

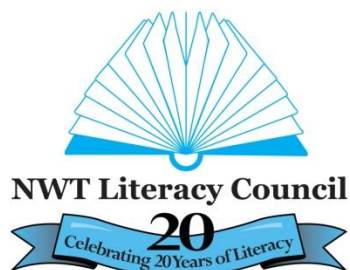
# Short Film Study

120 -130



## Journey of the Healer

Developed by



## Overview

*Journey of the Healer* is a short film about a young woman, Rosa, whose grandmother is very ill. Her grandmother tells her a traditional story about the healers in her family. Her grandmother tells Rosa that she too has the gift of healing. It's a story about healing, hope and strength. The story was written and produced by Steven Keewatin Sanderson.

### In this study you will find:

- Comprehension Questions
- Traditional Medicine Versus Modern Day Medicine
- About Aboriginal Health
- About Health Literacy
- Aboriginal Doctors in Canada
- Writing Activities
- Your Opinion
- Group Discussion
- Research Activities
- Extended Learning Activities
- Evaluation



## Comprehension Questions

Answer the following questions about the short film *Journey of the Healer*.

1. What is wrong with Grannie?

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2. What gifts does Grannie tell Rosa she has?

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3. Grannie tells Rosa an old traditional story. What sickness do the people have in the story?

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4. Who needed to gather the medicine? Why?



## Comprehension Questions

5. What things did the people give Ori for her journey?

\_\_\_\_\_

6. a) Who was the first spirit? \_\_\_\_\_

b) \_\_\_\_\_ How did Ori help her?

\_\_\_\_\_

c) How did she earn the first medicine? \_\_\_\_\_

d) What does the first spirit warn Ori of? \_\_\_\_\_

e) What advice does she give Ori? \_\_\_\_\_

7 a) What happened when a tear landed in the swamp? \_\_\_\_\_

\_\_\_\_\_

b) What did Ori do? \_\_\_\_\_

c) How did the monster help her? \_\_\_\_\_

8 a) What spirit was in the cave? \_\_\_\_\_

b) How did it try to frighten Ori? \_\_\_\_\_

c) What happened on the fourth day? \_\_\_\_\_

d) What did the wolf tell Ori? \_\_\_\_\_

9. Why did the people not recognize Ori when she returned?

\_\_\_\_\_

10. How does Grannie help Rosa find her path in life?

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## Traditional Medicine Verses Modern Day Medicine

Read the article below and then write a response journal on the next page.

### Traditional medicine not enough to fight H1N1

*Morris Shannacappo, grand chief of the Southern Chiefs Organization, is choosing traditional medicine over the H1N1 vaccine. (CBC)*

Traditional medicines should be supplemented with modern vaccines when it comes to battling swine flu, says Manitoba's chief medical officer of health. It shouldn't be an either-or proposition for people who use traditional and naturopathic medicine but want to protect themselves against the flu, Dr. Joel Kettner said on Friday.

He made the comments in response to statements made Thursday by Morris Shannacappo, the grand chief of the Southern Chiefs Organization, who said he is not sold on the effectiveness of the H1N1 vaccine and is instead choosing to fortify his immune system with traditional First Nations medicines.

Kettner, however, urged everyone of Aboriginal descent to get vaccinated regardless of whether they are using traditional medicine or not.

A traditional First Nations tea mixture is being relied on by Morris Shannacappo to fortify his immune system. (CBC)

"My experience is that even the most strong supporters of traditional medicine recognize that traditional medicine should not be used exclusively in those situations," he said.

Although health officials have said people of aboriginal ancestry are at high risk of contracting the H1N1 influenza, a virus that causes swine flu, and are on the priority list for vaccinations, Shannacappo has refused to get the shot.

The chief of Rolling River First Nation, about 250 kilometres northwest of Winnipeg, said his decision is not intended to influence anyone else. However, he said he's making a traditional tea mixture he thinks will help keep the flu at bay and is making it available to anyone on Rolling River who wants it.

Kettner said he supports traditional medicine but strongly advised people to get immunized as well...

From: <http://www.cbc.ca/canada/manitoba/story/2009/11/13/mb-traditional-medicine-vaccine-h1n1-manitoba.html>



A response journal gives you an opportunity to respond to the text in your own words. It is about how you feel about the text or topic. You can agree with the author or idea or disagree. You can ask questions in your response journal. You can imagine that you are in the same situation – what would you do? Take time to think about the article and then use the space below to respond to it. Share your ideas with others in your class.

6





## About Aboriginal Health in Canada

Read the information in the following chart and then answer the true and false questions on the next page.

### The Status of Aboriginal Health in Canada

Aboriginal people face:	
Higher rates of chronic diseases, such as diabetes.	<ul style="list-style-type: none"><li>Type 2 diabetes affects First Nations and Métis people three to five times more than the general Canadian population.</li></ul>
Higher rates of infectious diseases, such as tuberculosis.	<ul style="list-style-type: none"><li>First Nations/Inuit tuberculosis rates are 10 times higher than for other Canadians.</li></ul>
A gap in life expectancy of Aboriginal men and women compared to the non-Aboriginal population.	<ul style="list-style-type: none"><li>On average, First Nations men live seven years less than other Canadian men, and First Nations women, five years less than other Canadian women.</li></ul>
Higher rates of suicide, especially among Aboriginal youth.	<ul style="list-style-type: none"><li>The suicide rate of First Nations youth is five to six times higher than the national average and for Inuit youth 11 times higher. Suicide is the single greatest cause of injury-related deaths for Aboriginal people.</li></ul>
Health is linked to a number of factors such as education, income, sanitation, nutrition, housing, environmental quality and health care access. Aboriginal health status has been improving over the past 20 years in some areas, such as life expectancy and reduction of infant mortality. Although Aboriginal people are enjoying better health today, it is still not as good as that of non-Aboriginal Canadians.	



From: <http://www.ainc-inac.gc.ca/ai/mr/is/abhl-eng.asp>



## About Aboriginal Health in Canada

Read the following statements and decide if it is true or false.

- |  |               |
|--|---------------|
| 1. Health is linked to how much money you make.  | True or False |
| 2. Aboriginal infants have a better chance of surviving now than 20 years ago.                           | True or False |
| 3. Aboriginal people have the same level of health as the general Canadian population.                   | True or False |
| 4. Type 2 diabetes affects First Nations and Métis people 3 to 5 times more than the general population. | True or False |
| 5. First Nations men compared to other Canadian men have a much lower life expectancy.                   | True or False |
| 6. First Nations women outlive other Canadian women.   | True or False |
| 7. Suicide is the number one killer of Aboriginal people.  | True or False |
| 8. Life expectancy for Aboriginal people has increased in the past 20 years.                             | True or False |
| 9. The Inuit youth suicide rate is higher than First Nations youth.                                      | True or False |
| 10. First Nations and Inuit people have the highest rate of tuberculosis in Canada.                      | True or False |

### Discussion Topic

Why do you think the health of First Nations and Inuit people is not as good as the health of the general population in Canada?



Often navigating the health care system can be overwhelming for people and especially for Elders whose first language is not English. Rosa's Grannie was lucky to have Rosa to help her with her medicine and to help her at the health centre. Look at the comic strip below on and discuss it together as a class.

Answer the questions below.

<http://www.ccl-cca.ca/CCL/Reports/HealthLiteracy/HealthLiteracy2007.htm>

<http://www.nwt.literacy.ca/litfacts/LiteracyandHealth.pdf>



## Aboriginal Doctors in Canada

Were you surprised to see an Aboriginal doctor in *Journey of the Healer*? Sadly, there are not many Aboriginal doctors in Canada. Currently, there are no more than 200 self-declared Aboriginal doctors in Canada and there should be about 1500-2000 to be representative of the population. Read the following article:

### **Aboriginal physicians have skills to offer - and communities that need them**

By Peggy Curran, *The Gazette*, February 4, 2010

Darlene Kitty always knew she wanted to be a doctor, and to practise in her northern Cree community of Chisasibi.

A winding journey took her to Toronto and Ottawa, where she worked as a nurse for 12 years before she drummed up the courage to apply to medical school.

"Maybe if I had an Aboriginal role model, it would have happened sooner. When I started thinking about medicine, I made connections through some Aboriginal doctors and that encouraged me." Kitty wanted to go to McGill University, but didn't get an interview. Instead, she studied in Ottawa and Sudbury before returning to Chisasibi as a family physician a few years ago.

Kent Saylor, a Mohawk from Kahnawake, also wanted to go to McGill. When his first choice turned him down without an interview, Saylor accepted an offer from Stanford University in California. Today, Saylor is a pediatrician at the Montreal Children's Hospital who also practises in Kahnawake and in Cree communities of James Bay.

This week, McGill invited Kitty and Saylor to share their insights as the university embarks on a campaign geared toward encouraging more Aboriginal people to consider careers in medicine, and such related fields as nursing, nutrition and social work.

From

<http://www.montrealgazette.com/news/Aboriginal+physicians+have+skills+offer+communities+that+need+them/2519861/story.html#ixzz0mapEKhOu>

Why do you think that there are so few Aboriginal doctors? Write a one paragraph answer to this question and share your ideas with others in your class.

## Writing Activities



1. Write a Bio Poem on Ori. Look at the example below. You can use the character traits at the side of this page to help you with your Bio Poem.

### **Snow White**

Beautiful, giving, loving, unhappy  
The Queen, her wicked stepmother  
The seven dwarfs  
Safe in the forest  
The love of a Prince  
Love to the seven dwarfs  
Goodness throughout the kingdom  
The forest

### Character Traits

honest	busy
leader	successful
expert	dreamer
brave	loyal
conceited	happy
mischievous	simple
demanding	fancy
thoughtful	plain
keen	excited
humble	creative
friendly	independent
short	intelligent
gentle	adventurous
proud	hard-working
timid	wild
shy	messy
bold	neat
daring	joyful
dainty	strong
tireless	lovable
energetic	proper
cheerful	able
smart	quiet

### **BIO Poem**

First name \_\_\_\_\_

Four traits \_\_\_\_\_

Related to \_\_\_\_\_

Cares deeply for \_\_\_\_\_

Who feels \_\_\_\_\_

Who needs \_\_\_\_\_

Who gives \_\_\_\_\_

Who would like to see \_\_\_\_\_

Resident of

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## Writing Activities

2. On a separate piece of paper write another Bio Poem on Rosa. Compare the poems. Are they similar?
3. Often when you apply to college or university they ask you to write a letter about why you would like to be a nurse or teacher, etc. Help Rosa write a letter to Aurora College about why she would like to become a nurse. Follow the guide below

Your Address: \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Dear: \_\_\_\_\_

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Sincerely,





## Your Opinion

1. The film was originally a comic book. They took the pictures and scanned them in and then did a voice over to create a short film. Did you like how the film was made with pictures and voice over? Why or why not?

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2. Rosa gives thanks in the cave even though she has had nothing to eat for three days and her community is dying. What do you have to give thanks for?

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3. Why do you think Grannie told Rosa this story?

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## Group Discussion

In the short film, *Journey of the Healer*, Rosa takes Grannie to the local health clinic. There she is treated with respect and kindness. This is not always the case. Read the two pieces of text below and then discuss with your class.

"When I was a medical student, one of my teachers warned me to be wary of misunderstandings that could cloud my judgment. He described a case in which the powerful negative image of "drunken Indian" impaired a physician's ability to assess and treat a man with diabetic ketoacidosis. The Aboriginal patient waited in a wheelchair in the waiting room for several hours until the next physician came on shift and discovered the error. I wondered how such an error could occur."

From <http://www.cfp.ca/cgi/content/full/55/4/443>

Although she can recall a number of occasions when she witnessed cultural misunderstandings and mistreatment, Patricia Farrugia remembers one particular moment that crystallized things, one experience that made it abundantly clear what she needed to do. Practicing as a registered nurse on the oncology floor of an Ontario hospital, Ms. Farrugia was caring for a patient who had been diagnosed with metastatic brain cancer. The patient and his family, who were Aboriginal, wanted to perform a traditional cleansing ceremony, smudging the room and burning tobacco. Hospital authorities frowned on this - they cited the no-smoking policy, among other things - and questioned whether the ceremony was necessary.

From <http://www.universityaffairs.ca/a-path-to-healing.aspx>

### Group Discussion Questions

1. The first piece of text reflects what in our society?
2. How can stereotyping individuals in the health field be harmful?
3. Why is culture so important?
4. Have you ever experienced insensitivity or discrimination in the health care system or seen it with others? Explain

## Research Activities



1. Research “Rat Root” on the Internet. Find out what people use it for and how effective it is.
2. Research traditional remedies that were used in the old days in your community or region. You can research online and/or talk to Elders in your community. You should find at least five different traditional remedies to share with others in the class.
3. Research the different epidemics that affected Aboriginal people in the late 1800s and early 1900s (after contact): measles, smallpox, diphtheria, typhoid, tuberculosis and influenza. Choose one disease and research it on the Internet. Write a one page report on the history of the disease. Give an overview of the disease and answer the following questions in your report.
  - Where does it come from?
  - How is it transmitted?
  - What are the signs and symptoms of the disease?
  - Why was the disease so deadly?
  - Have they found a treatment or vaccination for it? When?
4. Rosa decides to go to Nursing School at Aurora College. Research the following:
  - What do you need to get into the program?
  - How do you apply?
  - How long is the program?
  - What do you need to complete the program?
  - What kind of credentials do you get when you complete the program?
  - What can you do if you do not have the qualifications to get into the program?



## Extended Learning Activities

### Traditional Stories

The storyline in this short film is from a traditional story. Traditional stories are about ancestors, animals or the land. We tell them to:

- Teach important lessons.
- Pass stories on from generation to generation.
- Keep traditions alive.

Here are some ideas for exploring storytelling:

1. Ask an Elder to share some traditional stories with you. Write these stories down. Create a booklet with these stories. Share these stories with others in your community.
2. Ask an Elder to come to your class to tell stories and teach traditional skills.
3. Organize a storytelling event for your community. Invite Elders to tell stories and invite all community members to attend.

### Choose one of the following to write about.

1. Both Rosa and the heroine Ori go through a difficult time. Write about a time that was difficult for you. How did you handle the situation? What would you do differently?
2. Rosa loved her Grannie and spent a lot of time with her. Think about your grandparents. Write a story about one of your grandparents. It could be something you remember as a child or something they told you about.
3. Rosa was told by her grandmother that she was gifted with patience, passion and strength. What are your gifts? Write about them and how you use them in your daily life.

### Pros and Cons to Traditional and Modern Day Medicine

In the short film *The Journey of the Healer*, both traditional and modern day medicine is examined. List the pros and cons to traditional medicine and the pros and cons to

modern day medicine. Discuss with your class.

## Evaluation of the Short Film “Journey of the Healer”

Write a short evaluation of *Journey of the Healer* by commenting on your enjoyment, reaction, and opinion of this short film. Use the questions below as a guide.

1. Did you enjoy this film? Why or why not?
2. Do you think the author and director made the characters appear as real people? Do you think events in the story were plausible?
3. What did you learn from viewing this short film?
4. Would you recommend this short film to anyone? Why or why not?
5. How would you rate this short film on a scale of 1 to 5 with 1 as the lowest and 5 as the highest?

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Contact the NWT Literacy Council to get copies of this film study. You can also download it from our website.



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