



Giishkaandago'lkwe
HEALTH SERVICES

NEWSLETTER

April 2023



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



DIBWEWIN (TRUTH)

- Quality assurance, self reflective



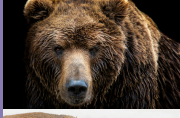
NIBWAKAAWIN (WISDOM)

- 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

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(QUALITY IMPROVEMENT)

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APRIL 2023



News & Highlights

Please welcome

Florence Yerxa

Elders Advisory Council



Community: Couchiching **Clan:** Atik (Caribou)

Florence Yerxa is the new Couchiching First Nation Representative for Giishkaandago'lkwe Health Services Elders Advisory's Council.

Florence is well known in Treaty 3 Territory for having a kind heart and for supporting various organizations with guidance of traditional teachings, ceremonies and openings. Florence takes pride in her family, community, and often reminds us to always love and help each other.

We welcome Florence to our Elders Advisory Council and are grateful for this opportunity to have her join us and look forward to listening to the knowledge and gifts she shares with our employees, elders, and surrounding communities.





International WOMEN'S Day

Wednesday, March 8th was **International Women's Day**; a day to celebrate the social, economic, cultural, and political achievement of women.

The day also marks a call to action for accelerating women's equality. The Rainy River District Women's Shelter of Hope held an event where people could stop by, have some lunch and a snack and visit all of the service provider booths.

The Giishkaandago'lkwe Health Services Intake Coordinator (Stephanie Lance), Mobile Crisis Response Worker (Sara Galusha) and two Treaty Three Police Services co-op students attended this event and had a booth set up to share information about programming and organizational resources.

During this event, there was opportunity for individuals to ask questions about the supports that the organization has available and assisted with referrals.



Pictured above is Stephanie Lance, Emerson Archie, Jailyn Taylor, and Sara Galusha.



2023 Family Sobriety Fishing Derby



Supporting sobriety within ourselves, our families, and our communities.
Miigwech to everyone who came out to enjoy the event!



Kirsten Mikkelsen



Pictured is Yvonne Noonan and family



Val Perrault



Jen Tkachyk and son



Tanya Hughes son





Let's Talk Recovery!

Gigizhebaa Wiisinidaa let's eat together

Join us as we return to offering this exciting program at our 601 Kings Hwy location @ 10 AM. Happening every last Thursday of the month.

Let's Eat Together and Let's Talk Recovery

While we connect and share stories of recovery and wellness we can sit and enjoy our time over a wonderful home cooked breakfast meal.

Our elders have recently given the program an Anishinaabemowin name:

Gigizhebaa Wiisinidaa

We look forward to seeing familiar faces and new ones as we reconnect through this recovery program for wellness and healing."





Q Corner (Quality Improvement)

Below are updates of Home and Community Care, Diabetes and Foot Care, Children's Oral Health Initiative, and Mino Ayaa Ta Win Healing Centre from our Quarterly Service Report period of October 1 - December 31, 2022!

At Home and Community Care, the Palliative Care Coordinator

participates in various campaigns and co-planning education sessions across the district. Knowledge sharing meetings continue to take place with organizations across the region to discuss implementation of palliative/end of life services in the First Nation communities, specifically utilization of standardized assessment tools and the importance of early identification.

The Diabetes Education program continues to collaborate with the Rainy River

District Ontario Health Team (RRDOHT) Diabetes Sub-Committee throughout this quarter to advance the planning on the centralized referral system for the northwest region.

The Children's Oral Health Initiative team continued to support children in accessing dental supports through Jordan's Principle and submitted six dental related funding proposals during this quarter.

At Mino Ayaa Ta Win Healing Centre, we have currently expanded our services to provide addiction medicine and the Rapid Access Addiction Medicine Clinic (RAAM) philosophy within the 10 First Nation Communities. The Community Addiction Nursing program has 117 active clients on their caseloads.





Health and Wellness



World Autism Awareness Day is about educating others about the hurdles that people with autism and their caregivers face every day. But we also want to celebrate the talents of those with autism! People with autism have a unique way of seeing the world around them. I encourage you on this day to ask someone with autism to tell you what matters to them and why!

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!





Smiles for the Future

ZHOOMIINGWEWINAN NIIGAAN EYAAGIN

April is Oral Health Month in Canada.

Oral Health Month serves as a reminder of the importance of good oral hygiene for Mino Ayawin (good health).

The Children's Oral Health Initiative (COHI) believes in introducing babies and young children to good oral health practices that are successful, pain-free and fun. **To recognize National Dental Hygienists Week™ running April 4-10, we are highlighting some of the many smiling faces of the COHI program.**



Angela DeGagne and Jennifer Mosbeck

As part of our celebration, we will be raffling off an oral health/spring themed basket. To enter, we are encouraging people to post "Smiles for the Future" under each daily post from April 4 - 6. From there, names will be collected based off the posts from each day and the winner will be drawn on Tuesday April 11, 2023. The winner will be notified via Facebook by the COHI team.

We would also like to recognize our community COHI Aides and the invaluable support they provide to the COHI program. **Chi-Miigwech to this team for their dedication to "Oral Health for Mino Ayawin"**





Smiles for the Future

National Dental Hygienists Week™ running April 4-10. Below are highlights of the many smiling faces of the COHI program!





Staff Features

Brandis Oliver, Memengwaawag Liaison

Boozhoo! My name is Brandis Oliver and I am the Memengwaawag Liaison at Behavioural Health Services. I recently graduated from Laurentian University where I obtained my Bachelor's Degree in Indigenous Social Work in 2021. I enjoy developing programs, building presentations, and I am a lifelong learner. I enjoy spending time with my children, exercising, and singing. I really enjoy my job and hope to stay with the organization for a lifelong career.

Mary Elder, Mental Health Therapist

Boozhoo, Mary Elder, Binesi (Thunderbird), maang indoodem. I have enjoyed the many capacities as a Mental Health Therapist with the organization for over 27 years. I have watched the program grow into a traditionally centered support for our clients. It has been one of the most rewarding experiences by supporting people as they address personal issues by working towards an enhanced quality of living. It is an honour to walk beside those who have the courage to address and then, to create the change in their lives.

Stephanie Legree, Mental Health Counsellor

Boozhoo! My name is Stephanie Legree, I am one of the Mental Health Counsellors at Behavioural Health Services. I have been with the organization for 5.5 years. I am originally from Eastern Ontario, I moved to North Western Ontario 9 years ago with my husband. We now call Fort Frances our home. You can find me on the ball field, running along the water front or paddling around Quetico Provincial Park. Working with our surrounding 10 First Nation communities has brought me such joy and I am so grateful that I can do what I love everyday. I look forward to many more years working with Giishkaandago'lkwe Health Services. Miigwech.





Mental Health Service, & Withdrawal Management Services

Services We Offer

Withdrawal Management Services

Provides medically supervised detox services with comprehensive case management and aftercare planning.

Residential Treatment Services Update

- In-person Residential Treatment is scheduled to resume on April 18, 2023.



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





COMMUNITY ADDICTIONS SERVICES

RAPID ACCESS TO
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.

FOR INFORMATION
CONTACT JODY
274-2042 ext 6233
jmaguire@fftahs.org



Giishkaandago'ikwe
HEALTH SERVICES





Fourth Moon of Creation
"Iskigamizige Giizis"

April



**FULL MOON &
WOMEN'S SWEAT
LODGE CEREMONY**

APRIL 6 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), skirt & piece of Yellow Cloth (Offerings can be provided).

For more information please call 807-274-2042.

*Covid-19 Screening in effect

Artist unknown

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 journey 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.





CULTURAL CORNER

Let's Practice Anishinaabemowin

Ziigwan	Spring
Waabigwan	Flower
Asin	Rock
Aniibiish	Leaf
Manidoosh	Bug
Mitig	Tree
Waanakwad	Cloud
Bineshiinh	Bird
Gaa-waanibiiyaag	Puddle
Giizis	Sun
Gimiwan	Rain
Bimosedaa!	Let's Walk!





CULTURAL CORNER

Mazinabii'igedaa

From Earth To Sky
by Christi Belcourt

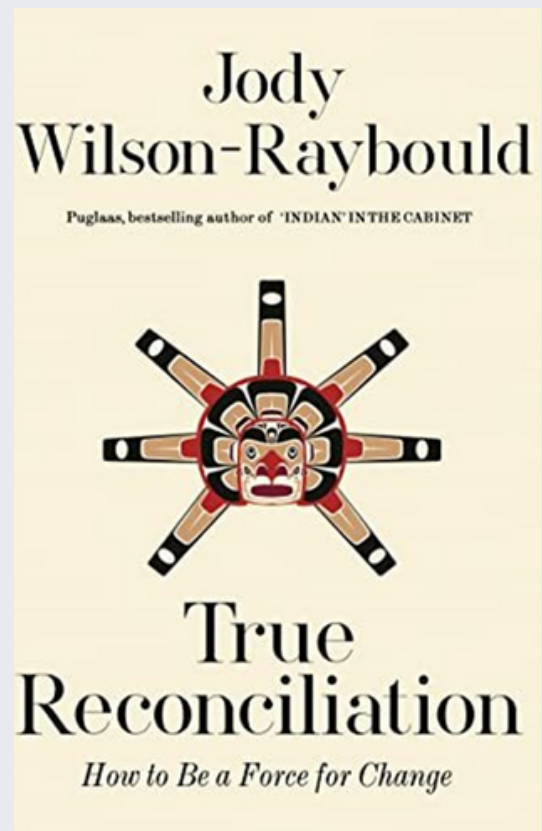




Book of the Month

True Reconciliation

There is one question Canadians have asked Jody Wilson-Raybould more than any other: What can I do to help advance reconciliation? Jody Wilson-Raybould is known for her time as a leader of British Columbia's First Nations, as a Member of Parliament, as Minister of Justice and Attorney General. *True Reconciliation* is broken down into three core practices—Learn, Understand, and Act—that can be applied by individuals, communities, organizations, and governments. Throughout the book, the author shares her voice and experience with others who tell their stories, illustrated with helpful sidebars and infographics, as well as historical timelines. To help with the practices of learning, understanding, and acting, there is a planning guide at the end of the book—to help the reader translate words into action for themselves as individuals, for their communities, organizations, and governments at all levels. The ultimate and achievable goal of *True Reconciliation* is to break down the silos we've created that prevent meaningful change, to be empowered to increasingly act as 'inbetweeners,' and to take full advantage of this moment in our history to positively transform the country into a place we can all be proud of.





Important Dates & Upcoming Events

APR 04: SWEATLODGE CEREMONY @ BHS 6 PM

APR 06: FULL MOON & WOMEN'S SWEATLODGE
CEREMONY @ BHS 6 PM

APR 07: GOOD FRIDAY (OFFICE CLOSURE)

APR 10: EASTER MONDAY (OFFICE CLOSURE)

APR 11: WOMEN'S HAND DRUMMING @ BHS 6 PM

APR 11: MEN'S HAND DRUMMING @ BHS 6 PM

APR 18: SWEATLODGE CEREMONY @ BHS 6 PM

APR 24: WOMEN'S HAND DRUMMING @ BHS 6 PM

APR 25: MEN'S HAND DRUMMING @ BHS 6 PM

APR 26: TEEN NIGHT @ BHS 5 PM



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.*





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

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



Find our
Newsletters and
more on our
website
www.fftahs.com
or
Scan the QR Code



To request a copy of the
Newsletter by mail or e-mail,
please call
(807) 274-2042, press 0.

