



ANNUAL REPORT 2015-2016



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The PEI French Health Network is a non-profit organization that collaborates with various partners in order to improve access to quality French-language health services and programs for Prince Edward Island's Acadian and Francophone population.

The Health Network consists of members from five sectors:

- the Acadian and Francophone population of Prince Edward Island
- health professionals
- health service managers
- educational facilities
- policy makers

Our Vision

The Acadian and Francophone community of Prince Edward Island flourishes by benefitting from quality French-language health services and programs.

Our Values

- Base partnerships on a relationship of trust and mutual respect
- Select projects that are developed by consensus
- Be flexible when it comes to local realities
- Exercise our power of influence in an apolitical fashion
- Exercise visionary, unifying leadership

The PEIFHN is one of 16 networks that make up the Société Santé en français.

MEMBERS OF THE BOARD OF DIRECTORS

COMMUNITY MEMBERS

- **Johanne Irwin**, co-chair; health professionals' representative
- **Marie Dionne-Sullivan**, women's representative
- **Josée Gallant-Gordon**, health professionals' representative
- **Father Eddie Cormier**, seniors' representative
- **Linda Richards**, treasurer; parents and early childhood representative
- **Priscille Arsenault**, community representative
- **Gabriel Arsenault**, vice-chair; youth representative
- **Colette Aucoin**, Société éducative de l'Î.-P.-É. delegate
- **Aubrey Cormier**, Société Saint-Thomas-d'Aquin delegate

GOVERNMENT MEMBERS

- **Isabelle Dasylva-Gill**, co-chair; Acadian and Francophone Affairs Secretariat delegate
- **Stéphane Labrosse**, Community Hospitals and Primary Health Care delegate
- **Tracy Chiasson-Lawlor**, secretary; Social Programs and Seniors delegate
- **Andy Gallant**, Acadian and Francophone Community Advisory Committee delegate
- **Gayle Lamont**, Home Care and Long Term Care delegate
- **Cheryl Banks**, Acute Care Hospitals delegate
- **Matt Bourque**, Child and Youth Services delegate
- **Jennifer LaRosa**, Corporate Development and Innovation delegate

STAFF

- **Élise Arsenault**, Director of the Health Network
- **Patricia Richard**, Assistant Director of the Health Network



Message from the Co-chairs

The PEI French Health Network (Health Network) had another very productive year, full of projects and wonderful collaborations.

On October 14 and 15, the health in French movement's national meeting, **Connexion 2015**, was held in Ottawa. This meeting of French language health partners brought together over 100 people from across Canada to discuss major issues in the area of French language health services. Health PEI's initiatives were recognized during the meeting, earning them the Société Santé en français **2015 National Recognition Award** for their work in relation to services offered to Francophone seniors and the inclusion of language on the health card.

The Board of directors continues to be an active participant in the new community governance initiative led by the Developers' Network, on which the Health Network's community co-chair sits. The Director of the Health Network sits on the Implementation Committee, as well as the Strategic Planning Committee for the development of the 2016-2026 Global Development Plan.

The Health Network continues to recruit students who speak French and are studying in the health sector. The Health Network sits on the Atlantic committee *FrancoDoc*, an initiative aiming to ensure the development and strengthening of Francophone medical resources by targeting medical students in English faculties of medicine. This past year, we also reminded Island Francophone and

immersion students interested in studying medicine that Université de Sherbrooke reserves a seat for an Island student every year. The Health Network also awarded two bursaries to Francophone or Francophile students from Prince Edward Island enrolled in a post-secondary health program in 2015-2016.

In order to strengthen national directions for health and mental health promotion, the Health Network took part in a thematic meeting in Whitehorse in April 2015. Reference materials from the conference laid the foundation for the implementation of the ***French-Language Health Promotion in Canada Strategy*** and ***Directions in Mental Health in French*** by 2018.

Furthermore, the Health Network worked closely with the Société Santé en français (SSF) when reflecting on the midterm evaluation of the **2013-2018 Roadmap** activities and the next phase of the health in French movement.

To conclude, we would like to express our appreciation to the members of the Board of Directors as well as the staff of the Health Network, without whom these wonderful projects would not be possible.

Johanne Irwin
Community Co-chair

Isabelle Dasyva-Gill
Government Co-chair



Message from the Staff

The year 2015-2016 has been one of networking and wonderful initiatives at the PEI French Health Network.



Mental health was a priority for the Health Network this year. In June 2015, we had our first mental health forum, with approximately 200 participants. Last October, the Health Network employees took the **Youth Mental Health First Aid** training. They were part of the first cohort of eight first-aid attendants, trained thanks to the support of the Société Santé en français and Health Canada. The Health Network is pleased to have collaborated with Health PEI and the Prince Edward Island Division of the Canadian Mental Health Association in order to increase the resources and services available in French.

This year, the Health Network proudly participated in the advisory committee for the project *Dès la naissance (From Birth)*, carried out by Cap enfants and involving several partners interested in the early childhood clientele. Since early childhood development, social environments and

culture are determinants of health, this initiative is of utmost importance to the overall development of children and their cultural identity. The purpose of this project is to equip parents, who will then equip their children, so that they can flourish in the French language and culture.

The Health Network employees participated in discussions aiming to integrate the health component to the school community centre models. In September 2015, a study report related to this topic was carried out, and the Health Network played a liaison role with the health system.

On March 11, the Health Network held its **Conference and Étoiles Santé Gala**, a day of activities dedicated to bilingual workers in Prince Edward Island's public and private health care sector. During the event, health and wellness professionals, service providers, students and managers were brought together, recognized and given resources to promote the offer of French language services. The 62 participants had the opportunity to network, share and discuss active offer issues.

The **Étoile Santé** campaign is continuing for a second year, and since January, people have been encouraged to nominate health professionals for a chance to win one of two \$500 prizes.

We would like to express our appreciation to the Executive and Board of Directors for their confidence and for the time invested in moving our projects forward.

Élise Arsenault
Director

Patricia Richard
Assistant Director



Étoile Santé Campaign

In December 2014, the Health Network launched the Étoile Santé campaign to raise awareness, promote and recruit health professionals who offer French-language health services in Prince Edward Island.

The general public is invited to nominate health professionals who actively offer French-language health services in Prince Edward Island. Once a month, a health professional who has distinguished himself/herself is recognized in an article published by the province's French newspaper, *La Voix acadienne*. These individuals are also acknowledged in various English newspapers such as *The Guardian*, *Journal Pioneer* and *The Buzz*.



Étoile Santé, April 2015: Lucie Arsenault

Lucie Arsenault is a public health nurse who provides services to clients in the Evangeline, Ellerslie, Tyne Valley, Grand River, Lot 16, Belmont and St. Nicholas areas, where she has a chance to work with babies and their families.

She is a member of the Evangeline Health Centre team, located in Wellington. Her colleagues nominated her for the Étoile Santé campaign. *"Lucie is so warm with clients that mothers don't hesitate to call her when they're worried about their children. She is well-known in the community for her dedication and knowledge of child development. Being bilingual, Lucie is able to communicate with young children in French or in English when evaluating their development during public health assessments."*

Even after 26 years, Lucie still loves her work: *"I'm privileged, because I can really develop a relationship of trust and a great relationship with families. I can easily follow a child's development curve during the most important years of their life."*

Her work is very diverse, but vaccines make up an important part of Lucie's schedule: *"I administer vaccines at 2, 4, 6, 12 and 18 months as well as 4 years, and every time I see a baby, I make a point of speaking to the accompanying parent, whether it's the mother or father. We talk about the child's development, and I answer their questions. It's all done naturally, in a climate of trust."*

She is also very present in schools, especially École Évangéline, but also École Pierre-Chiasson in DeBlois and École-sur-Mer in Summerside. She holds eye screening clinics, administers recommended vaccines, and monitors contagious diseases.

"Health promotion in the community is an important job – for both Francophones and Anglophones in the service area. I also have clients from Summerside and other areas who come see me to be served in French, or because they know me," explained Ms. Arsenault.



Étoile Santé, May 2015: Nadine Arsenault-Samson

A native of Saint-Timothée in the Evangeline area, Dr. Nadine Arsenault-Samson opened her family medicine practice in Summerside in 2006. She has since been a pillar in the field of health for Francophones living in East Prince and beyond. Her expertise, caring nature, thoughtfulness and patience make her a true "Étoile Santé" in the lives of hundreds of families.

"I'm one of the only doctors who speak French in the East Prince region. The promotional work that the PEI French Health Network does is very important, because there really are patients who don't speak much English and who are even less able to communicate in their second language when faced with a crisis situation or an illness. There are even doctors from other parts of PEI who send patients my way for this reason. I would say that a third of my clients are Francophone," said Dr. Arsenault-Samson, whose presence in the province's health care system is tremendously valuable.

Following three years of study at Université de Moncton, Dr. Nadine Arsenault-Samson studied at Université Laval in Quebec for seven years, which included a two-year residency. She sees approximately 1,000 patients on a regular basis.

"I would say my family medicine practice takes up 80% of my time. I also spend 10% of my time doing palliative care, both in hospital and home settings."

Among her other duties, Dr. Arsenault-Samson teaches, regularly welcoming interns who are at different stages of their training. She also does on-call weeks at the hospital. *"During my weeks, I visit hospitalized patients and I'm also on-call 24 hours a day."*

Nadine Arsenault-Samson, who has been a family physician in Summerside for nine years now, is married and has two girls who speak French very well, but who would have difficulty making themselves fully understood in English, if they required emergency care or had to consult a specialist. *"We live in French, the girls go to a French school, and my husband speaks French. I'm bilingual, but when I'm tired or when I get called at 2:00 a.m., I even have a hard time finding my words in English. So I know that there truly is a need when people ask for services in French, and I think it's becoming more and more accepted in health care on the Island,"* she concluded.





Étoile Santé, June 2015: Melissa Arsenault

When she was a student at École Évangéline, Melissa Arsenault of Egmont Bay already knew she wanted to work in the field of health. The results of a career choice test directed her towards a career in nutrition. She was then certain of her career path. *"I always liked preparing meals at home and trying different things with food. It has always been important for me to watch what I eat."*

In November 2014, she completed her science degree with a major in nutrition at the University of Prince Edward Island and was soon hired by the Prince Edward Island Healthy Eating Alliance that was

looking for a bilingual dietitian to address a need in the province's Francophone community. *"It's really because I am bilingual that I was able to get the job."*

Jeannette Gallant, provincial coordinator of the Jeux de l'Acadie regional committee, nominated Melissa after seeing the impact of her services at various levels. *"During our regional games, Melissa conducted a session on sports nutrition for over 200 youth and members of the management team. This activity allowed participants to learn what to eat when practicing a sport and share their new knowledge with members of their family."*

As a community dietitian, Melissa plays an important role in the implementation of the Prince Edward Island Wellness Strategy. Her work consists of informing the public. For example, she makes presentations to many groups in Francophone communities; supports school breakfast programs; works closely with cafeterias to monitor their food policies; organizes activities with early childhood centres and provides French resources; attends many food exhibits and fairs; works with workplaces to try to improve their food options and attends numerous meetings.

"There are many aspects to this job, but I love it," says Melissa, who is impassioned by this field of work. *"I like being able to help people improve a part of their lives; it can really make a difference."*



Étoile Santé, July 2015: Pierre Brunet

Dr. Pierre Brunet is a pillar of French-language healthcare on Prince Edward Island. When he founded his practice in Wellington in 1986, he had already been practicing on the Island for eight years and had several years of experience elsewhere in the country.

"I graduated in Toronto in 1970, then worked in Labrador for a year and a half and spent about five years in Churchill, Manitoba," explained Dr. Brunet. *"In 1978, I moved with my family to Prince Edward Island, where I was a school dentist. We worked out of mobile clinics set up beside the schools. After eight years of working with students, I opened an office in Wellington. Back then it was something new for people to have a dentist who spoke French. My decision to settle in Wellington was shaped by my desire to work more in French."*

Dr. Brunet now works in a clinic in Summerside. A few years ago, when it was decided to tear down the health centre in Wellington, he didn't want to leave his patients without any dental service. He therefore sold his practice to a dentist in Summerside. *"My patients were transferred with my practice to this dentist and I followed my patients, working for this dentist three days a week. I would say that almost all my patients followed me. Over half of my patients at this clinic are Francophones."*

Besides working three days a week at the dental centre in Summerside, Dr. Brunet also spends two days in clinics for low-income patients. *"I'm at the Charlottetown clinic on Tuesdays and the Summerside clinic on Wednesdays."*

This invaluable service really helps people, because if you don't have insurance or make enough money, dental health is way down on your list of priorities. Yet no matter what your income is, dental and mouth care is very important to overall health," Dr. Brunet added.

In fact, a patient at one of the clinics for low-income patients nominated Dr. Brunet to the PEI French Health Network for recognition as an Étoile Santé. *"He is very accepting and I always feel comfortable with him,"* she explained. *"He doesn't judge and he always explains the situation clearly."*

Dentists cultivate a trusting relationship with their patients that may last for years. *"My Francophone patients really like to be greeted and treated in French,"* Dr. Brunet noted. *"And I, as a member of the Francophone community in Greater Summerside, like to know that I'm helping to keep the French language alive."* Dr. Pierre Brunet and his wife, Anne, who is originally from Scotland, have four children and a grandson who speak French.





Étoile Santé, August 2015: Aleksandra Evans



Aleksandra is a nurse at the Queen Elizabeth Hospital in Charlottetown. Considering that it can be challenging to find qualified bilingual staff to fill positions, Aleksandra is a rare jewel: she speaks five languages. *"I speak Polish (my mother tongue), English, French, Russian and German, and I understand Czech very well,"* explained the August 2015 recipient of the Étoile Santé, chosen by the PEIFHN.

She was selected because of the way she was able to reassure a Francophone patient who was being released from the hospital and needed to take medications following a very set protocol. This patient was Aline Bouffard Cohen's mother, and Ms. Bouffard Cohen is the one who nominated Aleksandra for the Étoile Santé

campaign. *"Aleksandra was able to communicate with my mother in French when she underwent tests. She is warm and receptive, and her French is really good. She was able to explain things to my mother and reassure her, while caring for her,"* explained Aline Bouffard Cohen.

Aleksandra has only been working in healthcare for a few years. With a Masters in Economics specializing in Banking, she worked with numbers in her native country. That's how she met her husband, a Canadian, who was teaching economics in

Warsaw and was one of her colleagues. When the couple came to Canada and settled on Prince Edward Island in 2003, Aleksandra was pregnant. When her daughter was born a month after their relocation to totally new surroundings, she experienced such a strong disorientation that she fully understands the need for patients to be cared for, or at the very least reassured, in their mother tongue.

As a wife and young mother of two (her second child was born in 2006), Aleksandra needed to fulfill herself professionally. *"I looked for a field where my language skills would be an asset, where there were openings, and where I could have a fulfilling profession. Nursing seemed to be the obvious choice. Furthermore, UPEI had just introduced an intensive 20-month program. I was accepted into the program and I did the training. I have been working as a nurse ever since, and I love it."*

Aleksandra Evans works on a float team, where nurses are not assigned to a particular unit. When she begins her shift, Aleksandra never knows where she will be needed. *"It's very engaging work. Every now and then, I get asked by colleagues to go to a patient's bedside because they know that I speak several languages. A while back, I spoke to a patient of Lithuanian origin who had only been living on the Island a very short while. I wasn't sure if I'd be able to help him because Russian is different than Lithuanian, but we understood one another. It was great to be able to do that for someone,"* concluded the health professional.



Étoile Santé, September 2015: Julie Lebreton

Julie LeBreton has been a speech language pathologist with the French Language School Board for three years. She sees students who attend the province's Eastern schools — École François-Buote, where her office is located, École La-Belle-Cloche, in Fortune, and École Saint-Augustin, in Rustico.

"At the beginning of the school year, I spend time in each school to screen every kindergarten student. This is necessary so that I can identify students in need of support, and intervene in such a way so as to ensure that they have a good start in school and in life."

According to Julie LeBreton, speech language pathology involves much more than the pronunciation of words, even though that's part of it. *"I make a distinction between speech and language. Speech involves the pronunciation and articulation of sounds, while language involves understanding and expression. Speech language pathologists who work in a school setting give recommendations and strategies with the intention of bringing about long-term changes. We also work as a team with the parent, school staff, psychologist and other healthcare professionals, if necessary."*

Like in any other situation involving a child's wellbeing, intervention must start as soon as possible. Since February 2015, Julie LeBreton has also been serving Francophone preschool children, from birth to kindergarten entry, in the Eastern part of the province.

This is what resulted in her being named an Étoile Santé, as part of the PEI French Health Network's campaign. A child's parents were worried about his language development, since he was being raised in a bilingual home. *"Julie LeBreton*

addressed our concerns and offered solutions in the form of a support program. Our son's language development improved and is still improving in our bilingual home, and she reassured us considerably," indicated the father.

Julie LeBreton is a native of the Acadian Peninsula in New Brunswick. She completed a Bachelor of Social Work from Université de Moncton, then a bilingual Master's in Speech Language Pathology at the University of Ottawa. Since moving to the Island, she has been very involved in the Francophone community. Being able to live and work in French are very important to her, and the fact that she is able to use her skills to help families evolve in a bilingual environment brings her great satisfaction.





Étoile Santé, October 2015: Catherine Arsenault

Dr. Catherine Arsenault has been practicing optometry for 21 years, and providing services on Prince Edward Island since 2000. *"I work in two clinics: the Vision Clinic in Summerside, and the Family Vision Centre in Charlottetown. I have many Francophone clients, especially in Summerside. Sometimes three quarters of my day is spent in French. In Charlottetown, between 10 and 20% of my clientele is Francophone."*

Dr. Arsenault's clients really appreciate her, and this resulted in her being named an Étoile Santé, as part of the PEI French Health Network's campaign. *"Dr. Arsenault is very welcoming, she's always available, and she always offers services in French,"* said Father Eddie Cormier, who nominated her.

The Francophone optometrist believes it is important to spend time with each one of her clients. *"When I meet with clients, I like to take the time to chat with them. It allows me to get to know them better and to offer personalized service. I think my clients appreciate the fact that they don't feel rushed or pressed for time."*

Eye health is important at any age. Moreover, October is Children's Eye Health Month. *"We can do eye exams as early as six months, but in general, first eye exams are done around the age of three or four, so that potential problems*

can be detected prior to kindergarten entry. As a matter of fact, the provincial government has set up a new program, Eye See... Eye Learn!, which allows Island kindergarten students to get a free eye exam and, if necessary, a free pair of glasses." For more information, consult the Health PEI Web site at www.healthpei.ca/eyesee-eyellearn.

Dr. Arsenault is particularly happy to be bilingual after having recently spent three weeks in Europe with her family. *"In five of the six countries that we visited, people didn't speak French or English very well. I was actually able to realize how fortunate we are to obtain services in our language, especially when it's related to our health,"* concluded the young professional worker.

She and her husband live in Emyvale with their two daughters.



Étoile Santé, November 2015: Wassim Salamoun

Dr. Salamoun has been practicing medicine in Summerside for 27 years. An ear-nose-and-throat specialist, he is known for being a well-respected professional. This respectful individual is always ready to listen to his patients and is able to communicate clearly.

Besides possessing these qualities that are appreciated by all, he uses the French language to address Francophones requiring medical services. It's for these reasons that he was named an Étoile Santé by the PEI French Health Network in November.

Marcia Enman, who nominated Dr. Salamoun, is very pleased with the French services offered by this physician. *"I really like the fact that he always speaks to me in my language, and I find that he's very clear and precise in his diagnoses. He has a very friendly personality, and he really deserves this honour."*

Wassim Salamoun is originally from Lebanon, and his first language is Arabic. He learned French in kindergarten, and English in Grade 5. Trilingual, Dr. Salamoun decided to pursue a career in medicine at the end of his high school studies. *"I did my medical studies in French, in France. I therefore learned all the medical terms in French, while improving myself in this beautiful language."*

Dr. Salamoun is incredibly good at establishing relationships with people. *"I really like what I do. I have great respect for people, and I always want to make sure I'm really listening to them. Every patient who comes to see me is important, so I take the time to care for them as best I can."*





Étoile Santé, December 2015: Abder Sahouli

Born in Algeria, Abder Sahouli is a Francophone psychologist who has been living and working in Montague for the past 22 years. His competence and generosity has been observed by the Coopération d'intégration francophone (CIF) (PEI Francophone Integration Cooperative) and he has become one of its collaborators. *"The CIF has established a support group to provide French language newcomers with the opportunity to confidently talk about their issues with a mental health professional, and Dr. Sahouli provides that service to Francophone newcomers. He even makes himself available on Sundays,"* said Dottie Daly of the CIF.

"In Montague, I don't have many opportunities to speak French. This CIF support group allows me to speak French and be very useful to participants. Changing countries and lifestyles changes a person's points of reference. It creates cultural, linguistic and financial issues. It's important to be able to discuss all that and to do it in one's own language," said Dr. Sahouli.

In his opinion, when his Francophone clients can express themselves in their own language, they tend to progress more rapidly. *"As soon as my clients know that they can speak French to me, they open up and I can help them more effectively because they can express themselves better and with more emotion."*

Being an immigrant himself, Dr. Sahouli is well positioned to understand how newcomers feel. In fact, because he speaks Arabic, he has been asked by the people of the area to facilitate communication with the Syrian newcomers who will be settling there in the near future.



Étoile Santé, January 2016: Louise Bossé

Louise Bossé embodies the qualities of a model nurse: patient, nursing, calm, attentive and especially, very competent.

Originally from Edmundston, New Brunswick, Louise Bossé was one of the first bilingual nurses hired in the wake of the adoption of the very first French Services Policy, under the leadership of Premier Joe Ghiz. *"I completed my studies at Université de Moncton on December 8, 1990, and on December 12, I had a job on the Island. I started working in*

February 1991. I was one of the first three bilingual nurses hired at Prince County Hospital," recalls the nurse.

The integration of a team of bilingual nurses at the hospital required some adjustments. It took a few years before the hospital finally opted for a float team. Bilingual nurses could then "float" from one service to another, where there was

a demand. *"In all the departments where I worked, I tried to enhance French-language services. I would always ask for pamphlets and information in French, in an effort to improve the services. It was important for me."*

A former colleague, Mélanie Gallant, wanted Louise Bossé to be recognized as a star when it comes to French-language health services. *"I worked with Louise and saw how she interacted with patients. She was also very supportive towards my family during a difficult time. Louise is a gem who has played a significant role in sharing the French language in the field of nursing, and she has done so with great pride!"* says Mélanie Gallant.

Louise Bossé has a phenomenal memory that allows her to remember details as specific as the room number where a particular family was gathered around a sick or dying relative. *"We obviously see people at times in their lives where they are vulnerable. For Francophone clients, being able to express themselves in French and knowing that they'll be understood can be a relief."*

Louise Bossé has been working in the Emergency department since the opening of the new hospital 10 years ago.



Étoile Santé, February 2016: Odette Gallant

Odette entertained the thought of becoming a dental assistant at an early age. *"I was in grade 9, and my mother happened to mention that it could be a good job for me. The idea lingered in my mind, and when it came time to register for my post-secondary studies, I applied to the dental assistant program at Holland College."*

The training was in English however, and Odette had always lived in French. She often hesitated to ask questions because she was afraid of not wording them correctly. *"I now understand why people who speak more French than English hesitate to ask questions and say they're not sure they understood. When we receive Francophone clients, I always ask them if they understood everything, and I verify this by asking them a few questions"*, indicated Odette Gallant.

She completed her one-year training program, and in January 1987 she had a job. *"I worked in a private dental clinic in Charlottetown for 15 years, and one in Summerside for 8 years. Then I got a job at a public clinic in Summerside."*

"My duties are very diverse. I help dentists and dental hygienists by preparing and sterilizing the instruments, and I make sure we have enough supplies so that we don't run out of anything. I also accompany clients and discuss things with them, especially Francophones", explained Odette Gallant.

The work carried out by Odette and the team with which she works aims to offer treatments and preventative dental care to children 3-17 years of age, allowing them to grow up with healthy teeth. *"My team offers these services in our Summerside office, as well as in most schools from Tignish to Kinkora"*, specified the dental assistant. *"When I accompany the hygienist in schools, I help her by showing kids how to brush their teeth and use dental floss."*

Odette and her husband Dennis have two sons. Odette Gallant has an engaging personality, and her smile always expresses the same *joie de vivre* – no matter what language you speak.



Étoile Santé, March 2016: Carole Gallant

Carole Gallant is energetic, warm and lively. Just on meeting her, it's hard not to feel a little better. These are all valuable qualities for those who work with people needing home care. *"I mainly provide personal care for people who are at home and who need help for different reasons"*, explained Carole Gallant, the French Health Network's Étoile Santé for March.

Carole works out of her office in Wellington.

"We have three employees in Wellington and we cover the whole Evangeline area, right up to Tyne Valley. I work in French every day. I think my Francophone clients appreciate my ability to speak French, it's just so natural," she said.

The Home Care Program provides a whole range of health care and support services to address the need for rehabilitation and palliative care, or to manage severe or chronic health problems. Home care services are provided by nurses, physiotherapists, dieticians, occupational therapists and various other specialists.

As a personal care attendant, Carole specializes in basic patient care. *"More and more people want to be looked after at home instead of in the hospital. Every case is different. I arrive for the appointment and adapt to the situation. For example, if my patient has dementia, I can remind him of each step to washing himself because he may have forgotten how to do it. I see all sorts of situations, but I always try to let my patients do as much as they are able to respect their abilities and their need for autonomy,"* added Carole Gallant. In some cases, the patients' caregivers need a few hours of respite or help taking care of an invalid who cannot be left alone.

Carole Gallant is generous and thoughtful, and she never hesitates to go the extra mile to fulfill the needs of her clients and their families. Said the daughter of a recent client, who nominated Carole Gallant for the Étoile Santé award, *"my mother couldn't take a bath or even wash herself because she was too weak. I asked Carole for advice and she explained how to access services. She even made some of the arrangements herself, and I really appreciated it."*

Carole Gallant has two children. She also volunteers her time at the fire hall in Wellington.



First Étoiles Santé Gala

On March 11, 2016, the PEI French Health Network (PEIFHN) held its very first **Étoile Santé Gala** at the Centre Belle-Alliance in Summerside. It provided an opportunity to reflect on the success of the **Étoile Santé Campaign** over the past year and to recognize the health professionals who provide French-language services. The first Étoile Santé Prize was presented to Stéphanie St-Onge Cornish, owner of Blossom Beauty Care, for her exceptional services. She was nominated multiple times during the campaign.



DAY OF ACTIVITIES DEDICATED TO BILINGUAL WORKERS IN PRINCE EDWARD ISLAND

That same day, the PEIFHN also organized a day of activities dedicated to bilingual workers in Prince Edward Island's public and private health care sector.

The day got underway with a talk by Pierre Battah, a leadership and workplace specialist who focuses on creating cultures where people collaborate brilliantly and do their very best work. The conference theme was *Devenir leader dans l'offre active des services de santé en français* (Becoming a leader in the active offer of French-language health services).

The talk was followed by a panel on French-language health services. It was a great opportunity to hear inspiring testimonials from panellists who have been directly affected by the offer of French-language health services.

Participants were then invited to network and equip themselves by discovering the keys to making an active offer thanks to the various personal and professional wellness booths. The day ended with a discussion period.





Health Students

Database

In an effort to increase entries in the health student database, the PEI French Health Network (PEIFHN) announced in March 2014 that for the first time, it would be offering two \$1,500 bursaries to Francophone or Francophile students from Prince Edward Island enrolled in a post-secondary health program in 2015-2016.

In addition to the chance of winning \$1,500 to help with their tuition fees, students are automatically added to the PEIFHN's health student database. With the students' permission, the PEIFHN shares the information with the Recruitment and Retention Secretariat so that youth are informed about internship and employment opportunities in Prince Edward Island in the hopes that they remain or return to the Island to provide French-language health services to Islanders.

In June 2015, the PEIFHN announced the first two recipients of the bursaries: Gregory MacAdam, a paramedical student from Morrell studying at Holland College; and Alexandre Cuffley-Hébert from Charlottetown, who is currently enrolled in the kinesiology program at the University of Moncton.



Testimonials from health students

In March 2016, the PEIFHN launched a series of images on its social networks with quotes from students in the health field who participated in last year's bursary campaign and answered the question, *Why is it important to offer health care services in French?*

Health Promotion



Coopérative d'intégration francophone de l'Î.-P.-É. – **Groupe d'appui en santé mentale pour nouveaux arrivants (Mental health support group for newcomers)**

A support group has been created for French language newcomers who need help overcoming moderate depression, stress or anxiety. Sessions were offered by Dr. Abder Sahouli, clinical psychologist. A workshop attended by 18 community representatives was held to discuss the mental health needs of newcomers and refugees.

Evangeline Community Consultative Group - **Je suis en santé... avec ton aide! (I am healthy... thanks to you!)**

This project promotes the strategies of *Les dons du caractère (Gifts of character)*, an international initiative that promotes the use of simple and positive language to increase self esteem and recognize our personal gifts and those of others, leading to good mental health and improved physical health. During this project, we met with 160 people during 38 different sessions in various areas of the province. A total of 1,500 newsletters were distributed in the province and 750 **Respect / Intimidation** magnets were provided to Island schools.



Village des Sources l'Étoile filante - **Santé en main! (Taking control of our health)**

The main objective of this project was to provide Acadian and Francophone youth of Prince Edward Island with stress reduction techniques that they can use in their daily lives. Following the *Santé vous bien!* forum held in June 2015, 12 grade 10 students attended an intensive training camp to increase their knowledge of stress reduction techniques. These techniques, including art therapy, laugh therapy, meditation, relaxation as well as artistic creativity to represent emotions, were also integrated in the camps' regular programming with students from grades 5 to 12 of the French Language School Board during the school year.

PEI French Language School Board - **Apprendre la langue et aimer ça (Learning Language and Loving it)**

In order to develop the French language in children attending early years centres, a speech-language pathologist attended training sessions for the *Apprendre à parler avec plaisir* program. The purpose of this training is to provide educators of early years centres with practical strategies to help children develop their language and social skills, regardless of the type of communication and any special need they may have. This project will continue with ongoing training for staff in all early years centres of the PEI French Language School Board.





Le Conseil acadien de Rustico – *Parcours sensoriel* (Sensory Trail)

An almost one-kilometre-long trail was created in 2013 near the Centre acadien Grand-Rustico called *Le sentier de nos racines*, a unique area on Prince Edward Island where young and old are invited to explore their five senses. This original project was developed to create conditions conducive to community health and wellness. It is based on the Snoezelen approach, where individuals become part of an exploration and relaxation exercise. This component of the project allowed for two sensory modalities to be placed on the trail: sight and hearing. Seven

wooden animals were placed along the way to be discovered by trail users. To explore sound, a handpan was installed. This instrument makes a very pleasant sound even if the person playing it does not have any particular musical ability. An information session was held for the centre's staff and an information sign was installed at the start of the trail.

Carrefour de l'Isle-Saint-Jean – *Les services alimentaires et la santé de la communauté* (Food services and community health)

The initiative's primary objective was to deliver a high quality nutritional and profitable food service in order to create better eating habits in students as well as in the community as a whole. To do so, the project explored the social enterprise model *Collectif économique d'innovation culturelle et identitaire* (CÉDICI) used in Fredericton to be better informed about the possibilities of developing a similar service on PEI. Many discussions and awareness activities were held to create ties with potential partners. The project also allowed for the revision of the menu and school nutrition policy with a dietician.



Réseau de développement économique et d'employabilité de l'Î.-P.-É. – *Jardins pour la relève* (Gardens for future generations)

To show preschoolers that vegetables can be sown, cared for and harvested in only one season and that they don't just come from the grocery store, garden spaces were developed in the province's six French-language early years centres, with the help of the *Coopérative service jeunesse*. These garden spaces, created by teens, are shaped like picnic tables with gardening bins allowing children to explore the garden while playing. With funding from another national source, we were able to pursue the second phase of the project.



Mental Health

Island Helpline and PEI Helping Tree available in French

On September 10, in recognition of World Suicide Prevention Day, the PEI French Health Network attended the launch of a promotional campaign for the Island Helpline, along with Health PEI and the Prince Edward Island Division of the Canadian Mental Health Association.

With the financial assistance of the PEIFHN, the PEI Helpline promotional tools are now available in both official languages. The Helpline's website, www.theislandhelpline.com, is also completely bilingual. This is great news for members of the Acadian and Francophone community, who can access the Helpline's free services in French at 1-800-218-2885.



PEI Helping Tree

The PEIFHN was pleased to partner with the Prince Edward Island Division of the Canadian Mental Health Association to present the bilingual edition of the 2015 PEI Helping Tree. The purpose of this tool is to inform Islanders of the many resources and services available on Prince Edward Island. The PEI Helping Tree can be downloaded from the PEIFHN's website, www.santeipe.ca, under the tab titled **La santé à l'Î.-P.-É.**



PEI French Health Network, proud partner of the PEI French Book Expo

The PEIFHN participated in the second edition of the Prince Edward Island French Book Expo held June 4-7 at UPEI, in Charlottetown. As a supporting partner of the Expo, the PEIFHN sponsored the presentation entitled *À la poursuite du bonheur (Pursuit of happiness)* made by author Valois Robichaud.

First French-language forum on mental health: *Santé vous bien!*

On June 16, the PEIFHN held its first French-language forum on mental health, ***Santé vous bien!***, at the Centre Belle-Alliance in Summerside. Everyone was welcome and the admission to the forum was free. Close to 200 people were in attendance, including 145 students from grades 5 to 9 within PEI's French Language School Board. Participants had the chance to learn more about the many resources, services and programs offered by mental health workers and organizations. Wellness booths, workshops, a conference and a play on bullying were presented in a positive and instructional environment.



Support for a mental health project at the *Village des Sources l'Étoile filante*

The *Village des Sources l'Étoile filante* received funding at the national level from the mental health section of the Société Santé en français (SSF). This funding supported two initiatives: the development of a guide which will serve as a reference tool for volunteer workers, as well as intensive training for a facilitator in ***Mental Health First Aid***, a certified program created by the Mental Health Commission of Canada. After obtaining the required certification to train youth workers, Darlene Arsenault went on to train 72 individuals in 2015-2016. The PEIFHN supported this mental health project at the Village des Sources in partnership with the SSF.

2015-2016 Financial Statements

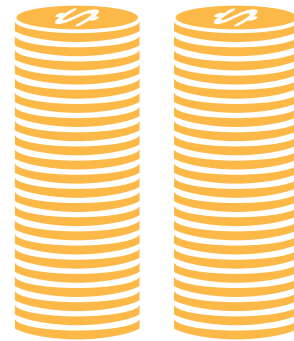
PEI French Health Network Income Statement and Statement of Changes in Net Assets

For the year ending March 31, 2016

						2016	2015
	Networking	Service organization support	HR+ National	Promotion projects	Other revenue	Total	Total
Revenue							
Health Canada	\$96,753	\$32,250	\$30,000	\$22,576	\$-	\$181,579	\$184,612
Other revenue	-	-	-	-	2,392	2,392	906
	<u>96,753</u>	<u>32,250</u>	<u>30,000</u>	<u>22,576</u>	<u>2,392</u>	183,971	185,518
Expenditures							
Other expenses	990	300	-	-	25	1,315	978
Travel	4,923	3,580	4,005	248	-	12,756	11,273
Equipment	4,449	503	-	104	-	5,056	4,348
Audit fees	4,503	-	-	-	-	4,503	5,841
Professional fees	25,777	15,153	13,905	21,815	-	76,650	78,027
Rent and utilities	9,108	-	-	-	-	9,108	11,477
Office equipment	5,037	1,364	1,584	-	-	7,985	10,754
Wages	41,990	11,375	10,580	422	-	64,367	62,089
	<u>96,777</u>	<u>32,275</u>	<u>30,074</u>	<u>22,589</u>	<u>25</u>	181,740	184,787
Excess spending for the fiscal year	<u>\$(24)</u>	<u>\$(25)</u>	<u>\$(74)</u>	<u>\$(13)</u>	<u>\$2,367</u>	\$2,231	\$731
Net assets, start of the fiscal year						\$3,332	\$2,601
Excess revenue (expenses) for the fiscal year						2,231	731
Net assets, end of the fiscal year						\$5,563	\$3,332



200
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at the Mental
Health
Forum



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from PEI studying in
health programs

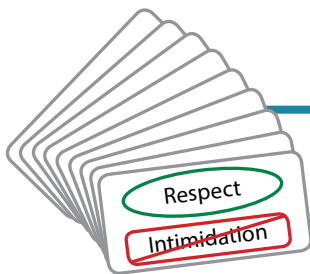


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72 individuals are
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Youth Mental
Health First Aid



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PEI French Health Network

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RSFIPE



RSFIPE



Réseau Santé
en français Î.-P.-É.



Santé
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Health
Canada

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Education, Immigration, Communities.