



Rena Chapple (Tulita, NWT)



On May 27, 2017, I received my official certificate to become a Community Health Representative (CHR). My journey began four years ago when I changed roles from home support to assume the role for my current career path. A huge amount of credit is extended to my husband, family, friends, nurse in charge and department of health. With such an outpouring of moral support, I was able to work full time and attend my training sessions which always require travel away from my home. A highpoint of my position is that it allows me to work with a variety of professionals and clients from all ages, backgrounds and cultures in my home community. Partnerships have been forged with all local organizations to engage about health promotion and disease prevention. Safety and healthy lifestyle seem to be the biggest themes.

Another bonus of this position is that I can apply what I have learned to make a difference in my home town and yet I still want to learn more. The partnerships I have made have strengthened the community as a whole. A definite asset in reducing barriers has been my ability to speak fluently in both English and North Slavey allowing the delivery of health information to all groups. I am so thankful to my parents and “Gramma” for their wisdom in teaching me the importance of learning my language.

As a liaison for the Health Centre, I feel it is also my role to be a positive role model. Therefore the knowledge that I share with others is also at the core of my own lifestyle. My job has something different happening each day and I love it! The search is always on for funding to provide the basis for the delivery of information regarding prevention and health promotion. There are times when I encounter obstacles but then I tell myself, “Tomorrow is always a new day”.

Mashi,

Rena Chapple

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