



GIISHKAANDAGO'IKWE
— HEALTH SERVICES —

NEWSLETTER

OCTOBER 2023



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GIISHKAANDAGO'IKWE

HEALTH SERVICES

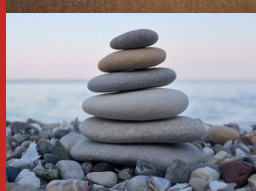
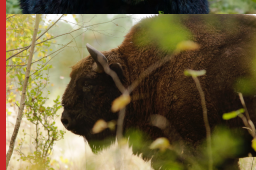
NEWSLETTER



Our Vision & 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 reflection

NIBWAAKAAWIN (WISDOM)

By providing innovative practice in wholistic health care

DABASENDIZIWIN (HUMILITY)

Honour individual belief and customs of stakeholders / consumers and communities

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)

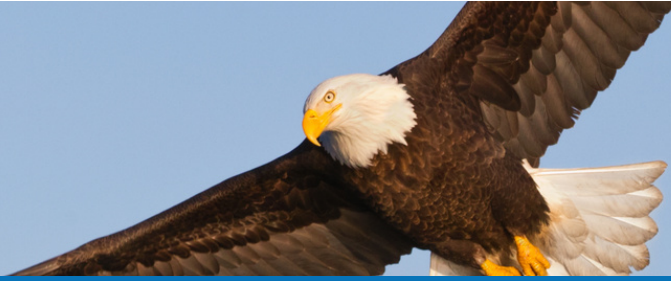
Compassion; Empathy; understanding Anishinaabe history

GIWEKWAADIZIWIN (HONESTY)

Accountability and responsibility

BOONENDAMOWIN (FORGIVENESS)

It is better to forgive and move forward



Truth
DIBWEWIN

NEWS & HIGHLIGHTS

OCT 2023

ANNUAL GENERAL MEETING

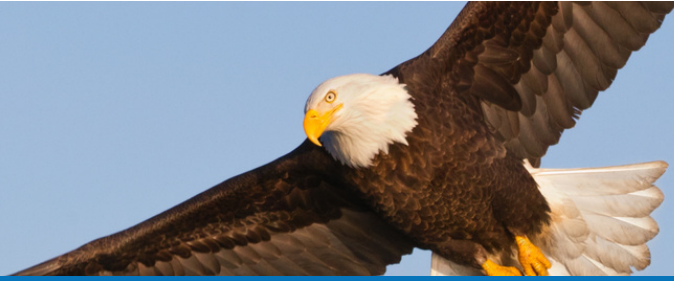
Giishkaandago'ikwe Health Services held their Annual General Meeting September 14, 2023.

Miigwech to everyone that attended our Annual General Meeting!

"We look forward to the year ahead and to fulfilling our role as a partner to our clients and families on their health and wellness journeys. I thank each of you for your ongoing support, partnership and for caring about the work that we do. The Annual Report outlines development and progress made over the past year..." ~Kayla Caul-Chartier, CEO

**Our 2022/23 Annual Report can be located on our website at
<https://www.fftahs.com/strategic-plan-annual-report>**





NEWS & HIGHLIGHTS

OCT 2023

Truth and Reconciliation Events held September 25-30, 2023

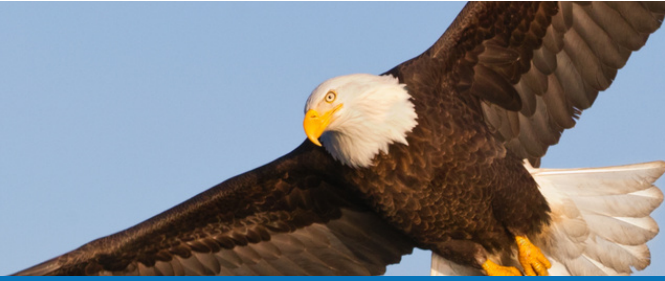


September 25th commenced the week of events with the Survivors flag being raised by Chief Terry Allan of Nigigoonsiminikaaning and Angela Mose, CEO of Agency One. Migisi flew overhead at the very moment the flag was raised.

The Survivors' Flag is an expression of remembrance, meant to honour residential school Survivors and all the lives and communities impacted by the residential school system in Canada. Each element depicted on the flag was carefully selected by Survivors from across Canada, who were consulted in the flag's creation.

September 30th we held a Sunrise Ceremony. We remembered the children that attended residential school, some that came home and many that did not. Shannon King and Adrian Chapman along with their children read a list names of children that did not make it home.





Truth
DIBWEWIN

NEWS & HIGHLIGHTS

OCT 2023

Truth and Reconciliation

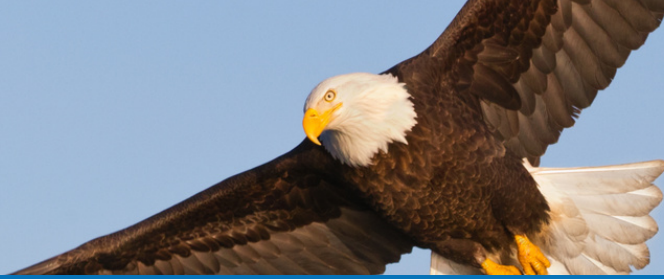
The National Day of Truth and Reconciliation is a direct response to the Truth and Reconciliation Commission's Calls to Action #80: "We call upon the federal government, in collaboration with Aboriginal peoples to establish, as a statutory holiday, a National Day for Truth and Reconciliation to honour Survivors, their families, and communities, and ensure that public commemoration of the history and legacy of residential school remains a vital component of the reconciliation process."

Giishkaandago'lkwe Health Services recognizes the lasting impacts of the dark history of Canada in relation to the cultural genocide of Indigenous Peoples. We would like to acknowledge and validate the feelings related to our shared history as members of Turtle Island. We recognize and acknowledge that many of us have direct familial and personal impacts as a result of these discriminatory policies enacted resulting in the residential school legacy. We also wish to acknowledge Indigenous allies who do their part in self education, and supporting their part of the truth and reconciliation process for the Anishinaabeg Communities we serve.

It is important that we all take the time to acknowledge and validate our own feelings and the feelings of others.

Additional supports and resources: National Residential School Crisis Line: 1-866-925-4419 • GCT#3 Trauma Support Coordinator, Ida Linklater: 1-807-271-0017 • CMHA Crisis Response Line: 1-866-888-8988 • Talk Suicide Canada: 1-833-456-4566 (text or call) • Talk for Healing: 1-855-554-HEAL (text or call) • Hope for Wellness: 1-855-242-3310





Truth
DIBWEWIN

NEWS & HIGHLIGHTS

OCT 2023

IT'S A PARTY

FOR:

**Jordan River
Anderson's
Birthday**

**Aaniin apii
(WHEN)**

**Binakwii-Giizis
(October) 22**

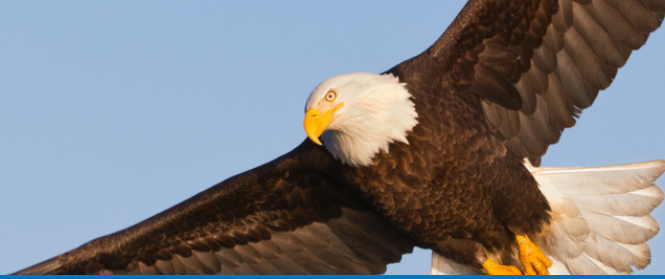
**Aandi
(WHERE)**

In the comfort of your home



Honour Jordan River Anderson by throwing a party at your home.

A limited number of pizza kits and party supply kits will be delivered to your community by our Child's First Initiative Program. Watch community social media and newsletters in your community to learn how to get your kit!



Truth
DIBWEWIN

NEWS & HIGHLIGHTS

OCT 2023



First Nations Child & Family
Caring Society

Honouring Jordan River Anderson

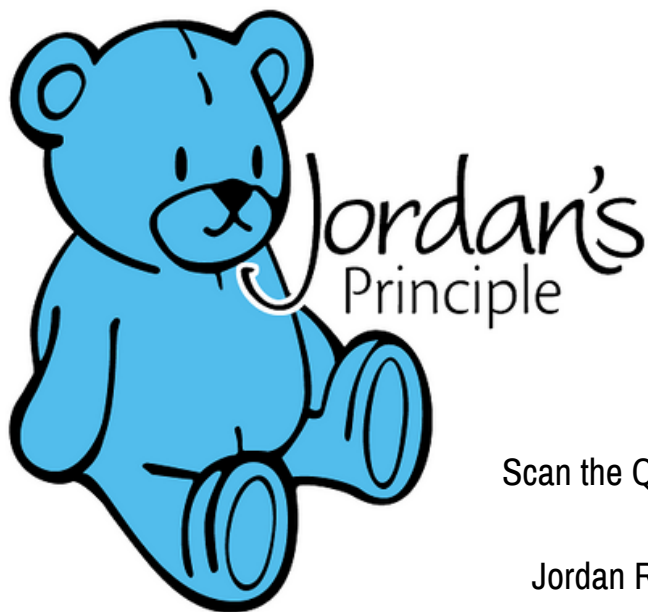
In memory of Jordan River Anderson

October 22, 1999–February 2, 2005

"Jordan could not talk, yet people around the world heard his message. Jordan could not breathe on his own and yet he has given the breath of life to other children. Jordan could not walk but he has taken steps that governments are now just learning to follow." - Cindy Blackstock, Executive Director First Nations Child & Family Caring Society

Jordan River Anderson was a young boy from Norway House Cree Nation in Manitoba who was born in 1999 with multiple disabilities. He lived over two years in a hospital because federal and provincial governments could not agree on who would pay for his at-home care. The reason for this is that federal and provincial/territorial governments cannot agree on which government should pay for services to First Nations children on reserves so they typically do not provide the service until they can sort out the payment issue. Unfortunately, Jordan died at the age of 5 before he could experience living in a loving home. §

Jordan's death ignited a movement to uphold human rights for all First Nations children through the creation of the child-first principle called "Jordan's Principle."



Scan the QR code for more information or to
watch the movie:
Jordan River Anderson: The Messenger





Truth
DIBWEWIN

NEWS & HIGHLIGHTS

OCT 2023

Maternal Child Health Services Update Indigenous Midwifery

As you know, in 2022-2023 Giishkaandago'lkwe Health Services underwent a trial restructuring to develop a sustainable Maternal Child Health Department. Under this new branch, we saw the Child's First Initiative, Children's Oral Health Initiative, the implementation of the Indigenous Midwifery Program, oversight of the Indigenous Healing and Wellness Strategy - Indigenous Healthy Babies Health Children flow through, and the Canada Prenatal Nutrition Program merge under one branch of the organization.

A foundational component of Maternal Child Health Services will be the Indigenous Midwifery Program currently under development. As such, Giishkaandago'lkwe Health Services is pleased to share Elaine Ross, Anishinaabe Elder Midwife, will be now be providing contracted Midwifery services to Anishinaabe families and communities in Southern Treaty #3. Maternal Child Health Services strives to realize coordinated delivery of quality and equitable supports for children and families from preconception to parenting and child development that are rooted in Anishinaabe culture. The addition of these services will be vital in realizing this goal.

Enclosed in this update is an initial Services Overview as well as a Provider Bio that can be shared as you see fit. As we continue with program development, further information will be shared.

For questions, referrals or requests for service, Elaine can be contacted directly. Please note that services may be limited as we assess demand and capacity.

Elaine Ross Elder Midwife
807-276-3666
sagepwr@hotmail.com



Wisdom

NIBWAAKAAWIN

HEALTH & WELLNESS

OCT 2023

MENTAL ILLNESS AWARENESS WEEK

OCTOBER 1 – 7, 2023

MENTAL ILLNESS AWARENESS WEEK IS AN ANNUAL NATIONAL CAMPAIGN TO EDUCATE AND INFORM ALL ABOUT THE REALITY OF MENTAL ILLNESS. THROUGH OUR ADVOCACY EFFORTS, WE ENVISION A PLACE WHERE EVERYONE HAS TIMELY ACCESS TO MENTAL HEALTH PROGRAMS, SERVICES AND SUPPORTS WITHOUT BARRIERS.

GIISHKAANDAGO'IKWE HEALTH SERVICES MENTAL HEALTH DIRECT LINE
OCTOBER 4TH & 5TH 8:30-4:30, OCTOBER 6TH 8:30-4:00
CALL (807) 271-0212

24 HOURS A DAY / 7 DAYS A WEEK:
TALK 4 HEALING

CALL OR TEXT 1-855-554-HEAL OR ONLINE CHAT AT WWW.TALK4HEALING.COM

CMHA CRISIS RESPONSE LINE
CALL 1-866-888-8988



HEALTH & WELLNESS

OCT 2023

BREAST CANCER AWARENESS MONTH

October 1 - October 31

- It is a fact that 1 in 8 women in Canada are expected to be diagnosed with breast cancer in their lifetime and 1 in 34 will die from it
- Men can also be diagnosed with breast cancer, although it is not as common
- About 4 in 10 cancer cases can be prevented through healthy living. Such as living smoke-free, eating well and having a healthy body weight
- Make informed decisions about your health to help reduce the risk of breast cancer. Such as checking your family history, understanding your hormones (especially if on birth control or hormone replacement), knowing your environment and being cautious of what sources you are obtaining information from
- Mammography was utilized more in the 1990s to assist in breast cancer detection
- Mammograms detect breast density. The more dense the tissue, the harder it is to find cancer
- Breast density is about different types of tissue. Such as:
 - Fatty tissue: Made up of fat. It helps give the breasts their shape and size
 - Glandular tissue: Made up of ducts and the milk glands (called lobules)
 - Fibrous tissue: Supportive tissue of the breast. It holds the glandular tissues in place. It's also called connective tissue
- Research is being done daily to improve the detection of breast cancer and to help people diagnosed to live longer





HEALTH & WELLNESS

OCT 2023

Help Reduce the Spread of Respiratory Viruses

As we transition back to being indoors more often at home, school and work during the upcoming fall season, the actions we take make a difference in our health and that of our family. This year, several respiratory viruses are circulating at the same time, including:

- COVID-19
- flu (influenza)
- respiratory syncytial virus (RSV)

Preventing the spread

Respiratory viruses spread in several ways. That's why using several layers of protection is the most effective way to help reduce your risk of getting and spreading viruses

It's important to:



get your annual
flu shot



stay up to date with
your COVID-19
vaccinations



stay home
when sick



wear a mask in
public indoor
settings



clean your
hands often



improve indoor
ventilation when
possible by opening
a window or door



avoid touching
your face with
unclean hands



cover your coughs
and sneezes with
a tissue or the
bend of your arm



clean and disinfect
high-touch
surfaces and
objects frequently



pay attention to
public health alerts
and advice in your
community



Bravery
ZOONGIDE'EWIN

BEHAVIOURAL HEALTH SERVICES

OCT 2023

MENTAL HEALTH & 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

MATW will be offering 4 weeks of outpatient sessions beginning the week of Oct 16, please call 807-274-7373 for more details.

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 LINE
807-271-0212

YOU ARE NOT ALONE



Bravery
ZOONGIDE'EWIN

BEHAVIOURAL HEALTH SERVICES

OCT 2023

OCTOBER 25 @ 6PM

FULL MOON CEREMONY



BHS: 601 KINGS HWY

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 DETAILS:

Call Carla: (807) 274-2042 ext 4249

Email Carla: csutherland@fftahs.org

Ninth Moon of Creation OCTOBER

Falling Leaves Moon is when we gift others with what we have gathered. During this moon, we look inward and understand the journey of letting go of what we no longer need to carry.

This moon is also known as Harvest Moon, Drying Rice Moon, Freezing Moon, Ice Moon, Migrating Moon, as well as many others.



GIISHKAANDAGO'IKWE
— HEALTH SERVICES —



Love
ZAAGI'IDIWIN

CULTURAL CORNER

OCT 2023

ENCOURAGING AND POSITIVE WORDS IN ANISHINAABEMOWIN

ANISHINAABEMOWIN

ENGLISH

Ginibwaakaa

You are wise

Ginitaanoke

You are a good worker

Gigichipiitendaagoz

You are important

Giwiidookaage

You are a helper

Gigichipiitendaagoz

I believe in you

Gigichiapiitenimin

I value you

Ginitaabizindam

You are a good listener



Love
ZAAGI'IDIWIN

CULTURAL CORNER

OCT 2023

MAZINABII'IGEDAA





Respect
MANAAJI'IDIWIN

BOOK OF THE MONTH

OCT 2023

RED PAINT

THE ANCESTRAL AUTOBIOGRAPHY OF A COAST SALISH PUNK

By Sasha LaPointe
(Sasha taq^wšəblu LaPointe)

Sasha taq^wšəblu LaPointe has always longed for a sense of home. When she was a child, her family moved around frequently, often staying in barely habitable church attics and trailers, dangerous places for young Sasha.

With little more to guide her than a passion for the thriving punk scene of the Pacific Northwest and a desire to live up to the responsibility of being the namesake of her beloved great-grandmother—a linguist who helped preserve her Indigenous language of Lushootseed—Sasha throws herself headlong into the world, determined to build a better future for herself and her people.

Set against a backdrop of the breathtaking beauty of Coast Salish ancestral land and imbued with the universal spirit of punk, *Red Paint* is ultimately a story of the ways we learn to find our true selves while fighting for our right to claim a place of our own.



Examining what it means to be vulnerable in love and in art, Sasha offers up an unblinking reckoning with personal traumas amplified by the collective historical traumas of colonialism and genocide that continue to haunt native peoples. *Red Paint* is an intersectional autobiography of lineage, resilience, and, above all, the ability to heal.

An Indigenous artist blends the aesthetics of punk rock with the traditional spiritual practices of the women in her lineage in this bold, contemporary journey to reclaim her heritage and unleash her power and voice while searching for a permanent home.



Honesty
GIWEKWAADIZIWIN

OCT 2023

IMPORTANT DATES / EVENTS

OCTOBER 4: SWEAT LODGE CEREMONY @ BHS 6PM
OCTOBER 9: THANKSGIVING DAY (OFFICE CLOSURE)
OCTOBER 10: MEN'S DRUMMING @ BHS 6-8PM
OCTOBER 16: WOMEN'S HAND DRUMMING @ BHS 6-8PM
OCTOBER 17: SWEAT LODGE CEREMONY @ BHS 6PM
OCTOBER 24: MEN'S DRUMMING @ BHS 6-8PM
OCTOBER 25: WOMEN'S TEACHINGS @ BHS 12-2PM
OCTOBER 25: FULL MOON CEREMONY @ BHS 6PM
OCTOBER 26: GAGIZHEBAA WIISINIDAA @ BHS 10AM
OCTOBER 30: WOMEN'S HAND DRUMMING @ BHS 6-8PM



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.***





For the purpose of lifelong
Mino Ayawin – Good Health

CONTACT US

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



JOIN OUR TEAM

At Giishkaandago'lkwe 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



To find our Newsletters and more on our website, www.fftahs.com scan the QR Code. To request a copy of the Newsletter by mail or e-mail, please call (807) 274-2042.



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