Apart but Still Together!

As a friendly reminder, The ISHS office continues to maintain remote supports and services for Indigenous students for the Spring and Summer. Connect virtually with your ISHS team!

General inquiries: ishs@mcmaster.ca

The McMaster COVID19 updates website remains the best place to get accurate and up-to-date information for the McMaster community https://covid19.mcmaster.ca/.
CELEBRATING INDIGENOUS STUDENTS!

ISHS Graduate Performance & Community Leadership Award

We are thrilled to announce that this year’s winner is Brittany Lickers in the Occupational Therapy Program! This award is given to students who have demonstrated excellence in their graduate work and have engaged in leadership activities within Indigenous communities.

ISHS Website Announcement

MESSAGE FROM BERTHA SKYE

ISHS Elder in Residence

Sge:no, Sago and Tansi (Good Health and Hello). It’s been a long time since I’ve seen or talked to anyone, I hope everyone is doing well. Since the lock down of the reserve I have been confined to my home. During this time, it has given me time to realize how lucky we are to have our leaders to protect our Elders by limiting access to the community.

People around the world are going through difficult times during this pandemic over our heads. Studying online must be very extremely difficult for students and professors. But you must stay strong and healthy. The pandemic has shown me some valuable lessons about living and that is we do not need as much as we thought we did. Do you have a warm place to sleep at night? The family you love; can you take care of them with shelter, food, and medicine? It has shown me how strong and resilient our way of life is and how important our food and medicines are. Our ancestors lived this way, sharing with the community is a gift I learned from my parents. I wish everyone good health and keep smiling.
McMaster President’s Awards of Excellence (Student Leadership)

ISHS Mentors are two of this year’s recipients of the President’s Awards. Dr. Joel Voth (Medicine 2020) and Josha Rafael (Arts & Sciences 2020) were each presented with this award during convocation.

These awards recognize undergraduate students in their graduating year who “demonstrated outstanding student leadership qualities and whose achievements have benefitted other students and contributed to the betterment of the University community” (Source).

Through these awards McMaster acknowledges “the contributions of students who play a significant role in improving and developing the intellectual, social, and/or cultural fabric of the McMaster community” (Source).

ISHS Website Announcement

Congratulations to Dr. Voth and Josha from the ISHS Team!
Aaniil! This year on June 21st we are provided with an opportunity to acknowledge Indigenous Peoples in Canada and to celebrate our diverse cultures and achievements. As Indigenous Health Lead for the Faculty of Health Science, I along with many internal and external helpers engaged in a task, over an eighteen-month period to co-create a comprehensive Indigenous health education strategic plan. Our over-arching goal was to foster relationships both on and off campus and ensure that we maintained an inclusive approach. We are very appreciative for the collaboration of our Indigenous community partners and our Indigenous alumni and students who responded to our call for participation. Their input to our process was invaluable and we aim to continue to work closely with as many as possible in this next implementation phase of our work.

The primary focus of the implementation phase is on the co-creation of an Indigenous Health Learning Lodge. The Learning Lodge is a structural entity within the Faculty of Health Science that espouses an Indigenous academic community of staff, faculty, students and Elders with linkages to internal and external collaborators. The implementation of the Learning Lodge will support the growing momentum to implement the strategic plan. It will establish an Indigenous structural presence, support the Faculty systemic change process and the system reform that is needed to close the gaps in health outcomes, educate non-Indigenous healthcare professionals and faculty and address the barriers that continue to exist for Indigenous learners in the Faculty.

There is lots of work to be done yet and in our shared Covid - responsive reality, there will be many challenges. However, the pandemic shines a light on the existing and enduring health inequity experienced by Indigenous peoples. We have no choice but to continue our work by/with Indigenous people to influence and effect the systemic change that is needed to address inequities in health, education and in many other social spheres. We also aim to draw on and learn more about Indigenous peoples unique and diverse knowledges, strengths and experience in this process. It is a message of hope and self-determination for this year’s National Indigenous Day as we continue this important work within the Faculty of Health Science. Chi Miigwetch!

Dr. Bernice Downey

Link to the Indigenous Health Initiative website: https://healthsci.mcmaster.ca/ihi
STUDENT OUTREACH IS GOING VIRTUAL!

With the move towards remote learning and the impacts for the Fall term, ISHS student workshops are going to be offered virtually for interested Indigenous students. The ISHS Team is regularly available to book virtual one-on-one appointments with students for information and access to supports and services offered through the office for the current and upcoming Fall term. ISHS offers transition supports to students who are entering their programs in the Fall or current students who may have different or changing needs during these difficult times.

McMaster Virtual Togetherness Series

Auntie Café, hosted by your Recruitment and Liaison Officer, will be moving to a biweekly event. Starting in June, this virtual social hour for students will be hosted on the second and fourth Wednesday of the month. The Virtual Community Hall will be held as special events. Check your emails for the links notice or ISHS social media for the advertisements!

Student Success Workshops

Starting in the Fall, ISHS will be offering online workshop videos and webinars to students on a variety of topics including preparing for CARMs interviews, procrastination and time management strategies, academic writing for health sciences, surviving anatomy class, and finance workshops.

McMaster Indigenous Research Institute, Indigenous Undergraduate Summer Research Scholars Program Welcoming Event

ISHS participated in the Welcoming Event hosted by the McMaster Indigenous Research Institute (MIRI) for the 2020 offering of the Indigenous Undergraduate Summer Research Scholars (IUSRS) on Monday June 1st. McMaster’s IUSRS program was created here at McMaster with an overall goal of fostering the attainment of graduate school education for Indigenous undergraduate students and providing them an opportunity to learn about research and the skill sets needed for graduate school. Now in its sixth year, it has been a very successful initiative and has achieved national recognition with requests by other universities to share developmental information. Various funders have contributed to this year’s program including Health Science Graduate Studies. This inaugural, virtual program will run over eight-weeks.
STUDENT OPPORTUNITIES

Indigenous Mentorship Program

Current ISHS mentors can continue to update their hours throughout the summer. There will be a new call for Mentors in September 2020. If you are interested in becoming an ISHS mentor and would like more information about the benefits of the program, send Matt an email at ishsapc@mcmaster.ca and check out the Mentors page on the ISHS website https://ishs.mcmaster.ca/services/mentorship.

ISHS Recruitment is currently looking for mentors to be interviewed for Indigenous student outreach as well as contribute to other virtual recruitment initiatives. If you are interested in being interviewed, please connect with Catherine at ishsrlo@mcmaster.ca.

Indigenous Student Counsellor

Now more than ever it is important to focus on your mental health! Your Indigenous counsellor Brittany Vincze is available for appointments with students via telephone or online. You can quickly and easily book an appointment with her via email vinczeb@mcmaster.ca. Information about Brittany’s grief, anxiety and other group counselling sessions available to students through Student Wellness counselling can be found at https://wellness.mcmaster.ca/programs/.

Altitude Mentorship Program for MD students

In partnership with the Ontario Medical Students Association, Altitude Mentorship Program is currently seeking new mentors for the upcoming Fall. This program focuses on one-on-one mentorship with undergraduate students. If you are interested in learning more about the program, please see the Altitude website https://www.altitudementoring.com/.

McMaster University Student Navigators Program

The Student Navigators are available to meet with students over the phone or through web conferencing platforms (Zoom, Webex, or Microsoft Teams). The Navigators are recent graduates who can offer an empathetic listening ear and help you connect with resources specific to your situation. See their eSupport Hours and contact information on their Instagram page: @macstudentnav

Indigenous Community Opportunities

To stay up to date with online and virtual opportunities to connect with community, please visit their social media pages.

Hamilton Regional Indian Centre

https://www.facebook.com/hric.hamilton

- For children’s programming please contact Shaylen Cloud, scloud@hric.ca

Niagara Regional Native Centre

https://www.facebook.com/NiagaraRegionalNativeCentre

De dwa da dehs nye>s Aboriginal Health Centre

https://www.facebook.com/DeDwaDaDehsNyesAboriginalHealthCentre

Brantford Regional Indian Support Centre (BRISC)

https://www.facebook.com/BRISCbrantford

The Healing of the Seven Generations (Kitchener)

https://www.facebook.com/HealingoftheSevenGenerations/

Visit the ISHS website for more links to community!
McMaster’s Faculty of Health Sciences has a long history of distinguished Indigenous alumni who have gone on to be leaders within Indigenous health and many, like Dr. Cornelia Wieman, continue to work to mentor and support the next generation of health professionals, researchers and scholars.

The ISHS office wants to continue to acknowledge the accomplished First Nations, Inuit and Métis graduates of health science programs at McMaster. If you are an Indigenous or a non-Indigenous ally with a health sciences degree or diploma, we want you to be part of our Alumni Circle.

As a member of the circle you will receive updates on events/ speakers/ funding opportunities; stay linked with your graduating class; establish and expand professional networks, have an opportunity to mentor current and incoming students; and, be highlighted on the ISHS web site Alumni Circle page. (Please note, all personal coordinates will be kept confidential). The web site will show: Name, Indigenous affiliation, graduating year and degree/diploma, current postgraduate program or occupation, final thoughts, picture (if supplied) and if available to mentor. (You may be removed by request at any time).

Gain the benefits of being part of the ISHS Alumni Circle!

- Continue to mentor Indigenous McMaster students
- Receive updates on ISHS events
- Stay connected to your ISHS family!

Click here to sign up!
https://ishs.mcmaster.ca/alumni-circle
For more information on supports and services available to you visit the ISHS website
www.ishs.mcmaster.ca.

CONTACT US:

ishs@mcmaster.ca

Connect with ISHS on Facebook, Twitter, Instagram, and YouTube @ISHSmcmaster

We Walk Along With You.