



Giishkaandago'lkwe  
HEALTH SERVICES

# NEWSLETTER

August 2023

## Our Vision and Mission

### MINO AYAWIN - GOOD HEALTH

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

## Our Values



### DIBWEWIN (TRUTH)

- Quality assurance, self reflective



### NIBWAAKAAWIN (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



### BOONENDAMOWIN (FORGIVENESS)

- It is better to forgive and move forward

## This issue:

PAGE 02: NEWS & HIGHLIGHTS

PAGE 06: QI CORNER  
(QUALITY IMPROVEMENT)

PAGE 07: HEALTH AND WELLNESS

PAGE 09: STAFF FEATURES

PAGE 11: MENTAL HEALTH  
SERVICES & WITHDRAWAL  
MANAGEMENT

PAGE 12: FULL MOON

PAGE 14: CULTURAL CORNER

PAGE 17: BOOK OF THE MONTH

PAGE 18: IMPORTANT DATES AND  
UPCOMING EVENTS

AUGUST 2023



## News & Highlights

# Kids in the Kitchen



The CFI team has been busy with “Kids in the Kitchen” this month! “Kids in the Kitchen” is a 5-week cooking workshop happening over the summer in Seine River. The kids have learned skills on reading recipes, doubling recipes, food safety, measuring, chopping, grating, carving a roast chicken, and pressing garlic. Some of their favourite dishes so far have been DIY trail mix, homemade iced tea, lasagna and taco soup! We are looking forward to learning how to fillet a fresh fish next week and having a fish fry with a few of the community members! In the final week we hope to have a community feast with elders, where the kids will serve all their delicious food.







## News & Highlights

# CULTURAL TEACHINGS AT MINO AYAA TA WIN HEALING CENTRE



MATW STAFF TIED CEDAR TIES AND  
RECEIVED TEACHINGS FROM ART  
HUNTER ON APRIL 13, 2023

STAFF IN PHOTO (FROM LEFT)  
BACK: HARVEY ALLEN, AUDREY  
MIKKELSEN, ELIZABETH SEEBURGER,  
ADAM GRAY  
FRONT: JEN TKACHYK, ADAM FOLEY,  
JODY MAGUIRE, CAMIE GRAY, LORI  
ALLAN, BRANDON MORRISON



VASE MADE BY JEN TKACHYK WHILE  
ATTENDING TRADITIONAL BIRCH BARK  
MAKING WORKSHOP WITH DON JONES  
ON JUNE 28, 2023







## News & Highlights

# EVENT HIGHLIGHTS WITH MINO AYAA TA WIN HEALING CENTRE



**MATW STAFF WEARING RAINBOW SHIRTS IN FRONT OF THE MAIN ENTRANCE THAT WAS DECORATED FOR THE ORGANIZATION PRIDE DECORATING CONTEST**  
STAFF IN PHOTO (FROM LEFT): JODY MAGUIRE, ADAM FOLEY, SHELLY GRANT, LORI ALLAN, HARVEY ALLEN, AUDREY MIKKELSEN, JEN TKACHYK, BRIANA ROUSSEAU, NICKI SANDELOVICH, HEATHER HAWKINS



**MATW STAFF PARTICIPATING IN THE MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS WALK IN MANITOU ON MAY 5, 2023. PHOTO WAS TAKEN AT THE MANITOU RAPIDS POW WOW GROUNDS (THE END LOCATION OF THE WALK).**  
STAFF IN PHOTO (FROM LEFT): NICKI SANDELOVICH, JODY MAGUIRE, JEN TKACHYK



**MATW STAFF ATTENDING A HEALTH FAIR HOSTED BY THE COMMUNITY OF NIGIGOONSIMINIKAAANING. THEY WERE THERE TO PROMOTE THE MINO AYAA TA WIN RESIDENTIAL TREATMENT PROGRAM, THE MEDICALLY SUPERVISED WITHDRAWAL PROGRAM (DETOX), COMMUNITY ADDICTION SERVICES AND THE RAAM CLINIC.**  
STAFF IN PHOTO (FROM LEFT): HARVEY ALLEN, JODY MAGUIRE, ADAM FOLEY, NICKI SANDELOVICH







**NEW!**



**Giishkaandago'lkwe**  
HEALTH SERVICES

## New Respite Program

We are excited to officially announce our Respite Program. We hope to support elders, children and other adults receive ongoing necessary care in their home community while also providing some relief to caregivers. It is the hope that we can help keep individuals in their homes longer and avoid admission to hospital or trips to the emergency room.

At this time this service is for children or adults registered to one of the 10 First Nations of Southern Treaty 3 who are unable to care for themselves if left alone. They might need help with meals, toileting, or taking their medications because of developmental or physical disabilities, or other health concerns. Services that could be provided include:

- wound care
- medication management
- meal preparation or feeding
- support with activities of daily living such as bathing, dressing, getting out of bed, and toileting
- interactive activities such as reading playing games, and crafts, and range of motion exercises

These services are based on staffing availability and are required to be prescheduled, but our team will try to be as flexible as possible for caregiver needs, including days and evenings. Please note this service is not for overnight stays at this time. Wifi access is also needed if there is no cell service available.

If you are interested in using this service or have any questions please reach out to Katie Bissonnette, Home and Community Care Coordinator. She can be reached at **(807) 274-2042, ext. 2265** or **[kbissonnette@fftahs.org](mailto:kbissonnette@fftahs.org)**. Referrals can be made using our referral form by indicating that you are wanting Home and Community Care Services and indicate Respite as the reason for referral. Our referral form can be accessed on our website.







## QI Corner (Quality Improvement)

Below are quality improvement initiatives from across the organization to advance strategic and operational priorities, supported by program level work plans.

The Community Health Team continued to focus on ensuring that eligible community members are up to date with their COVID-19 vaccines. There is a strategic plan and implementation in place for school catch-up vaccination clinics to continue. This remains a high priority for our CHN's. Substance use continues to be an impactful issue to all communities and their families.

Since April 1, 2022, the Child's First Initiative (CFI) team has completed 18,249 encounters with 492 clients. The CFI team celebrated Family Literacy Day by honouring family and heritage through books. Sharing the works of many indigenous authors, families were encouraged to include literacy and books in their daily activities. Our Employees also attended health fairs at Naicatchewenin, Nigigoonsiminikaaning, and Seine River First Nation to share information about the CFI program and services offered

Giishkaandago'lkwe Health Services Land Based Program consists of two counsellors who provide land based, culturally safe activities, programming, facilitating Pre-Treatment and Aftercare Services for individuals addressing their substance misuse. The Land Based Counsellors will often assist with cultural programming such as Women's Hand Drumming, Men's Drumming, along with land based activities within communities. Programming is provided in an open and non-judgmental manner which provides opportunity to begin exploring and assessing the nature of addictive behavior in a culturally safe environment.

Our Mental Wellness Workers are responsible for providing a full range of mental wellness services, including direct clinical services, cultural supports, program development and care coordination. Solution focused, strength's based services, referral supports and wellness plans assisted in maintaining brief services and service user interactions which resulted in minimizing waitlists for individuals completing referrals for programming. Due to these efforts, at this time, there is currently no waitlist for eligible youth to access mental wellness services.







## Health and Wellness

# Vaccination Tips

to prepare your child for school

- Ontario's free vaccine schedule includes recommended vaccines for children at various ages and grades from Kindergarten through Grade 12 to protect them from specific vaccine preventable diseases
- Vaccines are medicines that teach the body to recognize germs that cause diseases. If the body comes in contact with the germs in the figure, it will be able to stop them.

Use the **CARD system** to make needles more comfortable:

C – **COMFORT** – your child can sit upright during the needle and relax the arm

A – **ASK** – Ask your child how to make the needle more comfortable. For example, does your child want to bring a friend or trusted adult with them, get the needle in private room, or use numbing cream or patches

R – **RELAX** – Have your child take deep belly breaths before, during and after the needle. This is like blowing up a balloon or blowing out candles.

D – **DISTRACT** – Your child can talk to someone or bring an object to get their mind off the needle. Some children like to look at the needle – this is OK too. Your child can let the nurse know their preferences.







## Health and Wellness

# HOW TO STAY SAFE IN THE WATER

For many families, summer includes activities such as boating and swimming.



### Did you know?

Young children ages 1-4 and men ages 15 to 44 are at the greatest risk of drowning

Drowning is one of the leading causes of unintentional death for Canadian children ages 1-4

A small child can disappear in seconds and can drown in only a few centimeters of water – enough to cover the mouth and nose

### Prevention:

Consider requiring all non-swimmers to wear a lifejacket to keep them at the surface to assist you while supervision

Whether it's a pool, the bathtub, a water park or the beach, always watch children actively around water – even if they can swim

Buddy up! Never let children swim alone – always designate swimming buddies before visiting the beach or pool





## Staff Features

### Joshua Stevens, IT Assistant

My name is Joshua Stevens, Josh is fine too, and I hope to one day receive an Anishinaabe name. My family comes from Wauzhushk Onigum but have not lived there for 2 generations. I have just started as the new IT assistant and am very happy to be here to support the staff and the work they do within the communities. I can be very helpful in many ways and if anyone has questions always feel free to call and ask. I drink far to much coffee, geek out about Star Wars and talk too much about my children.



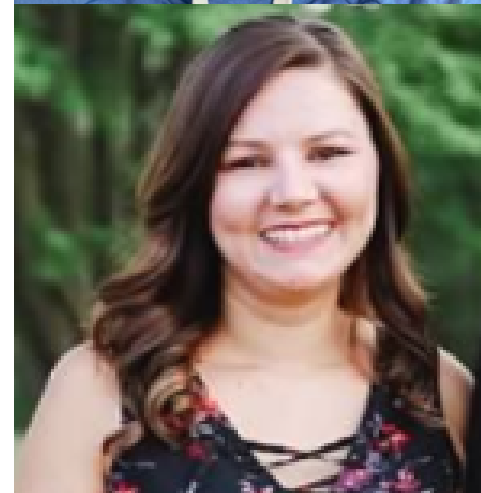
### Tayah Badiuk, Accounts Payable Administrator

My name is Tayah Badiuk. I am an Accounts Payable Administrator, and I started at Giishkaandago'lkwe Health Services in June 2023. I recently graduated from Confederation College with my Business Diploma, and I am excited to start my career with such a great organization. Thank you!



### Bobbi Maxwell, Manager of Finance

Boozhoo, I'm Bobbi Maxwell and I'm from Fort Frances. I have been working with the Giishkaandago'lkwe Health Services administration team since June 2020. I started in an Accounts Payable Administrator position and have since transitioned to a Finance Assistant and then into my current role as the Manager of Finance.







## Staff Features

### Laura Hamilton, Accounts Payable

#### Administrator

Hi, my name is Laura Hamilton. I joined the Finance Team in November 2022 as an Accounts Payable Administrator. My previous experience was in civil and provincial finances but I am enjoying learning about the federal finance regulations. Out of the office I enjoy camping, reading, gardening, and visiting with friends and family.



### Stacey Yerxa, Payroll Administrator

Boozhoo! Paybomsat, Waabanong'lkwe Indizinikaaz, Adik Indoodem, Mishkosiminiziibiing Indoonjii. I've been working with Giishkaandago'lkwe Health Services for almost two years now. My role within the organization started out as the HR Intern, Senior Admin Assistant, and now I am the Payroll Administrator. I do enjoy spending time with my family, fishing, reading, gaming, and absolutely love travelling.





*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 current all-male based treatment cycle (August 1 to August 28) will be continuing into this month.

**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**







AUGUST 2 , 6PM AT BHS: 601 KINGS HIGHWAY



**GIISHKAANDAGO'IKWE**  
HEALTH SERVICES

# FULL MOON & WOMEN'S SWEATLODGE 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 Carla:  
807-274-2042 ext 4249 / [csutherland@fftahs.org](mailto:csutherland@fftahs.org)

\*Covid-19 Screening in effect

## EIGHT MOON OF CREATION AUGUST

RISING MOON CONTINUES  
OUR HARVESTING. WE  
ASSEMBLE THE RICE AND  
MEDICINES THAT SUSTAIN  
US THROUGH THE WINTER.  
THE HARVEST TIME  
REFLECTS THE PRACTICE OF  
BALANCE, TAKING WHAT IS  
CRUCIAL AND LEAVING THE  
REMAINING BEHIND;  
KNOWING WE MUST SHARE  
THE BOUNTY AND LEAVE  
ENOUGH FOR FUTURE  
HARVESTS.

THIS MOON HAS COUNTLESS  
OTHER NAMES SUCH AS  
THIMBLEBERRY MOON,  
BLACKBERRY MOON, WILD  
RICE MOON, STURGEON  
MOON, GREEN CORN MOON,  
FLYING UP MOON, AND MANY  
MORE.







GIISHKAANDAGO'IKWE  
— HEALTH SERVICES —

# FULL MOON CEREMONY

AUGUST 30 AT 6PM  
BHS: 601 Kings Highway  
On-site Outdoor Teachings

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), piece of Yellow Cloth (Offerings can be provided).

For more information contact Carla:  
807-274-2042 ext 4249 / [csutherland@fftahs.org](mailto:csutherland@fftahs.org)

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## CULTURAL CORNER

## Let's Practice Anishinaabemowin



### NINDINAWEMAAGAN MY RELATIONS

Nimaamaa = My Mother

Nindede = My Dad

Nimishoomis = My Grandpa

Ninookomis = My Grandma

Ningoziis = My Son

Nindannis = My Daughter

Niniijaanis = My Child

Niniijaanisag = My Children

Nimise/nisaye = Older Sibling

Nishiime = Younger Sibling

Noozhise = Grandchild



United Native Friendship Centre Ojibway Language Program







## CULTURAL CORNER

## Pow Wow Trail 2023



### TREATY #3 ANISHINAABE NATION POW WOW TRAIL 2023

Couchiching First Nation | June 23-25  
Lac des Mille Lacs First Nation | June 24-25  
Ojibways of Onigaming First Nation | June 30-July 2  
Naotkamegwaning First Nation | July 7-9  
Weechi-it-te-win Family Services - Nanicost Grounds | July 13  
Seine River First Nation | July 14-16  
Wauzhushk Onigum Nation | July 14-16  
Lake of the Eagles Youth Pow Wow (Eagle Lake) | July 14-16  
Niisaachewan Anishinaabe Nation | July 21-23  
Naicatchewenin First Nation | July 28-30  
Ogimaawabiitong KCA - Wauzhushk Onigum | July 28-30  
Migisi Sahgaigan (Eagle Lake) First Nation | August 4-6  
Sagkeeng First Nation | August 4-6  
Iskatewizaagegan #39 Independent First Nation | August 11-13  
Mishkosiminiziibiing (Big Grassy) First Nation | August 11-13  
Lac Seul First Nation | August 18-20  
Naongashiing (Big Island) First Nation | August 18-20  
Lac La Croix First Nation | August 25-27  
Washagamis Bay First Nation | August 25-27  
Wabaseemoong Independent First Nation | August 26-27  
Wabigoon Lake Ojibway Nation | September 1-3







## CULTURAL CORNER

*Mazinabii'igedaa*





## Book of the Month



### ABOUT THE AUTHOR

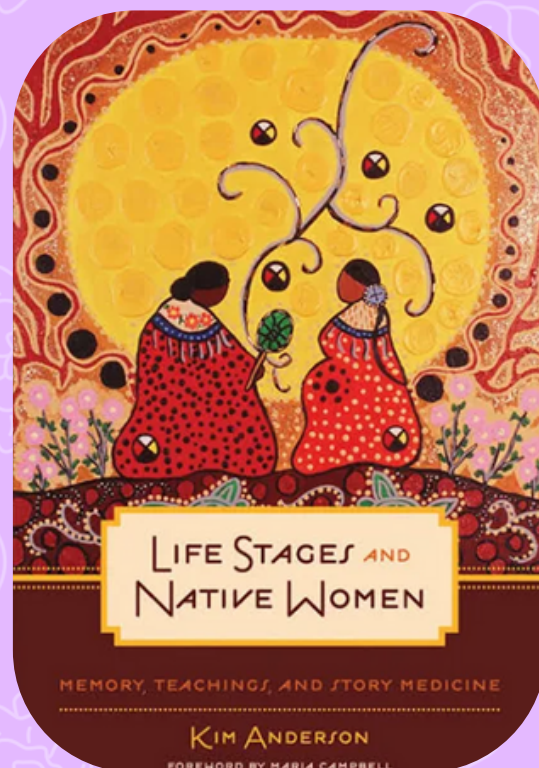
Kim Anderson is a Cree/Métis educator. She is an Associate Professor in Indigenous Studies at Wilfrid Laurier University, Brantford, and is the author of *A Recognition of Being: Reconstructing Native Womanhood*, and is the co-editor, with Bonita Lawrence, of *Strong Women Stories: Native Vision and Community Survival*.

Maria Campbell is a distinguished Metis author, playwright, filmmaker, and Elder. Her works have been published in eight countries and translated into four languages. Her bestselling book, *Halfbreed*, continues to be taught in schools across Canada.

In *Life Stages and Native Women*, Kim Anderson shares the teachings of fourteen Elders from the Canadian prairies and Ontario. This book is rich with oral history. These elders share stories about the girls and women of their childhood communities to illustrate how different life stages were experienced by Métis, Cree, and Anishinaabe girls and women during the mid-twentieth century.

This book share stories about customs related to pregnancy, birth and post-natal care, infant and child care, gender, and age-specific work roles, the distinct roles of post-menopausal women, and women's roles in managing death. The book concludes with a consideration of how oral historians' memories can be applied to building healthier communities today.

It is a fascinating and powerful book that will speak to all women.







## Important Dates & Upcoming Events

**AUGUST 2: FULL MOON & WOMEN'S**

**SWEATLODGE CEREMONY @ BHS 6 PM**

**AUGUST 7: CIVIC DAY (OFFICE CLOSURE)**

**AUGUST 8: MEN'S DRUMMING @ BHS 6 PM**

**AUGUST 14: SERVICE PROVIDER ASIST TRAINING**

**(AUGUST 14-15, 8:30 AM - 4:30 PM)**

**AUGUST 21: MENTAL HEALTH FIRST AID @**

**RAINY RIVER FIRST NATION DRUM ROOM**

**8:30 AM - 4:30PM**

**AUGUST 22: MEN'S DRUMMING @ BHS 6 PM**

**AUGUST 30: FULL MOON CEREMONY @ BHS 6 PM**

**AUGUST 31: GAGIZHEBAA WIISINIDAA @ BHS 10 AM**



For more support please contact:  
Giishkaandago'Ikwe 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](http://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](http://www.facebook.com/fftahs)



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