



Giishkaandago'lkwe
HEALTH SERVICES

NEWSLETTER

June 2023



Our Vision and Mission

MINO AYAWIN - GOOD HEALTH

We are a centre of excellence and a leader in innovative health care guided by the seven Grandfather teachings of the Anishinaabe inspiring knowledge, strength and empowerment for the purpose of lifelong Mino ayawin (good health).

Our Values



DIBWEWIN (TRUTH)

- Quality assurance, self reflective



NIBWAKAAWIN (WISDOM)

- By providing innovative practice in wholistic health care



DABASENDIZIWIN (HUMILITY)

- Creator/Creation; self; family; community; nation



ZOONGIDE'EWIN (BRAVERY)

- Integrity, fearlessness, and strength in leadership



MANAAJI'IDIWIN (RESPECT)

- Honour individual belief and customs of stakeholders / consumers and communities



ZAAGI'IDIWIN (LOVE)

- Compassion; empathy; understanding Anishinaabe history



GWEKAADIZIWIN (HONESTY)

- Accountability and responsibility

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(QUALITY IMPROVEMENT)

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UPCOMING EVENTS

JUNE 2023



News & Highlights



May 5th was MMIWG2S+/Red Dress Day:

A day where we honour the thousands of missing and murdered Indigenous women, girls, 2 spirit, and gender diverse people in Canada. On this date, our Anti-Human Trafficking Memengwaag Program held a virtual awareness contest through our social media. This contest shared Anti-Human Trafficking materials and resources along with a draw that encouraged individuals to post photos in red clothing/skirts. Two grand prizes were won and 50 individuals received resource bags and a beaded red dress pin.





MMIWG2S+ Awareness Walk



Mental Wellness Worker, Ruthann McGinnis, attended the MMIWG2S+ Awareness Walk.



Attendees walking to the pow wow grounds.

Our Mental Wellness Workers and our Memengwaawag Liaison attended the Rainy River First Nations MMIWG2S+ Awareness Walk.

The walk started with an opening ceremony at the Band Office's drum room, followed by a walk to the pow wow grounds. Chief Marcel Horton of Rainy River First Nations, Elder Laura Horton, and Mayor Andrew Hallikas shared some words about MMIWG2S+ followed by a BBQ.

Giishkaandago'ikwe Health Services employees who attended had set up a resource booth at the pow wow grounds for attendees. The walk garnered much support from local organizations and members of surrounding communities.





We encourage all to attend our Gigzhebaa Wiisinidaa program. Come to enjoy a meal and let's talk recovery!

Gagizhebaa Wiisinidaa

LAST THURSDAY OF EVERY MONTH
AT 10AM.

BEHAVIOURAL HEALTH SERVICES
WELCOMES EVERYONE FOR BREAKFAST ON
JUNE 29, 10AM AT 601 KINGS HIGHWAY.

FOR MORE INFORMATION, PLEASE CALL:
ADAM: (807) 274-2042 EXT. 4237
DWAYNE: (807) 274-2042 EXT. 4223





Q Corner (Quality Improvement)

Below are updates of Home and Community Care, Diabetes Education and Foot Care, Children's Oral Health Initiative, and Mino Ayaa Ta Win Healing Centre from our Quarterly Service Reports!

The Home and Community Care team supported 343 community members, received 131 new referrals and provided over 13,821 encounters in the home. Total encounters of 20,353 from April 1, 2022 to March 31, 2023.

Our Diabetes Educator supported 222 clients, received 82 new referrals and provided 1,223 total encounters from April 1, 2022 to March 31, 2023. The Foot Care team also supported 456 clients, received 83 new referrals and provided 2,396 total encounters cumulative from April 1, 2022 to March 31, 2023.

The 2022/2023 fiscal year marks the first full fiscal year of service delivery, without interruptions, for the Children's Oral Health Initiative (COHI) team since the inception of the COHI program. This fiscal year, the COHI team performed 286 dental screenings, administered 448 fluoride varnish applications, placed 134 temporary fillings, placed 127 dental sealants, applied 16 Silver Diamine Fluoride applications, and made 120 dental referrals.

Since April 1, 2022, Mino Ayaa Ta Win (MATW) Healing Centre, our Residential Treatment service provided bed based addiction services to 61 individuals. Clients who were engaged in the program had the opportunity to explore concerns related to addiction, co-dependency, family systems, grief and relapse prevention, and many land-based healing opportunities.





QI Corner (Quality Improvement)

Communication Distribution

We recently completed our strategic planning engagement sessions in January including visiting every community. One common request that came forward is the need for the distribution of our communications, available in printed form, within the communities. Going forward we will be distributing copies to each community band office, health centre, and/or schools, as well as other local service partners.

In addition to our communities, here is a list of organizations that also have paper copies of our Newsletter:

United Native Friendship Centre
Canadian Mental Health Association
Gizhewaadiziwin Health Access Centre
Out of the Cold Shelter
Seven Generations Education Institute

Weechi-It-Te-Win Family Services
Northwestern Health Unit
Warming Centre
Family and Children Services
Victim Services

**To request a copy of the Newsletter by mail or e-mail,
please call (807) 274-2042, press 0.**





Health and Wellness

FACTS ABOUT Blastomycosis

Blastomycosis is an infection caused by the fungus *Blastomyces*. The fungus lives in the environment, particularly in moist soil and in decomposing organic matter such as wood and leaves. People can get blastomycosis after breathing in the microscopic fungal spores from the air, often after participating in activities that disturb the soil. Although most people who breathe in the spores don't get sick, some people will develop symptoms like fever and cough. In some people, such as those who have weakened immune systems, the infection can become severe, especially if it spreads from the lungs to other organs.



SYMPTOMS ●

Fever, Cough, Night sweats, Muscle aches or joint pain, Weight loss, Chest pain, Fatigue (extreme tiredness), Skin lesions; such as raised, bumps, blisters, or ulcers.

THOSE AT RISK ●

Those who participate in outdoor activities that are exposed to wooden areas, moist soil, disturbed soil, and weakened immune systems.

LIFE CYCLE ●

Blastomyces lives in the environment as a mold that produces fungal spores. When soil or organic material is disturbed, the tiny spores can be released into the air. When people or animals breathe in the spores, they are at risk for developing blastomycosis. After the spores enter the lungs, the body temperature allows the spores to transform into yeast. The yeast can stay in the lungs or spread through the bloodstream to other parts of the body, such as the skin, bones and joints, organs, and central nervous system (brain and spinal cord).

TREATMENT ●

Most people with blastomycosis will need treatment with prescription of an antifungal medication. Itraconazole is a type of antifungal medication that is typically used to treat mild to moderate blastomycosis. Amphotericin B is usually recommended for severe blastomycosis in the lungs or infections that have spread to other parts of the body. Depending on the severity of the infection and the person's immune status, the course of treatment can range from six months to one year.



LEARN MORE





Ticks & Lyme Disease

Rainy River District is of big concern for Lyme disease in Ontario

- Lyme Disease is caused by a **bacteria** called *Borellia burgdorferi*
- This bacteria is normally found in small animals such as mice
- This bacteria can be passed to people when ticks first feed on an infected mouse and then feed on a person
- In Ontario only the **Blacklegged tick, or Deer Tick** can carry this bacteria
- **Blacklegged ticks** live in wooded areas, tall grasses and bushes/they climb up vegetation and wait for a person or an animal to pass by to grasp onto them

Symptoms of Lyme Disease

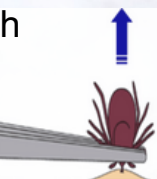
Most symptoms of Lyme disease in humans usually appear between 3 and 30 days after a bite from an infected blacklegged tick.

Most Common Symptoms Are:

Expanding irritated red swollen skin at the site of the tick bite (remember - many people never get to see a rash); Fever; Chills; Headache; Stiff Neck; Muscle aches and joint pain; Fatigue; Swollen lymph nodes; Numbness or tingling; Paralysis of face muscles, Changes in heart rate; Chest pain

Proper Tick Removal

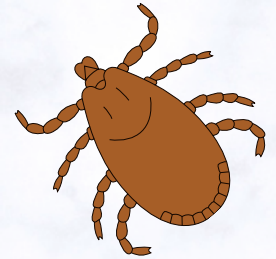
- Use fine-tipped tweezers
- Firmly grasp tick's head/mouth parts as close to skin as possible
- Pull slowly until tick is removed
- NEVER twist or crush tick during removal
- NEVER use chemicals or matches to remove
- Wash bite site thoroughly with soap and water
- Save the tick for identification/testing and call our Environmental Public Health Officer to arrange for tick identification/testing





How to Prevent Tick Bites when Outdoors

- Wear light-coloured clothing. It makes ticks easier to spot
- Wear closed footwear and socks and a long sleeve shirt tucked into long pants. Tuck your pants into your socks
- Use an insect repellent containing DEET or Picaridin (see the manufacturers direction on use)
- After being in wooded or tall grassy areas, check your body for ticks, paying special attention to the groin area, belly button, armpits, head and behind ears and knees
- Use a mirror to check the back of your body or have someone else check for you
- Don't forget to check for ticks on your children and your pets



Treating Lyme Disease

After diagnosis from your healthcare professional the length of treatment will depend on your signs, symptoms and risk factors. Most cases of Lyme disease can be treated successfully with 10-14 days of antibiotics

Contact our primary health care provider if you develop the symptoms of Lyme disease, and do not wait for the tick identification report.

For more information about Tick and Lyme disease and for submitting a tick for identification, please call our Environmental Public Health Officer at:

Phone: (807) 274-2042, extension 2235

E-mail: sbunjevac@fftahs.org





Staff Features

Chantal Jodoin, Occupational Therapist

My name is Chantal Jodoin and I was born and raised in Fort Frances. I have been an occupational therapist with the Child's First initiative program for three and a half years.

Jessika Ewald, Family Navigator / Case Manager

Boozhoo, my name is Jessika Ewald. I've been with the Child's First Initiative Program since 2018. I have had a few positions within the program starting as a Community Development Worker, Interim Coordinator and currently a Family Navigator Case Manager. I offer support and services to Chima'aganing, Mitaanjigaming, Naicatchewenin and Onigaming. I am a Registered Personal Support Worker, and certified in Advanced Patient Navigation. I am grateful for all of the opportunities and experiences since starting my career at Giishkaandago'lkwe Health Services.

Lexi Caul, Infant Child Development Family Navigator/ Case Manager

Boozhoo Lexi Caul nindizhinikaaz, Couchiching nindoonjii. I am a registered Early Childhood Educator. I've been in the Child's First Initiative (CFI) Program since February of 2018 first as a Community Development Worker and most recently as a Infant Child Development Family Navigator/ Case Manager. I support children ages 0-6 and their families in Mishkosiminiziibiing, Anishinaabeg of Naongashiing, and Couchiching First Nation. I enjoy working with the CFI team, supporting families, and communities.





Welcome!

New Employee

Katie Sadewasser, Memengwaawag AHT
Wellness Coach/Case Manager

Boozhoo Aasaamii-giizigok mikaanak nindodam Manidoo Baawidigoong nindongii. I started working with the organization with my first day being May 8. My role here at Giishkaandago'lkwe Health Services is to do one to one coaching, provide support and resources to clients with referrals and external service providers. I will work this those to provide support to survivors, families, those that are at risk of human trafficking, gang involvement and/or addiction.



Returning Summer Student

Camille Tucker, Special Projects Assistant

My name is Camille Tucker, I am from Fort Frances but my community is Animakee Wa Zhing #37. I started as a Special Projects Assistant the summer of 2022 after I graduated from Fort Frances High School and have been very fortunate in being able to work with everyone here again this summer after I finished first year of University. I really love the opportunities and experiences I get with this job as I get to learn more about my culture and how it can be used to help others in their healing journey.





Joint Occupational Health & Safety Committee *Recognition Month!*

**Tarra Peterson
Carmen Chilton
Krista Hunt
Danielle Lee
Charles Friday**

**Jennifer Tkachyk
Adam Ali
Stacey Emeny
Jena Thomasson**

The Joint Occupational Health and Safety Committee (JOHSC) monitors, assists and supports the Internal Responsibility System (IRS). Our committee members identify weaknesses in our organizations IRS and make recommendations to establish, implement, monitor, evaluate and improve company policies, programs and procedures to ensure the safety of our workplace and the safety of all employees.

Thank you to the JOHSC Representatives for your commitment and dedication to Health & Safety!





Mental Health Service, & Withdrawal Management Services

Services We Offer

Withdrawal Management Services

Provides medically supervised detox services with comprehensive case management and aftercare planning.

Rapid Access Addiction Medicine

We provide low barrier, easy access to addiction care in the form of medication, counselling and nursing to help support clients in the treatment of substance use disorder in your home communities.

Residential Treatment Services

The next treatment cycle will be an all-female based and is scheduled to begin on Tuesday, June 27, 2023.

FOR MORE INFORMATION CALL 807-274-7373

WE ARE HERE TO HELP

**Triaged Walk-in
& Call-in Services**

**Call or Text
8:30am - 4:30pm
Monday to Thursday**

**8:30am - 4:00pm
Fridays**

**Mental Health
Direct
Phone Line**

807-271-0212

YOU ARE NOT ALONE





JUNE 5, 6PM AT BHS: 601 KINGS HIGHWAY



Giishkaandago'lkwe
HEALTH SERVICES

FULL MOON & WOMEN'S SWEAT LODGE CEREMONY

A time to honour grandmother moon, ourselves, and the entire female side of Creation. If you are not able to gather with other women, you are encouraged to sit with grandmother moon independently.

Please bring a small feast dish, Asemaa (Tobacco), skirt, piece of Yellow Cloth (Offerings can be provided).

For more information contact :
807-274-2042 ext 4221

*Covid-19 Screening in effect

Sixth Moon of Creation "Niizhwaaso Giizis"

June

Strawberry Moon represents and acknowledges the growth needed to build strong relations with all of Creation. The strawberry represents the heart and working together with kindness and love. During this moon, we turn our focus to growing strong relationships and supporting one another in all that we do.

This moon is also known as Booming Moon, Hot Moon, Mead Moon, Rose Moon, Egg Laying Moon, Hoeing Moon, Honey Moon, as well as many others.





CULTURAL CORNER

Let's Practice
Anishinaabemowin

The Pow wow Trail

Nimi'idiwin	to dance, our dance
Biindigeshimo	he or she dances in
Bwaanzhiiwi'on	Dance Regalia
Zhiibaashka'igani maagoode	Jingle dress
Dewe'igan	Drum
Nagamo	He/She sings
Gichi-aya'aa	Elder
Gaagigidoo inini	MC
Asemaa	Tobacco
Ishkode	Fire
Wiikondiwag	To have a feast
Dookaaji'ige inini	Stick man / Arena Director
Baabaapi	He/She keeps laughing





CULTURAL CORNER

Pow Wow Trail 2023



TREATY #3 ANISHINAABE NATION POW WOW TRAIL 2023

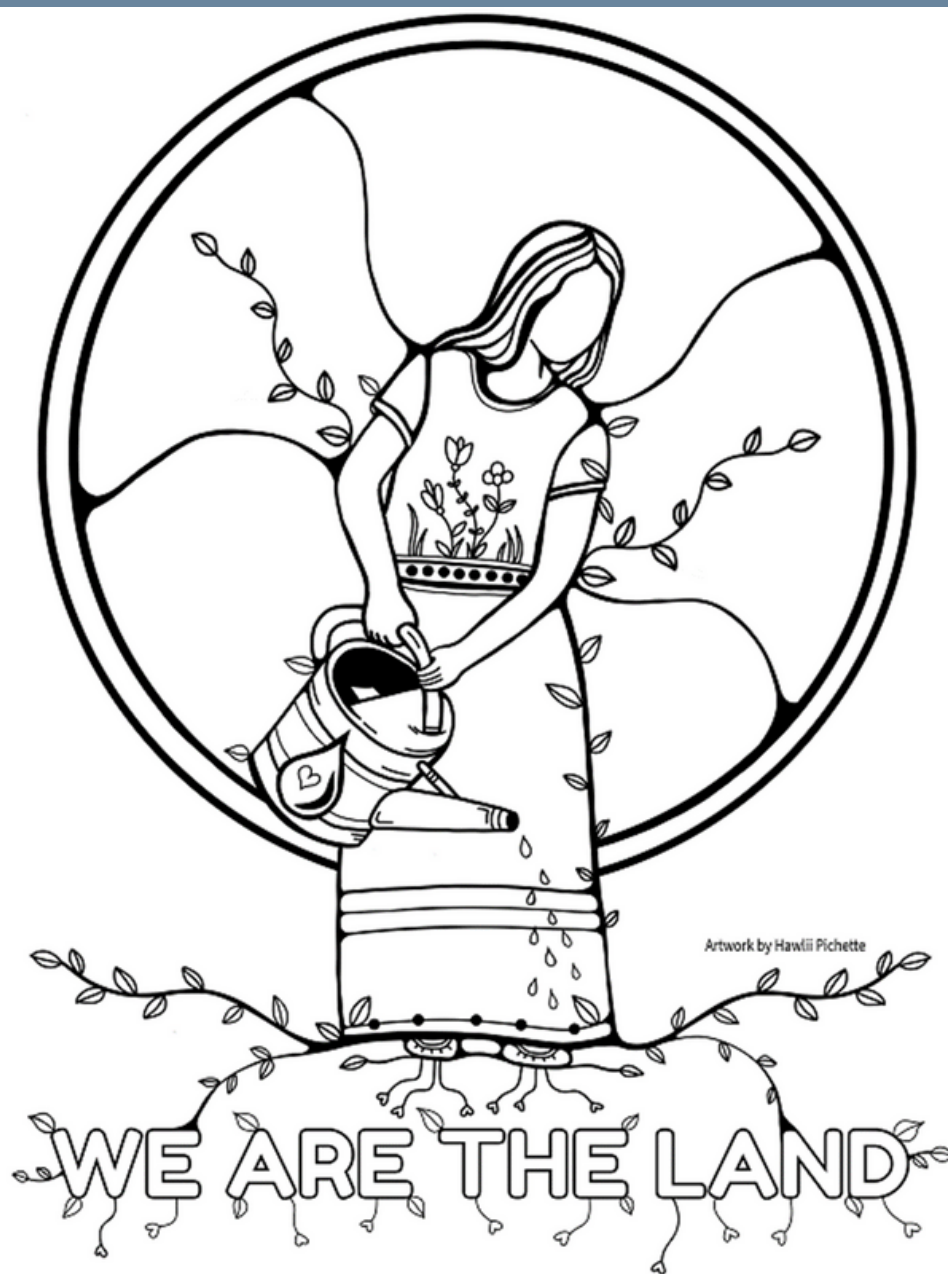
McIntosh 3rd Annual | May 26-28
AAFS - Wauzhushk Onigum | June 2-4
Beaver Brae Secondary School | June 8
Mitaanijigamiing First Nation | June 9-11
Northwest Angle 33 First Nation (Dogpaw) | June 9-11
Red Lake Keesic Beach | June 16-17
Rainy River (Manitou Rapids) First Nation | June 17-18
Indigenous Peoples Day - Kenora Rec Centre | June 21
Couchiching First Nation | June 23-25
Lac des Mille Lacs First Nation | June 24-25
Ojibways of Onigaming First Nation | June 30-July 2
Naotkamegwanning First Nation | July 7-9
Seine River First Nation | July 14-16
Wauzhushk Onigum Nation | July 14-16
Niisaachewan Anishinaabe Nation | July 21-23
Naicatchewenin First Nation | July 27-29
Ogimaawabiitong KCA - Wauzhushk Onigum | July 28-30
Migisi Sahgaigan First Nation | August 4-6
Iskatewizaagegan #39 Independent First Nation | August 11-13
Mishkosiminiziibiing (Big Grassy) First Nation | August 11-13
Naongashiing (Big Island) First Nation | August 18-20
Lac La Croix First Nation | August 25-27
Wabaseemoong Independent First Nation | August 26-27





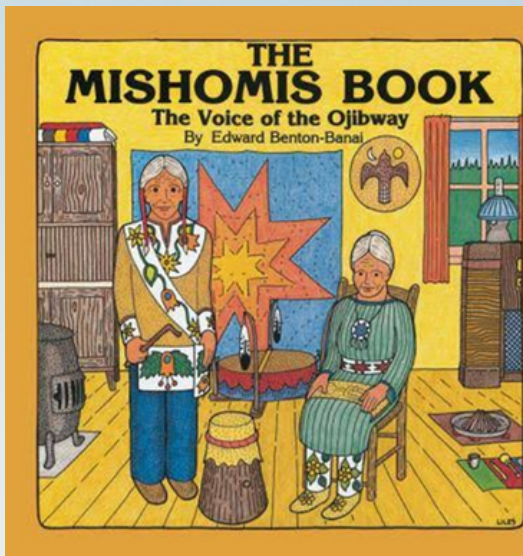
CULTURAL CORNER

Wazinaabii'igedaa





Book of the Month



The Ojibway is one of the largest groups of Native Americans, belonging to the Anishinabe people of what is today the northern United States and Canada. The Mishomis Book documents the history, traditions, and culture of the Ojibway people through stories and myths passed down through generations. Written by Ojibway educator and spiritual leader Edward Benton-Banai, and first published in 1988, The Mishomis Book draws from the traditional teachings of tribal elders to instruct young readers about Ojibway creation stories and legends, the origin and importance of the Ojibway family structure and clan system, the Midewiwin religion, the construction and use of the water drum and sweat lodge, and modern Ojibway history. Written for readers from all cultures-but especially for Ojibway and Native youth. The Mishomis Book provides an introduction to Ojibway culture and an understanding of the sacred Midewiwin teachings, aiming to protect this knowledge by instilling its importance in a new generation. Encouraging the preservation of a way of life that is centered on respect for all living things, these vibrant stories about life, self, community, and relationship to nature are just as relevant to the modern reader as they were hundreds of years ago.

About the Author, Edward Benton-Banai is a Wisconsin Ojibway of the Fish Clan and a spiritual teacher of the Lac Court Oreilles Band of the Ojibway Tribe. One of the original founders of the American Indian Movement, he was also the founder and executive director of the Red School House in St. Paul, Minnesota.



Important Dates & Upcoming Events

- JUNE 5: FULL MOON & WOMEN'S SWEAT LODGE CEREMONY @ 6 PM BHS**
- JUNE 6: SWEAT LODGE CEREMONY @ 6 PM BHS**
- JUNE 12: WOMEN'S HAND DRUMMING @ 6 PM BHS**
- JUNE 13: MEN'S DRUMMING @ 6 PM BHS**
- JUNE 16: ANNUAL PRIDE BREAKFAST @ 9 AM RAINY LAKE SQUARE**
- JUNE 20: SWEAT LODGE CEREMONY @ 6 PM BHS**
- JUNE 21: INDIGENOUS PEOPLES DAY (OFFICE CLOSURE)**
- JUNE 26: WOMEN'S HAND DRUMMING @ 6 PM BHS**
- JUNE 27: MEN'S DRUMMING @ 6 PM BHS**
- JUNE 28: HAPPY PRIDE DAY**
- JUNE 29: LET'S TALK RECOVERY GAGIZHEBAA WIISINIDAA @ 10 AM BHS**



For more support please contact:
Giishkaandago'lkwe Health Services
Mental Health Direct Phone Line:
(807) 271-0212
GCT3 IRS team: (807) 548-4214
GCT3 IRS additional crisis support:
(807) 464-0037
IRS Survivors Society: 1-800-721-0066
or reach out to your local regional health organization for mental health supports.

*The schedule is subject to change.
To inquire about an event, please call
(807) 274-2042, press 0.*





Giishkaandago'Ikwe HEALTH SERVICES

"For the purpose of lifelong Mino Ayawin - Good Health"

ABOUT US

Giishkaandago'Ikwe Health Services is a multi-faceted, accredited organization with a diversity of programs and is a leader in innovative wholistic services that promote a bi-cultural approach to health and wellness. We work closely with the 10 Southern Treaty 3 First Nation communities, partners and funders to improve the health and wellness of the communities it serves.

JOIN OUR TEAM

At Giishkaandago'Ikwe Health Services our competitive compensation, work schedule, opportunities for training and development, and our benefit plans (including extended health, dental, pension, and generous vacation) provide our employees with an incredible work life balance.

For current postings and details on how to apply visit:
www.fftahs.com/careers

LOCATIONS & HOURS

 (807) 274-2042

Administration

1458 Idylwild Drive
Mon. to Thurs. 8:00am—4:00pm
Fri. 8:00am—3:30pm

Home & Community Care

1460 Idylwild Drive
Mon. to Thurs. 8:00am—4:00pm
Fri. 8:00am—3:30pm

Child's First Initiative

375 Scott Street
Mon. to Thurs. 8:00am—4:00pm
Fri. 8:00am—3:30pm

Diabetes & Foot Care

540 Kings Hwy (Units E)
Mon. to Thurs. 8:00am—4:00pm
Friday 8:00am—3:30pm

Children's Oral Health Initiative

540 Kings Hwy (Units D)
Mon. to Thurs. 8:00am—4:00pm
Friday 8:00am—3:30pm

Community Health

540 Kings Hwy (Units D & F)
Mon. to Thurs. 8:00am—4:00pm
Friday 8:00am—3:30pm

Behavioural Health Services

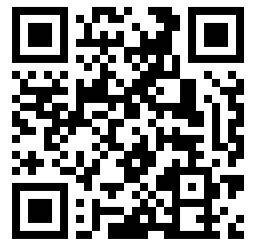
601 Kings Highway
Mon. to Thurs. 8:30am—4:30pm
Fri. 8:30am—4:00pm

Mino Ayaa Ta Win Healing Centre

Fire#1107 Highway 11
Mishkiki Miikaan Road
Mon. to Fri. 8:00am—4:00pm

Find us on 

Scan the QR Code
or go to
www.facebook.com/fftahs



Find our
Newsletters and
more on our
website
www.fftahs.com
or
Scan the QR Code



To request a copy of the
Newsletter by mail or e-mail,
please call
(807) 274-2042, press 0.

