



GIISHKAANDAGO'IKWE

HEALTH SERVICES

NEWSLETTER

BIBOON (WINTER) 2025

OUR MISSION, VISION & VALUES

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).



Truth



Wisdom



Love



Respect



Bravery



Honesty



Humility



Forgiveness

IN THIS ISSUE:

TRUTH

Notable Dates	02
Corporate Highlights	03

WISDOM

Winter Driving Tips	07
Tech Corner	08
Brush, Book, Bed	09
Respiratory Vaccines	11

LOVE

Bell Let's Talk Day	12
Winter Self Care	13

RESPECT

Cultural Corner	14
-----------------	----

BRAVERY

Healing Spirit	16
----------------	----

HONESTY

Guiding Impact	17
----------------	----

HUMILITY

Contact Us/Join Our Team	18
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Truth
DEBWEWIN

NOTABLE DATES

RECOGNIZED MONTHS/DAYS

DECEMBER 6 – NATIONAL DAY OF REMEMBRANCE & ACTION ON VIOLENCE AGAINST WOMEN

DECEMBER 21 – WINTER SOLSTICE

JANUARY 4 – RIBBON SKIRT DAY

JANUARY 22 – BELL LET'S TALK DAY

FEBRUARY – HEART HEALTH MONTH

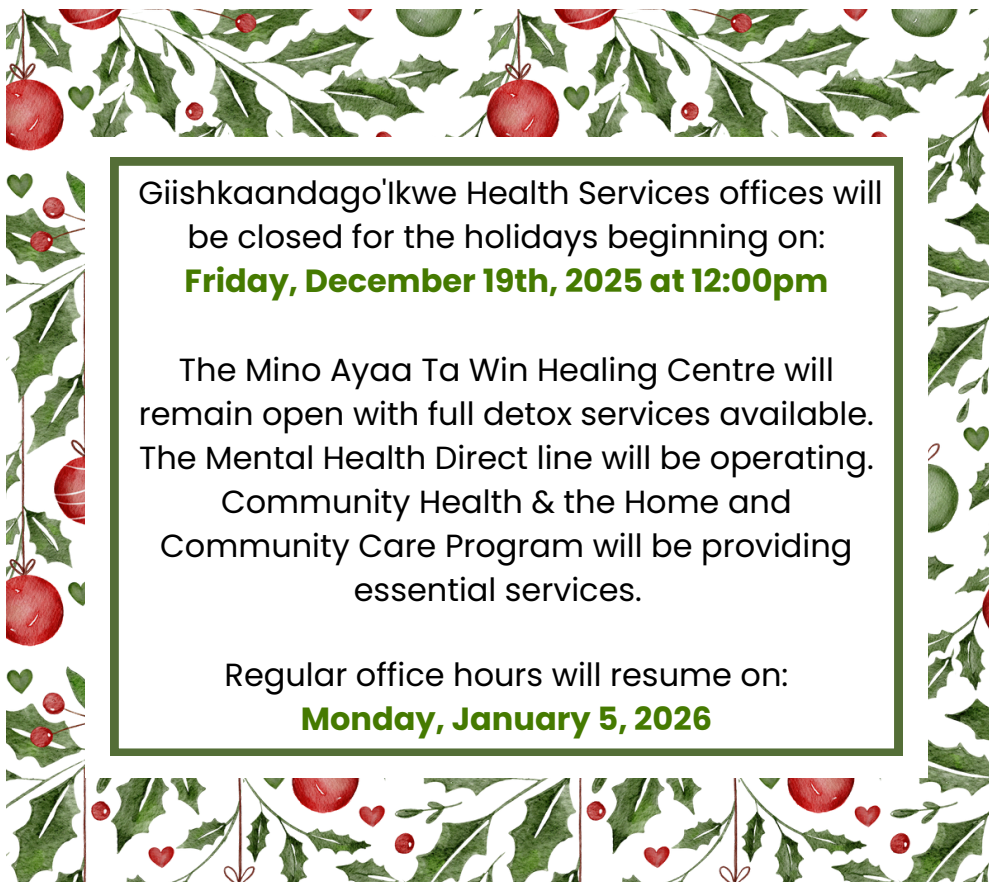
FEBRUARY – NATIONAL THERAPEUTIC RECREATION MONTH

FEBRUARY 14 – HAVE A HEART DAY

FEBRUARY 16 – FAMILY DAY

FEBRUARY 21 – MENTAL HEALTH NURSES DAY

FEBRUARY 26 – PINK SHIRT DAY



Giishkaandago'lkwe Health Services offices will be closed for the holidays beginning on:
Friday, December 19th, 2025 at 12:00pm

The Mino Ayaa Ta Win Healing Centre will remain open with full detox services available. The Mental Health Direct line will be operating. Community Health & the Home and Community Care Program will be providing essential services.

Regular office hours will resume on:
Monday, January 5, 2026

UPCOMING OFFICE CLOSURES

Holiday Office Closure as above
Monday, February 16th – Family Day

The Mino Ayaa Ta Win Healing Centre will remain open with full detox services available during office closures. Please call **807-274-7373** for more information.



If you are in crisis, please call Crisis response Services at
1-866-888-8988

In the event of an emergency, please call 911 or the emergency service number in your community.



Truth



CORPORATE HIGHLIGHTS

ANNUAL GENERAL MEETING

Our AGM was held on Thursday, September 11th at the Couchiching Multi-Use Centre, where we celebrated the accomplishments of the 2024–25 fiscal year.

Senior Management shared reports that highlighted both client service statistics and the remarkable achievements of the entire Giishkaandago'lkwe team.

"We wish to extend our heartfelt gratitude to all of our employees who continue to work compassionately and tirelessly to serve our clients and their families," said Chief Executive Officer Kayla Caul-Chartier.

Sincere appreciation was also extended to our community workers, front-line staff, community members, and our Elders' Advisory Council.



During the meeting, elections for the Board of Directors were held. Congratulations to:

- Deborah Ludeman, Chair
- Earl Klyne, Vice-Chair
- Wayne Smith, Secretary/Treasurer.

The morning concluded with a shared lunch among our Elders, Board of Directors, and staff.

As we look ahead, we recognize that our work is not finished. With dedication, collaboration, and commitment to our shared vision, we will continue to build on our successes and create meaningful change for Mino Ayawin.

The Annual Report can be found on our website at: <https://www.fftahs.com/annual-general-reports>

HCC NEW OFFICE OPENING



To better service our clients, the Home & Community Care team moved into it's new location at 300 Sinclair St. in August.

On Friday, September 12th a traditional opening was held with elder Hazel Copenace blessing the space. The ceremony was followed by an Open House.





ORANGE SHIRT DAY

On September 30th, we gathered with community, friends and family to honour Orange Shirt Day – a time to remember that Every Child Matters, to honour the Survivors, and those that did not make it home.

Through stories, songs, and sharing, we walked together in reflection, healing, and hope.

Miigwech to our Elders who guided us during the planning stages, to everyone who joined us, and to our organizing partners who continue to stand with Survivors and future generations





MOON TIME CONNECTIONS FACILITATOR TRAINING AND MOON TIME 101 PRESENTATIONS



Through the Indigenous Midwifery Program, Moon Time Connections facilitator training was secured for up to 10 participants.

This training is offered to programs and organizations delivering services in Community and to Community members on how to deliver Moon Time presentations within their community. Moon Time Connections is a national Indigenous-led period equity group, under the umbrella of True North Aid that is supporting Indigenous menstruators by ensuring they have access to menstrual products, and by providing vital menstrual education.

Facilitator training took place on September 24th and 25th, 2025. Elder Midwife, Elaine Ross, Community Health Nurses and a Home and Community Care Nurse completed the facilitators training and can now provide Moon Time 101 presentations in Community.

Presentation are interactive and adapted for specific groups:

Moon Time 101 for Ages 9 – 12

Moon Time 101 for Ages 13 – 18

Moon time 101 for Ages 18 +

For Caregivers – How to Talk to Youth About Moon Time



TOPICS INCLUDE:

What is a Moon Time?

Moon Time feelings and experiences

Teachings from Community Elder – Knowledge Keeper

Traditional Medicines to support your Moon Time

Introduction to PCOS & Endometriosis

Menstrual tracking apps

Period product how to's and demo

PLUS create your own Moon Time Starter or Emergency Kits to Take Home –

includes free period products.

*If you would like a Moon Time workshop in your Community, please call the
Maternal Child Health Program at (807)274-2042 ext. 5273.*

We are happy to work with you to arrange a presentation that fits your needs!



COHI PROFESSIONAL DEVELOPMENT

From September 26–28, 2025, the COHI team attended the International Association of Orofacial Myology (IAOM) Summit for Elevated Myofunctional Health in Salt Lake City, Utah. The event was a great chance to learn from top experts in airway health and myofunctional therapy.

Myofunctional therapy is a series of exercises that help retrain the muscles of the face, tongue, lips, and throat so they work the way they should. For children, these exercises can improve breathing, chewing, and swallowing.

They may also help with issues such as:

- Orofacial myofunctional disorders (OMDs)
- Mouth breathing
- Tongue thrust
- Improper oral rest posture
- Sleep-disordered breathing
- Orthodontic relapse prevention

At the summit, experts shared how many common issues—like restless sleep, daytime tiredness, ADHD, snoring, allergies, mouth breathing, crooked teeth, dark circles under the eyes, swollen tonsils, bed-wetting, and even trouble in school—can be connected to narrow airways or underdeveloped jaws.



The COHI team also learned fun and creative ways to make therapy more enjoyable for kids. When therapy feels like play, children are more motivated and see better results!

Early detection and intervention are essential, as they can positively affect growth and development and enhance overall quality of life. The COHI team is excited to bring these insights into their practice to help children and families achieve better Mino Ayawin (good health).



We extend a huge congratulations to our managers who graduated from their First Nations Health Managers Association Course and received their FNHMA certification this week!

We are so proud of all their hard work and dedication, and are grateful that the knowledge and insights gained will have a positive impact on our team and organization.

Wishing our graduates continued success and many more accomplishments ahead.

Pictured L-R:

Denise Audette, Manager of Child's First Initiative

Audrey Mikkelsen, Director of Behavioural Health Services

Deirdre O'Sullivan-Drombolis, Director of Home and Community Care

Christy Herr, Manager of Public Health

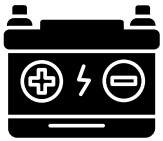
Nicki Sandelovich, Manager of Withdrawal Management and RAAM



WINTER DRIVING TIPS



Plug in your vehicle during extreme cold to ensure it starts



Cold weather batteries – test and replace if needed



Keep gas tank at least half full, top up antifreeze and windshield washer fluid rated for -40C



Have an Emergency kit that include blankets, extra clothing, non-perishable food, water, candles, matches, flashlight, first-aid kit, shovel, traction aids (sand/kitty litter), and booster cables.

PLAN AHEAD

- Know weather conditions before leaving.
- Share your travel plans and estimated arrival time.
- Stay home during blizzards, whiteouts, or extreme cold warnings.

ON THE ROAD

- Drive to conditions—snow, ice, and gravel roads require reduced speed.
- Stay Visible: Use headlights (low beam in snow/fog). Keep lights and mirrors clear.
- No Sudden Moves: Accelerate, brake, and steer gently to avoid skidding.

IF YOU GET STUCK OR STRANDED

- Stay with Your Vehicle: It provides shelter and makes it easier for rescuers to find you.
- Run Engine Safely: Run for 10 minutes every hour, with a window slightly open and exhaust pipe clear of snow.
- Signal for Help: Tie a bright cloth to your antenna or hang it out the window.



TECH CORNER - PHISHING EMAILS

A phishing email is a **fraudulent message designed to trick you into revealing sensitive information**, like passwords, credit card numbers, or personal details. It pretends to be from a legitimate and trusted source, such as a bank or a well-known company, to deceive the recipient. Phishing emails **often use urgent language, fake links, or malicious attachments to trick you into providing data or downloading malware** onto your computer.

RED FLAGS TO LOOK FOR:

- 🚩 **Urgent or threatening tone:** Scammers often create a false sense of panic, with messages claiming "immediate action is required" to avoid account suspension, fines, or other penalties.
- 🚩 **Requests for personal information:** Legitimate banks and government agencies will never ask for sensitive data like Social Insurance Numbers, passwords, or credit card details via email.
- 🚩 **Generic or unusual greeting:** Be wary of emails that use vague salutations like "Dear Valued Customer" instead of your actual name.
- 🚩 **Links that don't match the destination:** Hover the mouse over a link without clicking to see the true web address. If it doesn't match the legitimate organization's website, it's a scam.
- 🚩 **Misspelled domain names:** Check the sender's email address for subtle misspellings of a company name, such as "[micros0ft.com](mailto:microsoft.com)" instead of "microsoft.com".
- 🚩 **Attachments from unknown senders:** Avoid downloading any file from an unexpected email, as it could contain malware.
- 🚩 **Offers that seem too good to be true:** Be suspicious of notifications that you have won a lottery or prize from a contest you never entered.
- 🚩 **Requests for unusual payments:** Scammers often demand payment via gift cards or wire transfers, which are difficult to trace and recover.



When in doubt, delete it.

If an email looks suspicious, the safest action is to simply delete it. If it was a legitimate communication, the sender will find another way to reach you.



Make direct contact.

For any urgent request, call the company or person directly using a phone number you know is correct—not one from the email itself.



Create a trusted support system.

Set up a "phishing buddy" or a trusted family member to review emails together, especially if a message feels confusing or high-pressure.



Use anti-virus software.

Modern anti-virus and anti-malware programs can provide an extra layer of protection by detecting and blocking common phishing attempts automatically.



Use a password manager.

For those who struggle to manage multiple passwords, a password manager can help create and store strong, unique passwords for every account, which minimizes damage if one account is compromised.



GIISHKAANDAGO'IKWE

HEALTH SERVICES
CHILD'S FIRST INITIATIVE
CHILDREN'S ORAL HEALTH INITIATIVE

Brush, Book, Bed

Age 4-6



GIZIYAABIDE'ON – BRUSH

- Children still need assistance with brushing at this age. Once a child is able to write (not print) their name, they should be able to properly brush on their own.
- Allow children to brush independently in the morning with a thorough adult assisted brushing at night.
- Children over 3 years of age need only a small amount of fluoridated toothpaste (the size of a small green pea.)
- Once teeth grow closer together and are touching, begin flossing every night. Assist until they are able to floss on their own (usually around 9 years old.)



MAZINA'IGAN – BOOK

- Make the book come to life by adding fun sound effects and noises to accompany the story. "Let's growl like a bear."
- Highlight words that rhyme "cat and hat... they rhyme, can you think of another word that sounds the same."
- Point to letters in the book that are in the child's name.
- Show the child that words are everywhere... on food boxes, on street signs and at the store.
- Link the story to a personal experience. Example "remember the time we went fishing..."
- In addition to reading a book, try oral story telling. Sharing stories and traditional teachings are both important and impactful.

NIBAAWIN – BED

- Half an hour before bedtime reduce stimulants (loud noises, bright lights, TV or other screen devices.)
- Bedtime should start at the same time and have the same steps each night.
- Read or tell stories, sing quiet and soft songs.
- At this age some children start to express worries or anxiety about the day's events. Listen to these worries, provide comfort and help children feel at ease about the situation.
- Allow a comfort item such as blanket or stuffed toy and leave the room while the child is still awake.





GIISHKAANDAGO'IKWE

HEALTH SERVICES

CHILD'S FIRST INITIATIVE
CHILDREN'S ORAL HEALTH INITIATIVE

Brush, Book, Bed

Age 4-6

EXTRA TIPS FOR A HEALTHY NIGHT SLEEP



- Routine should be the same between all adults and households where the child sleeps.
- Screen time should not be part of the bedtime routine, with a daily limit of 2 hours.
- Research shows spending too much time in front of a screen can hurt a child's language development, as well as physical and mental health.
- Avoid high sugar and caffeinated drinks before bedtime.
- Typically school age children no longer need to nap.
- School age children sleep 9 – 12 hours in a 24 hour period.
- Be consistent and firm when establishing a bedtime routine.
- Set limits with love.



LOOK FOR BRUSH, BOOK, BED FOR ADDITIONAL
AGES IN FUTURE NEWSLETTERS



RESPIRATORY VACCINES

Respiratory illness season has arrived once again! The best way to protect yourself and your loved ones is to stay up to date with recommended vaccines.

An annual influenza (flu) vaccine and the latest COVID-19 vaccine provide the strongest defense against severe illness and help prevent unnecessary hospital visits. Both vaccines are recommended for everyone 6 months of age and older.

- Influenza and Covid-19 vaccines will be available for individuals aged 6 months and older
- High Dose Influenza vaccine (for adults 65+) will be offered, but supplies are limited



RSV PREVENTION

Ontario's publicly funded RSV prevention program eligibility for the 2025-2026 fall season will be as follows:

- ☒ All individuals aged 75 and older (new this season)

Individuals 60-74 years of age who are:

- ☒ Individuals who identify as First Nations, Inuit or Metis
- ☒ Residents of long-term care homes, Elder Care Lodges or retirement homes
- ☒ Hospital patients receiving alternate level of care
- ☒ Patients with glomerulonephritis who are moderately to severely immunocompromised
- ☒ Patients receiving hemodialysis or peritoneal dialysis
- ☒ Recipients of solid organ or hematopoietic stem cell transplants
- ☒ Individuals experiencing homelessness

**Protect yourself, your family and your community this fall & winter
GET VACCINATED!**



Love
ZAAGI'DIWIN

Bell



January 21, 2026

#BellLetsTalk



Let's Talk About **Mental Health**

Start a conversation and **break the stigma.**

Treaty Three Police (888) 310-1122

O.P.P 911 and (807) 274-7777

Giishkaandago 'Ikwe Mental Health Line (807) 271-0212

Victim Services (807)274-5687

Talk for Healing (855) 554-HEAL

Kids Help Phone (800) 668-6868

Hope for Wellness (855) 242-3310

Joint Mobile Crisis Response 807-274-2347

Suicide & Crisis Lifeline 988



GIISHKAANDAGO'IKWE
— HEALTH SERVICES —



WINTER SELF-CARE

Recognize the importance of maintaining balance and ensuring wellness in the areas of physical, mental, emotional & spiritual health.

Not sure where to start? Here are some simple ideas to get you started...

Drink a glass of water

Listen to music you love, drum or attend a powwow

Set goals for the next month

Read a book or re-read one of your favourites

Find a new podcast to listen to

Attend a sweatlodge ceremony

Sit by a stream and listen to the water

Call a Friend or Family Member

Get moving by dancing, doing yoga or stretching





Respect
MANA'AJI'IDIWIN

CULTURAL CORNER



WINTER SOLSTICE

The Anshinaabe Winter Solstice will be on December 21, 2025. It is known as the first day of winter in the northern hemisphere.

Also known as the shortest day and the longest night. To many, it represents a time to look forward to the New Year.

AADIZOOKAAN

Winter time is the time when Aadizookaan, sacred stories, are shared in Anishinaabe culture.

Traditionally the “legends” are told during the winter months when snow is on the ground. This is the only suitable time to share these teachings.

Winter is the time to gather with friends and family to share the teachings known as Aadizookaan.



NATIONAL RIBBON SKIRT DAY

January 4th is National Ribbon Skirt Day, a day to honour the identity, traditions, and strength of Indigenous women and girls. The day was inspired by grade 5 student, Isabella Kulak of Cote First Nation, who was told her ribbon skirt wasn't appropriate attire for a “formal dress day” at school. We encourage all to wear ribbon clothing with pride on January 4th, 2026.



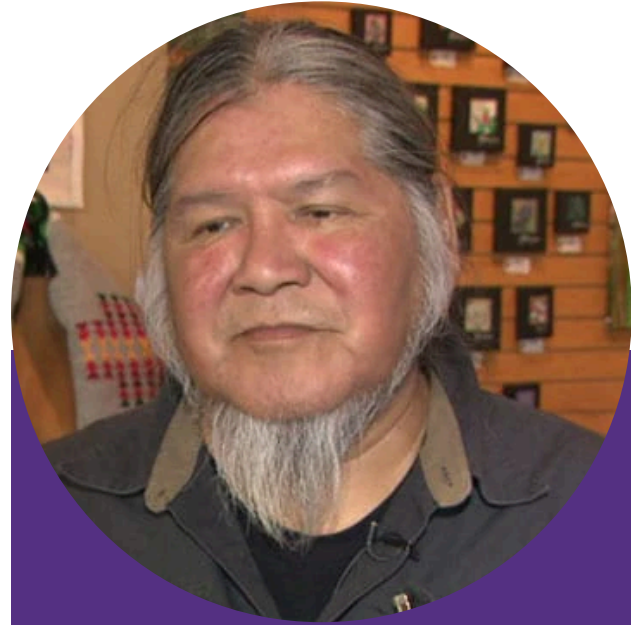
ANISHINAABE WORDS OF THE SEASON

HOLIDAY WORDS

Anang	Star
Anangoons	Little Star
Mitig	Tree
Magoshe'iwewin(an)	Gift(s)
Zasegaachigan(an)	Decoration(s)
Waaskonenjigan(an)	Light(s)
Zenibaa(yag)	Ribbon(s)
Bakwezhiganiiwiniiniins	Gingerbread Man
Ziinzibaakwadoons(an)	Candy(s)
Gooniwinini	Snoman
Adik(wag)	Reindeer(s)

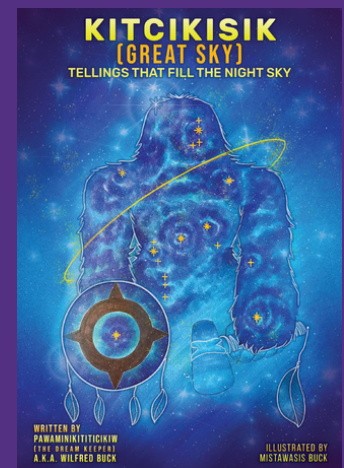
WINTER WEATHER WORDS

Niiskaadad	It is nasty, bad weather
Biiwan	There is drifting snow
Waawaate	Northern Lights
Biiwebiisaa	Light Snow
Anangokaa	Starry Night
Gisinaa	It is Cold



Pawaminikititickiw, Wilfred Buck, is an Ininew/Cree, Knowledge and Dream Keeper of the Opaskwayak Cree Nation of Northern Manitoba.

He is the author of Tipiskawi Kisik: Night Sky Star stories, and I Have Lived Four Lives, a memoir. Kitcikisik (Great Sky): Tellings That Fill the Night Sky features Indigenous Star Knowledge and is the second edition of Tipiskawi Kisik.



The stars of the Big Dipper are the focus of Kitcikisik (Great Sky) Tellings That Fill the Night Sky. In this book we hear of Mista Muskwa (Great Bear), Mikisiw Mikwun Atik (Eagle Staff), Mistatim (Horse) and Ocik (Fisher). Cree and Cree syllabics, images, diagrams, constellation maps, original artwork are included in Kitcikisik.



Bravery
ZOONGIDEWIN

HEALING SPIRIT

MINO AYAA TA WIN TREATMENT CENTRE WITHDRAWAL MANAGEMENT RAAM

MEDICALLY SUPERVISED WITHDRAWAL MANAGEMENT (DETOX)

- ♥ 3 beds available; first come, first serve basis
- ♥ Nursing staff on duty 24 hours a day, 7 days a week
- ♥ Short term; length of stay varies by individual
- ♥ For adults 18 years and older
- ♥ Case management; referrals to RAAM, assist with aftercare plans
- ♥ Clients must complete a pre-screen questionnaire with nurse to determine eligibility

To complete a pre-screen please call
(807) 274-7373
to speak with the on duty nurse

RAPID ACCESS ADDICTION MEDICINE

- ♥ The overall goal of the RAAM model is to stabilize patients in the short term and subsequently link them to community care provider(s) for ongoing monitoring, support and rehabilitation of their substance use disorder
- ♥ RAAM is accepting of all clients 16+ - no referral is necessary
- ♥ RAAM provides evidence based addiction medicine, which includes Buprenorphine (Subobone/Sublocade), and alcohol urge reduction medication



To make an appointment, please call
(807) 274-2042 ex. 6230
or text/call (807) 789-2025



MENTAL HEALTH DIRECT LINE

If you are in need of urgent same day/walk-in mental health stabilization supports, please call the Mental Health Direct Line.

1-807-271-0212

Available Monday – Thursday 8:30 a.m. – 4:30 p.m.

Friday 8:30 a.m. – 4:00 p.m.

If you are in a crisis outside of business hours, please call **1-866-888-8988** or text **741741**

In the event of an emergency, call 911 or the emergency service number in your community



GUIDING IMPROVEMENT

Your feedback assists us to guide some of the actions shared with you in our Strategic Plan.

CLIENT SATISFACTION SURVEY

“

*The Anishinaabeg will lead the organization so that
Giishkaandago'lkwe successes are the communities' successes*

To achieve this, we will:

- Be a partner in advocating for an improved and connected Anishinaabe health system.
- Engage and action the direction from community leadership, workers, and members in all aspects of our work...

~ 2023-2028 Strategic Plan (Direction One)

”



Scan the QR code to
share your thoughts
on **how best to**
support you.

NEWSLETTER SURVEY



Scan the QR code to
share your thoughts
on **what is most**
valuable to you.

“

*Deepen the mutual understanding and relationships
between the Anishinaabeg and Giishkaandago'lkwe*

To achieve this, we will:

- Promote education and awareness of Giishkaandago'lkwe services, so that more clients access the full scope and balance of services available to them...

~ 2023-2028 Strategic Plan (Direction Two)

”



Hamility
DABASENDIZOWIN

CONTACT US

LOCATIONS & HOURS

 (807) 274-2042

Administration

1458 Idylwild Drive
Mon. to Thurs. 8:00am–4:00pm
Fri. 8:00am–3:30pm

Human Resources

540 Kings Hwy (Unit B)
Mon. to Thurs. 8:00am–4:00pm
Friday 8:00am–3:30pm

Home & Community Care

300 Sinclair St
Mon. to Thurs. 8:00am–4:00pm
Fri. 8:00am–3:30pm

Diabetes & Foot Care

540 Kings Hwy (Unit D)
Mon. to Thurs. 8:00am–4:00pm
Friday 8:00am–3:30pm

Child's First Initiative

780 Kings Hwy
Mon. to Thurs. 8:00am–4:00pm
Fri. 8:00am–3:30pm

Maternal Child Health

375 Scott Street
Mon. to Thurs. 8:00am–4:00pm
Fri. 8:00am–3:30pm

Children's Oral Health Initiative

375 Scott Street
Mon. to Thurs. 8:00am–4:00pm
Friday 8:00am–3:30pm

Public Health

540 Kings Hwy (Units E & 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



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, press 0.



JOIN OUR TEAM

At Giishkaandago'lkwe Health Services our competitive compensation, work schedule, opportunities for training and development, and our benefit plans provide our employees with an incredible work life balance.



- Full-time, permanent positions
- 100% Employer Paid Benefits
- Pension Program (HOOPP)
- 4 Weeks Vacation (to start)
- Cultural Learning Opportunities
- Excellent work/life balance



For current postings and details on how to apply visit: www.fftahs.com/careers or scan the QR code.