



GIISHKAANDAGO'IKWE
— HEALTH SERVICES —

NEWSLETTER

DECEMBER 2023



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GIISHKAANDAGO'IKWE
— HEALTH SERVICES —

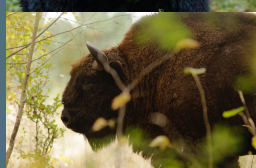
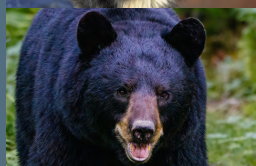
NEWSLETTER



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)

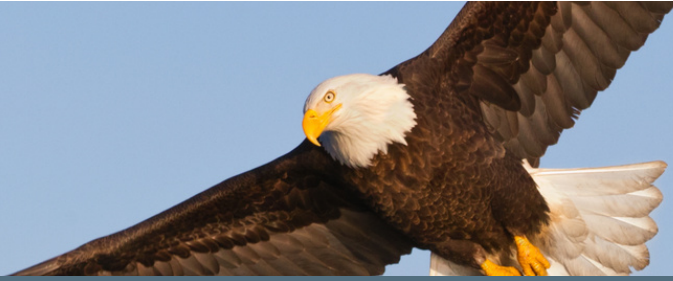
Compassion; Empathy; understanding Anishinaabe history

GIWEKWAADIZIWIN (HONESTY)

Accountability and responsibility

BOONENDAMOWIN (FORGIVENESS)

It is better to forgive and move forward



Truth
DIBWEWIN

NEWS & HIGHLIGHTS

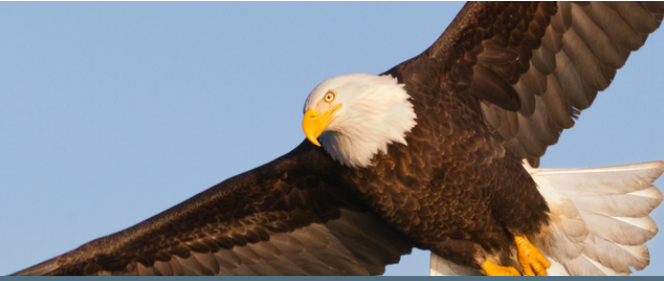
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MAAMAWI' WIIJI'IDIDAA ADDICTION AWARENESS SUMMIT



Giishkaandago'lkwe Health Services, with support from other local organizations, hosted a four day Maamawi' Wiji'ididaa addiction awareness summit in Couchiching First Nation and at Kay-Nah-Chi-Wah-Nung Historical Centre. The event brought together community members, elders, individuals in recovery, those struggling with active addiction and service providers to share stories of addiction and recovery, supportive education, resources and cultural teachings. Miigwech to everyone who joined us!



Truth
DIBWEWIN

NEWS & HIGHLIGHTS

DEC 2023



Christmas FOOD DRIVE



Make a donation to those
in need

Until December 14th at 4pm

Please bring donations to any of our
locations and we will collect the
donation items to bring
a local food bank



HEALTH & WELLNESS

DEC 2023

MANAGING DIABETES AND PHYSICAL ACTIVITY

Ways to Increase Physical Activity Throughout the Day



- Shovel or sweep your own walkway, driveway, or deck (take lots of rest breaks, and do not push too hard).
- Avoid sitting for long periods of time.
- Get up and stretch every 20-30 minutes at work or while watching TV.
- Join bowling, curling, or other recreational group.

Ways to Get in More Walking

- Walk to get the mail/newspaper.
- Walk to do your errands. If it is too far, park 2 – 3 blocks away and walk from there!
- Walk around the mall or recreation facility.
- Take a dog for a walk.



Tips to Address Concerns About Diabetes and Physical Activity



- Being afraid of health complications.
 - Light to moderate physical activity like: walking, working around the house, and gardening.
- Being afraid of injury or re-injury.
 - Take care of any injuries by visiting your doctor or physiotherapist and wear proper shoes.
- Being afraid of getting low blood sugar.
 - Plan ahead by carrying a form of quick-acting sugar with you such as hard candy, regularly eating and monitoring your blood sugar

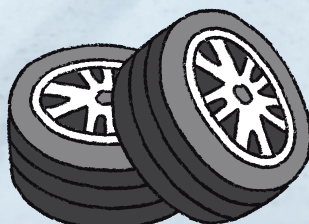


HEALTH & WELLNESS

DEC 2023

5 Tips to Prepare your Car for Winter

1. **Check your car battery. Prevent a dead car battery by doing a quick inspection before driving. Plug your vehicle in when able.**
2. **Carry a Winter Emergency Kit. Helpful items include:**
 - o First Aid Kit
 - o Snow brush and ice scraper
 - o Blankets and jackets
 - o Windshield washer fluid
 - o Flashlight
 - o Shovel
 - o Water
 - o Gloves or mittens
 - o Traction mats and tow rope
 - o Booster cables
 - o Cellphone
 - o Sand or salt
3. **Replace windshield wipers if needed. Visibility is important for safe driving.**
4. **Get winter tires if you can – they allow for more control on snowy roads.**
5. **Check your tire pressure. Low temperatures may decrease your tire pressure.**





EMPLOYEE HIGHLIGHTS

DEC 2023



Gerri Jones
Personal Support Worker

My name is Gerri. I live in Fort Frances. I have been with the organization for a little over 2 years.

Nikkol Medicine
Registered Nurse – Home and Community Care

Boozhoo, Miskwa Beneshii ndizhiniikaaz, wasisii ndodem, Naotkamegwanning ndoonjii. My English name is Nikkol Medicine, and I am an Ojibway woman from Whitefish Bay First Nations. I have been newly hired with our organization: Giishkaandago'lkwe Health Services, and I started my full time position in September 2023. I am a Registered Nurse, with 10 years of nursing experience working in community, home care, public health and an in-patient medical-surgical unit. My background and passion for nursing is rooted in my Ojibway culture, and my nursing practice aims to inspire health and wellness for our Indigenous Peoples and communities. Growing up within my First Nations community, I have lived experience of facing inequities with the social determinants of health, and witnessing the many challenges we faced as an Indigenous community – I was determined to find a way to help our current and future generations. Nursing is an ever evolving profession, and our Indigenous communities benefit from seeking and accessing healthcare services from Indigenous providers, who are culturally informed, sensitive and compassionate. My dedication to my nursing practice and my culture is what drives my focus. I enjoy having opportunity to directly advocate, provide care and be a voice for our Indigenous Peoples and communities with the final intention of living a healthy life: Mino-bimaadiziwin, Miigwetch.



Bravery
ZOONGIDE'EWIN

BEHAVIOURAL HEALTH SERVICES

DEC 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

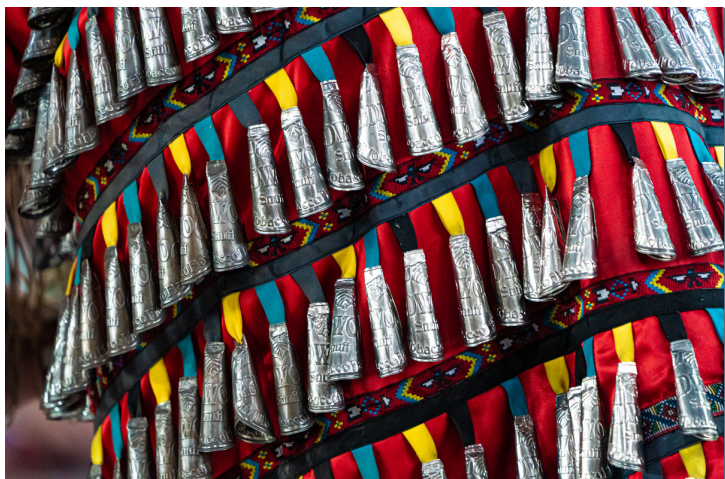
MATW will be graduating an all male cycle on December 12th, 2023. Our 2024 treatment cycle will resume January 16th with a women's cycle.

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

DEC 2023

December 26, 2023

FULL MOON

THE FULL MOON IS 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.

YOU WILL NEED:

A small feast dish,
Asemaa (Tobacco), and
Yellow Cloth

(Offerings can be made on mother earth if you are unable to make a fire).

Twelfth Moon of Creation DECEMBER

Little Spirit Moon is the time of storytelling. In telling our Creation stories we understand who we are and how we came to be. The stories reflect our language, our governance, our ways of being. During this moon, we reflect on our healing, so that we walk our journey in a good way.

This moon is also known as Cold Moon, Long Night Moon, Snow Moon, as well as many others.



Love
ZAAGI'IDIWIN

CULTURAL CORNER

DEC 2023

CHRISTMAS - WAKINGUPOJIBWE

MAGOSHE GIIZHIGAD IS TRADITIONALLY A FEAST DAY AROUND WINTER SOLSTICE WHICH HAS EVOLVED TO INCLUDE CHRISTMAS AND GIFT-GIVING CELEBRATIONS.

ANISHINAABEMOWIN

ENGLISH

Magoshe'iwewinini

Santa

Mitig(oog)

Tree(s)

Magoshe'iwewin(an)

Gift(s)

Bakwezhiganiwininiins

Gingerbread Man

Ziinzibaakwadoons(an)

Candy(s)

Gooniwinini

Snowman

Adik(wag)

Reindeer(s)

Zenibaa(yag)

Ribbon(s)



Love
ZAAGI'IDIWIN

CULTURAL CORNER

DEC 2023

WAKINGUPOJIBWE - CONT'D

ANISHINAABEMOWIN

ENGLISH

Gaazhagens(ag)

Cat(s)

Bimaadagaakobineshii(wag)

Penguin(s)

Azhigan(an)

Stocking(s)

Waaskonenjigan(an)

Light(s)

Bakwezhiganens(ag)

Cookie(s)

Anang(oog)

Star(s)

Anangoons(sag)

Little Star(s)

Zaasegaazhigan(an)

Decoration(s)



Love
ZAAGI'IDIWIN

CULTURAL CORNER

DEC 2023

ALL ABOUT SNOWFLAKES

WE FOUND MULTIPLE WORDS TO DESCRIBE SNOWFLAKES FROM MANY SPEAKERS.
HERE ARE THEIR WORDS:



Goonens(ag)

Goonigan(ag)

SNOWFLAKES

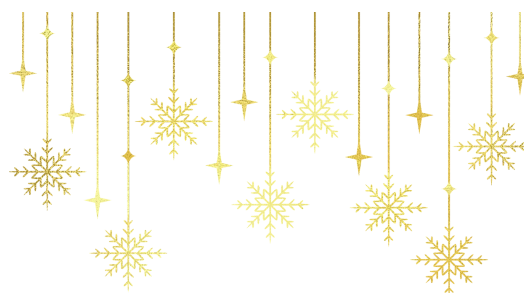
Gaa-bii-wibizod/waad
Goon(ag)

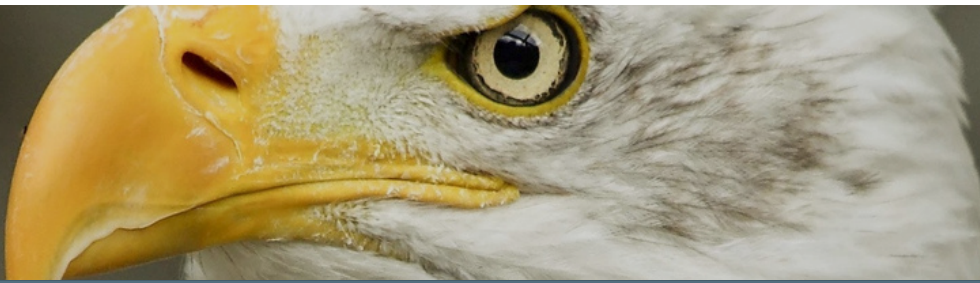
Mazinaagwanigoon(ag)

ENGLISH

ANISHINAABEMOWIN

ANISHINAABEMOWIN



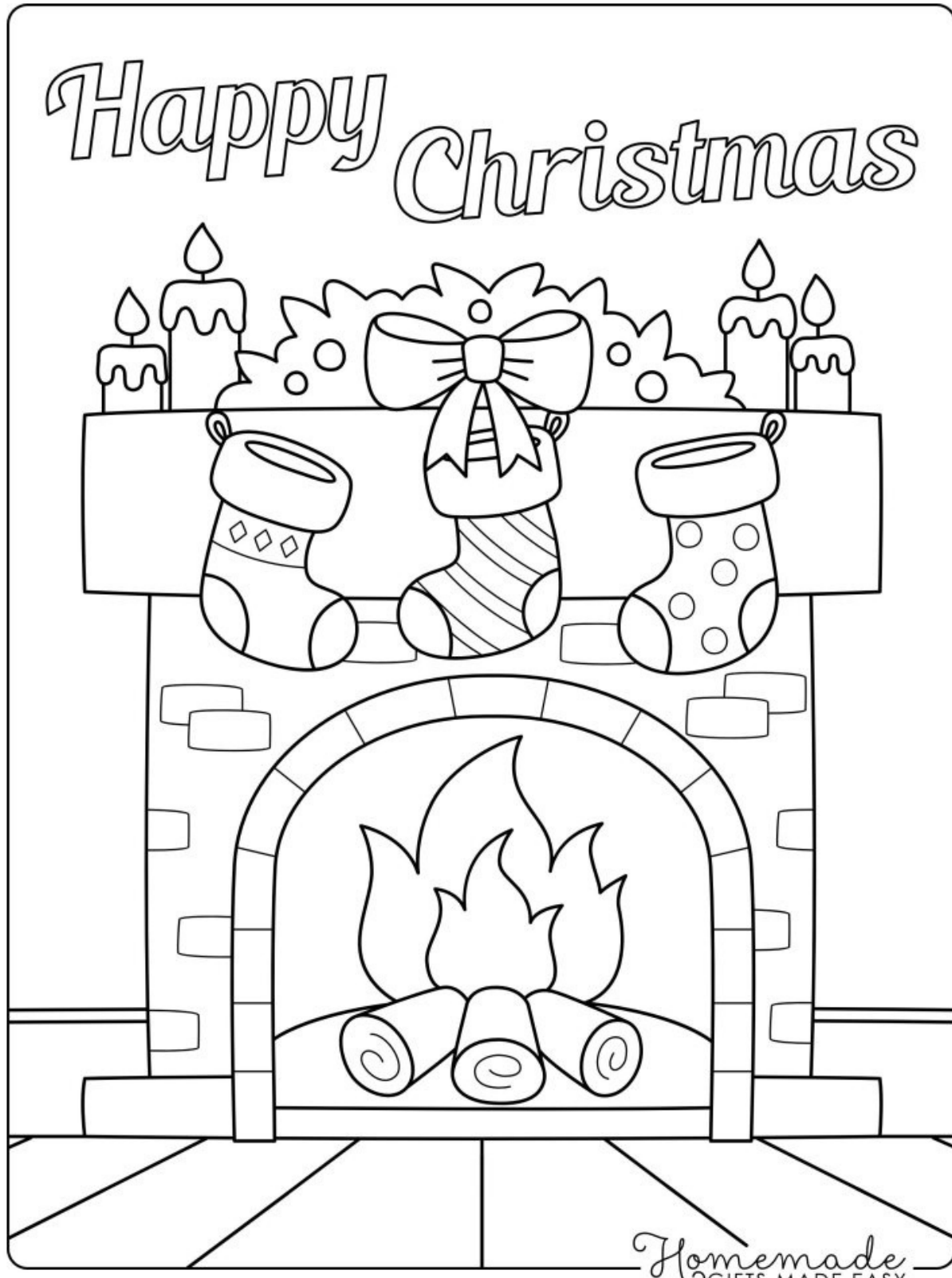


Love
ZAAGI'IDIWIN

CULTURAL CORNER

DEC 2023

MAZINABII'IGEDAA



Homemade
GIFTS MADE EASY



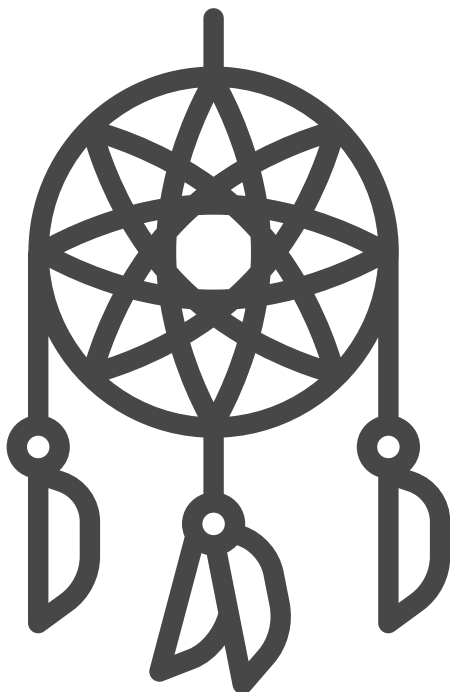
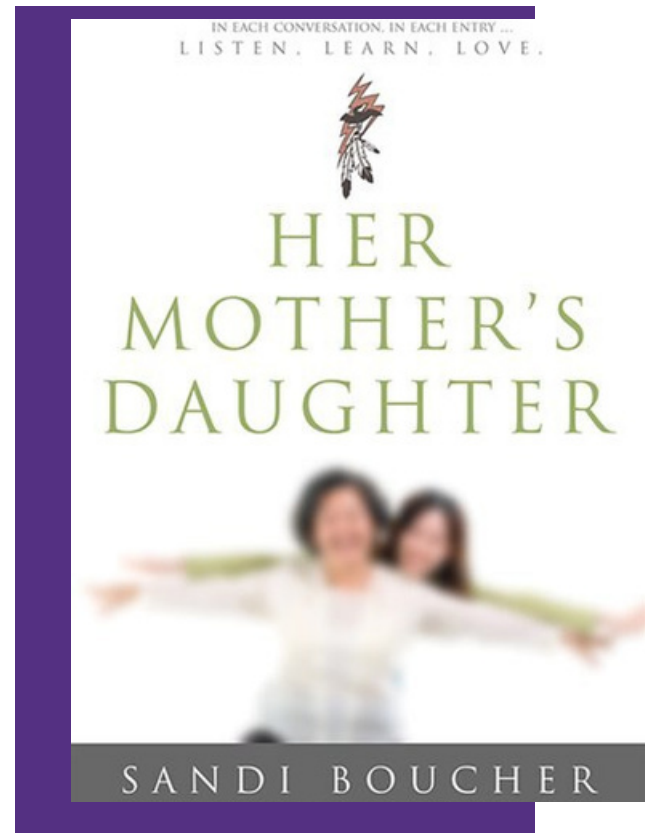
BOOK OF THE MONTH

DEC 2023

HER MOTHER'S DAUGHTER

By Sandi Boucher

Her Mother's Daughter is a daily inspirational guide in the tradition and style laid out in Sandi Boucher's first book "Honorary Indian". "Her Mother's Daughter" once again uses the teachings of the Ojibwe peoples as a basis for life, a guide to finding your inner strength and resolve, a map to finding your true happiness even in this modern world.



Sandi Boucher is a published author and motivational speaker, born and raised in a small Northern Ontario town. A proud member of the Seine River First Nation, Sandi is introducing the world to the Ojibwe teachings of her Mother, using these ageless lessons to show others how to find and enjoy their own strengths and gifts. Her Mother's Daughter is the much anticipated follow-up to Sandi's first book, Honorary Indian that is now being read and enjoyed by men and women across North America and internationally.



IMPORTANT DATES / EVENTS

DECEMBER 1: MMIGW+ TREE LIGHTING CEREMONY @

BHS 5-7PM

DECEMBER 5: SWEAT LODGE CEREMONY @ BHS 6PM

DECEMBER 11: WOMEN'S HAND DRUMMING @

BHS 6-8PM

DECEMBER 12: MEN'S DRUMMING @ BHS 6-8PM

DECEMBER 19: SWEAT LODGE CEREMONY @ BHS 6PM

DECEMBER 22: OFFICES CLOSED AT NOON

REGULAR OFFICE HOURS RESUME JANUARY 8, 2024



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



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