

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



DEBWEWIN (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)



ZAAGI'IDIWIN (LOVE)

-Compassion; empathy; understanding Anishinaabe history

GIWEKWAADIZIWIN (HONESTY)

- Accountability and responsibility

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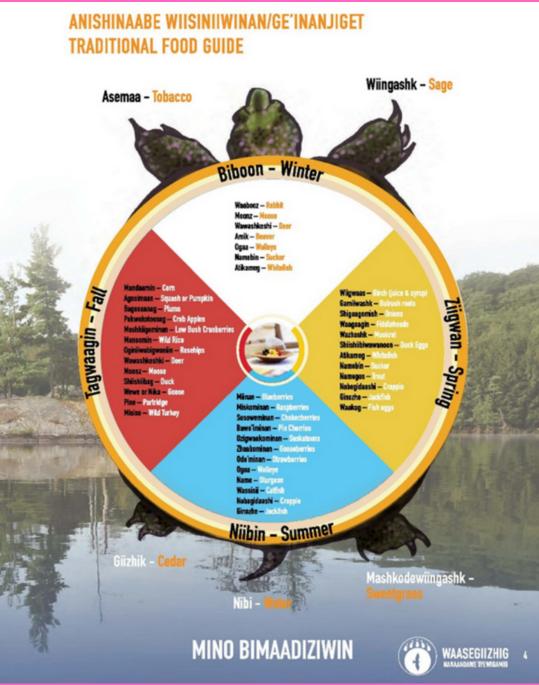
PAGE 24: IMPORTANT DATES AND UPCOMING EVENTS

APRIL 2022



During March, the Child's First Initiative Team celebrated Nutrition Month!

Just like there's many ways to prepare the same miijim (food), there is many ways we can make the future healthy - for ourselves and our community!! **Increasing awareness** about traditional foods is one ingredient!!! Check out this Anishinaabe Wiisiniiwinan/Ge'inanj iget (Traditional Food Guide) developed by @Waasegiizhig Nanaandawe'iyewiga mig to see if you're familiear with any of the foods.



/ews& fighlights

IIIN-E-ZHI-NAA-GOOK SHINAA IIIN-MINIK-OKAA-TINEYAAD NAGE-TA-BA-MAA-SHE





Virtual Elder & Youth Gathering

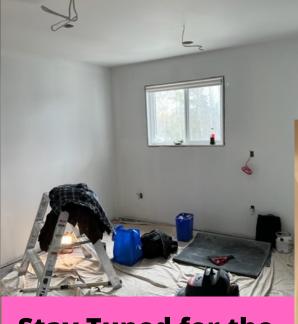
On March 17th-20th. **BHS** held a virtual Youth & Elder gathering with local **Elders & Youth sharing** their stories, knowledge and cultural teachings with participants that joined us from across Canada. Attendance included over 150 participants who had the opportunity to learn and listen to the presentations over the 4 day event.



News & Highlights

We are excited to highlight the renovation project nearing completion at Mino Ayaa Ta Win Healing Centre to include a 3rd bed for Withdrawal Management Services





Stay Tuned for the Finished Renovation Photos!



Q Corner (Quality Improvement)

In this QI Corner we are going to talk a little bit about another very important dimension of Quality in healthcare and that is <u>Client- and Family- Centredness</u>.

As we move ahead in our improvement journey to promote wellness for our people, FFTAHS is increasingly focusing on Client- and Family-Centred Care and has created a Client Family Advisory Committee (CFAC) for this purpose.

What is Client- and Family- Centred Care (CFCC)?

Accreditation Canada defines CFCC as:

"an approach that fosters respectful, compassionate, culturally appropriate, and competent care that is responsive to the needs, values, beliefs, and preferences of clients and their family members. It supports mutually beneficial partnerships between clients, families, and health care service providers.

Client- and family-centred care shifts providers from doing something to or for the client—where the health care provider's perspective is dominant—to doing something with the client—so the health care provider and the client have a true partnership."

2) Corner (Quality) Improvement)

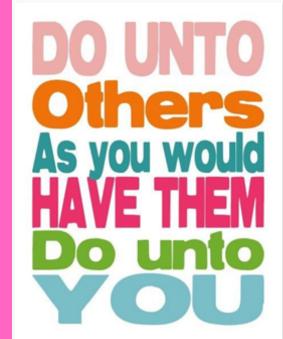
How do we Benefit from this Approach?

Client- and family-centred care will help us improve decision making processes, health outcomes, client experiences, financial management, and safety. It will also lead to more effective risk management. These benefits will be achieved when:

·Clients build the knowledge, skills, and confidence to manage their own health, resulting in improved health outcomes and the reduced use of health services

·Clients form strong relationships with their healthcare providers and take part in shared decision making, resulting in improved decisions and better experiences

·Clients identify opportunities for improvements in their care early in the process, contributing to better risk management and increased safety.



Orner (Quality Improvement)

4 Principles of Client- and Family- Centered Care

- •Respect and dignity. Employees, providers, and volunteers actively listen to clients and families, and honour their ideas and choices. Clients and family are recognized as important members of the care team. Care should be provided in an equitable, culturally appropriate manner.
- •Information sharing. The phrase "nothing about me without me" means clients have the right to receive timely, unbiased, and accurate information about their care. Clients should be supported to make informed decisions about their care.
- •Participation. Clients and families are empowered to participate in their care and decision-making at whatever level they choose. This can be summarized in the "Golden Rule do unto others as you would have done unto you." Employees, providers, and volunteers work with clients and families to provide care collaboratively, and in the way that best meets the needs and goals of the client.
- •Collaboration. Clients and families help co-design health care. They actively participate in developing, implementing, and evaluating health policies and programs; designing healthcare facilities; professional education; and, in the delivery of care.

Who Can I Contact?

For more information or to join our Client Family Advisory Committee (CFAC) you can contact Ginny Heilman by calling 274-2042 or email gheilman@fftahs.org





APRIL IS WORLD AUTISM AWARENESS MONTH April 2nd as World Autism Awareness Day



World Autism Awareness Day (WAAD) is about educating others about the hurdles that people with autism and their circle, face every day. But we also want to celebrate the unique talents of those with autism!

What is autism?

- •A condition related to brain development that impacts how a person views others and socializes with others, causing problems with interacting with others. Also includes limited and repeated patterns of behavior.
- •The term "spectrum" in autism spectrum disorder refers to the wide range of symptoms and severity.
- ·These differences are NOT due to environment or parenting!



If a person with autism doesn't make eye contact when speaking with you, it means...

- A. They are ignoring you
- B. They don't want to talk to you
- C. It might be uncomfortable for them

Do people on the autism spectrum like to be touched?

- A. Some do, some don't
- B. Yes, they do
- C. No, they don't

Some people with autism who speak few or no words...

- A. Are completely unable to communicate
- B. May communicate using other methods
- C. Choose not to communicate

A child with autism who has a meltdown in public...

- A. Should stay at home more
- B. Should be disciplined better by his/her parents
- C. May need time to get comfortable in a new environment



- A. Many
- **B.** None
- C. Few

Looking for the answers? Go here: https://www.autismspeaks.ca/get-involved/participate/world-autism-month/take-the-quiz/





April is Oral Health Month in Canada, with National Dental Hygienists Week™ taking place April 4-10.

This year the Children's Oral Health Initiative (COHI) team is celebrating "Oral Health for Mino Ayawin" which reminds us that taking care of our mouth, teeth and gums positively impacts other aspects of our lives. Maintaining good oral health is essential for Mino Ayawin (good health).

As part of our celebration, we will be raffling off 5 oral health/spring themed baskets, one for each day of the week starting Monday, April 4 – Friday, April 8. To enter, we are encouraging people to post "Oral Health for Mino Ayawin" under each daily post. From there, names will be collected based off the posts from each day and the COHI RDH's will draw five names live on Facebook the following week. Winners will be notified via Facebook by the COHI team.

We would like to recognize our COHI Registered Dental Hygienists Angela DeGagne and Jennifer Mosbeck, as well as our community COHI Aides and the invaluable support they provide to the FFTAHS COHI program. Chi-Miigwech to these women for their dedication to "Oral Health for Mino Ayawin".





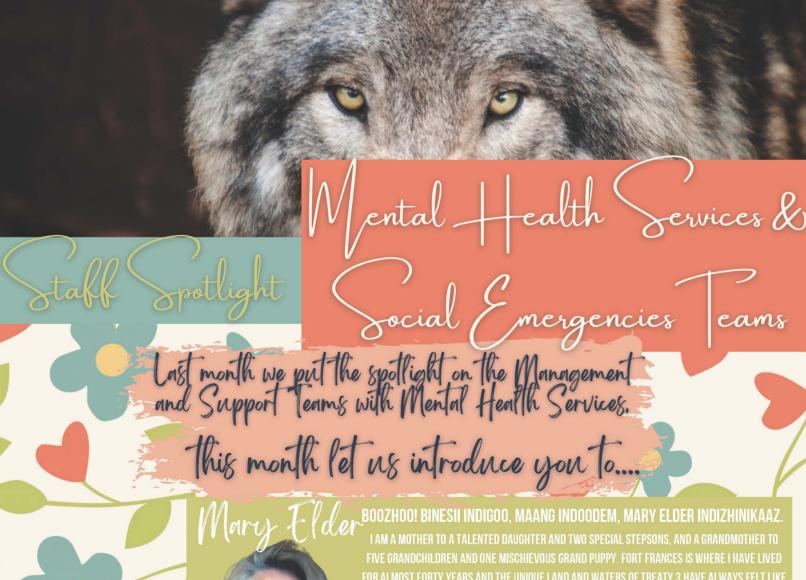
FFTAHS COHI is a community driven early childhood prevention and education dental program that strives to improve and promote optimal oral and overall health utilizing a culturally safe and trauma informed care approach.

COHI SERVICES INCLUDE:

- ·Dental Screenings
- ·Fluoride Varnish Applications
- **·Dental Sealants**
- **·Temporary Fillings**
- ·Silver Diamine Fluoride
- **Dental Cleanings**
- ·Prenatal Oral Health Education
- ·Classroom Presentations
- ·Dental Referrals



"We believe in introducing babies and young children to good oral health practices that are successful, pain-free and fun"



FOR ALMOST FORTY YEARS AND THE UNIQUE LAND AND WATERS OF TREATY 3 HAVE ALWAYS FELT LIKE HOME TO ME. AS ONE OF THE COUNSELLORS AT BHS, I HAVE HAD THE HONOR OF WORKING BESIDE FIRST NATION INDIVIDUALS, COUPLES, AND FAMILIES FOR OVER 25 YEARS. I AM COMMITTED TO A WHOLISTIC APPROACH IN HELPING OTHERS ENHANCE THEIR QUALITY OF LIFE. THROUGHOUT MY MANY

TEACHINGS FROM KNOWLEDGE KEEPERS WHICH HAS SOLIDIFIED MY LONG HELD BELIEF THAT THERE IS SPIRIT AND SACREDNESS IN EVERYTHING. MY PERSONAL INTERESTS INCLUDE SEWING, CRAFTING EFFORTS SUCH AS BEADING AND BIRCH BASKET MAKING, GARDENING, WALKING AND BIKE RIDING, ATTENDING POW-WOWS AND SHARING WITH FAMILY AND FRIENDS.

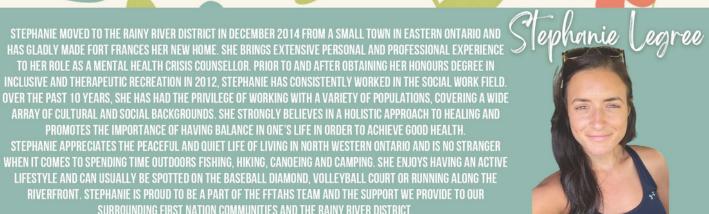
STEPHANIE MOVED TO THE RAINY RIVER DISTRICT IN DECEMBER 2014 FROM A SMALL TOWN IN EASTERN ONTARIO AND HAS GLADLY MADE FORT FRANCES HER NEW HOME. SHE BRINGS EXTENSIVE PERSONAL AND PROFESSIONAL EXPERIENCE TO HER ROLE AS A MENTAL HEALTH CRISIS COUNSELLOR. PRIOR TO AND AFTER OBTAINING HER HONOURS DEGREE IN INCLUSIVE AND THERAPEUTIC RECREATION IN 2012, STEPHANIE HAS CONSISTENTLY WORKED IN THE SOCIAL WORK FIELD

MENTAL HEALTH

THERAPIST

ARRAY OF CULTURAL AND SOCIAL BACKGROUNDS. SHE STRONGLY BELIEVES IN A HOLISTIC APPROACH TO HEALING AND PROMOTES THE IMPORTANCE OF HAVING BALANCE IN ONE'S LIFE IN ORDER TO ACHIEVE GOOD HEALTH STEPHANIE APPRECIATES THE PEACEFUL AND QUIET LIFE OF LIVING IN NORTH WESTERN ONTARIO AND IS NO STRANGER WHEN IT COMES TO SPENDING TIME OUTDOORS FISHING, HIKING, CANOEING AND CAMPING. SHE ENJOYS HAVING AN ACTIVE LIFESTYLE AND CAN USUALLY BE SPOTTED ON THE BASEBALL DIAMOND, VOLLEYBALL COURT OR RUNNING ALONG THE RIVERFRONT. STEPHANIE IS PROUD TO BE A PART OF THE FFTAHS TEAM AND THE SUPPORT WE PROVIDE TO OUR

SURROUNDING FIRST NATION COMMUNITIES AND THE RAINY RIVER DISTRICT.

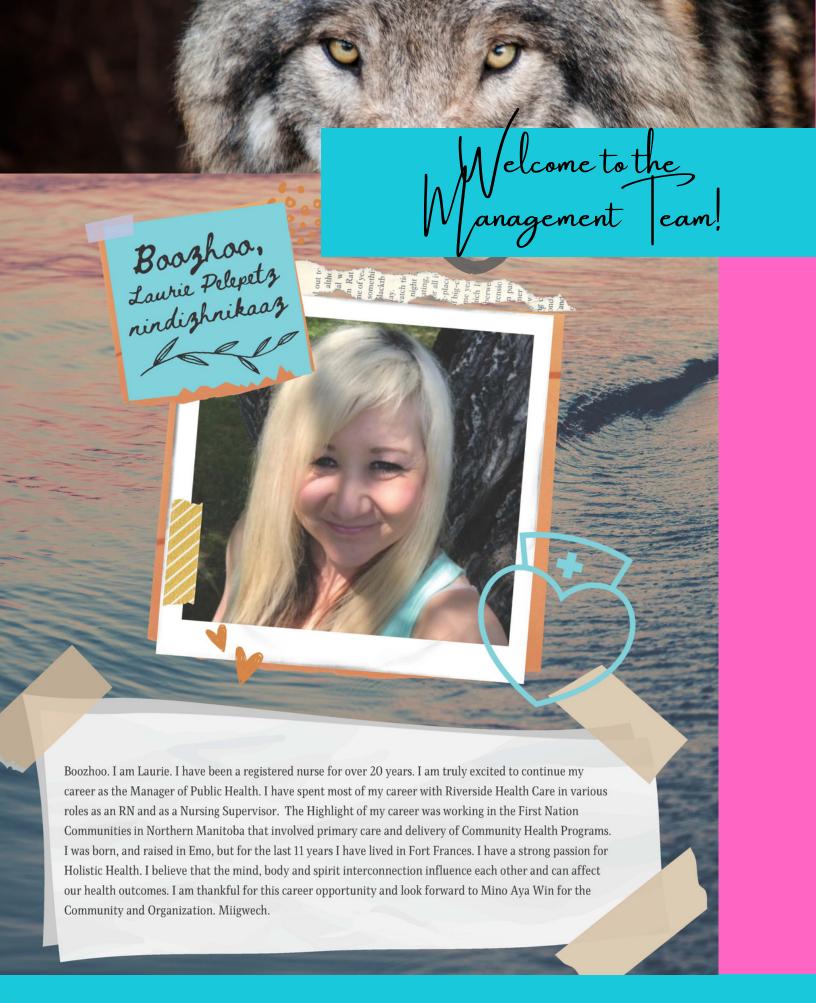


MENTAL HEALTH COUNSELLOR













Mino Ayaa Ta Win Healing Centre co-ed treatment cycle (28-day) at MATW is ending April 18th.

The next treatment cycle is beginning April 26, 2022.

Mino Ayaa Ta Win Healing Centre is open for all withdrawal management services Please call 807-274-7373



WE ARE HERE
TO HELP

Mental Health
Direct
Phone Line

271-0212

Counsellors are available for same day services.

8:30AM-4:30PM Monday-Thursday 8:30AM-4:00PM Fridays

YOU ARE NOT ALONE



Fourth Moon of Creation APRIL

Sugar Bush Moon is the time of new life, when all the water starts running and cleansing the earth. This is the time of healing for our relations; the rocks, plants, animals, and human beings. The sap that runs from the sugar bush tree is the medicine we need for the journeu ahead.

This moon is also known as Sucker Moon, Pink Moon, Breaking Ice Moon, Broken Snowshoe Moon, Frog Moon, Sugar Maker Moon, as well as many others.

APRIL FULL MOON CEREMONY

April 14, 2022 @ 6PM

Please Bring:
A small feast dish
Yellow cloth,
Asemaa (Tobacco)
(Offerings can be provided)
On-site Outdoor Teachings
Behavioural Health Services Building
(601 Kings Hwy)

Registration limited to 10 participants
Register with Audrey
amikkelsen@fftahs.org
Covid-19 Screening and Protocols in effect

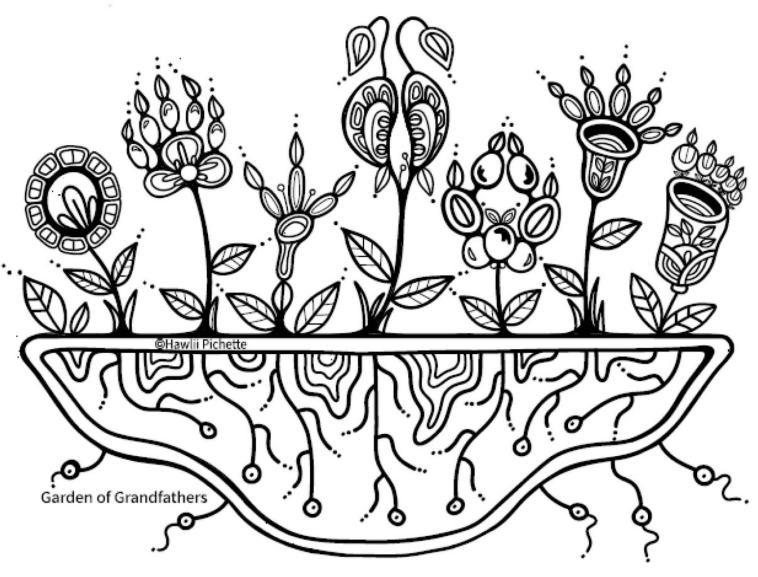


The full moon is a time to honour grandmother moon, ourselves, and the entire female side of Creation. If you are not able to gather with other women, you are encouraged to sit with grandmother moon independently









More free coloring pages go to www.urbaniskwew.com/coloring-pages

To be used as a coloring page only, not to be altered in any way.



CULTURAL CORNER

iigwan

∘ Waabigwan	Flower	0
∘ Bineshiinh	• Bird	0
∘ Manidoosh	• Bug	0
。Memengwaa	• Butterfly	0
∘ Aanakwad	• Cloud	0
∘ Mitig	• Tree	6
• Gaa-waanibiiyaag	• Puddle	0
• Bineshiinh	• Bird	0
• Giizis	• Sun	0
∘ Bimosedaa!	• Let's Walk!	G

www.wakingupojibwe.ca



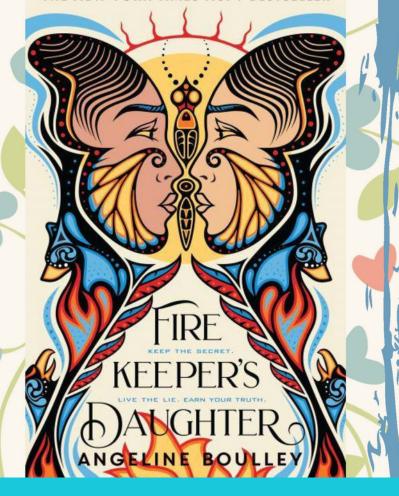






Author Angeline Boulley hails from Sugar Island, an Indigenous settlement between Sault Ste. Marie, Ontario & Sault Ste. Marie, Michigan.

THE NEW YORK TIMES No. 1 BESTSELLER



With one of the most gorgeous covers, this book garnered attention for its art as well as for the story's originality and depth. There is a large amount of young adult fiction out there, but Firekeeper's Daughter gave us a coming-of-age story unlike others you can find right now.

Firekeeper's Daughter introduces us to Daunis Fontaine, an 18-year-old hockey player who is simultaneously trying to figure out her place in the world and taking care of her mother, who is mourning the death of her brother/Daunis's uncle. Daunis meets Jamie, the new kid on her brother's hockey team and they start to form a connection. But when her best friend is killed, Daunis is pulled into a world she didn't even know existed. Going undercover with the FBI as an informant, she works to try to solve the mystery of who is supplying tainted drugs to her community, and tries her best to hold on to what she knows is real and what community she belongs to.

This novel is a masterful coming-of-age and coming-of-culture tale while also being part thriller and part detective story.



Important Pates & (peoming Events

APRIL 11: WOMEN'S DRUMMING 6P.M. @ BHS

APRIL 12: MEN'S DRUMMING 6P.M. @ BHS

APRIL 14: FULL MOON CEREMONY 6 P, M. @ BHS

APRIL 15: GOOD FRIDAY (OFFICES CLOSED)

APRIL 18: EASTER MONDAY (OFFICES CLOSED)

APRIL 25: WOMEN'S DRUMMING 6P.M. @ BHS

APRIL 26: MEN'S DRUMMING 6P.M. @ BHS

For more support please contact:

FFTAHS 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.





FORT FRANCES TRIBAL AREA HEALTH SERVICES

EMPLOYMENT NEWS

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

ABOUT FFTAHS

Fort Frances Tribal Area Health Services (FFTAHS) 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. FFTAHS works closely with the 10 Fort Frances region First Nation communities, partners and funders to improve the health and wellness of the communities it serves.

JOIN OUR TEAM

At Fort Frances Tribal Area Health Services Inc. (FFTAHS) 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/employment

LOCATIONS & HOURS



(807) 274-2042

<u>Administration</u>

1458 Idvlwild Drive Mon. to Thurs. 8:00am-4:00pm Fri. 8:00am-3:30pm

Home & Community Care

1460 Idylwild Drive Mon. to Thurs. 8:00am-3:00pm Fri. 8:00am-2:30pm

Child's First Initiative

375 Scott Street Mon. to Thurs. 8:00am-3:00pm Fri. 8:00am-2:30pm

Diabetes & Foot Care

540 Kings Hwy (Units E) Mon. to Thurs. 8:00am-3:00pm Friday 8:00am-2:30pm

Children's Oral Health Initiative

540 Kings Hwy (Units D) Mon. to Thurs. 8:00am-3:00pm Friday 8:00am-2:30pm

Community Health

540 Kings Hwy (Units D & F) Mon. to Thurs. 8:00am-3:00pm Friday 8:00am-2:30pm

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



Our website is updated with monthly program calendars, community newsletters, all current employment opportunities, and staff contact information Plus so much more!



Our Facebook Page has all the latest program Information, pictures and events! We have giveaways and client surveys, prizes drawn often! Check it out!

Hiring Committee

Mail: P.O. Box 608, Fort Frances, ON, P9A 3M9

E-mail: humanresources@fftahs.org

FFTAHS is an equal opportunity employer, Accessibility accommodations are available for all parts of the recruitment process. While we appreciate all who apply, we will only contact those persons selected for an interview.

Miigwech, thank you.