GIISHKAANDAGO'IKWE
HEALTH SERVICES
NEWSLETTER
DAGWAAGIN (FALL) 2026

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).


Love
Zaagi'idiwin


Wisdom
Nibwaakaawin


Truth
Debwewin


Respect
Manaaji'idiwin


Forgiveness
Boonendamowin


Humility
Dabasendizowin


Honesty
Gwekwaadiziwin


Bravery
Zoongide'ewin

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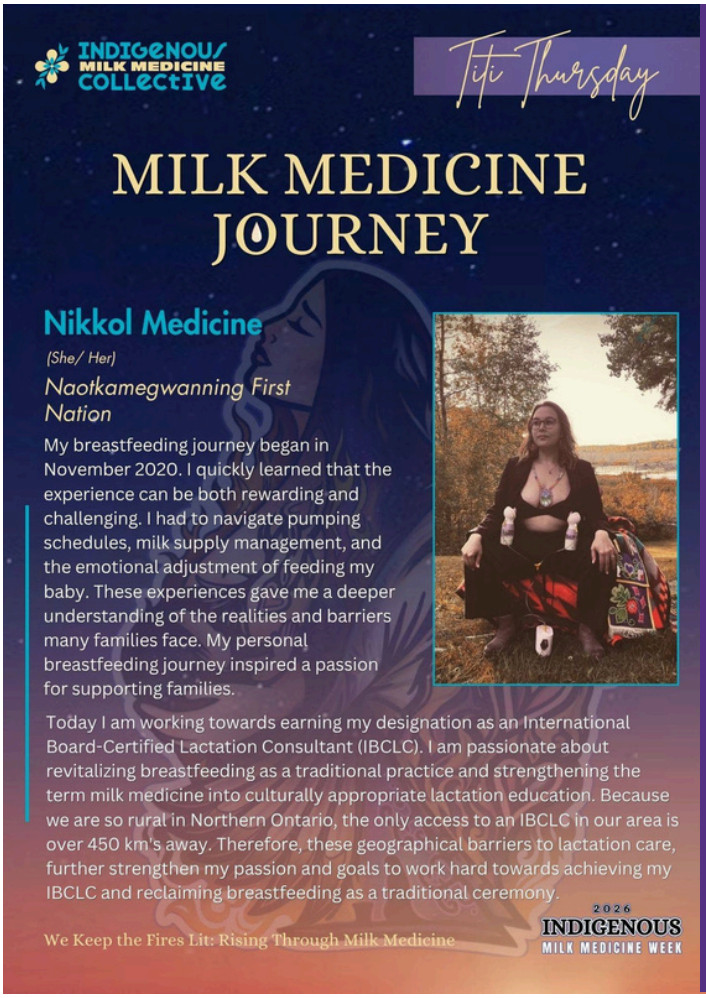
CORPORATE HIGHLIGHTS

STAFF RETIREMENT

Congratulations to Kim Gardiman on their retirement! Throughout their time with Giishkaandago'Ikwe Health services, Kim has been a quiet yet deeply impactful presence who is consistently steady, thoughtful and kind in their leadership and relationships. Kim's contributions have helped shape and strengthen our work, advancing program development within Maternal Child Health and reclamation of birth. Kim's work has reflected a deep respect for community, culture and care and will leave a lasting impact.

While Kim will be greatly missed, we are pleased to celebrate this well-earned retirement and wish her the very best in this next chapter!





STAFF RECOGNITION

One of our staff members and Milk Medicine Coordinator, Nikkol Medicine, had their personal breastfeeding story featured as part of this year's Indigenous Milk Medicine Week campaign.

This recognition reflects not only Nikkol's courage in sharing their experience, but also the meaningful work our Maternal Child Health program does to support families in their breastfeeding and parenting journeys. Stories like theirs help normalize breastfeeding, honour Indigenous teachings and inspire others to feel confident and supported.

Nikkol is a strong advocate and passionate about revitalizing, reclaiming and restoring lactation in the Treaty 3 area.

Congratulations to Nikkol for this recognition and for representing our organization and the Maternal Child Health team with such heart and authenticity.

Graphic to the left from Indigenous Milk Medicine Collective Facebook page



HCC UPDATES

24/7 Virtual Palliative Care – Coming Soon!

Our Home and Community Care team is pleased to announce, the addition of 24/7 virtual palliative care services, to come in the future. This enhancement will support our goal of helping individuals to remain in their home, ensuring continuous and coordinated care. Our team is dedicated to improving services for our communities by providing accessible support and connecting individuals with the care they need, whenever it is needed.

Skin Health Nurse - Currently, the Skin Health Nurse is working on a program to deliver wound care education, that each community identifies as important and relevant to their needs. An in-depth education clinic will be scheduled with the Health Directors and their teams, and education and support will be ongoing. The Skin Health Nurse compassionately and effectively, teaches, supervises and educates the client, family members, and other members of the health care team, regarding the client's skin health needs. Please reach out to Home and Community Care if you have any questions.

The role of the Skin Health Registered Practical Nurse focuses on providing holistic care that prevents skin breakdown, intervenes early with thorough assessments and treatments to minimize complications for clients at risk for altered skin integrity. The Skin Health Nurse will perform advanced skin health assessments that include evaluating risk for skin damage, wounds, causes for those wounds, and healing progress using proven tools. The Skin Health Nurse will carry out treatment plans that include wound debridement, applying specialized dressings, and managing negative pressure therapy.

NATIONAL HUMAN TRAFFICKING AWARENESS DAY

On July 30th, 2026, partners and community members gathered at the Nanicost Building in recognition of National Human Trafficking Awareness Day. The event provided an important opportunity to raise awareness, share knowledge and strengthen our understanding of human trafficking and the impact it can have on individuals and communities. Attendees enjoyed hearing from knowledgeable guest speakers, gaining valuable information and resources and sharing a meal while building connections with community partners and others who are dedicated to raising awareness and supporting efforts to end human trafficking.

We are incredibly grateful to all of the partners, speakers and participants who contributed their time, expertise and support to make the day a meaningful and successful event. A special thank you to The Mayor of Fort Frances, Andrew Hallikas, Weechi-It-Te-Win Family Services, Women's Shelter of Hope, Maanaji'iwin Project, Northwestern Ontario Metis Child & Family Services, WIISOKOTATIWIN, Treaty Three Police, Ontario Provincial Police, Rainy River District Victim Services Program, District of Rainy River Services Board, Rainy River District School Board, Canadian Mental Health Association Fort Frances Branch, KAAKEWAASEYA Justice Services.

Together, we continue to build awareness, strengthen partnerships and support efforts to prevent human trafficking in our communities.







CONGRATULATIONS TO THE EMERALD OUTLAWS!

Congratulations to Janice, Josh, Jenna, Jesse, Rylee and Patty — on their dominating performance!

The Wellness Day Cup will now make its way through the Outlaws' offices, serving as a very official reminder of their victory… and giving them bragging rights for the next year!



STAFF WELLNESS DAY

On August 28th, our staff traded in their offices and regular duties for sunshine, fresh air, a little friendly competition, and a whole lot of laughs!
Staff headed out to Agency One lands for a day packed with team challenges organized by the management team, including three-legged races, cornhole, horseshoes, flip cup, and more. There was teamwork, there was strategy, there was questionable athletic ability… and, of course, there was plenty of competition!

When the dust settled, the Emerald Outlaws and the Code Blues found themselves tied in the race for the coveted Wellness Day Cup! After refueling with a delicious lunch prepared by senior management, it was time for a best-of-three showdown to crown the champions.

Round One: Three-Legged Race
The Emerald Outlaws hit the ground running (quite literally) and blew the Code Blues out of the water!

Round Two: Cornhole
With everything on the line, the Code Blues battled hard. The game went back and forth, but with the help of an excellent cheering squad, the Emerald Outlaws pulled off the win — making a third event unnecessary!

And because every Wellness Day needs a little extra recognition, we also handed out some special Honourary Awards:

- Team Spirit Award: Patty
- Trooper Award: Nikkol
- Youthlike Spirit Award: Shari

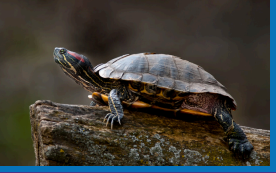
The day was a wonderful opportunity to step away from our usual routines, connect with one another, and enjoy some fun together.

Until next year… the Cup belongs to the Emerald Outlaws!









CORPORATE EVENTS



PRIDE

In partnership with multiple organizations, Giishkaandago'Ikwe Health Services hosted it's second annual Pride event at the '52 Canadians Arena on June 8th.

Info booths, crafting tables, inflatables and trivia were enjoyed by all.

The event also featured four keynote speakers, including two of our own staff members, that shared their stories of being members or allies of the 2SLGBTQIA+ community.

It was a great day of sharing, learning and coming together.





INDIGENOUS PEOPLES DAY FISH FRY

Giishkaandago'Ikwe Health Services hosted a fish fry on the Nanicost grounds on June 19th in honour of Indiginous Peoples Day.

The event had a traditional opening with Hand drummers offering their songs. This was followed by teachings from our Elders before all gathered in feast.









IMMUNIZATIONS

Back to School Immunizations



As another school year has begun, it's a great time to make sure your child's immunizations are up to date. Vaccines are a safe and effective way to protect children from serious illnesses and help keep our schools, families, and communities healthy.

In Ontario, children receive routine immunizations throughout infancy, childhood, and adolescence.

Parents and caregivers are encouraged to:

- Check their child's immunization record
- Book an appointment with their Community Health Nurse or health care provider if any vaccines are due or have been missed
- Keep a copy of their child's immunization record in a safe place for future reference

If your child has missed vaccinations, it's never too late to catch up. Catch-up immunization schedules are available, and your healthcare provider or community health team can help ensure your child is protected.

Keeping immunizations up to date helps reduce the spread of infectious diseases, protects those who cannot be vaccinated due to medical reasons, and supports a healthy learning environment for everyone.

If you have questions about your child's immunizations or would like to schedule an appointment, please contact your Community Health Nurse.

VACCINES HELP PROTECT AGAINST DISEASES SUCH AS:

- Measles
- Mumps
- Rubella
- Diphtheria
- Tetanus
- Pertussis (Whooping Cough)
- Polio
- Meningococcal disease
- Hepatisis B
- Human Papillomarvius (HPV)

LET'S WORK TOGETHER TO KEEP OUR CHILDREN HEALTHY, PROTECTED & READY FOR A SUCCESSFUL SCHOOL YEAR!



NOTABLE DATES

World Suicide Awareness Day

September 10th

TOGETHER, LETS CHANGE THE NARRATIVE ON SUICIDE

Reach out-its ok to talk about how you are feeling

Our communities are stronger when we care for one another...connection is medicine

Let ceremony, culture and community support your healing

Hope starts with a conversation...

Giishkaandago'Ikwe Health Services	1(807) 271-0212
Talk 4 Healing	1(855) 554-HEAL
Kids Help Phone	1(800) 668-6868
Hope For Wellness	1(855) 242-3310
Talk Suicide Canada	1(833) 456-4566
Suicide Prevention Service	988
Victim Services	1(807) 274-5687

YOUR LIFE MATTERS. REACH OUT, LISTEN AND REMIND EACH OTHER THAT HOPE IS ALWAYS WORTH HOLDING ONTO

SEPTEMBER 12, 2026 WORLD FIRST AID DAY



World First Aid day recognizes the importance of learning lifesaving skills to strengthen our ability to respond to emergencies & support our family, friends, elders and future generations with confidence. Together we can help build stronger, safer and more resilient communities.

Sisters in Spirit

A DAY OF REMEMBRANCE AND RECOGNITION

October 4, 2026

In memory of missing and murdered Indigenous women, girls, and 2SLGBTQQIA+ people.

Honouring their lives, their stories, and their spirit.

We remember. We honour. We stand together

THEIR LIVES MATTERED. THEIR SPIRITS LIVE ON.
WE WILL NOT FORGET



October 10th, 2026

World Mental Health Day

On this World Mental Health Day and Mental Illness Awareness Week Oct 5th-11th, let's prioritize our mental well-being and be kind to our minds. Let's make mental health care a reality for all.

GIISHKAANDAGO'IKWE
HEALTH SERVICES

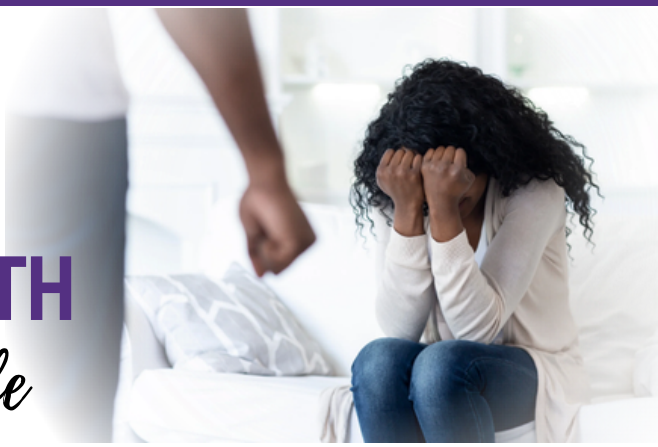


DOMESTIC VIOLONCE AWARENESS

—OCTOBER IS—

NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

Every person deserves to feel safe



While this month provides an opportunity to raise awareness and encourage conversation, the reality is that domestic violence affects individuals, families, and communities every day of the year.

Domestic violence is not always visible. It can take many forms, including physical, emotional, psychological, sexual, financial, and spiritual abuse. Its effects can be long-lasting, often reaching far beyond the person experiencing the abuse and impacting children, families, friends, and those closest to them.

Meaningful change begins with each of us. Through compassion, education, and a willingness to support one another, we can help create a future where everyone feels safe, valued and respected.

AS WE OBSERVE DOMESTIC VIOLENCE AWARENESS MONTH, WE ENCOURAGE EVERYONE TO:

- **Learn about the signs of intimate partner violence.**
- **Talk openly about healthy, respectful relationships.**
- **Listen without judgement when someone shares their experience.**
- **Help create safe spaces where people feel comfortable asking for help.**

Although October shines a spotlight on domestic violence, awareness and support are needed every day of the year. By continuing these conversations, showing compassion, and offering support, we can all help reduce the stigma surrounding abuse and remind those affected that they are not alone.

If you or someone you know is experiencing abuse, remember: help is available, there is hope, and you do not have to face it alone.

Visit: **https://www.northwesthealthline.ca/listServices.aspx?id=10714** for a list of Gender-Based Violence Shelters in the North West region.



Love

FALL WELLNESS

AUTUM REFLECTIONS



AS THE SEASONS CHANGE, ITS IMPORTANT TO TAKE TIME TO FOCUS ON YOUR MENTAL, SPIRITUAL, PHYSICAL, AND EMTIONAL WELLBEING.

WELLNESS BOOSTING ACTIVITIES

SPEND TIME OUTDOORS: HUNT, FISH, DANCE, OR PICK MEDICINES. FRESH AIR NOURISHES THE MIND AND SPIRIT.

CONNECT: COMBAT TOUGH EMOTIONS BY REACHING OUT TO A LOVED ONE. SHARING WELLNESS HELPS CONNECT US!

EXPRESS IT: WRITE, SHARE, SING TO RELEASE EMOTIONS.

CREATE: SEW, BEAD, AND DESIGN WORK THAT HELPS YOU RELEASE EMOTIONS.

MENTAL HEALTH DIRECT LINE:

(807) 271-0212

QUICK GROUNDING TECHNIQUE:

5-4-3-2-1

WHAT ARE 5 THINGS YOU CAN SEE?

WHAT ARE 4 THINGS YOU CAN TOUCH?

WHAT ARE 3 THINGS YOU CAN HEAR?

WHAT ARE 2 THINGS YOU CAN SMELL?

WHAT IS 1 THING YOU CAN TASTE?



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.

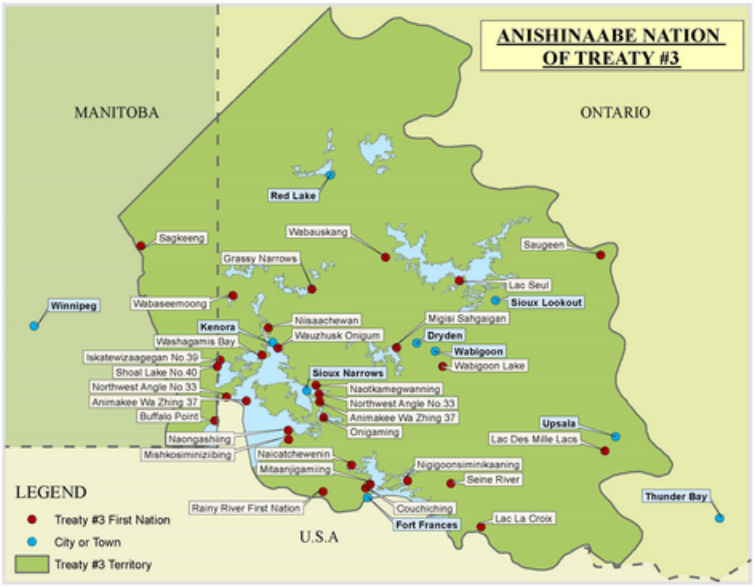
Giishkaandago'Ikwe Health Services has been planning an event with other area organizations to commemorate Orange Shirt Day. Staff have a chance to create an orange ribbon skirt or a beaded pin to wear for this event.

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.







FALL TEACHING

Manoomin - Wild Rice

In Anishinaabemowin, wild rice is known as **Manoomin**, which translates to "**the good berry**" or "**the sacred food that grows on the water**".

It is viewed not just as a plant or grain, but as a living relative, a spirit, and a vital gift from the Creator.

Traditionally, the harvesting of wild rice is an important event of the year, usually done in the falls months.



ANISHINAABEMOWIN FALL LANGUAGE

Miigwechiwi-giizhigad.....	Thankful Day (Thanksgiving)
Nimiigwechiwendam.....	I am thankful
Mizise.....	Turkey
Niibowa miijim.....	Lots of food
Miijim.....	Food
Nibi.....	Water
Odaminwaagan(an).....	Toy(s)
Gekinoo'amaaged.....	Teacher
Niijii(wag).....	Friend(s)
Nindinawemaagan(ag).....	Relative(s)
Nindede.....	Dad
Nimaamaa.....	Mom
Gikiinoo'amaadiiwgamig..	School
Endaayaan.....	My home
Nizigos.....	Auntie
Nizhishenh/Nimishoome....	Uncle
Nookomis/Kookom.....	Grandmother
Nimishoomis.....	Grandfather
Mazina'ig(an).....	Book(s)



STAFF CULTURAL EVENTS

- Ribbon skirt/shirt teachings and sewing - July 8
- Anishinaabemowin Language Table - June 23
- Indigenous Peoples Day Webinar Series - June 15, June 23
- Staff Sweat - June 25, July 23, August 27
- Beaded Lanyard Workshop - July 14, July 15
- Sage Teachings - July 28
- Sage Harvesting - July 29-30



Respect

NATIONAL INDIGENOUS VETERANS DAY



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
Morrisseau, 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.



HEALING SPIRIT

MINO AYAA TA WIN TREATMENT CENTRE

WITHDRAWAL MANAGEMENT

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

RAAM

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

No Wait List!

- 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) 789-2026



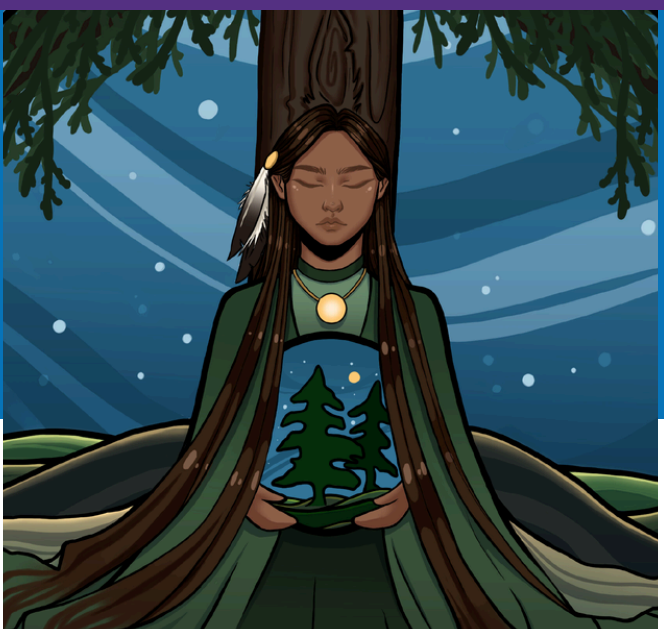
MENTAL HEALTH DIRECT LINE

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

FEEDBACK



YOUR EXPERIENCE COUNTS

Giishkaandago'Ikwe Health Services wants to make every encounter with clients, families, and communities an opportunity for quality improvement.

WE WELCOME FEEDBACK

We aim to provide the highest quality of services in a client-focused environment and welcome the views of clients, families and communities on the care that is provided.

Sharing feedback and concerns will not impact your access to services in any way.

To learn more and to access our Feedback Brochure and online form visit:

www.fftahs.com/feedback



EMPLOYEE Recognition of Excellence



DID YOU RECEIVE EXCELLENT SERVICE?

If an employee has demonstrated excellence, please let us know so we can recognize their efforts!

We value the dedication and contributions of our team. Help us celebrate employees who embody our core values by filling out the online form today!

WWW.FFTAHS.COM/FEEDBACK



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.