

# ARTHRITIS COMMUNITY COLLABORATION ON THE PATH TOWARDS TRUTH AND RECONCILIATION

Walking with the Arthritis Community on the Path Forward Towards  
Truth and Reconciliation  
KT Connect Webinar, July 22, 2022

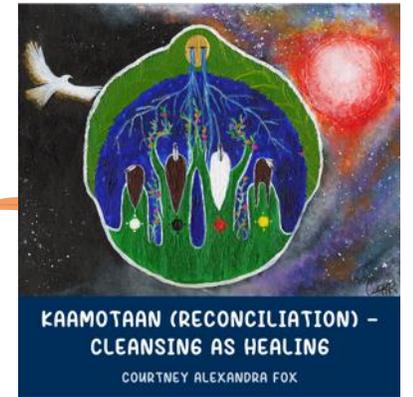
*presented by:*

Dr. Terri-Lynn Fox, Indigenous Scholar and Person Living with Rheumatoid Arthritis

Ms. Cheryl Koehn, President, Arthritis Consumer Experts and Person Living with Rheumatoid Arthritis

# Disclosures...

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## **Dr. Terri-Lynn Fox, or**

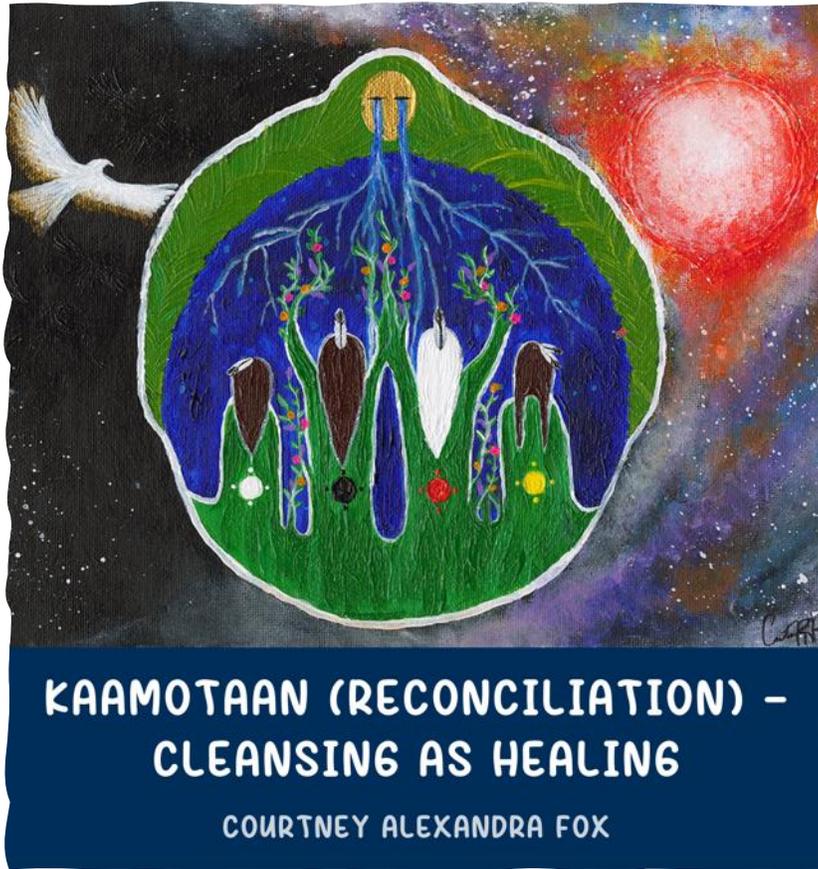
Full time employee of Blood Tribe Department of Health, Inc.; Independent Indigenous Consultant and Researcher.

## **Ms. Cheryl Koehn**

Full time employee of Arthritis Consumer Experts (ACE).

Over the past 12 months, ACE received grants-in-aid from: Amgen Canada, Arthritis Research Canada, Canadian Biosimilars Forum, Canadian Rheumatology Association, Eli Lilly Canada, Fresenius Kabi Canada, Merck Canada, Novartis Canada, Organon Canada, Pfizer Canada, Sandoz Canada, Teva Canada, UCB Canada and the University of British Columbia.

# Acknowledgment...



## About the Artist:

"I am *Ipikstakii*. My English name is Courtney Alexandra Fox – Running Rabbit. I am *Siksikaitsitapi*; I am woman; I am mother, daughter, sister, partner and friend. I creatively express emotions, thoughts and connections through various mediums of art. I am survivor and I proudly carry my ancestral baton."

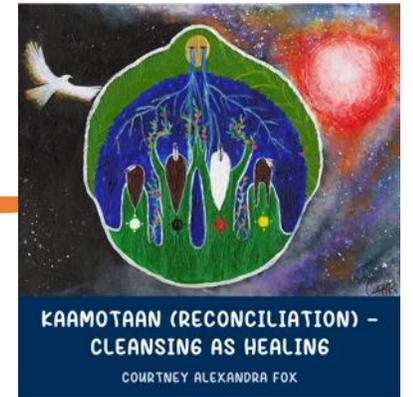
## Artist Statement on Kaamotaan (Reconciliation) – Cleansing as Healing

"We are one – we are connected to everything. This is how we heal, knowing we are connected to everything—connected to the land, to the water, to the air, to all beings. We pray to *Ihtsipaitapiyo'pa*, the Source of all Life. We sit in ceremony with *Ihtsipaitapiyo'pa* and our grandmothers and grandfathers, the ancestors and the ancients. When we pray, we align mind, body, and spirit. As we pray, align and connect, we model ways of knowing and being for our children. There has been much destruction, oppression and intentional disregard of our traditional ways. This is why She cries, there is considerable healing to be done and this will occur once we acknowledge and feel the pain and trauma—we will survive, overcome, and reconcile, this is *Kaamotaan*. We also grieve—the loss of our land, of our culture, of our language. Only when it rains can we cleanse and blossom as we move forward with the ancestral knowledge and ways of knowing and being. We heal for our survivors; we heal for our children; we heal for the seven generations before us and the seven generations to come after us. We are one."

# Our talk objectives...

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- Describe how an Indigenous-arthritis patient community partnership formed and led to community-driven action on Truth and Reconciliation.
- Discuss approaches to uphold reciprocity, accountability, and transparency at each stage of community-driven action on Truth and Reconciliation.
- Engage in Truth and Reconciliation dialogue with the KT Connect community.

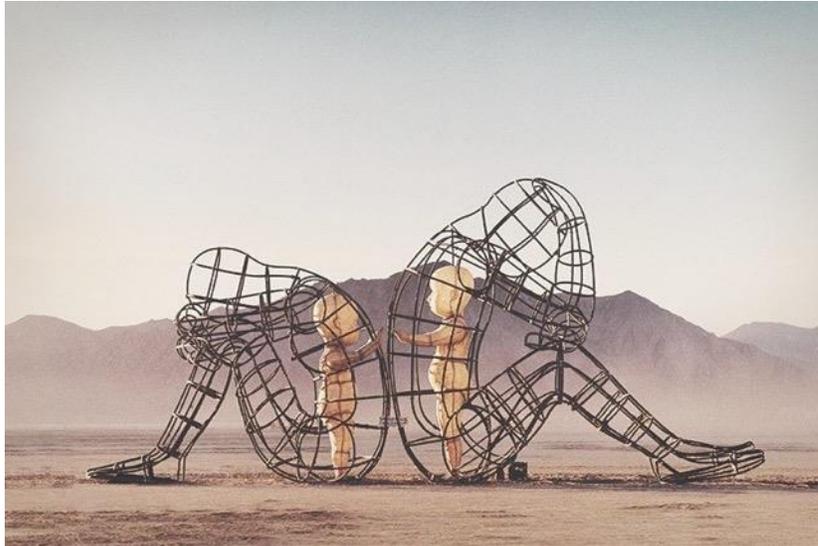


# A partnership forms...

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- **July 2021** – Cheryl Koehn and Indigenous Scholar and fellow rheumatoid arthritis patient, Dr. Terri-Lynn Fox, were introduced by an Indigenous arthritis research colleague and Cheryl began her “formal” journey on the path towards Truth and Reconciliation and Reconcili-ACTION
- **August 2021** – ACE team members started their own journeys of learning, knowing, grieving and acting
- **September 2021** – ACE held its first “Arthritis Community Circle” led by Dr. Terri-Lynn Fox, an Indigenous Scholar from the Blood Tribe of the Blackfoot Confederacy and expert and survivor of Indian Day Schools
- **October-December 2021** – ACE and Dr. Fox co-developed a special project titled “Path Forward Towards Truth and Reconciliation”
- **January 2022** – the “Reconcili-action” work begins

# How we work & walk together...



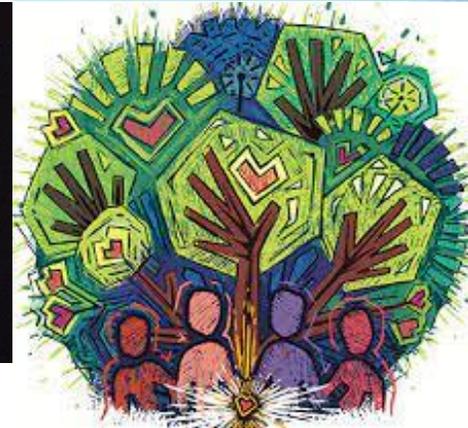
Finding each other...



Building trust,  
learning to share,  
supporting each other



Identifying work we will do  
together, intentionally walking  
together



Building and growing the  
Arthritis Circle of learning



Leading the world  
by example

# The language we use on our journey...

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Truth

Reconciliation

Respect

Humility

Openness

Justice

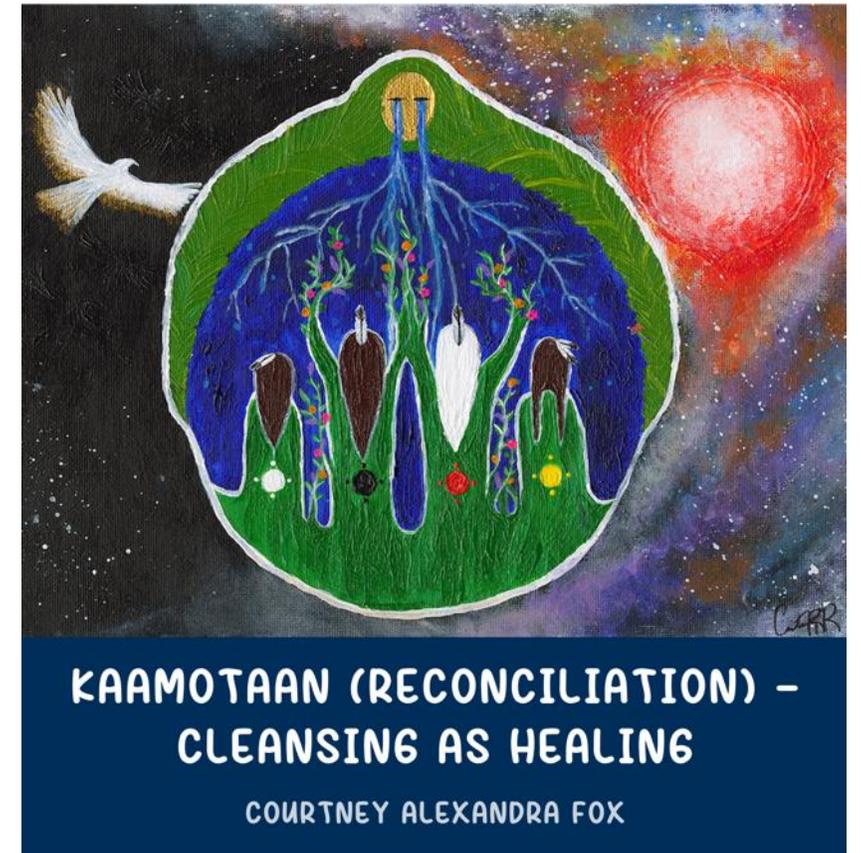
ACTION

Words really do matter...

# What Reconcili-Action means to us...

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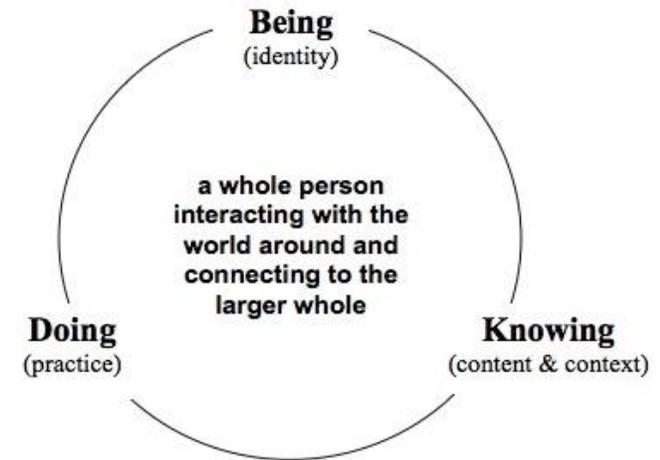
- Reconcili-ACTION starts at the individual level...with learning and knowing the truth...the truth comes from Indigenous Peoples
- Reconcili-ACTION is about observing and feeling...observing and feeling the trauma and pain felt by generations of Indigenous Peoples on this land
- And then, Reconcili-ACTION is about acting to reconcile the injustices done to Indigenous Peoples
- Settlers-colonials have a road map to guide them on their personal and organizational journeys: [Truth and Reconciliation Calls to Action #1 to 94](#) (#18-24 focus on Health)



# Reconcile with yourself...

Fundamental to the Truth and Reconciliation journey is knowing yourself... take the inner journey. Ask yourself these questions as a starting point and throughout your journey:

- What's going on with me? Who am I?
- Where have I come from? Where am I going? What is my responsibility?
- Do I have biases or prejudices? Am I carrying racism or have racist views?
- Do I know any Indigenous people? If not, why?
- Have I ever participated in ceremony? If not, why?
- Am I able to name the traditional territory I stand on? If not, why?
- Have I meaningfully engaged in deep conversation with Indigenous people? If not, why?
- Have I read an Indigenous author? If not, why?



Approaches to uphold reciprocity,  
accountability, and transparency at each stage  
of community-driven action on Truth and  
Reconciliation





When you become conscious and aware,  
you become wiser.

That is what you call real self-growth.  
Understand your pride and it will drop –  
what results will be humility.

Understand your unhappiness and it will  
disappear – what results is the state of  
happiness.

Understand your fears and they will melt  
– the resultant state is love.

Understand your attachments and they  
will vanish – the consequence is freedom.

- Anthony de Mello

# Reciprocity

Is exchange of energy, in a respectful and safe manner. To which ACE and I have developed a most meaningful, long-lasting and culturally-safe relationship.

Grounded in within specific knowledge systems and methodologies which are honoured, listened, and adhered to with an open mind and heart. The evolvment and keen sense of honour and reciprocity have fostered ACE and my relationship, as we work together to share knowledge that nurtures the mind, body and spirit.

It is “coming to know one’s heart”, Aistomatoominniki.



# Accountability

Relational responsibility and accountability is the “I am because we are” approach, as with the Truth & Reconciliation Calls to Action, it is for all Canadians to know, to walk together and create harmony.

Grounded in reciprocity – exchange of energy – when within an Indigenous context, altruistic behaviours and values are exemplified with respect, honour and love.

Kiitakini’stoto; I will honour you.

Connected to spirit – as this is the core of First Nations’ ways of knowing, being, and doing – and is inherent in our connections, conduct, and cohesiveness.



# Transparency

This is facilitated by honouring our past, present and future; we are all responsible for the 7 generations before us and the 7 generations after us; our actions today affect change and ultimately healing, across 14 generations.

When we learn and know reciprocity and accountability, we will then practice transparency. The naturalness of the flow of being grounded in one's ethnosphere, then fosters relationships and connections. All this is encompassed within relational responsibility and accountability – everyone observes that one (or a system) is transparent.

Practicing ceremony, being grounded in language and value systems, is almost certain to set the stage for respect, honour and love – Kiipaitapiiyssinnooni (our way of life).



# ACE Truth and Reconciliation Actions

*All ACE project activities are informed and guided by Indigenous mentors, elders and content experts:*

- Audit and edit existing ACE materials for cultural appropriateness and trauma sensitivity [in progress]
- Host a webinar for the arthritis community on Traditional Healing Practices and Beliefs of Indigenous Peoples and Arthritis led by Dr. Terri-Lynn Fox, Indigenous Scholar and person with rheumatoid arthritis [complete and posted to ACE web site and YouTube]
- Host a series of 5 talks for the arthritis community on the history of Indian Residential Schools and the path forward towards Truth and Reconciliation by Dr. Terri-Lynn Fox
- Develop a stand-alone web site as an arthritis community resource on Traditional Healing Practices and Beliefs of Indigenous Peoples and how those relate to Western arthritis practices and treatments (specific to Call to Action #22) [in progress]

# Resources we find helpful...

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- Visit the [Indigenous Watchdog](#) web site (beta form at present) run by Douglas Sinclair of the Peguis First Nation of Manitoba
- Every Province should have Indigenous information resources available to you – here is one on [Traditional Wellness and Healing from the First Nations Health Authority](#) in BC.
- Watch [The Unforgotten](#) and tap into the resources found on the Canadian Medical Association's web site
- Participate in [National Day for Truth and Reconciliation](#) on September 30, 2022 by wearing orange and attending ceremonies in the city you live, work or are visiting that day. Also, write your provincial government to advocating that this day also be a recognized provincial statutory holiday
- Read [The Secret Path](#) by Gord Downie about Chanie Wenjack's life; and [From the Ashes](#) by Jesse Thistle, Indigenous Scholar; and [Black Apple](#) by Joan Crate, Indigenous Writer



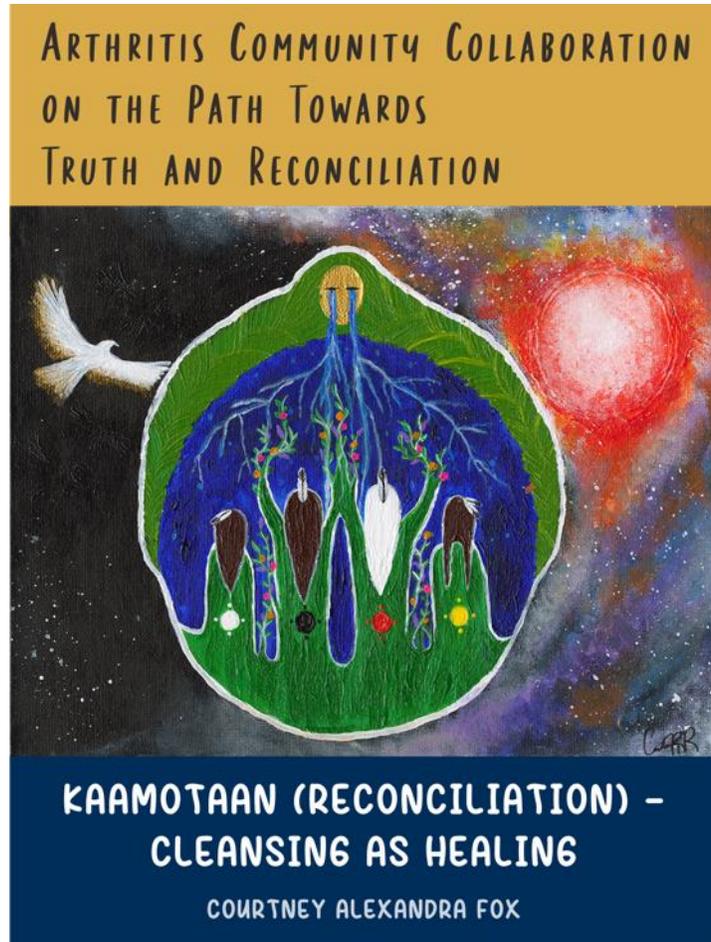
# Slide 6 Images Attribution

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Image references:

- <https://en.ccunesco.ca/our-priorities/reconciliation/let-s-talk-about-reconciliation>
- <https://www.jcrs.uni-jena.de/what-is-reconciliation-about>
- [https://greatergood.berkeley.edu/article/item/the new science of forgiveness](https://greatergood.berkeley.edu/article/item/the_new_science_of_forgiveness)
- <https://tinybuddha.com/blog/how-i-forgave-when-life-felt-painful-and-unfair/>
- <https://speakingout.com.au/calendar/reconciliation-week-27th-may-3rd-june/>
- <https://www.artofliving.org/us-en/hidden-magic-forgiveness>

# Additional Reconcili-action learning opportunity...



## Webinar:

### Truth and Reconciliation Calls to Action 18 to 24 and the Arthritis Community

*Presented by*

Dr. Terri-Lynn Fox

Indigenous Scholar, Indian Day School Survivor and  
Person Living with Rheumatoid Arthritis

*Moderator*

Ellen Wang, Programs Coordinator,  
Arthritis Consumer Experts, Webinar Host

<https://youtu.be/aBclCRqPHFc>

# Thank you for listening...

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Kaamotaan.  
Walk with us.

