



FORT FRANCES TRIBAL AREA
HEALTH SERVICES

NEWSLETTER

February 2022

Our Vision and Mission

MINO AYAWIN - GOOD HEALTH

We are a centre of excellence and a leader in innovative health care guided by the seven Grandfather teachings of the Anishinaabe inspiring knowledge, strength and empowerment for the purpose of lifelong Mino ayawin (good health).

Our Values



DEBWEWIN (TRUTH)

- Quality assurance, self reflective



NIBWAAKAAWIN (WISDOM)

- By providing innovative practice in wholistic health care



DABASENDIZIWIN (HUMILITY)

- Creator/Creation; self; family; community; nation



ZOONGIDE'EWIN (BRAVERY)

- Integrity, fearlessness, and strength in leadership



MANAAJI'IDIWIN (RESPECT)

- Honour individual belief and customs of stakeholders / consumers and communities



ZAAGI'IDIWIN (LOVE)

- Compassion; empathy; understanding Anishinaabe history



GIWEKWAADIZIWIN (HONESTY)

- Accountability and responsibility



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& WITHDRAWL MANAGEMENT

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UPCOMING EVENTS

FEBRUARY 2022



Highlight a New You!



READ MORE

Check out this month's Book of the Month on page 12!



GET ORGANIZED

Get rid of 15 items per day! That's 420 items in one short month!



LEARN A NEW SKILL

Make a ribbon skirt for yourself or a friend.

Cheers

MONTH 2...HOW ARE YOUR RESOLUTIONS GOING?

Top 10 Listed Below

- Exercise more
- Lose weight
- Get organized
- Learn a new skill
- Learn a new hobby
- Live life to the fullest
- Save more money
- Quit smoking
- Spend more time with family
- Read more





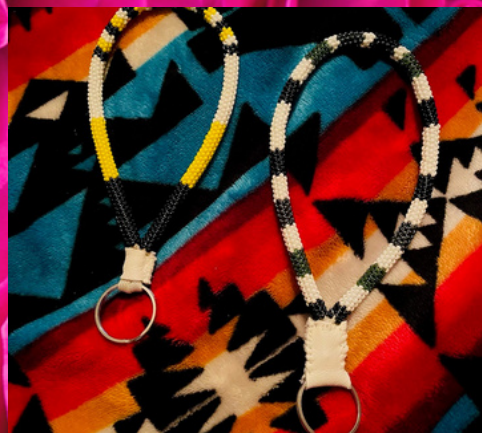
**SPEND
MORE TIME
WITH FAMILY**

Sit down and
colour (pg.15)



**LEARN A
NEW HOBBY**

Beading...how
relaxing :)



**LIVE LIFE
TO THE
FULLEST**

Take pride in your
accomplishments





Fort Frances Tribal Area
HEALTH SERVICES

Stay Connected Project

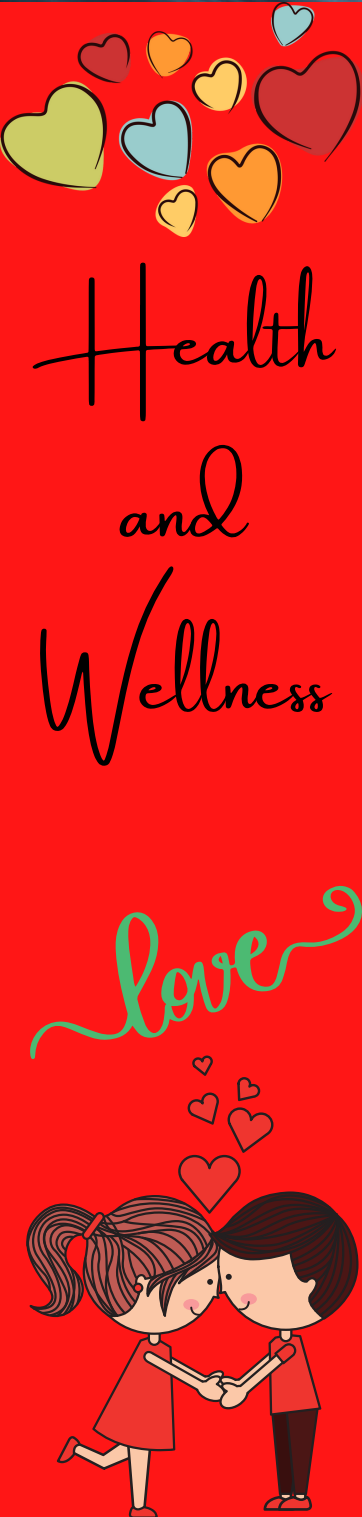


DO YOU HAVE AN OLD CELL PHONE YOU ARE NO LONGER USING? IF SO, PLEASE CONSIDER DONATING TO FFTAHS FOR OUR "STAY CONNECTED" PROJECT. YOUR PHONE WILL BE PUT TO GOOD USE & GIVEN TO THOSE STRUGGLING TO STAY CONNECTED. WE ASK THAT CELL PHONES BE UNLOCKED, FACTORY RESET AND IN GOOD CONDITION

**DROP OFF @
BEHAVIOURAL HEALTH SERVICES
601 KINGS HIGHWAY**

Health
and
Wellness





IF YOU THINK YOU HAVE OR HAVE BEEN EXPOSED TO COVID-19

Zaagi'idiwin

PROTECT YOUR LOVED ONES & PREVENT THE SPREAD BY STAYING HOME

If you test positive on a COVID-19 test (PCR, rapid molecular, or rapid antigen), regardless of vaccination status, self-isolate immediately (from others in your household if possible).

PLEASE NOTIFY FFTAHS immediately by visiting <https://www.surveymonkey.com/r/FFTAHSCVID> or using the QR Code.



Enter all of the required information and a coverage nurse will follow up with you as soon as possible. Your information will be kept confidential.



**FORT FRANCES TRIBAL AREA
HEALTH SERVICES**

CALL 807-274-2042 MON-FRI 8AM-4PM

MORE INFO: [HTTPS://COVID-19.ONTARIO.CA/EXPOSED](https://COVID-19.ONTARIO.CA/EXPOSED)





PREVENTING & REDUCING SPREAD OF COVID-19

Nibwaakaawin

URGENT RECOMMENDATIONS

- Limit physical contact as much as possible with those outside your household. This also means limiting trips for essential items like groceries, medications, etc.
- Practice masking when you cannot maintain physical distancing & maintain frequent hand hygiene
- Avoid any non-essential travel at this time. This means any travel within & outside Treaty #3 Territory.
- Assume COVID-19 is everywhere & practice vigilant self-monitoring for the development of ANY symptoms associated with COVID-19
- Get vaccinated as soon as possible when eligible for first, second, or third doses.

Vaccination remains the most important way to protect yourself, your family & your community. Your protection against Omicron is increased with a third dose.



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MORE INFO: [HTTPS://COVID-19.ONTARIO.CA/EXPOSED](https://COVID-19.ONTARIO.CA/EXPOSED)



Health
and
Wellness





HUMAN TRAFFICKING IS A CRIME.

FEBRUARY 22, 2022 HUMAN TRAFFICKING AWARENESS DAY

LET'S TAKE STEPS TO STOP
HUMAN TRAFFICKING

Mental Health Direct Line
Mon-Thurs 8:30am-4:30pm
Fri 8:30am -4:00pm
(807-271-0212)

Jocelyn Johnson
Memengwaawag Wellness Coach/
Case Manager
(807-274-2042) ext. 4227

Jody Smith
Spirit of Hope Project Coordinator
jody.smith@t3ps.ca or (807-407-8719)



Health
and
Wellness





Wednesday February 23, 2022
PINK SHIRT DAY



*Health and
Wellness*



*Wear
Pink*



**WATCH THE FFTAHS FACEBOOK PAGE
FOR MORE 'PINK SHIRT DAY'**





Staff Feature

Community Health

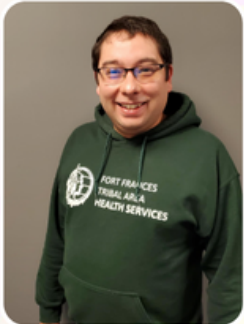


Cindy Lauzon
Administrative Assistant

Hello. My name is Cindy. I am originally from Pinewood, Ontario. I am a casual Administrative Assistant and have been with our organization since December 2017. I have work at all the admin locations. But since COVID-19, I have been working mainly at Community Health. I love plants and flowers, and love going to camp in the summer.

Lori Durbin
Administrative Assistant

Boozhoo Everyone!
Hi I am Lori Durbin, born and raised in Fort Frances Ontario. I joined FFTAHS in June as a Casual Administrative Assistant and have recent accepted a Term Position at Community Health and very excited to start my new job.



Rob Matheson
Emergency Management
Coordinator

Rob a busy father of 3 and is from Mitaanigamling. He has been with the agency for a year. He services all 10 communities to ensure that their employees have adequate training for and policies and procedures in place to support their communities in the event of a community emergency.

Sarah Bunjevac
Environmental Public
Health Officer

Sarah has 17 years of experience as an Environmental Public Health Officer and she is with FFTAH since February 2021. She is very happy to serve our First Nations communities. She responds to all environmental public health concerns such as drinking water safety, food safety, inspections, sewage systems, rabies prevention. Sarah participates in many new community project developments in order to ensure that health and safety of our communities are put first and that any future environmental health hazard is prevented.



Angela DeGagne
Dental Health Coordinator, COHI

Angela is originally from Fort Frances, ON and has been working for Tribal Health for the past three years as the Dental Health Coordinator for the Children's Oral Health Initiative (COHI). She has been practicing dental hygiene for twenty years after graduating from the University Of Manitoba School Of Dental Hygiene in 2002. She provides preventative oral health services for children in all ten of the First Nations communities we serve and supports clients and their families in accessing the dental care they need. She is passionate about promoting the importance of maintaining good oral health for overall good health, Mino Agawin.



Jennifer McDowall
Dental Hygienist, COHI

Jen has been working with the organization as a Dental Hygienist with Children's Oral Health Initiative (COHI) since March 2021. She has enjoyed spending her time with Tribal Health promoting the importance of good oral health. Jen is grateful for the relationships she has made so far within the ten First Nations we serve.





*Mental Health Service,
Residential Treatment,
& Withdrawal Management Services*

Mino Ayaa Ta Win Healing Centre
will be starting a male treatment cycle
(28-day) at MATW.

Start date is Tuesday February 8;
End date Monday March 7.

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



WE ARE HERE
TO HELP

Mental Health
Direct
Phone Line

271-0212

Counsellors are
available for
same day
services.

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

YOU ARE NOT
ALONE





**Second Moon of Creation
FEBRUARY
Bear Moon**
represents the time for introspection. We look inside ourselves and we acknowledge the vision quest that we receive. Looking within, we reflect and envision where we have been and where we are going. Then, we go there with courage.

This Moon is also known as Full Snow Moon, Eagle Moon, Groundhog Moon, Hungry Moon, Raccoon Moon, as well as many others.



February Full Moon[★]

Wednesday February 16th



You will need:

- A small feast dish with berries or fruit for offering
- water for offering
- Asemaa (Tobacco) for offering
- yellow cloth

(Offerings can be made on mother earth if you are unable to make a fire)

The full moon is the time to honour grandmother moon Nokomisinaan, ourselves, other women and the female side of all Creation.

Although we can't gather, you are encouraged to sit with grandmother moon on your own, or with others in your household.

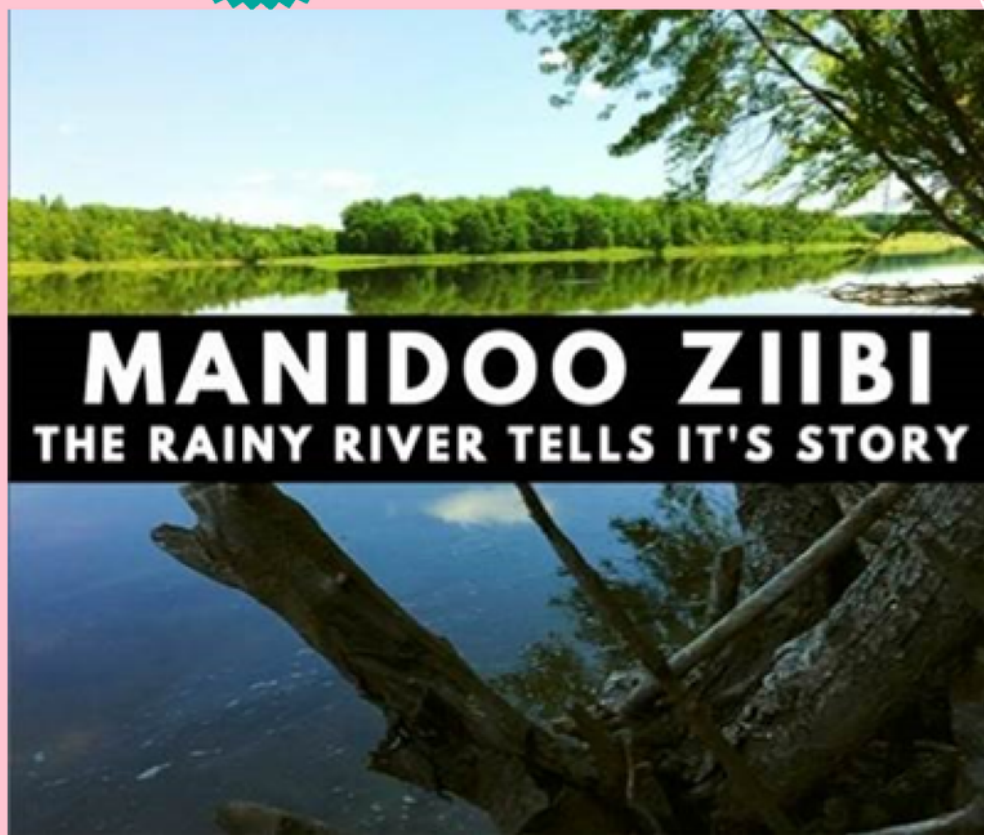
★ To learn more, the Ontario Native Women's Association has created this excellent online resource!

<https://www.onwa.ca/full-moon-ceremony>





MANIDOO ZIIBI BY JIM LEONARD & SHAUN LONEY



Written by local authors Shaun Loney and Jim Leonard, this book explores the rich and colourful histories of the groups who have called the Rainy River area home.

Chi-Miigwech to Shaun Loney and Jim Leonard for sharing their work with us and encouraging us all to learn about our shared history.

CONTACT KAY-NAH-CHI-WAH-NUNG
IF YOU WOULD LIKE TO ADD THIS PIECE OF OUR AREA'S
HISTORY TO YOUR LIBRARY!





Wiinimoshenhwi - Giizhigad - Valentine's Day

February 14, 2022

• My Sweetheart	• Niinimoshenh
• Heart	• Ode'e
• Heart Angel (Cupid)	• Ode'e-aazheniinhs
• Candy/Candies	• Ziinsibaakwadoonhs
• I love you	• Gizhawenimin
• Hug Me	• Kakininjiinishin
• Valentine's Day	• Wiinimoshenhwi-Giizhigad



<http://www.wakingupojibwe.ca>





Cultural Corner



💖 Gigikendaas – You are smart 💖

💖 Giwawiyadendaagoz – You are funny 💖

💖 Gigizhewaadiz- You are Kind 💖

💖 Gimino-wijjiw – You are a good friend 💖

💖 Gigichiinendaagoz – You are special 💖



<http://www.wakingupojibwe.ca>





MAZINABII'IGEDAA

Cultural Corner



PINK SHIRT DAY

FEBRUARY 23, 2022

Artwork by Hawlii Pichette

www.urbaniskwew.com/coloring-pages





Important Dates & Upcoming Events

FEBRUARY 2: GROUNDHOG DAY

FEBRUARY 14: VALENTINES DAY

FEBRUARY 16: FULL MOON

FEBRUARY 21: FAMILY DAY

FEBRUARY 22: ANTI HUMAN TRAFFICKING DAY

FEBRUARY 23: PINK SHIRT DAY

For more support please contact:

FFTAHS mental health direct phone line: (807) 271-0212

GCT3 IRS team: (807) 548-4214

GCT3 IRS additional crisis support: (807) 464-0037

IRS Survivors Society: 1-800-721-0066

or reach out to your local regional health organization for mental health supports.





FORT FRANCES TRIBAL AREA HEALTH SERVICES

EMPLOYMENT NEWS

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

ABOUT FFTAHS

Fort Frances Tribal Area Health Services (FFTAHS) is a multi-faceted, accredited organization with a diversity of programs and is a leader in innovative wholistic services that promote a bi-cultural approach to health and wellness. FFTAHS works closely with the 10 Fort Frances region First Nation communities, partners and funders to improve the health and wellness of the communities it serves.

JOIN OUR TEAM

At Fort Frances Tribal Area Health Services Inc. (FFTAHS) our competitive compensation, work schedule, opportunities for training and development, and our benefit plans (including extended health, dental, pension, and generous vacation) provide our employees with an incredible work life balance.

For current postings and details on how to apply visit:
www.fftahs.com/employment

LOCATIONS & HOURS

 (807) 274-2042

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—3:00pm
Fri. 8:00am—2:30pm

Child's First Initiative

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

Diabetes & Foot Care

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

Children's Oral Health Initiative

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

Community Health

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

Behavioural Health Services

601 Kings Highway
Mon. to Thurs. 8:30am—4:30pm
Fri. 8:30am—4:00pm

Mino Ayaa Ta Win Healing Centre

Fire#1107 Highway 11
Mishkiki Miikaan Road
Mon. to Fri. 8:00am—4:00pm

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



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

Hiring Committee

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

E-mail:
humanresources@fftahs.org

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

Miigwech, thank you.

