February 6)
- Pound (February 4 and March 25)
- Street Dance (February 3 to 24)
- Start of training for the 2025 Interschool Games (March 13–27)
- National Capital Volleyball Academy (March 15–16)



# HEALTH CENTRE

## NUTRITION ACTIVITIES WITH MARIE-PIER

- Workshop on baby weaning with perinatal clients (April 18)
- Purchase of healthy snacks for employees (CAO, OHC, SMO, TP, CPDA) (every two weeks—Costco)
- Family cooking (April 3)
- Breakfasts (May 9, May 21, and June 6)
- Sports nutrition capsule—Interschool games (May 15)
- Opening of the community garden in collaboration with the BETO (June 9)

## DAYCAMP:

- Workshop at the community garden - 3 sisters (July 2)
- Ferme des Ormes - Raspberry picking and recipe (July 18)
- Picnic with parents (August 13)
- Lunchbox workshop for parents (August 22)
- Walking bus/breakfast (September 19)
- Posts on the OHC Facebook page, relevant articles on nutrition (2–3 times a month)
- Community water fountain project
- Purchase of healthy snacks for employees (CAO, OHC, SMO, TP, CPDA) (every 2 weeks—Costco)
- Walking bus/breakfasts (October 3, 17, and 29)
- Workshop promoting positive body image—Espace Jeunesse (October 10)
- Workshop on baby weaning for new moms (October 29)
- Halloween snacks at the daycare: Costumed fruit (collaboration with Marie-Noël—IDA) (October 31)
- Cookie baking for Family Day with the daycare centre (November 20)
- Family cooking workshops (October 23, November 20, and December 11)
- Video clip: Eating healthy during the holidays—collaboration with Marie-France (December 12)
- Cooking workshop for beginners (December 4) CANCELLED
- Posts on the OHC Facebook page (articles related to nutrition) (2–3 times per month)
- The 12 Days of Christmas: Myth or reality in nutrition (December 9 to 20)
- Family cooking workshops (February 12, February 26, March 19, and March 26)
- Snacks and nutrition capsules offered at The Pound (February 4)
- Spring break: cooking activity with Marc-Olivier O'Bomsawin (March 6)
- Two Facebook capsules for Nutrition Month, in collaboration with Marie-France
- Cooking workshop with Kchaïak (March 26)
- Posts on the OHC Facebook page (articles related to nutrition) (2–3 times per month)
- Purchase of healthy snacks for employees (CAO, OHC, SMO, TP, CPDA) (every two weeks—Costco)





TRAINING/WEBINAR	PRESENTED BY
Aggressive users (May 22, Christina)	Verret Consultants
First aid training (16 h) (Marie-Pier)	CNESST (CFSQ)
Scientific article summaries (Jessica) annual subscription	BIA Platform
Quebec Kinesiologists Conference (May 2-4, Jessica)	FKQ (Quebec Federation of Kinesiologists)
Project management essentials (April 16, Jessica)	Professional Development Service, Laval University
Training on preventing domestic violence in the workplace (September 12, Christina)	The Coalition of Shelters for Women Victims of Domestic Violence
Getting a head start (September 9, Christina)	Coach.ca
Cultural security (September 12)	Justine M'Sadoques Plourde, Julie Durand
Scientific article summaries (Jessica) annual subscription	BIA Platform
Massage training for pregnant women (November 1, Christina)	Academy of Scientific Massage
Training on fall prevention (November 20)	Christina Béland-Racine, MAD OHC Team
Chair massage training (November 29, Christina)	Academy of Scientific Massage
Step training (December 17, Christina)	ANIE Platform
Training on shoulder muscle control (October 9, Christina)	MEDICVOX
Knee Osteoarthritis Assessment and Treatment (December 20, Christina)	BiaFormation
Age-Appropriate Physical Training (December 17, Christina)	BiaFormation
Sports Nutrition Webinar (Marie-Pier)	Audrey Bélanger
100° Webinar: Overall Health for Teens (Marie-Pier)	100°
NUTRIUM Continuing Education: Nutrition and Women's Health	NUTRIUM: University of Montreal
Participaction Funding (January 30)	Participaction
Training on the Financial Administration Act (Christina and Marie-Pier)	MNP
NUTRIUM Continuing Education: Addressing Malnutrition and Food Insecurity (Marie-Pier)	NUTRIUM: University of Montreal
Workshop Training: Proteins (Marie-Pier)	Hubert Cormier, nutritionniste



# HEALTH CENTRE

## SUMMARY OF EVENTS HELD

### PHYSICAL ACTIVITY (CHRISTINA)

Activities related to the interschool games continue—weekly training sessions include home programs for those aged 15 and over and more fun sessions for younger children. Inspiring events have taken place, such as a visit from Olympic athlete Yannick Lupien and a volleyball workshop led by André Beauséjour. A girls' team for ages 13–15 was created to participate in the Interscholastic Games. In addition, several tournaments and training camps were held throughout the year. Participation in various community events, such as the Odanak Pow Wow Parade and the community Christmas dinner, helped these young people shine. Furthermore, initiatives such as vignettes on healthy lifestyles, the Vélo off the Grid pilot project, and programs for seniors were implemented. The organization of community events such as the 3Sisters Challenge, solidarity walks, and activities such as paddleboarding, Pound, street dance, and aquafitness, as well as funding received for mother/daughter in movement, strengthened social ties and promoted an active lifestyle, while encouraging participation in wellness initiatives. Ergonomic office assessments, active lunches, and active breaks are offered to employees to promote physical activity and prepare them for the Défi Entreprises challenge.

Kinesiology consultations continue to be in high demand, with 11 people receiving individual follow-up at the beginning of the year and 39 new requests during the year, addressing musculoskeletal injuries, falls, lifestyle habits, and metabolic diseases. Currently, there is no waitlist. Meanwhile, Christina Béland-Racine offers massage therapy services three hours per week for kinesiology clients, as well as relaxation or muscle tension massages for four employees per quarter. Five members and 15 employees have accessed the service.

### PROMOTION OF HEALTHY EATING (MARIE-PIER)

#### **Walking Bus/I eat breakfast!**

The Walking Bus encourages young people to engage in active transportation (8 to 10 participants), with essential support from volunteers. Breakfasts provide them with a complete meal before walking to school. This fall, one breakfast per week was provided thanks to volunteer involvement.

#### **Sports Nutrition Capsule—Interschool Games**

A team movement-based activity followed by a quiz on sports nutrition was led by the kinesiologist and the dietician.

#### **Community Garden Opening**

An opening event was held, during which participants received plants (three per person), accompanied by horticulturists from Agro-Passion. Twenty-two people are occupying a plot. Light snacks were also served.

#### **Baby Weaning Perinatal Workshop**

A workshop for new mothers introduced baby weaning. The workshop was very well received, so it was offered again in the fall with a segment on safety led by a nurse.

#### **Purchase of Healthy Snacks for Employees**

Twice a month, healthy snacks are purchased for the various departments, depending on remaining inventory and prices, to introduce employees to great products.

#### **Family Cooking**

Every two weeks, two families participate in a cooking workshop with an instructor. Eight workshops were held in the fall, promoting the joy of cooking as a family and learning healthy recipes. Families leave with servings of the dishes they prepared.





**Activities at the Odanak Day Camp**

- *Community garden:* The children observed plants, helped maintain the garden, and watched a video about the legend of the three sisters.
- *Ferme des Ormes:* Tour, fruit picking, preparation of a fruit trifle, tasting, and recipe sharing.
- *Family picnic:* The children cooked for a picnic attended by around 30 people. The activity will be repeated.
- Lunchbox Workshop (parents)
- A new workshop, in response to parental demand, provided an opportunity to discuss healthy lunch options. Eight mothers took part. The workshop will return in September 2025.

**Workshop on Positive Body Image—Espace Jeunesse**

First workshop on body image for children: conversations, videos, and sharing helped to open up dialogue and encourage positive thinking.

**Baby Weaning Workshop—Second edition**

Second instalment of the baby weaning workshop with the addition of a safety component on clearing obstructions, led by a nurse. The workshop was well received.

**Halloween Snacks at the Daycare Centre**

The OHC team gave away dressed-up fruit to children for Halloween. This fun activity was well received as a healthy alternative to candy.

**Capsule: Healthy Eating During the Holidays**

A short video was posted on Facebook to encourage better eating habits over the holidays.

**The Twelve Days of Christmas: Myth or Reality**

For twelve days, questions about nutrition were posted on Facebook to debunk certain myths.

**Snacks and Nutrition Facts with Kchaïak**

An activity with seniors combined a discussion about nutrition in the form of a game and the preparation of a savory snack that they could take home.

**Spring Break: Cooking Activity**

Children baked banana split cookies during a workshop combined with physical activities. The cookies were eaten on the spot and taken home.

**Nutrition Month Short Videos**

Two short videos were produced for Nutrition Month, aiming to debunk popular beliefs (diets, body image, etc.) with interaction via Facebook.

**OHC Facebook posts**

The dietician publishes 3 to 4 articles per month on topics related to nutrition, providing information and encouraging discussion within the community.

**CHALLENGES OVERCOME**

**Christina :**

Enable seniors who do not have transportation to participate in the summer exercise program.

Create a team with participants in the same age group for a sport represented at the 2025 Interschool Games and introduce teenagers to a new sport, volleyball, allowing them to gain playing experience by participating in various tournaments and training camps.

Maintain or even increase participation in the Three Sisters Challenge in the community.

Promote healthy lifestyles among adult and senior clients by offering group classes, including aquafitness.

Continue Active Lunches with a variety of classes.

**Marie-Pier :**

**Healthy Snack Program—Positive Impact**

The program has led to a noticeable change in employees' eating habits. While some snacks were not very popular at first, they are now more widely accepted. Employees are more open to healthy foods, with very positive feedback and increased demand for certain products.

**Increase in Consumption of Healthy Products**

There has been a marked increase in the consumption of fruits, vegetables, and other healthy foods. Snacks are running out faster and food waste is now very low, reflecting the program's effectiveness.

**Lunchbox Workshop—Impact on Parents**

The workshop had an impact on parents' habits regarding their children's lunchboxes. There are plans to offer it again in the fall, with improvements.





# HEALTH CENTRE

## Activity for teens—positive body image

An opportunity arose to reach out to teenagers with a workshop aimed at promoting positive body image.

## Nutrition Workshop for Seniors—First edition

An initial nutrition activity was offered to senior clients. Although the technician usually works with young people and families, this new approach was well received and appreciated by the participants.

## CHALLENGES ENCOUNTERED

### Christina :

During interschool games, free evenings sometimes leave the children bored or unsure of what to do. Set aside a budget for a restaurant outing or other activity if this happens again.

Massage therapy hours are not fully utilized because not all kinesiologists need massage therapy for muscle tension, and the service is not accessible to everyone. For example, it is difficult for seniors to travel to 62 Waban-Aki.

Not all users consulting for kinesiologists need massage therapy for muscle tension, so the hours allocated for massage therapy are sometimes not filled.

Volleyball training is limited, as is the possibility of training camps, due to the availability of the Maurault school gym.

The environment (Aln8wbawi hall) for seniors' exercises is not optimal.

Waiting times are longer for kinesiologists consultations, since there is now only one kinesiologist.

### Marie-Pier :

## Limited Space in Kizos Hall

The Kizos hall's kitchen can only accommodate two families at a time, which requires more staff presence. Moving to the community hall, which could accommodate up to four families at a time, would improve efficiency. However, funding from N8wkika currently requires the use of the Kizos hall.

## Problem Accessing the Kizos Hall Schedule

The Kizos hall booking schedule remains difficult to access, making it challenging to plan activities. It is difficult to identify a contact point, and IT support is unable to resolve the situation.

## Cancellation of the Beginners' Cooking Workshop

Due to a lack of registrations, the beginners' workshop could not take place, despite meeting needs identified by OHC personnel.

## Participation Issues with Family Cooking Workshops

Family cooking workshops are regularly affected by last-minute cancellations, resulting in postponements and last-minute rescheduling. A sustainable solution will need to be considered to stabilize participation.

## CHALLENGES TO BE ADDRESSED IN THE NEXT ANNUAL REPORT

### Christina :

Offer seniors different opportunities to access massage therapy services.

Hire a second kinesiologist to meet the demands of the population.

### Marie-Pier :

## Relaunch the Beginners' Cooking Workshop

A new attempt will be made to offer the beginner's cooking workshop, focusing on better promotion (mailings, word of mouth via staff) in order to reach more participants.

## Recruitment of New Families for the Fall

It would be appropriate to add new families for the fall session. Moving to the community room would allow us to accommodate more families per workshop and optimize resources.



## ANGELIE LAFONTAINE

Recreation Coordinator

Sectors :  
Community Activities  
for Overall Health

Day Camp

Swimming Pool

## INTRODUCTION

This quarterly report covers activities that took place as part of the Community Activities for Overall Health program, the day camp, and the swimming pool for the period from April 1, 2024, to March 31, 2025. The financial report for this program will be produced by the Finance and HR departments.

## OVERALL OBJECTIVE

Recreation: Develop community activities focused on overall health using an approach rooted in Abenaki culture.

Day Camp: Provide children with a healthy and stimulating environment through dynamic and diverse programming that integrates Indigenous culture. The summer day camp provides an opportunity for children to have a lot of enjoyable adventures, be proactive, and gain knowledge all at once.

## ACTIVITIES CARRIED OUT BY THE SECTOR

- Single monthly calendar
- Day camp 2024
- School bus escort for the solar eclipse (April 8)
- Sugar shack outing with N8wkika (April 19)
- Feather dance practice for the pow wow (April 28, May 27, June 1, 3, 10, 15, 17)
- Teaching day with N8wkika (May 3)
- La Bébitte Mobile with N8wkika (May 17)
- Project W dress rehearsal (May 24)
- Project W show (May 25)
- Replacement at the OHC reception desk (May 29)
- End-of-year party (educational) with N8wkika (June 7)
- Employee family party (June 8)
- Camping at Île Ronde (June 22–23)
- Movie afternoon at day camp (June 27)
- Breakfast every Monday morning at day camp
- Outing to Bora Parc with day camp (July 4)
- Mini Pow Wow (July 9)
- OHC employee picnic lunch (July 10)
- Movie outing with day camp (July 11)
- Outing to Ferme des Ormes with day camp (July 18)
- Outing to the Biodome, Insectarium, and Planetarium with day camp (July 25)
- Outing to O-Volt with day camp (August 1)
- Outing to Ranch Dupont (August 8)
- Outing to the First Nations Hotel-Museum (August 10, 11)
- End-of-day camp party (August 15)
- Truth and Reconciliation Day (September 28)
- Fall photo shoot (October 12)
- Community day with a carnival theme (October 19)
- Ghost Island (October 26)
- Family Christmas party (November 20)
- Community Christmas dinner (December 9)
- Winter solstice (December)
- Planning for 2025 day camp
- Winter carnival (February 15)
- Snow sculpture contest (spring break)



# HEALTH CENTRE

## TRAINING COURSES TAKEN

- Training on preventative intervention in situations involving aggression, intimidation, and threats
- 1-100PMU training
- Canva training
- Training on cultural safety
- Communication and conflict management
- SCI-200 training

## MEETINGS/COMMITTEES

- Carnival Committee Meeting
- Day Camp Team Meeting
- Project W Committee Meeting
- G3E Adopt a Waterway Meeting
- IELCC Committee Meeting
- Odanak and Wôlinak Health Centre Team Meeting
- Truth and Reconciliation Day Committee Meeting
- OHC Team Meeting
- Île Ronde Activity Committee Meeting
- Pow Wow Committee Meeting
- Abenaki Council of Odanak Social Club Meeting
- Community consultation meeting
- Mini Pow Wow meeting
- Community mobilization meeting
- AHSOR meeting
- First Steps Ceremony Committee Meeting
- Meeting with N8wkika
- HR Meeting
- FPIC Meeting
- Truth and Reconciliation Day Press Conference
- Winter Solstice Committee Meeting
- CDC press conference
- Midyear evaluation with management
- Carnival committee meeting
- Elders committee meeting
- Interview for the position of recreation technician
- Meeting on mobility in Odanak
- Meeting for the Christmas community dinner with N8wkika
- Program managers meeting
- Interview for day camp employees
- Meeting for the nature and recycled materials project at CDJ
- Meeting with Stéphanie Trottier (day camp—camping)





## SUMMARY OF EVENTS HELD AND STATISTICS

### School Bus Transportation for the Eclipse Participation ± 15 children

We took the children home by bus after school during the solar eclipse on April 8. The purpose was to ensure that they wore protective sunglasses.

### Outing to the Sugar Shack with N8wkika ± 12 people participating

A family outing to the sugar shack took place on April 19, a ped day. This outing was organized for 5–10 year old school children from Odanak and Wôlinak. Parents were required to accompany their children on this day.

### Feather Dance practice for the Odanak Pow Wow Participation ± 15 children

Feather dance practices were organized by Nicole O'Bomsawin for Indigenous children. This dance will be performed at the Odanak Pow Wow.

### Educational Activities with N8wkika Participation ± 15 children

Several activities were organized for school-aged children (between 5 and 10 years old) from Odanak during the educational day on May 3.

### Workshop with La Bébitte Mobile with N8wkika Participation ± 15 children

A workshop with La Bébitte Mobile was held in the community hall on May 17, a ped day. This workshop is organized for school-aged children (between 5 and 10 years old) from Odanak and Wôlinak.

### Dress Rehearsal and Performance of Project W Attendance: approximately 200 people

A dress rehearsal for Project W was held with the children enrolled on May 24. The final performance took place on May 25 at the Belcourt Theater. It was a success!

### End-of-Year Party (educational) with N8wkika Attendance ± 40 people

A big end-of-year party was organized for school-aged children (between 5 and 10 years old) from Odanak and Wôlinak, as well as their families. Hot dog dinner, inflatable games, snacks, popcorn, and cotton candy were all on the menu.

### Employee Family Party Attendance ± 100 people

A family party was organized by the social club committee for all employees. The LP cantina was there offering poutine, drinks, and hot dogs for everyone, Antélimark provided delicious ice cream. There were inflatable games and face painting for the children, and an inflatable wrestling game for the brave. This second edition was a great success.

### Camping at Île Ronde 46 participants

A two-day retreat on Île Ronde, just like our ancestors used to do. Several activities were offered (fishing, gathering, cooking, crafting, singing, forest walks, etc.). People had the option of sleeping on site. We had heavy rain that weekend. Several people decided to go home to sleep. We will definitely do it again next year!

### Movie Afternoon Attendance ± 30 children

Movie afternoon organized for the day camp. There was popcorn, chocolate bars, and juice. We watched the movie IF.

### Single Calendar

A single calendar of activities in Odanak has been created to allow community members to see what activities are offered during the month. This calendar brings together the activities of each committee and organization in one place. It is a tool that is greatly appreciated by users. On one side are the dates of the activities, and on the other are descriptions, locations, and contact information for more details about each event.

### Outing to Bora Parc with the day camp Participation ± 26 children and 7 chaperones

Outing organized for the Odanak day camp.



# HEALTH CENTRE

## **Mini Pow Wow**

### **Participation ± 80 children**

We designed an event to give our daycare and day camp kids and their parents a taste of the pow wow experience. We set up a mini pow wow with mini kiosks (a beadwork kiosk where each child could get a bracelet or necklace of their choice with a coupon they had been given, a music kiosk with different instruments that the children could try out, a bannock booth made by Marc-Olivier O'Bomsawin, a sagamité booth planned by Café Masko, but they were unable to attend, and a face painting booth for children). Finally, the Flying Sturgeons performed songs and drumming. The children were able to practice the feather dance. All daycare centers and day camps were invited to picnic on site. The event took place in the morning in the museum courtyard.

## **Movie outing with the day camp**

### **Participation ± 31 children and 7 chaperones**

Outing organized for the Odanak day camp.

## **Outing to Ferme des Ormes with the day camp**

### **Participation ± 32 children and 7 chaperones**

Outing organized for the Odanak day camp.

## **Outing to the Biodome, Insectarium, and Planetarium with the day camp**

### **Participation ± 22 children and 7 chaperones**

Outing organized for the Odanak day camp.

## **Outing to O-Volt with the day camp**

### **Participation of approximately 23 children and 7 chaperones**

Outing organized for the Odanak day camp.

## **Outing to Ranch Dupont with the day camp**

### **Participation ± 32 children and 7 chaperones**

Outing organized for the Odanak day camp.

## **Outing to the First Nations Hotel Museum** **23 participants**

An outing was organized for members and/or residents of Odanak aged 18 and over. A bus trip was arranged to the First Nations Hotel and Museum. We had a group dinner that evening at the hotel, followed by a visit to the illuminated trail at night. The following day, breakfast was provided before we departed for Odanak. It was an excellent weekend to recharge our batteries, get together, and forge new friendships.

## **End-of-Daycamp Party**

### **Attendance: approximately 32 children and 7 chaperones**

A party was held at the Odanak pool. There was a giant inflatable water slide next to the pool and a foam machine in the water play area. Special popsicle snacks and pizza dinner sponsored by the Fromagerie d'Odanak. A wonderful day that was greatly enjoyed by the children.

## **Truth and Reconciliation Day**

### **Attendance ± 500 people**

An event was organized with the help of a committee to mark Truth and Reconciliation Day. The event took place at Camping Abenaki Aventure in Odanak. Sagamité, smoked fish, and Indian tacos were served as free samples. The LP cantina food truck was also there. Hot chocolate, coffee, water, and juice were provided. Several craft vendors sold their wares. In addition, the Flying Sturgeons performed songs and several speeches were given. This event will be repeated every year.

## **Fall Photo Shoot**

### **18 families participated**

A professional photographer held a family photo shoot on the museum grounds. To be repeated next year. The families loved it.

## **Community Day with a Carnival Theme**

### **Attendance: ± 150 people**

The community day took place on October 19, from 10 a.m. to 3 p.m., in the community hall parking lot. Over 17 information booths were set up to provide information about services available to local residents. The booths offered fairground games, and participants could win coupons for prize draws. There were three prizes with a total value of \$600. Café Masko was also present with their sagamité, as was the Antélimarck ice cream shop.

## **Ghost Island**

### **Participation of 48 people**

An outing was organized to visit Ghost Island in Sainte-Anne-de-Sorel for Halloween. The island is completely decorated and gives out candy to visitors.



### Family Christmas Party

**Attendance: ± 50 children**

This activity is organized to celebrate International Children's Day. All children from the daycare centre and families from Odanak arrived at the community hall at 9 a.m. Three workshop stations were set up: a station for decorating gingerbread cookies served with a banana and a glass of milk, a craft station for decorating Christmas tree ornaments, and a motor skills activity station. All participants were divided into three groups to rotate through each station. At 10 a.m., the dog show began and ended around 10:45 a.m. Participants left around 11 a.m. This activity was greatly appreciated by all.

### Community Christmas Dinner

**Attendance: ± 112 people**

A free intergenerational Christmas dinner was offered to members of the Odanak community. Young people from the Interscholastic Games were on hand to help ensure the evening ran smoothly. They took care of serving and selling beverages. They also sold recipes in jars that they made with Marc-Olivier O'Bomsawin to raise funds for the 2025 Interscholastic Games. This year, N8wkika's Christmas presents were handed out in the evening. There were also gifts purchased from local artisans at the Christmas market, which were randomly drawn among all those present.

### Winter Solstice—Elf Hunt

An illuminated trail was installed on the Tolba Trail by Spectech during the Christmas holidays. Elves were hidden in the trees, along with posters of elves doing exercises. The elves were drawn by Justine M'Sadoques Plourde. At the end of the trail, there was a box containing several keys. Children aged 2–17 were invited to take one of these keys and bring it back to the top of the hill. At the end of the evening, there were two draws.

### Sculpture Contest

**Participation of 4 families**

A snow sculpture contest was held during spring break to encourage outdoor activities. There were four \$25 gift cards to be won.

### Winter Carnival

**Participation ≥ 250 people**

Approximately 250 people and more attended this year's Winter Carnival. Several activities were offered, such as a mini farm with pony rides, a snow snake, face painting for children, inflatable games, mascots, boot hockey, a campfire with marshmallows and sausages, and a hot chocolate, coffee, and cookie stand. Healthy snacks and bottles of water were provided free of charge for everyone. The evening ended with a spaghetti dinner in the community hall followed by fireworks. This edition was a great success.

### CHALLENGES ENCOUNTERED

Senior participation, due to lack of transportation. Even if the activity takes place in the community, many seniors are unable to participate because they do not have a vehicle or driver's license, or someone to accompany them during the activity.

Lack of adequate space (gymnasium) for team sports such as basketball, hockey, volleyball, etc. It is very difficult to find suitable gymnasium rental space near Odanak on weeknights. An outdoor volleyball court would also be appreciated and helpful.

A request was made in the summer to install curtains/blinds in the community hall so that movie afternoons could continue and screenings during meetings and training sessions could be accommodated. The curtains that were installed are not opaque and let light through.

Lack of accessible equipment in the community hall at all times, for example: scissors, dish towels, cleaning products for washing tables, certain kitchen items, etc.





**MARIE-FRANCE  
DAVID**

Dt.P, M.Sc.

Sector : Nutrition

## INTRODUCTION

This document reports on the activities of the dietician nutritionist for the 2024–2025 year.

The dietician’s mandate is to meet individual dietary consultation needs, provide clinical nutrition services, and perform tasks related to food safety for the Odanak community. Prevention and healthy eating promotion activities are part of the dietetic technician’s duties and responsibilities, but the nutritionist may also be involved in some of these activities.

The following activities are those contained in axis 3 of the strategic plan, namely “Promoting optimal nutritional status among community members.”

### I- INDIVIDUAL NUTRITION CONSULTATION

Individual nutrition consultation statistics for the period from April 1, 2024, to March 31, 2025

NUMBER OF CLIENTS
Number of new clients: 40
Number of clients with active nutrition files: ranges from 32 to 34 clients depending on the quarter.
NUMBER OF INDIVIDUAL CONSULTATIONS
Number of phone or video consultations while working remotely: 146
Number of on-site consultations at the OHC: 151
Total number of consultations: 297

### II- PROMOTING THE ROLE OF NUTRITIONISTS WITHIN THE HEALTH CENTRE AND PROMOTING NUTRITION

- **Week of September 9:** A quiz explaining the roles of dieticians and dietetic technicians was designed and sent to OHC staff: 17 OHC employees completed the quiz and acquired the desired knowledge.
- **December 2024:** Two short videos were produced in collaboration with the dietician and posted online before the holiday break. The purpose of the videos was to promote healthy eating without restrictions during the holidays and to dispel misconceptions about diets. They also reminded people that they could consult the nutritionist at the OHC. Each video was viewed nearly 1,000 times.
- **March 2025:** Two short videos were created and posted online for Nutrition Month (March), in collaboration with the dietician. The videos provided information on healthy eating, positive body image, and the warning signs of eating disorders. Once again, the roles, mandates, and activities of the two practitioners were discussed in order to encourage people to participate in healthy eating prevention/ promotion activities and to seek the services of a nutritionist when faced with nutritional issues. The two video clips received over 1,200 views each. A quiz with a prize draw encouraged viewers to internalize the information presented.





III-MEALS-ON-WHEELS

- The Odanak meals-on-wheels service provides a full nutritious meal twice a week (Wednesday and Friday lunchtime) at a cost of \$4 per meal. People aged 60 and over who live in the community are eligible, as are those who are vulnerable to food insecurity (e.g., post-hospitalization, physical or mental health issues, etc.). This year, the service was also offered to women on maternity leave to help them eat well while caring for their infants.
- The meals-on-wheels service operated throughout the year, except during its usual breaks (the cook's summer vacation and the holiday season). As always after the summer holidays, preparatory work takes place in the fall, including inspection of the work areas, evaluation of kitchen equipment and purchasing needs, and a review and modification of the cyclical menu, taking into account customer feedback reported in the satisfaction survey. Three 6-week cyclical menus (fall menu, winter menu, spring-summer menu) are used throughout the year, providing a good variety of nutritious dishes that are appreciated by customers.
- The number of meals-on-wheels clients ranges from 32 to 42. Following the rate increase to \$4 per serving in January 2024 and other operational changes, some clients stopped using the meals-on-wheels service. However, the addition of women on maternity leave to the service's client base helped restore the number of clients.
- A written survey is always conducted once or twice a year among the service's users to assess their satisfaction. The response rate to the survey conducted in December 2024 was lower than previous years despite the usual incentives (17 respondents, response rate of 44%). According to the survey responses, the vast majority of clients say they are very satisfied with the meals served (menu variety, taste of recipes, presentation, food temperature, portion sizes) and the delivery service. The menu, recipes, and delivery service underwent a few adjustments to better meet the client's needs.

IV- COMMUNITY COOKING GROUPS

Two community cooking groups, each with 3 to 8 participants, meet once a week to prepare a full meal for themselves and their families at a cost of \$1 per serving. Community cooking sessions begin in mid-September and take a break during the holidays and summer months.

Number of community cooking sessions for 2024-2025	Number of servings prepared for 2024-2025
60 sessions	748 servings





## V- GAME DISTRIBUTION AND OTHER

The criteria established by the Council for eligibility for a venison donation are: individuals aged 65 and over, single-parent families, and income security recipients. Donations may also be made in cases of financial hardship.

As always, the distribution list was updated by identifying food-insecure individuals with the help of health centre staff, N8wkika, and the Council. An advertisement was posted on social media and mailed to all residents.

A new method of distributing game has now been established, involving collaboration between the BETO and the nutritionist. The nutritionist is still responsible for publishing the advertisement, updating the distribution list, and screening for food insecurity among the Odanak population, while the BETO is responsible for distribution. During the first distribution, the BETO representative attempted to deliver to the homes of eligible individuals, but this was considered difficult. For the second and third distributions, eligible individuals picked up the food at the BETO office, and the BETO ensured home delivery for those who were physically unable to travel.

### Three food distributions took place during the year:

- **Week of April 29:** 66 people benefited from the venison donation.
- **First week of November:** 43 eligible households in Odanak received a bag of venison.
- **Week of March 17 and week of March 24:** BETO workers distributed pork (from the butchery course organized by the BETO) and fish to people on the distribution list. Eighty-five eligible households in Odanak, representing all the people on the distribution list, received fish and/or pork.

## VI- TRAINING COURSES TAKEN BY THE NUTRITIONIST

- 14-hour training course on cardiovascular health (May) (online training, Quebec Heart and Lung Institute);
- Seven journals from the Ordre professionnel des diététistes-nutritionnistes du Québec (Quebec Professional Order of Dieticians and Nutritionists), including various peer-reviewed scientific articles;
- Half-day training course on “Healthy Aging,” offered by Nutrium in collaboration with the ODNQ (August 12);
- ODNQ conference “What will we be eating in ten years?” (September 3)
- 7-hour webinar on Nutrition and Women’s Health (October 25, 2024)
- 4-hour online course Nutrition and Perinatality (November 26, 2024)
- 1-hour training session: Nutritional Care for Transgender People (November 26)
- 5-hour training session: Advances in Diabetes (February 5, 2025)

## VII- MEETINGS/COMMITTEES

- The nutritionist participated in OHC staff meetings when they were scheduled during her working days.
- The nutritionist participated in various interdisciplinary consultation meetings for OHC clients whose cases she is actively involved in.
- Monthly work meetings were held with the meals-on-wheels team. Additional working meetings were held between the nutritionist and the head cook and with the dietetic technician regarding the meals-on-wheels program. It should be noted that the monthly meals-on-wheels meetings include items concerning food safety in general (community kitchens, game distribution, healthy eating promotion initiatives, etc.).
- Working meetings were held between the nutritionist, Mr. Samuel Dufour, and Luc G. Nolett of the BETO to improve the new food distribution process (game and other items).



## VIII- REVIEW

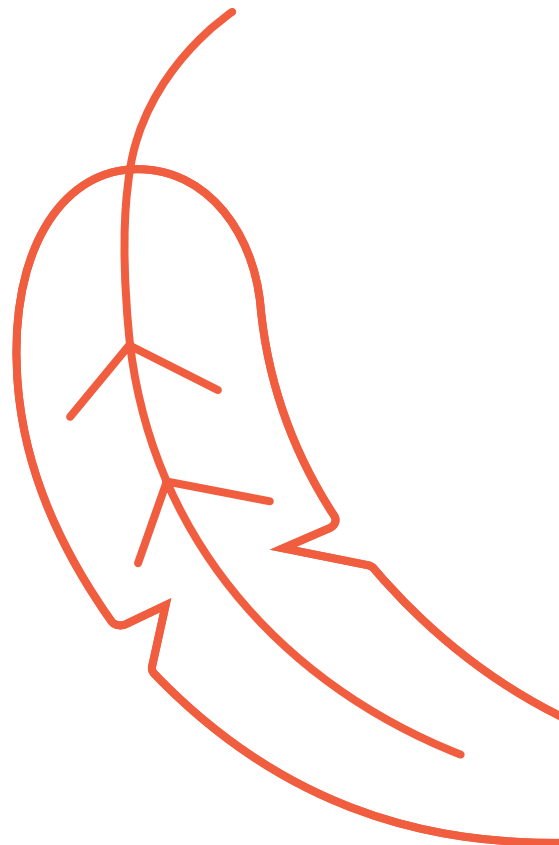
- The growth in new clients seen in dietary consultations since 2023 has remained steady. This is due to the fact that there are more practitioners working at the OHC (physicians, PCNPs, midwives, etc.) and at N8wkika, and more clients are consulting for clinical reasons (e.g., oncology follow-up, digestive surgery, palliative care, etc.) and due to long wait times and service disruptions in the public health system. The increase in the number of individual consultations and multidisciplinary committee consultations has remained constant since last year.
- The increase in grocery prices is reflected in the operating costs of meals on wheels and community kitchens. The increase in the meals on wheels fee offsets this increase in operating costs for this service.

## IX- CHALLENGES OVERCOME AND UPCOMING CHALLENGES

- The growing number of dietary consultations could have created a strain on the nutritionist's time, but new employees hired in Odanak are performing tasks that free her up to devote more time to clinical nutrition. In addition, multidisciplinary work is both productive and effective in terms of client intervention. The nutritionist continues to establish collaborative relationships and promote the importance of nutrition and the role of the nutritionist in various multidisciplinary meetings.
- The growing number of dietary consultations, due in part to service disruptions in the public health sector (hospitals and CLSCs with excessively long waiting lists, departure of clinical nutritionists in oncology, palliative care, etc.), requires the nutritionist to be as up to date as possible on clinical interventions in various sectors (cardiology, palliative care, nephrology, endocrinology, etc.). More professional development courses in clinical nutrition were taken during the year.
- Collaborative work (at the OHC, with other community organizations, and with the public health system) is developing rapidly, ensuring a more comprehensive range of services to clients. However, this growth may require some adjustment when it comes to work distribution.

## CONCLUSION

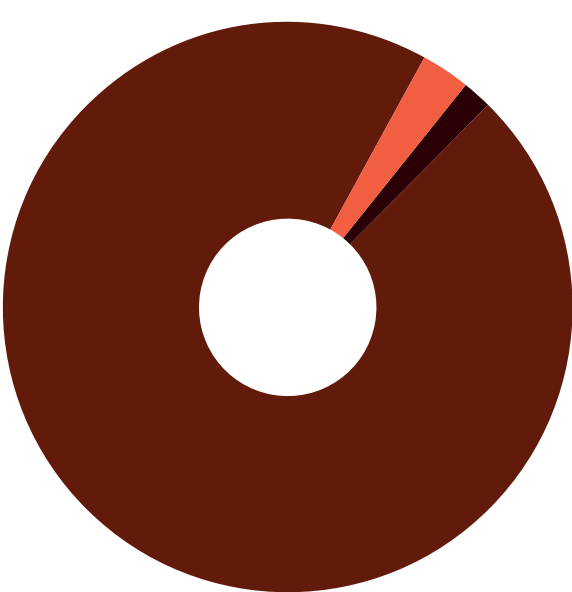
It is important to understand that nutritional intervention at the Odanak health centre requires not only clinical expertise, but also a thorough understanding of the issues facing Indigenous communities and the eating disorders found among the clientele. The intervention must be comprehensive and carried out in consultation with professionals from the OHC, N8wkika, and other organizations within and outside Odanak.



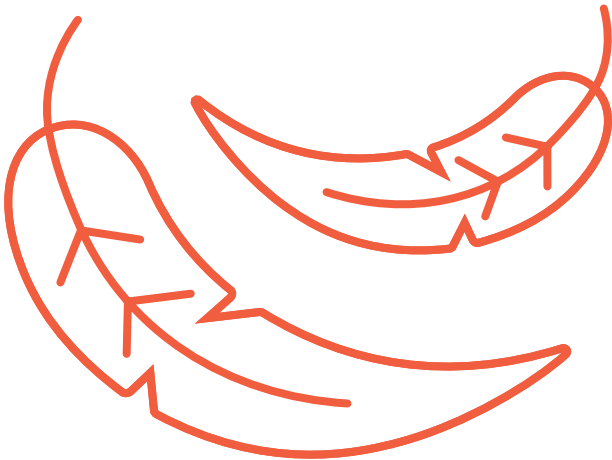
# SUMMARY FINANCIAL STATEMENTS



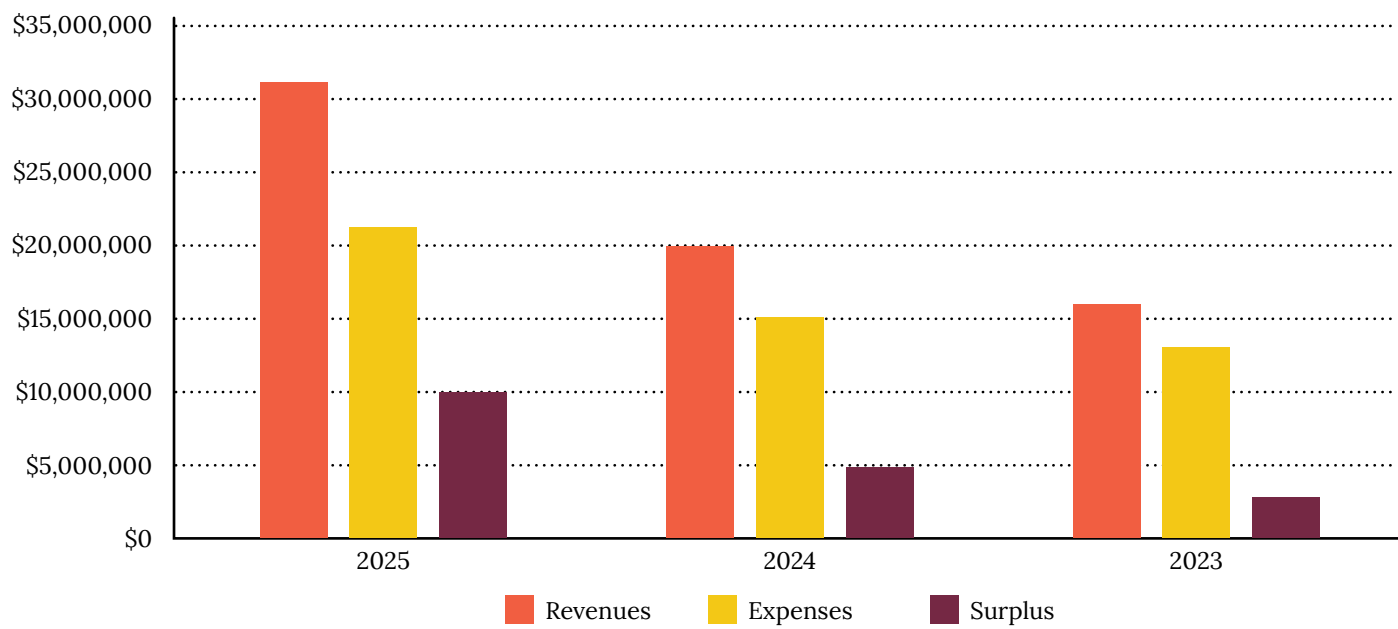
# LAND CLAIMS 2025



Management fees (Odanak Band Council)	\$6,666,666
Management fees (Wolinak Band Council)	\$3,333,333
Reserves (Land Claims) *	\$190,000,000



# FINANCIAL RESULTS (MARCH 31 2025-2024-2023)

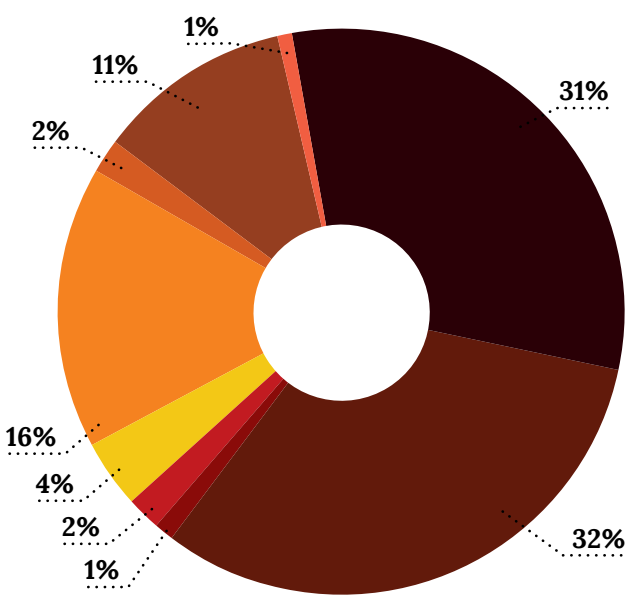


\*The \$190,000,000 in reserves (Land Claims) is excluded from the various charts and ratios presented to allow for better comparability.

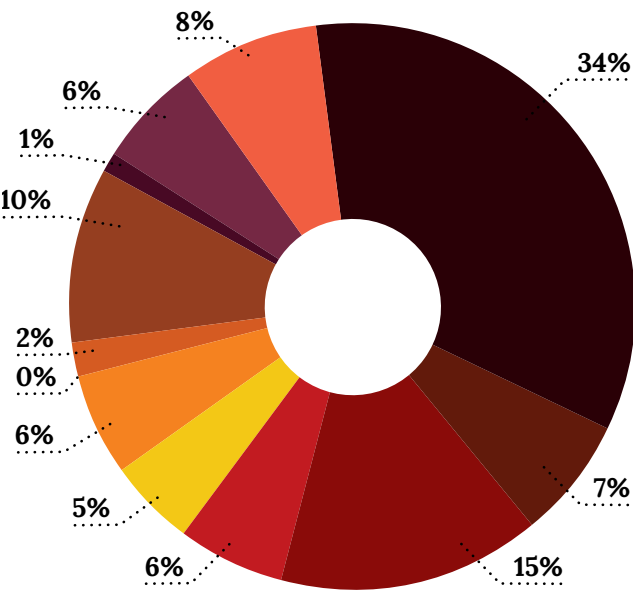


# SUMMARY FINANCIAL STATEMENTS

REVENUES BY SOURCE AS AT MARCH 31, 2025



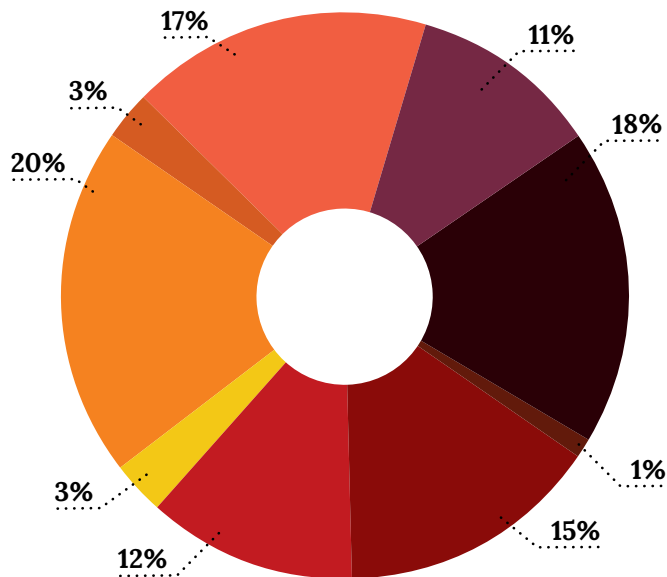
EXPENSES BY NATURE AS AT MARCH 31, 2025



Four Pillars Society	\$200,000
Indigenous Services Canada	\$9,613,297
Territorial claims (ISC)	\$10,000,000
Secretariat for Relations with First Nations and Inuit	\$99,083
W8banaki	\$638,355
Administrative revenues	\$1,190,987
Police force	\$5,085,787
F.N.Q.H.R.D.C	\$762,457
Other Ministries and others sources of revenues	\$3,662,000
<b>Total</b>	<b>\$31,251,966</b>

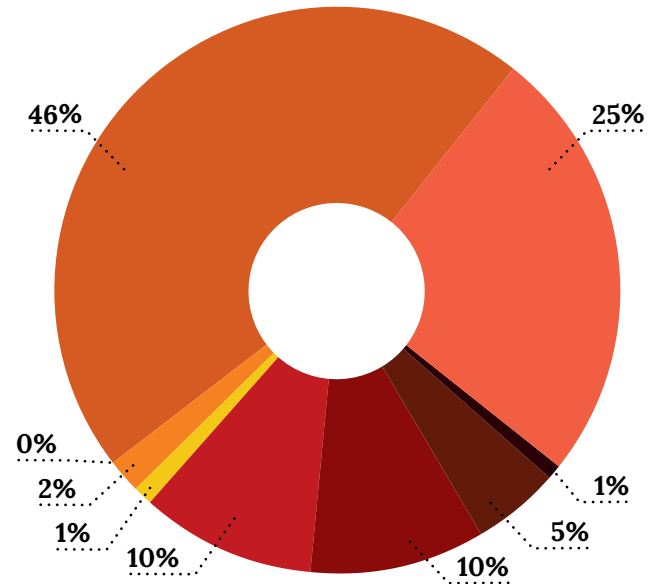
Others sources of expenses	\$1,634,991
Salaries and payroll taxes	\$7,196,976
Accumulated depreciation	\$1,487,336
Contributions (Wôlinak Band Council)	\$3,333,333
Administration costs	\$1,190,987
Service and professionnall fees	\$1,118,203
Services fees	\$1,309,544
Travelling costs	\$103,047
Projects	\$355,485
Tuition fees	\$2,018,750
Social assistance	\$181,137
Maintenance and contracts	\$1,287,106
<b>Total</b>	<b>\$21,216,895</b>

## EXPENSES BY SECTOR AS AT MARCH 31, 2025



Community activities	\$3,518,527
Administration	\$2,434,882
Land and trust	\$3,714,894
Social housing	\$140,947
Community infrastructure	\$3,258,334
Education	\$2,481,498
Employment	\$645,756
Social development	\$4,395,900
Economic development	\$626,157
<b>Total</b>	<b>\$21,216,895</b>

## ASSETS AS AT MARCH 31, 2025























Cash	\$17,780,109
Assets subject to restrictions	\$562,195
Liquid assets in the Ottawa Trust Fund	\$3,314,343
Short-term investments	\$8,329,218
Accounts receivable	\$8,208,573
Long-term investments	\$761,825
Long-term receivables	\$830,963
Prepaid expenses	\$246,988
Fixed assets	\$32,487,182
<b>Financial Assets</b>	<b>\$39,787,226</b>
<b>Non-financial Assets</b>	<b>\$32,734,170</b>
<b>Total</b>	<b>\$72,521,396</b>



# SUMMARY FINANCIAL STATEMENTS

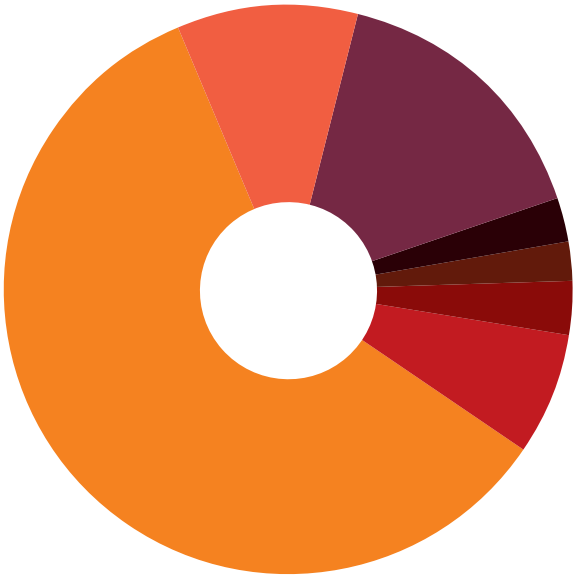
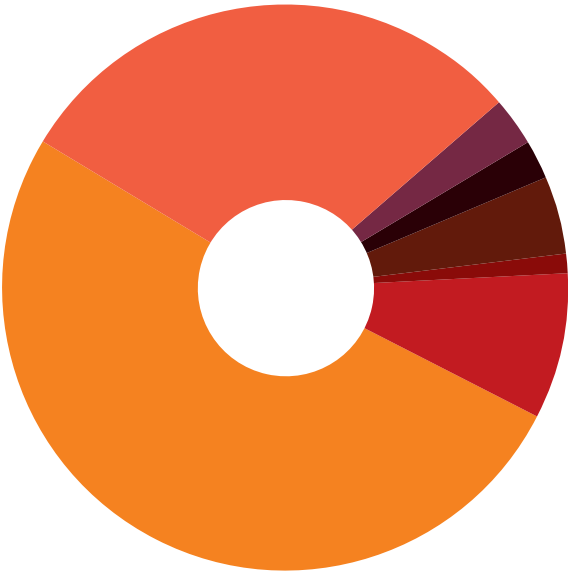
## ACCOUNTS RECEIVABLE AS AT MARCH 31, 2025

Indigenous Services Canada (I.S.C.)	\$1,598,784	
First Nations Land Management Ressource Centre	\$210,000	
FNHRDCQ	\$1,702	
CSSSPNQL	\$320,324	
FNEC	\$5,856	
Abenaki Council of Wôlinak	\$51,931	
Users contributions	\$12,699	
Environment and climate change Canada	\$2,997	
Odanak Development Corporation Inc.	\$939,004	
Government of Canada	\$1,958,415	
Government of Québec	\$1,770,137	
FNSDI	\$112,750	
W8banaki	\$654,174	
Odanak Pow Wow	\$44,269	
Secretariat for Relations with First Nations and Inuit (SRFNI)	\$40,515	
Canada Mortgage and Housing Corporation (CMHC)	\$4,369	
Taxes	\$87,153	
Indigenous Tourism Quebec	\$150,000	
Interest receivables	\$515,504	
Others	\$365,809	
<b>Total</b>	<b>\$8,846,392</b>	



FIXED ASSETS AS AT MARCH 31, 2025

ACCOUNTS PAYABLE AS AT MARCH 31, 2025



Infrastructure	\$9,804,826
Material and equipment	\$599,860
Vehicules	\$741,019
Assets under construction (Building)	\$1,540,079
Land	\$369,229
Land (Development)	\$2,764,132
Building	\$16,668,037
Net Value	\$32,487,182

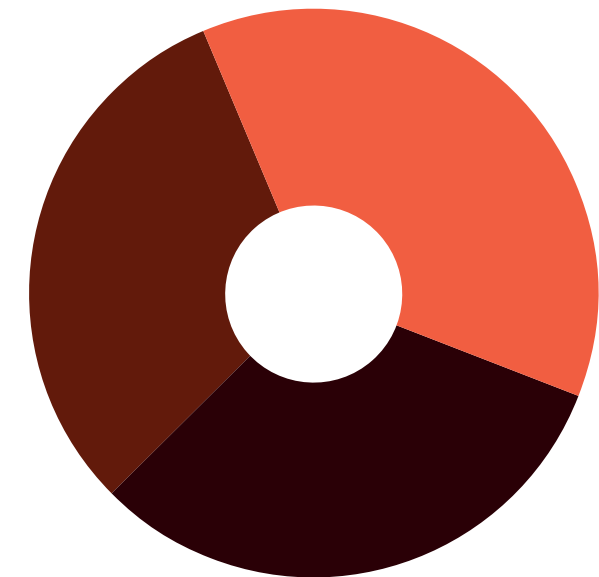
Trade payable	\$585,318
Accrued salaries and vacation	\$899,220
Governement remittances	\$135,538
Native Benefits Plan	\$123,837
Accrued liabilities	\$176,763
W8banaki	\$391,171
Amounts of claims to be paid (Wôlinak Band Council)	\$3,338,867
Total	\$5,650,714





# SUMMARY FINANCIAL STATEMENTS

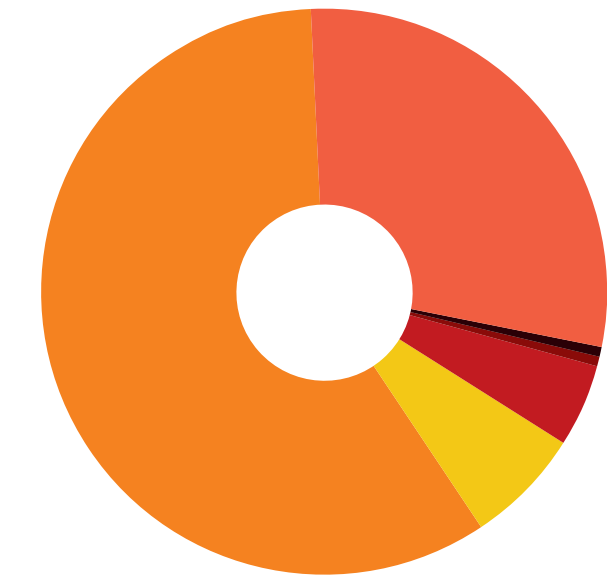
LONG-TERM DEBT AS AT MARCH 31, 2025



Canada Mortgage and Housing Corporation (CMHC)	\$1,285,991
Native Commercial Credit Corporation (NCCC)	\$1,087,943
Bank of Montreal	\$1,065,870
<b>Total</b>	<b>\$3,439,804</b>

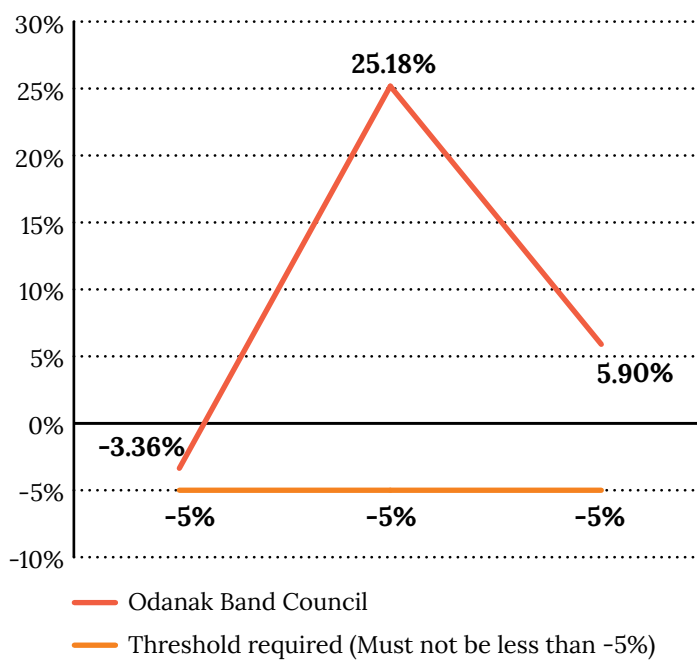
YEAR	SHORT-TERM PORTION	PORTION TO BEREFINANCED
2026	\$231,597	\$1,526,025
2027	\$199,081	\$371,010
2028	\$146,417	\$393,950
2029	\$23,570	\$198,185
2030	\$10,660	\$66,407
Following	-	\$272,902

ACCUMULATED SURPLUS AS AT MARCH 31, 2025

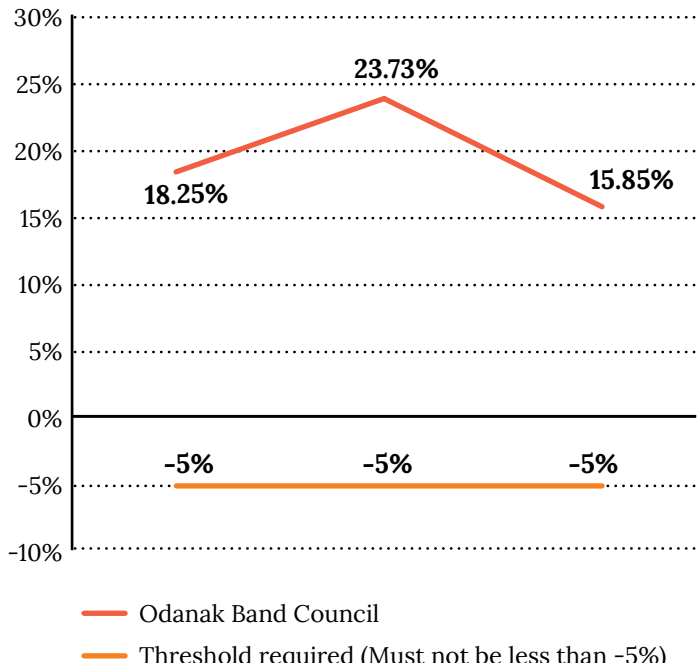


Unrestricted surplus	\$14,798,411
Replacement reserve (Housing committee (CMHC))	\$325,552
Replacement reserve (9 units construction (CMHC))	\$2,232
Operating reserve (Housing committee (CMHC))	\$236,643
Various reserves	\$2,538,926
Liquid assets in the Ottawa Trust Fund	\$3,314,343
Net investment in long term elements	\$29,949,184
<b>Total</b>	<b>\$51,165,291</b>

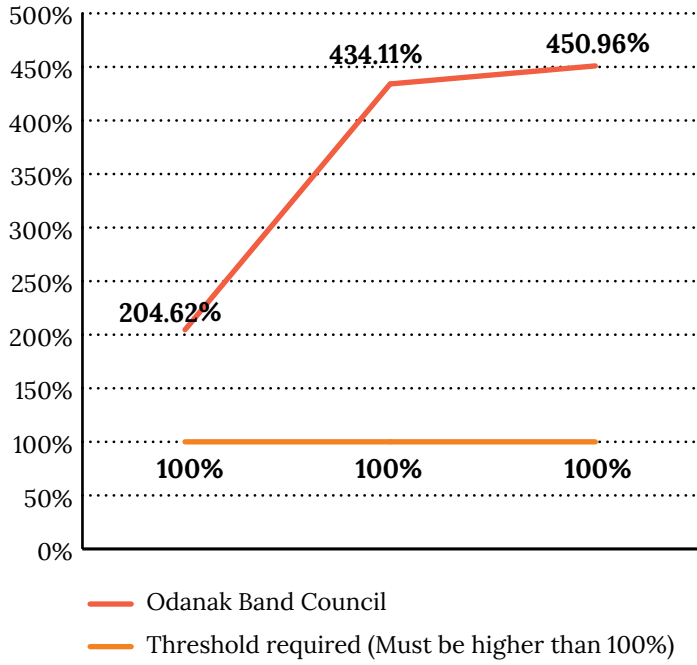
FINANCIAL GROWTH RATIO ANALYSIS \*



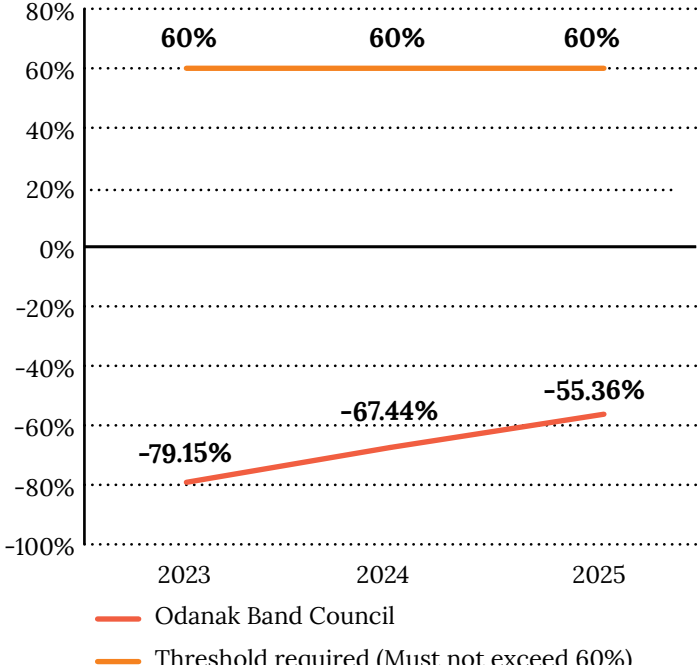
OPERATING MARGIN RATIO ANALYSIS\*



ASSETS MAINTENANCE RATIO ANALYSIS\*



NET DEBT RATIO ANALYSIS\*

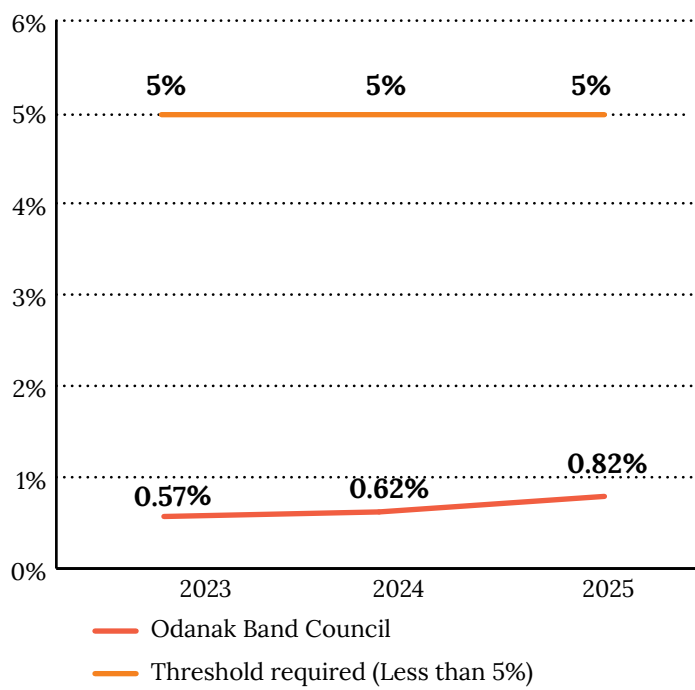


\* F.M.B. Requirements

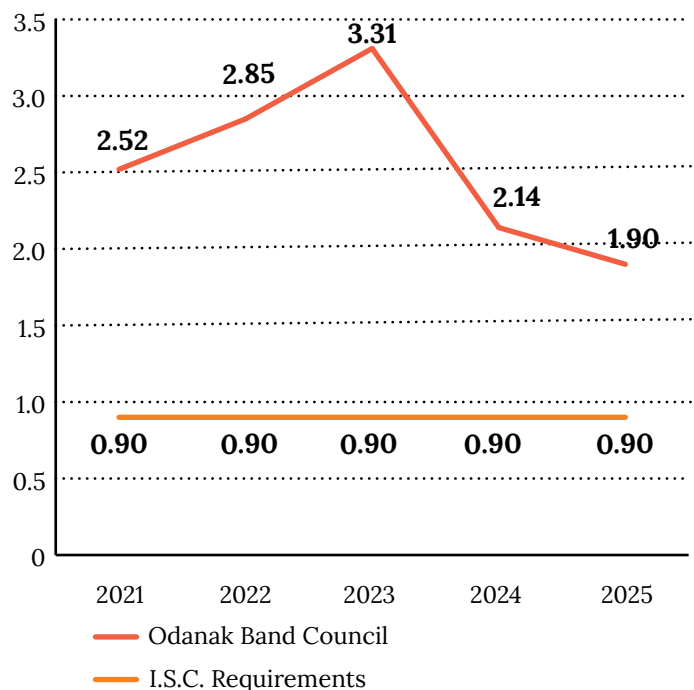


# SUMMARY FINANCIAL STATEMENTS

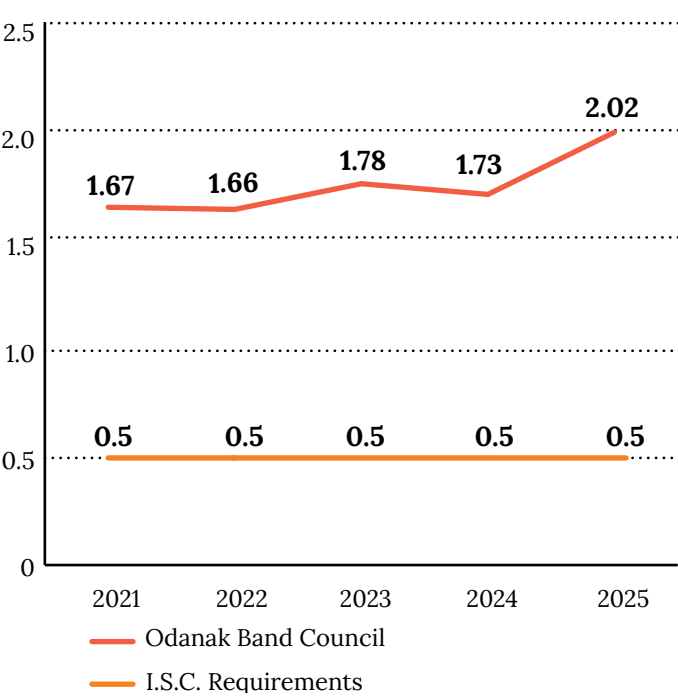
## INTEREST EXPENSE RATIO ANALYSIS\*



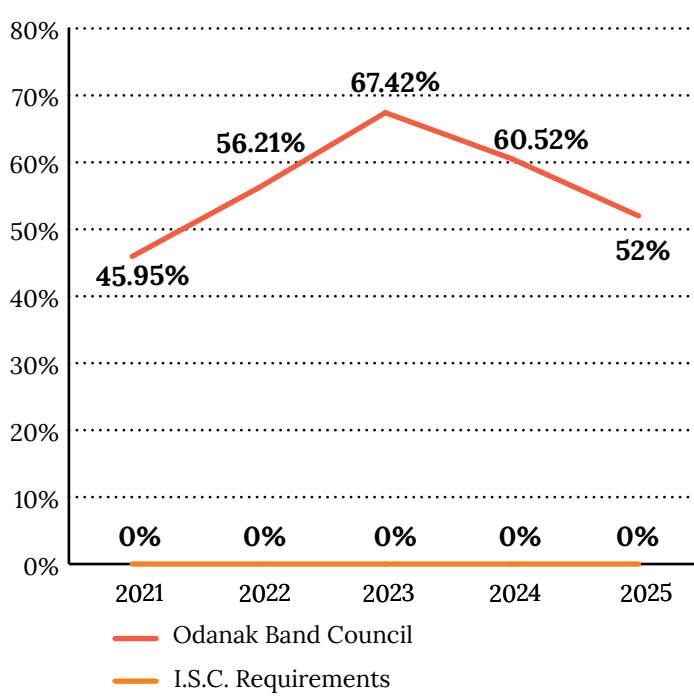
## LIQUIDITY RATIO ANALYSIS



## VIABILITY RATIO ANALYSIS



## WORKING CAPITAL TO REVENUE RATIO ANALYSIS



\* F.M.B. Requirements

In accordance with the First Nations Financial Transparency Act (FNFTA),  
the financial information of the Odanak Band Council can be accessed here:  
[https://fnp-ppn.aadnc-aandc.gc.ca/fnp/Main/Search/FederalFundingMain.aspx?BAND\\_NUMBER=72&lang=eng](https://fnp-ppn.aadnc-aandc.gc.ca/fnp/Main/Search/FederalFundingMain.aspx?BAND_NUMBER=72&lang=eng)

