



GIISHKAANDAGO'IKWE
— HEALTH SERVICES —

NEWSLETTER

NOVEMBER 2023



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GIISHKAANDAGO'IKWE
— HEALTH SERVICES —

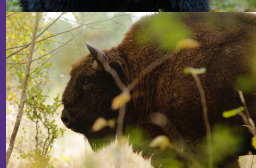
NEWSLETTER



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)

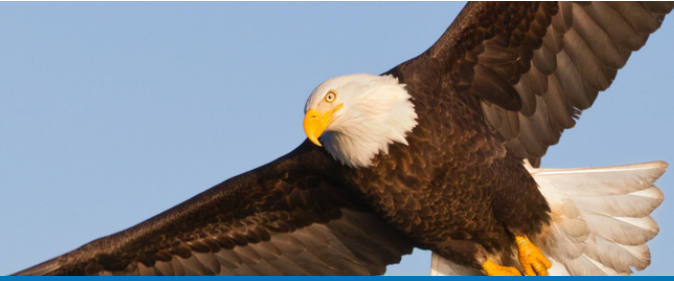
Compassion; Empathy; understanding Anishinaabe history

GIWEKWAADIZIWIN (HONESTY)

Accountability and responsibility

BOONENDAMOWIN (FORGIVENESS)

It is better to forgive and move forward



Truth
DIBWEWIN

NEWS & HIGHLIGHTS

NOV 2023

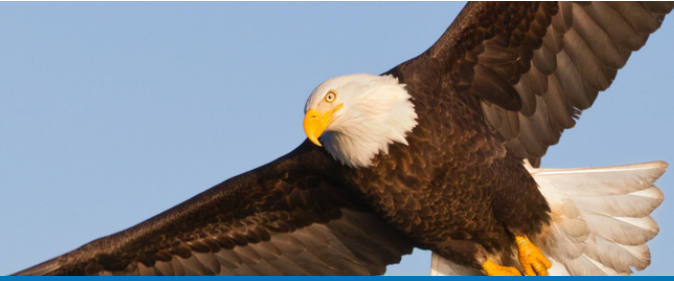
CEDAR TIE MAKING

Cedar is a traditional medicine. The significance of cedar ties hanging in doorways and in the four directions is that cedar absorbs and draws out negative energy and pulls it away, allowing you to enter with positive energy. Cedar also provides protection to provide a peaceful and safe place.



The Cedar Ties were made by our Management Team and Teachings were provided by Isobel White in preparation for feasting at our Fall Ceremony.





NEWS & HIGHLIGHTS

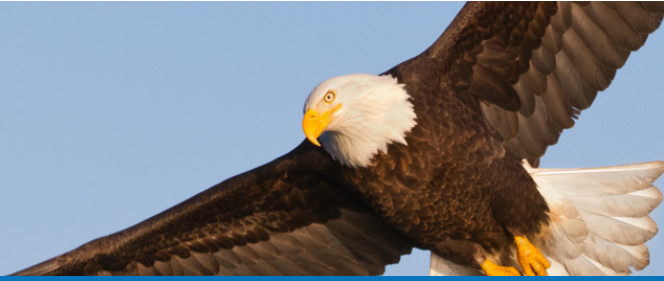
NOV 2023

FALL CEREMONY

- The sacred items we carry need to be feasted twice throughout the year.
- To feast, we offer food, water and asemaa (tobacco) and make spirit dishes (birch bark dishes with a bit of food).
- In Fall, before the leaves have fallen, we welcome and say boozhoo to the spirits of winter. The preparation for all good Anishinaabe life during the winter months.
- At Fall and Spring Ceremony, all spiritual and personal items are blessed by our elders for us to use during the seasons. The drum is sounded, eagle staffs are lifted and our sacred pipe is smoked at the beginning and end of ceremony.



Giishkaandago'lkwe Health Services held their Fall Ceremony in October facilitated by Don Jones of Nigigoonsiminikaaning First Nation. Josephine Wood of Anishinaabeg of Naongashiing opened our Ceremony with a prayer and blessing of the water.



Truth
DIBWEWIN

NEWS & HIGHLIGHTS

NOV 2023

IT'S A PARTY

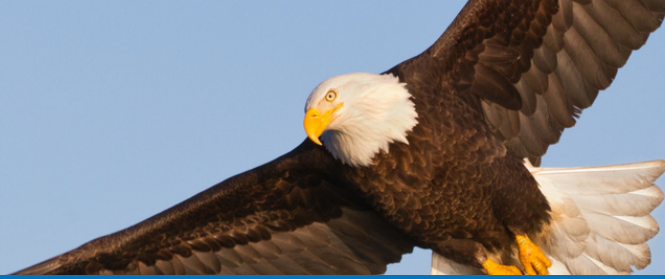
Jordan River Anderson's Birthday



- On October 22nd, the CFI team celebrated Jordan River Anderson's 24th birthday and his legacy of Jordan's Principle.
- Jordan's Principle is a child first principle named in honour of Jordan River Anderson.
- Jordan was from Norway House Cree Nation and was born with multiple disabilities on October 22, 1999.
- Because of jurisdictional disputes between the federal and provincial governments over who would pay for his medical care, Jordan was unable to move home and stayed in the hospital until he passed away in 2005 at age 5.
- In 2016, the Canadian Human Rights Tribunal directed Canada to implement Jordan's Principle to ensure that First Nation children receive the services and supports they need – when they need them!
- Birthday party kits were delivered to communities and families were invited to throw a birthday party in Jordan's honour.
- Mino-Dibishkam Jordan



Jordan's Principle Bear



Truth
DIBWEWIN

NEWS & HIGHLIGHTS

NOV 2023

Jordan's Party



CFI Team
(Lisa, Denise &
Shelby) Delivering
Birthday Party
Bags



Birthday
Party Bag



Natalie and Olivia Strey from Couchiching FN making a cake and pizza
and celebrating Jordan's birthday!



Kimberly, Dominick, Amber-Leigh,
and Ivan Morrison from
Mitaanjigamiing celebrating
Jordan's birthday!



HEALTH & WELLNESS

NOV 2023

FOOT EXAMS FOR PEOPLE WITH DIABETES

Goals of a Foot Exam: Determining Risk for Diabetes-Related Complications



- If you have diabetes, you are at risk of developing foot problems as a result of nerve damage (called neuropathy), poor blood flow or changes in the shape of your feet or toes.
- These problems can put your feet at risk of developing calluses, blisters, wounds or infections that may ultimately lead to amputation.
- The good news is that most amputations are preventable with regular screening, proper foot care and wearing properly fitted shoes.
- The frequency and regularity of a foot examination can help both you and your healthcare professional identify potential risk factors and decide on a course of preventative action before an amputation is necessary

Checklist - From Your Health Professional

LOOK

Nails: Thickened, ingrown or infected.

Skin: Callused, blistered, cracked, wounded or infected.

Foot structure: Deformities or swelling.

Redness: This can occur as a result of infection, inflammation or circulation changes.

Shoes: Must be supportive, fit properly. As well, look for any foreign objects or rough edges

FEEL

Foot temperature: A difference in temperature between feet can alert the healthcare professional to infection, lack of blood circulation or inflammation.

Pulses: To determine if the blood supply to the foot is sufficient to maintain foot health.

Range of motion: To check the mobility of foot joints – especially the first toe joint – to ensure that the pressure is balanced throughout the whole foot.

Sensation: A loss of sensation (neuropathy) can be determined if a patient is unable to feel a monofilament when applied to his/her foot.



ASK

The following four questions are asked to determine if there is a potential loss of sensation in the foot:

1. Do your feet ever feel numb?
2. Do they tingle?
3. Do they ever feel like they are burning?
4. Do they feel like insects are crawling on them?



HEALTH & WELLNESS

NOV 2023

FALL PREVENTION

A simple accident like tripping on a rug or slipping on a wet floor can change your life. If you fall, you could break a bone, which thousands of older adults experience each year. For older people, a broken bone can also be the start of more serious health problems and can lead to long-term disability.

Many older adults fear falling, even if they haven't fallen before. This fear may lead them to avoid activities such as walking, shopping, or taking part in social activities. But staying active is important to keeping your body healthy and actually helps to prevent falls. So don't let a fear of falling keep you from being active! Learn about what causes falls and how to lower your risk of falling so you can feel more comfortable with staying active.

What causes falls in older adults?

- Your eyesight, hearing, and reflexes might not be as sharp as they were when you were younger.
- Certain conditions, such as diabetes, heart disease, or problems with your thyroid, nerves, feet, or blood vessels can affect your balance and lead to a fall.
- Conditions that cause rushed movement to the bathroom, such as incontinence, may also increase the chance of falling.
- Older adults with mild cognitive impairment or certain types of dementia are at higher risk of falling.
- Age-related loss of muscle mass (known as sarcopenia), problems with balance and gait, and blood pressure that drops too much when you get up from lying down or sitting (called postural hypotension) are all risk factors for falling.
- Foot problems that cause pain, and unsafe footwear such as backless shoes or high heels, can also increase your risk of falling.
- Some medications can increase a person's risk of falling because they cause side effects such as dizziness or confusion. The more medications you take, the more likely you are to fall.
- Safety hazards in the home or community environment can also cause falls.





HEALTH & WELLNESS

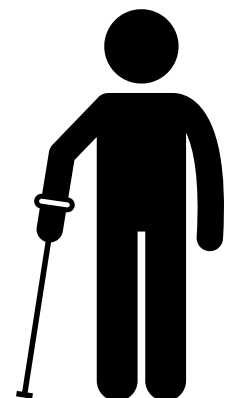
NOV 2023

FALL PREVENTION - CONTINUED

Steps to take to prevent falls:

If you take care of your overall health, you may have a lower chance of falling. Most of the time, falls and accidents don't just happen for no reason. Here are a few tips to help lessen your risk of falls and broken bones, also known as fractures:

- Stay physically active.
- Try balance and strength training exercises..
- Fall-proof your home.
- Have your eyes and hearing tested.
- Wear your glasses or contacts as your eye doctor advises. If you have a hearing aid, be sure it fits well and wear it.
- Find out about the side effects of any medicines you take. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- Get enough sleep.
- Avoid or limit alcohol.
- Stand up slowly.
- Use an assistive device if you need help feeling steady when you walk.
- Take extra caution when walking on wet or icy surfaces.
- Keep your hands free. Use a shoulder bag, fanny pack, or backpack to leave your hands free to hold on to railings.
- Choose the right footwear.
- Consider staying inside when the weather is bad.
- Always tell your doctor if you have fallen since your last check-up, even if you did not feel pain when you fell. A fall can alert your doctor to a new medical problem or issues with your medications or eyesight that can be corrected. Your doctor may suggest physical therapy, a walking aid, or other steps to help prevent future falls.





HEALTH & WELLNESS

NOV 2023

FALL PREVENTION - CONTINUED

What to do if you fall:

Whether you are at home or somewhere else, a sudden fall can be startling and upsetting. If you do fall, stay as calm as possible and take the following steps:

- Breathe.
- Decide if you are hurt. Getting up too quickly or in the wrong way could make an injury worse.
- Crawl to a sturdy chair. If you think you can get up safely without help, roll over onto your side. Rest again while your body and blood pressure adjust. Slowly get up on your hands and knees, and crawl to a sturdy chair.
- Slowly sit down in the chair. Put your hands on the chair seat and slide one foot forward so that it's flat on the floor. Keep the other leg bent so the knee is on the floor. From this kneeling position, slowly rise and turn your body to sit in the chair.
- Get help. If you are hurt or cannot get up on your own, ask someone for help or call 911. If you are alone, try to get into a comfortable position and wait for help to arrive. Prepare for a fall by keeping a well-charged cordless or mobile phone with you at all times and arrange for daily contact with a family member or friend. Emergency response systems are another option: These systems enable you to push a button on a special necklace or bracelet to call for help. Some smart watches also have this feature.

just
BREATHE



HELP!



REMEMBER!

Falls are a common reason for trips to the emergency room and for hospital stays among older adults. Many of these hospital visits are for fall-related fractures. You can help lower your risk of fractures by keeping your bones strong and following the tips above to avoid falls.



Bravery
ZOONGIDE'EWIN

BEHAVIOURAL HEALTH SERVICES

NOV 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

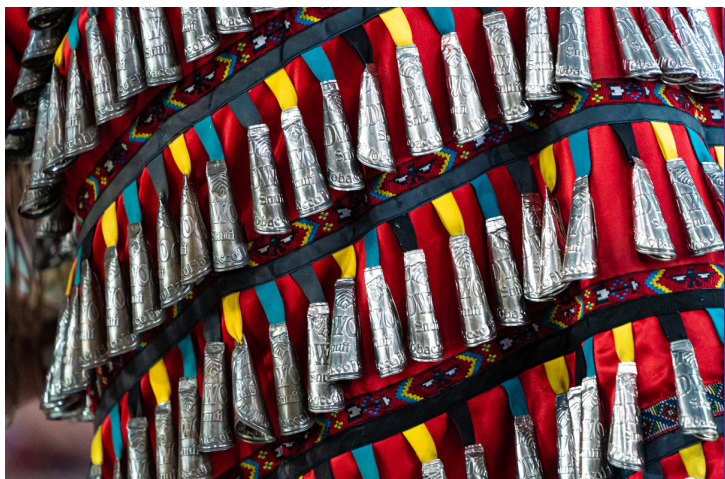
MATW will be offering an all male cycle from November 15 to December 12th, 2023.

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

NOV 2023

NOVEMBER 27 @ 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 Adam: (807) 274-2042 ext 4237

Email Adam: aali@fftahs.org

Eleventh Moon of Creation NOVEMBER

Freezing Moon is the time that we come to know the power of spirit. During this moon, we share our sacred teachings and songs. This is the time for rest and reconnecting with family. We begin the winter moons by looking inward and giving appreciation for everything we have received from the previous seasons.

This moon is also known as the Beaver Moon, Frost Moon, Whitefish Moon, and well as many others.



GIISHKAANDAGO'IKWE
— HEALTH SERVICES —



Bravery
ZOONGIDE'EWIN

BEHAVIOURAL HEALTH SERVICES

NOV 2023



NOVEMBER 25TH IS

INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE **AGAINST WOMEN**

Join us on November 24th:
Women's Sharing Circle to show support in
Ending Violence Against Women

1pm to 3pm

Light Refreshments Provided

Behavioral Health Services

601 Kings Hwy





Love
ZAAGI'IDIWIN

CULTURAL CORNER

NOV 2023

ANISHINAABEMOWIN

ANISHINAABEMOWIN

ENGLISH

Aaniin ezhichigeyan?
Niwiisin.

What are you doing?
I'm eating.

Aaniin ezhichigeyan?
Imbiinichige.

What are you doing?
I'm cleaning.

Aaniin ezhichigeyan?
Ninanaa'idaabaane.

What are you doing?
I'm fixing a car.

Aaniin ezhichigeyan?
Nimanise.

What are you doing?
I'm gathering wood.

Aaniin ezhichigeyan?
Ingiiyose.

What are you doing?
I'm hunting.

Aaniin ezhichigeyan?
Niniim.

What are you doing?
I'm dancing.

Aaniin ezhichigeyan?
Indagindaas.

What are you doing?
I'm reading.



Love
ZAAGI'IDIWIN

CULTURAL CORNER

NOV 2023

ANISHINAABEMOWIN - CONT'D

ANISHINAABEMOWIN

ENGLISH

Aaniin ezhichigeyan?
Indataage.

What are you doing?
I'm gambling.

Aaniin ezhichigeyan?
Injiibaakwe.

What are you doing?
I'm cooking.

Aaniin ezhichigeyan?
Inditibiwebishkige.

What are you doing?
I'm riding a bike.

Aaniin gaa-izhichigeyan?
Ingii-wiisin.

What did you do?
I ate.

Aaniin gaa-izhichigeyan?
Ingii-piinichige.

What did you do?
I cleaned.

Aaniin gaa-izhichigeyan?
Ingii-nanaa'idaabaane.

What did you do?
I fixed a car.

Aaniin gaa-izhichigeyan?
Ingii-manise.

What did you do?
I gathered wood.

Aaniin gaa-izhichigeyan?
Ingii-kiiyose.

What did you do?
I hunted.

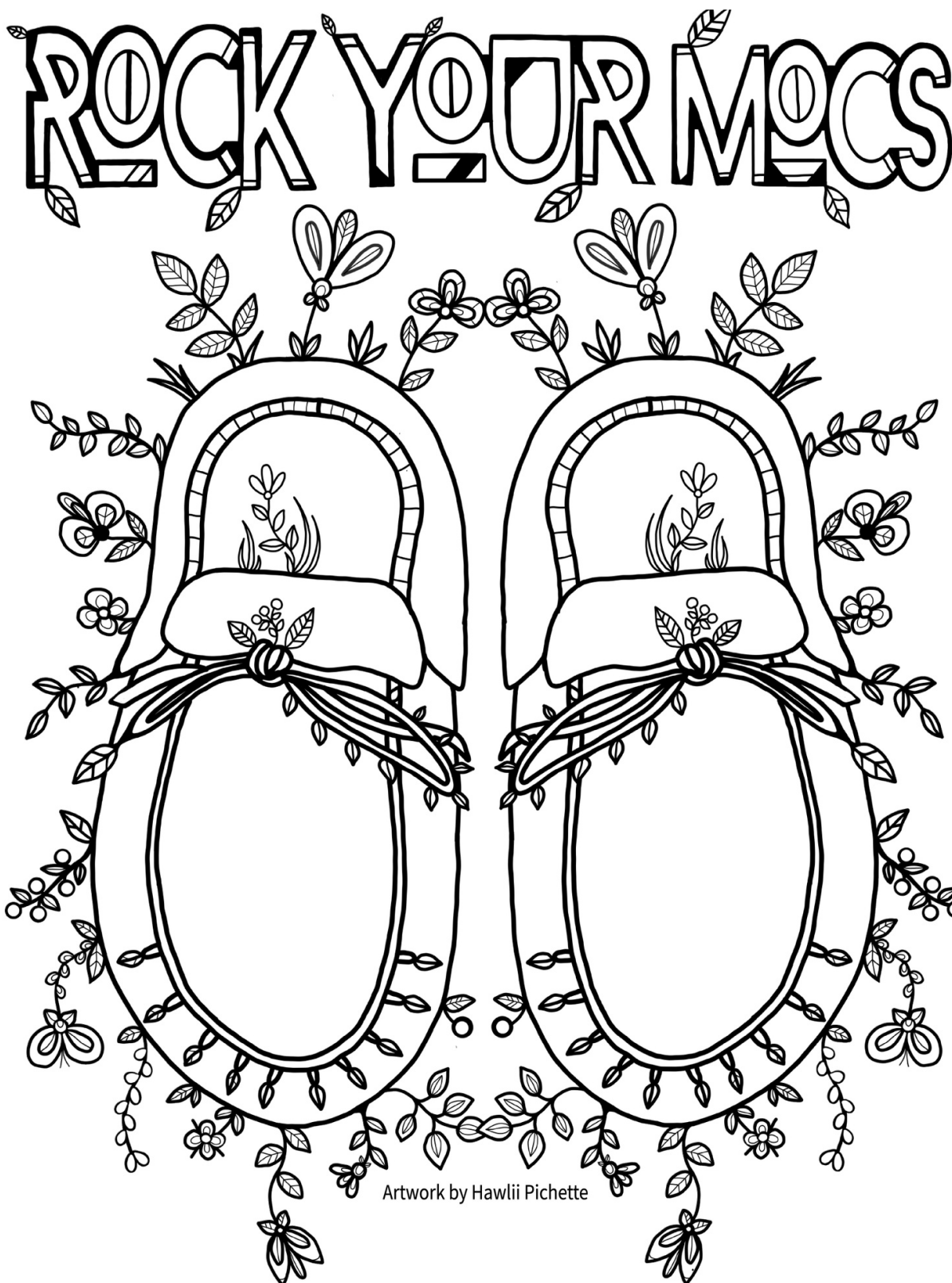


Love
ZAAGI'IDIWIN

CULTURAL CORNER

NOV 2023

MAZINABII'IGEDAA



Artwork by Hawlii Pichette



Respect
MANAAJI'IDIWIN

BOOK OF THE MONTH

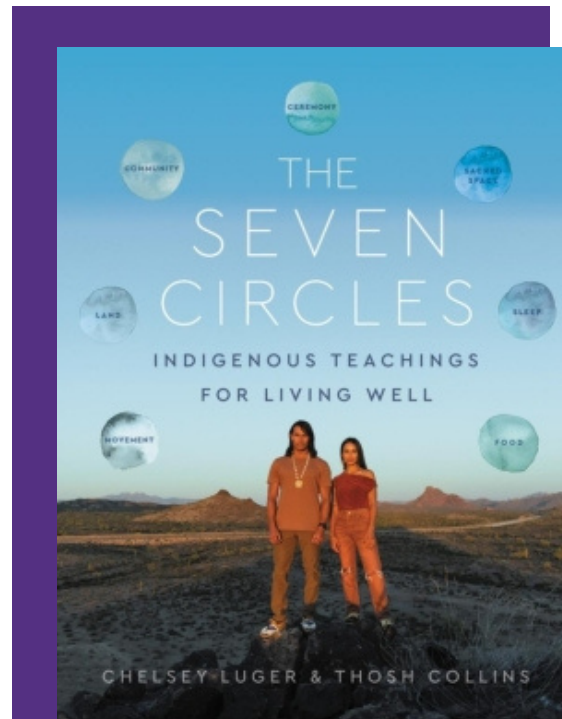
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THE SEVEN CIRCLES INDIGENOUS TEACHINGS FOR LIVING WELL

By Chelsey Luger & Thosh Collins

In *The Seven Circles*, Luger and Collins share intimate stories from their life journeys growing up in tribal communities, from the Indigenous tradition of staying active and spiritually centered through running and dance, to the universal Indigenous emphasis on a light-filled, minimalist home to create sacred space. Along the way, Luger and Collins invite readers to both adapt these teachings to their lives as well as do so without appropriating and erasing the original context, representing a critical new ethos for the wellness space. Each chapter closes with practical advice on how to engage with the teachings, as well as wisdom for keeping that particular circle in harmony with the others.

With warmth and generosity—and 75 atmospheric photographs by Collins throughout—*The Seven Circles* teaches us how to connect with nature, with our community, and with ourselves, and to integrate ancient Indigenous philosophies of health and wellbeing into our own lives to find healing and balance.



In this revolutionary self-help guide, two beloved Native American wellness activists offer wisdom for achieving spiritual, physical, and emotional wellbeing rooted in Indigenous ancestral knowledge.

When wellness teachers and husband-wife duo Chelsey Luger and Thosh Collins founded their Indigenous wellness initiative, Well for Culture, they extended an invitation to all to honor their whole self through Native wellness philosophies and practices. In reclaiming this ancient wisdom for health and wellbeing—drawing from traditions spanning multiple tribes—they developed the Seven Circles, a holistic model for modern living rooted in timeless teachings from their ancestors.



IMPORTANT DATES / EVENTS

NOVEMBER 6: WOMEN'S HAND DRUMMING @ BHS

6-8PM

NOVEMBER 7: SWEAT LODGE CEREMONY @ BHS 6PM

NOVEMBER 11: REMEMBRANCE DAY

NOVEMBER 14: MEN'S DRUMMING @ BHS 6-8PM

NOVEMBER 20: WOMEN'S HAND DRUMMING @ BHS

6-8PM

NOVEMBER 21: SWEAT LODGE CEREMONY @ BHS

6PM

NOVEMBER 27: FULL MOON CEREMONY @ BHS 6PM

NOVEMBER 28: MEN'S DRUMMING @ BHS 6-8PM

NOVEMBER 30: GAGIZHEBAA WIISINIDAA @ BHS

10AM



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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