



GIISHKAANDAGO'IKWE

HEALTH SERVICES

NEWSLETTER

DAGWAAGIN (FALL) 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

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Truth
DEBWEWIN

NOTABLE DATES

RECOGNISED MONTHS/DAYS

SEPTEMBER – FASD AWARENESS
MONTH

SEPTEMBER 10 – WORLD SUICIDE
PREVENTION DAY

SEPTEMBER 30 – NATIONAL DAY
FOR TRUTH & RECONCILIATION

OCTOBER – OCCUPATIONAL
THERAPY MONTH

OCTOBER 3 – TREATY 3 DAY

OCTOBER 10 – WORLD MENTAL
HEALTH DAY

NOVEMBER – DIABETES
AWARENESS MONTH

NOVEMBER – MOVEMBER

NOVEMBER 8 – INDIGENOUS
VETERANS DAY

NOVEMBER 9-15 – ROCK YOUR
MOCS

NOVEMBER 25 – INTERNATIONAL
DAY FOR THE ELIMINATION OF
VIOLENCE AGAINST WOMEN

ORANGE SHIRT DAY

in honour of residential school survivors and those that did not make it home

Awareness
WALK

& POW WOW

TUESDAY, SEPTEMBER 30, 2025

*Join local organizing partners as we honour and recognize
the National Day for Truth & Reconciliation*

Watch our Facebook Page for more details

UPCOMING OFFICE CLOSURES

Monday, September 1st – Labour Day

Tuesday, September 30th – National Day for Truth &
Reconciliation

Friday, October 3rd – Treaty 3 Day

Monday, October 13th – Thanksgiving

Tuesday, November 11th – Remembrance 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.



CORPORATE HIGHLIGHTS

STAFF WELLNESS DAY



On Thursday, July 31st, approximately 60 employees gathered at Heron Landing Golf Course for Staff Wellness Day. Teams of four played 9 holes while other staff participated in a cornhole tournament. The morning culminated with a social lunch enjoyed by all.

It was a great day for staff to relax, reset and refresh!



GIISHKAANDAGO'IKWE MINO-WAN-GITOWIN

Overall Good Health

In alignment with Strategic Direction 1, to deepen the mutual understanding and relationship between the Anishinaabeg and Giishkaandago'ikwe, a community health forum was held in Mitaanjugamiing First Nation on July 9th with the purpose of sharing information on the services and programs that Giishkaandago'ikwe Health Services offers.

The forum was opened by Elder Edna Morrison.

Team members from each program attended and participated in open dialogue with community members who were able to gain a deeper understanding of the programs and services offered, and build relationships with staff working in their community.





PRIDE 2025

Our PRIDE planning committee hosted a PRIDE event at the 52 Canadians Arena on June 2nd.

The event was opened with our drum, Aazhawii Giizhiik and featured a variety of speakers that shared their lived experiences.

Team members from each program were present to give information about services provided

Attendees enjoyed a free grab and go lunch, a photo booth and a tie dye station. Along with a bouncy castle and treat truck, there was something for everyone.

Miigwech to all that attended and made the event possible.





Truth



WORLD HUMAN TRAFFICKING WALK & BBQ

July 30th, World Day Against Trafficking in Persons, was passed by the United Nations General Assembly in 2013.

This day is to raise awareness for Human Trafficking across the globe. The main categories of Human Trafficking are: Drug Trafficking, Labor Trafficking, Sex Trafficking and Exploitation, and the Removal of Organs.

The 2nd Annual World Human Trafficking Walk and BBQ took place on July 30th with multiple community partners (Giishkaandago'lkwe Health Services, Shelter of Hope, Rainy River District Social Services Administration Board, Grand Council Treaty 3 and the Canada Border Services Agency.)

The event began with an awareness walk with the Giishkaandago'lkwe Drummers which led to 601 Kings Hwy for a BBQ.



NOSM STUDENTS



Chelsey Pilon

Hometown: Azilda, ON
Degree: B.Sc. in Kinésiologie,
Université Laurentienne

Brock Horton

Hometown: Capreol, ON
Degree: B.Sc. in Nursing,
Laurentian University

On April 28th, 2025 we were joined by NOSM students, Chelsea Pilon and Brock Horton, for a four week placement with the organization.

Throughout the four weeks the students experienced the Anishinaabe culture by visiting our 10 first nation communities as well as getting a chance to participate in ceremonies and sitting with knowledge keepers from our area.

The goal for the integrated community experience placement is to help the students by giving them hands on experience in Indigenous communities.

We look forward to hosting our NOSM students again in 2026.



Happy Retirement!

On May 22nd, we said farewell to long time employee Mary Elder, as she embarks on a new phase of life retirement!

"It has been an honour and a privilege to to have walked beside so many good people as they shared their personal struggles and their successes. It has been rewarding to witness the positive changes people created; a joy to watch communities flourish as they become more focused in healing; and a joy to watch and be part of cultural identity reclamation and witness a growing sense of pride. To all of you I say, "Miigwech" for trusting me with your sacred lives. I am grateful for the teachings given to me about bimaatziwin and for being included in your sharing of a sacred way of living that expanded my preexisting beliefs and made my personal life richer. Miigwech for this privilege of being both teacher and student; it has been an incredible journey."

—Mary Elder

We wish Mary all the best in her retirement!

INDIGENOUS HEALTHY BABIES HEALTHY CHILDREN MEETING

On May 22nd, the Indigenous Healthy Babies Healthy Children meeting was held at La Place Rendez-Vous in Fort Frances. 38 people attended the event including Health Directors and IHBHC Workers from Southern Treaty 3 Communities, Anishinaabe Elder – Midwife, staff and management of Giishkaandago'lkwe Health Services Community Health, Maternal Child Health and Child's First Programs, Maternal & Midwifery Policy Analyst from Grand Council Treaty #3.

The meeting was opened by Elder Mookiigabaawik Morrison who shared a beautiful gift of story and song with participants.

Presentations included:

- Indigenous Healthy Babies Healthy Children Service Objectives & Reporting Review
- Indigenous Midwifery Program
- Ages and Stages Questionnaire (ASQ)
- Prenatal Oral Health
- Toilet Training
- Transition to School Process
- Introduction to Autumn McKay, Maternal & Midwifery Policy Analyst, Grand Council Treaty #3
- Giimaamoobiwad Report



The evaluation completed by participants at the end of the meeting highlighted the following priorities for training:

- Traditional Medicines
- Supporting Children Through Grief
- Ceremonies around Pregnancy and Birth
- Breast/Chest Feeding
- Speech and Language

If you missed this meeting and additional information, or if you have any questions, please call:

(807)274-2042, ext. 5299.



Wisdom

NIBWAAKAAWIN

BACK TO SCHOOL READINESS

IMMUNIZATIONS

Is your child up to date on essential vaccines?

As the new school year approaches, it's important to ensure your child is protected from preventable diseases. Immunization requirements vary by age, and staying up to date helps keep your child and the community, safe and healthy!

Along with routine vaccines, children 6 months and older are encouraged to get a flu shot every year and stay up to date with Covid-19 vaccines, unless there's a medical reason not too.

Check with your Community Health Nurse or health care provider to review your child's immunization record and keep an eye out for school-based immunization clinics this fall!

For more information visit:

<https://www.ontario.ca/page/vaccines-children-school>

<https://caringforkids.cps.ca/handouts/immunization>

Required vaccines for school aged children:

For Kindergarten (Ages 4-6)

- Diphtheria, Tetanus, Pertussis (DTaP)
- Measles, Mumps, Rubella (MMR)
- Polio (IPV)
- Varicella (Chickenpox)

For Preteens (Ages 11-12)

- Tdap (Tetanus, Diphtheria, Pertussis)
- Meningococcal conjugate vaccine (MenACWY)
- Human Papillomavirus (HPV)x2 vaccine series

For Teens (Ages 13-18)

Meningococcal B vaccine (MenB) may be recommended based on risk factors

For College Students

- Meningococcal vaccine is often required
- Tdap –Booster as needed

HEAD LICE

What are head lice?

Head lice are tiny parasitic insects that live on the human scalp and feed on blood.

How are they spread?

Lice spread mainly through direct hair-to-hair contact. They do not jump or fly, but can crawl from one head to another.

Who gets head lice?

Anyone can get head lice, but they are most common in children aged 3-11, especially in settings like daycare or schools.

Signs & Symptoms

- Itchy scalp
- Tickling or crawling sensation
- Sores or red bumps from scratching
- Presence of lice or nits (eggs) attached to the hair shaft

PREVENTION:

- Avoid head-to-head contact during play or activities.
- Do not share hats, brushes, combs or hair accessories.
- Regularly check your child's scalp.
- Tie back long hair to reduce risk.

TREATMENT:

- Contact your Community Health Nurse for lice treatment and support.
- Use the lice treatment shampoo provided by your nurse. Be sure to follow all instructions carefully.
- Comb wet hair with a fine toothed comb to remove lice and nits. Repeat every 2-3 days for two weeks.
- Wash bedding, hats and clothing in hot water and dry on high heat.
- Items that can't be washed can be sealed in a plastic bag for 2 weeks.



Remember: Head lice are common and does not mean poor hygiene. Anyone can get them. With the right treatment and support, lice can be managed quickly and effectively.





WHAT SHOULD I DO TO HELP MY CHILD BE READY TO START SCHOOL?



FOCUS ON PLAY!

Children learn through PLAY. This is how they learn new vocabulary, explore new concepts, attempt to problem solve and experience how to interact with others.

Fill your child's day with opportunities to engage in sensory play, pretend play, constructive play, and creative play.

It doesn't have to be fancy, organized or structured - it just has to be play.

MYTH:

Kids need to know their letters, numbers and colours before starting school!



FACT:

Kids should learn their letters and numbers IN Kindergarten, and learn shapes and colours through play!



GIISHKAANDAGO'IKWE
HEALTH SERVICES
CHILD'S FIRST INITIATIVE



FOCUS ON THE FOLLOWING SKILLS IF YOUR CHILD IS GETTING READY TO START SCHOOL:

COMMUNICATION

Being able to express yourself clearly and effectively - and understand others. Can your child ask or answer questions? Can they talk with their friends? Can they follow instructions?



SOCIAL SKILLS

School is a group activity - and children need to know how to be in a group, play well with others, problem solve, and think of others.



MOTOR SKILLS

Can your child run, jump, skip, and climb during recess and gym? Do they have the fine motor coordination to do up their coat, hold their pencil, or use scissors? Can they draw a person or letter related shapes?



PHONOLOGICAL AWARENESS

Strong readers are children with strong phonological awareness skills. Sound awareness, syllable segmentation, rhyming, sound blending. These are prereading POWER HOUSES.



SNEAKY FOODS THAT CAN CAUSE CAVITIES

Feeding kids can be tricky, and while good nutrition is important, keeping their teeth healthy matters too.

These images, adapted from www.arcticdental.com/sticky-snacks-poster/ show how the amount of time food stays on their teeth plays a big role in causing cavities—especially with snacks kids eat often.



COOKIES

Cookies contain both starch & sugar; which can lead to high acid production by plaque in our mouth and more cavities.



DRIED FRUIT

Dried fruit may sound like a healthy snack, but the stickiness makes it linger longer than a healthier choice such as fresh fruit.



CRACKERS

Dried flour products such as crackers are an easy, go to, no mess snack. Just like chips, they also contain high levels of starch.



CHIPS

Chips are really sticky, and while one wouldn't think they cause cavities, the starch eventually breaks down to sugar in our mouths.



CEREAL

Most cereals that appeal to children contain high levels of sugar and starch. Try to limit snacking on this sticky food.



FRUIT SNACKS

Fruit snacks & gummy vitamins are loaded with sugar. They're also really sticky & more likely to remain in our mouth even with thorough brushing.

A few tips if your kiddo likes to eat these snacks:

Offer a crunchy carrot, apple, celery, or hard cheese with the snack and then rinse with water afterwards.

Stick to snack times, grazing throughout the day can increase risk of cavities.

Chewing a piece of sugar free or xylitol gum for a few minutes after eating these snacks can help too, especially when brushing is not an option.

BETTER SNACK CHOICES:



meat sticks



hard cheese



hard-boiled egg



veggies and dip



fresh or frozen fruit



pickles



nuts and seeds



GIISHKAANDAGO'IKWE

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

Brush, Book, Bed

Age 1-3



GIZIYAABIDE'ON – BRUSH

- Children 3 and under should have their teeth brushed by an adult.
- Once the child has moved to a consistent solid food diet, begin to introduce a fluoridated toothpaste. Children up to 3 years of age need only a smear of fluoridated toothpaste (the size of a grain of rice).
- Teach children to spit out any excess toothpaste to minimize swallowing. Avoid rinsing with water after brushing for optimal fluoride uptake.
- Once teeth grow closer together and are touching, begin flossing every night.

MAZINA'IGAN – BOOK

- No need to read all the words, highlight a few words or a simple sentence on each page.
- Make the book come to life with fun sound effects and noises.
- Let the child turn the page or lift the flap.
- Repeat, Repeat, Repeat – Reading the same book over and over is okay!
- In addition to reading a book, try oral story telling. Sharing stories and traditional teachings are both important and impactful.



NIBAAWIN – BED

- Put the toddler to bed at the same time every night.
- Half an hour before bed, start to reduce stimulants (loud noises, bright lights, TV or other screen devices.)
- Read or tell stories, sing quiet and soft songs.
- Put the toddler in bed while still awake.
- Allow a comfort item such as a blanket or stuffed toy.





GIISHKAANDAGO'IKWE

HEALTH SERVICES

CHILD'S FIRST INITIATIVE
CHILDREN'S ORAL HEALTH INITIATIVE

Brush, Book, Bed

Age 1-3

EXTRA TIPS FOR A HEALTHY NIGHT SLEEP

- Routine should be the same between all adults and households where the toddler sleeps.
- Reduce light, sound, and other stimulants in sleeping area.
- No amount of screen time is recommended for children age 2 and under and only up to one hour a day for 3 year olds. Whenever possible, watch together making screen time fun and interactive. Sing along and talk about what you are watching.
- 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.
- 1 to 3 year olds sleep 11- 14 hours in a 24 hour.
- Be mindful not to let the toddler nap too late in the afternoon. This can effect nighttime sleeping.
- It is natural for toddlers to resist routine. Be firm and set limits with love.



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



DAILY FOOT CARE

**WORLD
DIABETES
DAY
NOV 14TH**

DAILY FOOT CARE SELF INSPECTION & FOOT HYGIENE TOOLS

Checking, cleaning and caring for your feet help prevent complications and foot injury. The IDHC replenishing kit contents listed below are items used in your daily self inspection and foot hygiene routine.



Foot File Use on calluses. Use on wet feet in one direction for 30 seconds only. This tool helps skin stay soft and strong.



Mini First Aid Kit To clean and protect any breakage of skin (daily on skin concerns). If there are no signs of healing within 24 to 48 hours, book an appointment with a health professional.



Mild, Unscented Soap Use daily when cleaning feet. Ensure you wash in between toes, the soles of your feet and under your toenails.



Handled Nail Brush Use to help clean and whisk away debris under toenails.



Foot Cream Use daily on tops and bottoms of feet to keep feet moisturized, help prevent dryness and cracks.



Pen Use to document your follow-up appointment with your health care provider.

KEEP ON CHECKING

- ✓ **FOOTWEAR BEFORE PURCHASE**
- well-fitting soft leather shoe, boot or trainer with a low, wide stable heel
 - fastened with a lace, Velcro or strap to help keep feet firmly in place
 - long enough, deep enough and wide enough for foot comfort
 - comfortable & closed for safe feet when indoors

- ✓ **BLOOD SUGAR LEVELS**
- Normal Glucose Range:
- fasting & before meals: 4.0-7.0 mmol/L
 - 2 hours after meals: 5.0-10.0 mmol/L

- ✓ **FOR MORE INFORMATION**
- Chelsea Janveau
Footcare & Diabetes Coordinator
807-274-2042 ext. 3233
cjanveau@fftahs.org
- www.diabetes.ca/managing-my-diabetes/tools---resources/managing-your-blood-sugar
- <https://www.esht.nhs.uk/wp-content/uploads/2020/05/0805.pdf>



Love
ZAAGI'DIWIN

WORLD MENTAL HEALTH DAY

**OCTOBER
10TH**

October 10th is World Mental Health Day. This day is dedicated to raising awareness around mental health and focusing our efforts to support mental well-being globally. The day serves as a platform to discuss and promote mental health care, and advocate for increased investment in mental health.

Mental Health Services are available at Giishkaandago'lkwe Health Services. To complete a referral please contact **807-274-2042 ext. 4221**. If you are in need of urgent mental health same day services please contact our Mental Health Direct Phone Line at **807-271-0212**.

FALL INTO WELLNESS

6 Mental Health Tips

STAY CONNECTED

Combat loneliness by connecting with friends, family, and support systems. Make wellness a shared experience.

ENGAGE IN ACTIVITIES/EXERCISE

Do activities you love to lift your mood and build confidence. Add at least 20 minutes of exercise for physical, mental, and emotional health.

PRACTICE GRATITUDE

Develop the habit of gratitude to foster a brighter perspective and greater well-being, even when life feels tough.

GET OUT ON THE LAND

Spend time outdoors – fish, hunt, attend ceremonies, or gather food and medicines. Fresh air is healing for body and spirit!

SET BOUNDARIES

Combat loneliness by connecting with friends, family, and support systems. Make wellness a shared experience.

LIMIT SCREEN TIME & GET PROPER REST

Limit screen time, especially on social media, to avoid negative comparisons and unrealistic expectations. Put your phone away before bed and aim for 8 hours of sleep.



Love

FALL FUN

FALL LAND BASED WELLNESS

BINGO

FISHING	CANOEING	BUILD A FIRE	DRUMMING
HIKING	FALL SCAVENGER HUNT	NATURE WALK	MEDICINE HARVESTING
FALL FEAST/ CEREMONY	PLAY IN THE LEAVES	WILD RICING	HUNTING
RIBBON SKIRT/SHIRT MAKING	GARDEN HARVESTING	BIKE RIDE	SWEATLODGE CEREMONY



FALL WORD SEARCH

Find and circle the words.

ACORN

CIDER

FALL

LEAF

APPLE

CORN

HAY

PUMPKIN

I J F A C O R N V Y
H T P U M P K I N
K S C I D E R L
H A Y F C J N
L W A O F A
O L R L P
A L N E P
Z C W A L
D V R F E





Love



ORANGE SHIRT DAY COLOURING





Respect
MANAJI'IDIWIN

CULTURAL CORNER



ORANGE SHIRT DAY

The National Day for Truth and Reconciliation, originally and still colloquially known as Orange Shirt Day, is a Canadian day of memorial to recognize the atrocities and multi-generational effects of the Canadian Indian residential school system. **It occurs every year on September 30th.**

Orange Shirt Day started with the story off Phyllis Webstad and her orange shirt, a gift from her grandmother, that was taken from her on her first day of residential school.

Phyllis first shared her story in 2013, she now serves as ambassador for the Orange Shirt Society.

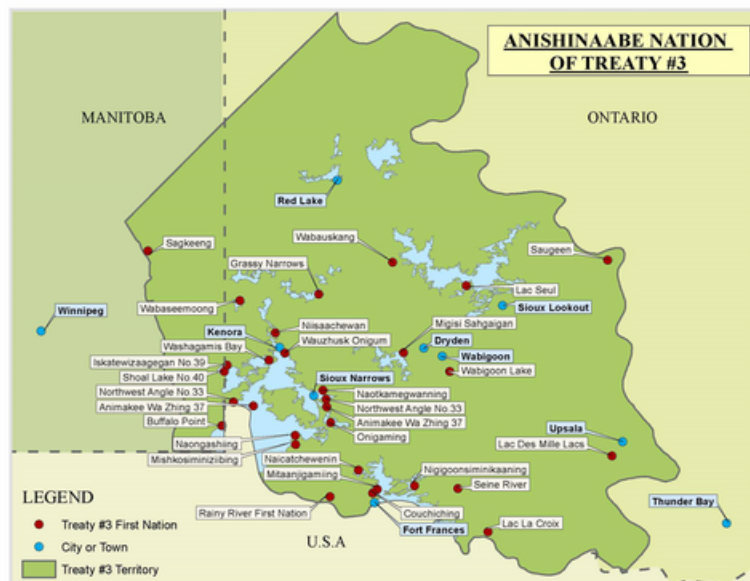
Giishkaandago'lkwe Health Services has been planning an event with other area organizations to commemorate Orange Shirt Day. Staff have a chance to create an orange ribbon skirt or a beaded pin to wear for this event.

We invite everyone to join us for this event. Please remember to wear orange for every child who didn't come home, every survivor of the residential schools and their families and communities.

TREATY 3 DAY

Treaty 3, also known as the North-West Angle Treaty, was signed on October 3rd, 1873. This treaty was concluded between the Saulteaux (Ojibwa) Indians and the Canadian government. It ceded a large area of land, encompassing much of northwestern Ontario and eastern Manitoba, to the federal government. In return, the government provided reserves, monetary payments, and annuities to the Saulteaux.

The signing took place at the North-West Angle of Lake of the Woods, with negotiations lasting four years prior to the signing. The treaty established a framework for the relationship between the Anishinaabe people and the Crown, covering aspects like land use, hunting, fishing, and resource rights. It is considered a significant agreement that laid the groundwork for future numbered treaties in Canada.





Respect



NATIONAL INDIGENOUS VETERANS DAY



NOVEMBER
8TH

November 8th is Indigenous Veterans Day. The First Nations, Inuit and Métis people of Canada have a long and proud tradition of military service to our country.

It is estimated that 7,000 First Nations People served in the First and Second World Wars, and the Korean War. It was not until 1995, 50 years after the end of the Second World War that Indigenous Peoples were allowed to lay Remembrance Day wreaths at the National War Memorial to remember and honour their fallen comrades.

We would like to honor all veterans, particularly those that served from the southern Treaty 3 area.

INDIGENOUS VETERANS FROM SOUTHERN TREATY 3

ANISHINAABEG OF NAOGASHIING:

Crowe, David

CHIMA'AGANING:

Boy, Frank

Friday, Buddy

Kabatay, Eddie

Kelly, Tom

McGinnis, Charlie

Spoon, Pete

Williams, Frank

COUCHICHING:

Bruyere, Arnold

Bruyere, Claude Raymond

Bruyere, Horace

Bruyere, Leonard

Bruyere, Maurice N.

Bruyere, Norman

Crowe, (Bruyere) Marg

DeRosier, Gus

Desrosier, Augustine Patrick

Desrosieres, Clayton Hugh Dennis

Guimmond, Edward

Guimmond, Herman

Guimmond, William

Jourdain, Armand

Jourdain, John

Jourdain, Patrick (Pat)

Jourdain, Samuel

Kakagakow, James

Mainville, Elmer

Mainville, Ernest

Mainville, Louie

Mainville, Roger

Mainville, Stewart

McPherson, Leo

McPherson, Rudolph 'Smalley'

Morriseau, Charlie

Morriseau, Cecile

Perrault, Henry

Perrault, William

Perreault, Gilbert

Perreault, Maurice

Sinclair, Gordie

Sinclair, Melvin

Sinclair, Norman

Sinclair, Tommy Sr.

Sinclair, William

Yerxa, Robert

FORT FRANCES:

Adams, Alexander

Adams, Ron

Bird, Ernie

Lyons, Alex

Lyons, George

Morrison, Joe

Perreault, James

Woods, A.

GAKIJIWANONG ANISHINAABE:

Kewetahgesekung

Nawetahwaywetung

Wawecomegeskung

MANIDOO BAA WITI GONG:

Blackbird (Blackburde), Gilbert

Blackbird (Blackburde), Walter

Blackbird, Art

Blackbird, Edwin

Blackbird, Ernie

Blackbird, Lloyd

Bombay, Keith

Bones (aka Bone), John

Brown, Ben

Brown, Ben Sr.

buckshot, James

Bunyan, John

Horton, James

Hunter, Arthur (Art)

Kavanaugh, Robert Leo

Lyons, Richard

Lyons, Thomas George

Macomeapetung, Wellington

Major, Jimmy

Major, Joseph

Major, Mervin Tom (Tommy)

Medicine, Tom (Tommy)

Mesewaywetung

Namaypoke, Eddie (Eddy)

Nanie, George Jr.

Nanie, George Sr.

Osowascepatung

Papakewesance

Trader, Robert

Veraneau, Albert

Wassesequan

MISHKISIMINIZIIBING:

Archie, James (Jim)

Blackbird, John

Bluebird, John

Comegen, Jimmy

Copeance, Robert

Kirkrude, Edward

Major, Robert

Tuesday, Pierre

MORSON:

Morrison, Mike

NAICATCHEWENIN:

Keweconape

NIGIGOONSIMINIKAANING:

Kapatai

Morriseau, Paddy

OJIBWAYS OF ONIGAMING:

Kelly, Norbert

TREATY 3:

Morrison, Don

Adams, Norman

Archie, Robert

Benning, Frank

Bronley, John

Cooke, Billy

Fisher, Charlie

Hawk, Charlie

Odeman

Pitchenese, Paul Sr.

Pontiac, Angus

Powless, Charles David

All names were acquired from the website: www.vcn.bc.ca/~jeffrey1/tribute.htm
We apologize if you do not see the name of a loved one.

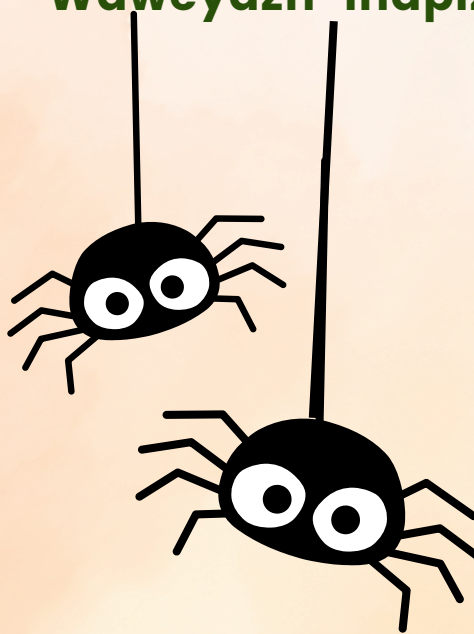


ANISHINAABE WORDS OF HALLOWEEN

Gii-moozaabi-chigani-giizhigad Mask Day

Okosimaan-giizhigad Pumpkin Day

Waweyazh-inapizo-giizhigad Dress Silly Day



Miskwi

Blood

Apakwaanaajii(yag)

Bat(s)

Asabikeshii(yag)

Spider(s)

Jiibay

Ghost

Okosimaan(an)

Pumpkin(s)

Waawe'izh-izhi'on

Costume

Ziinzibaakwadoonsan

Candies

Bizhishigokogane

Skeleton

Miskwi Gaa-minikwed

Vampire

Jiishate'igan

Broom

Makade-gaazhagens

Black cat

Gaa-majaadizid

Witch

Gaa-mazinikozod okosimaan

Carved pumpkin

Bichibowin

Poison

Gaa-nibo'aadizid

Zombie

Oshkiinzhiig(oon)

Eye(s)



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



MATW UPDATE



The Residential Treatment Program's next cycle is scheduled for September 9th. This cycle will be a female cohort.

On July 29th the MATW Residential Program celebrated the graduation of 5 participants of the first 56 day curriculum. The graduation, led by Elder Andrew Jourdain, was held in the MATW Roundhouse and we were honoured to host the community drum of Gakijiwanong Anishinaabe Nation. We wish the graduates all the best on their recovery.

The Mino Bimaadiziwin, Walking the Good Path, pre-treatment program has continued to be held in the 10 First Nation Communities of the Southern Treaty 3 through a hybrid model of in-person and virtually. It is open to anyone. If you or someone you know would like to join the Mino Bimaadiziwin, you can register by emailing Diane Richer at dricher@fftahs.org.

Additionally, the Aftercare program began on August 5th. This 17 week program is continued programming for the graduates of the residential program and is delivered virtually. The program reinforces the skills to maintain sobriety that were delivered during residential treatment.

August 5th, MATW staff received ORCKA (Ontario Recreational Canoeing and Kayaking Association) training to better assist clients while providing land based activities to clients during cycles.

RESIDENTIAL BED-BASED TREATMENT

The 56 day bed-based program is for individuals seeking intensive treatment for an addiction.

The program utilizes a bi-cultural approach, integrating Anishinaabe ways of knowing with wise practices in addictions treatment.

ACCESSING OUR SERVICES

Referrals are welcomed by:

- Self
- Family Members
- Other Service Providers

For more information or to make a referral, please call:
(807) 274-2042 ext 6232



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' Ikwe 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)

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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' Ikwe

To achieve this, we will:

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

~ 2023-2028 Strategic Plan (Direction Two)

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Humility
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'Ikwe 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.