



Giishkaandago'lkwe
HEALTH SERVICES

NEWSLETTER

february 2023

Our Vision and Mission

MINO AYAWIN - GOOD HEALTH

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

Our Values



DEBWEWIN (TRUTH)

- Quality assurance, self reflective



NIBWAKAAWIN (WISDOM)

- By providing innovative practice in wholistic health care



DABASENDIZIWIN (HUMILITY)

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



ZOONGIDE'EWIN (BRAVERY)

- Integrity, fearlessness, and strength in leadership



MANAAJI'IDIWIN (RESPECT)

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



ZAAGI'IDIWIN (LOVE)

- Compassion; empathy; understanding Anishinaabe history



GIWEKWAADIZIWIN (HONESTY)

- Accountability and responsibility

This issue:

PAGE 02: NEWS & HIGHLIGHTS

PAGE 05: QI CORNER
(QUALITY IMPROVEMENT)

PAGE 06: HEALTH AND WELLNESS

PAGE 08: STAFF FEATURES

PAGE 09: MENTAL HEALTH
SERVICES & WITHDRAWAL
MANAGEMENT

PAGE 11: FULL MOON

PAGE 12: CULTURAL CORNER

PAGE 14: BOOK OF THE MONTH

PAGE 15: IMPORTANT DATES AND
UPCOMING EVENTS

FEBRUARY 2023



News & Highlights



Giishkaandago'lkwe
HEALTH SERVICES

Chi-Miigwech

To everyone who participated in our Strategic Planning Engagement Sessions!

As the community members we serve, it is your insights that help us pin-point service gaps and barriers as well as things that we are doing well that need to continue. Whether you provided feedback in-person or via our online survey, we hope you know how truly valuable your input has been. The work does not stop here, we will be meeting in February to review all of the feedback we received which will guide our 2023-2028 Strategic Plan. It is important that you know your voice matters and we look forward to sharing our 5-year plan with you in the very near future.

Ways to provide input year-round:

- Client Family Advisory Council
- Compliments, Concerns, and Complaints section of our website
- Client Satisfaction Survey
- Speak directly with your service provider





Wednesday, February 22nd, is **Pink Shirt Day!**



“Today our diversity is becoming more visible than ever as people continue to embrace their cultures, identities, and true selves in more open and direct ways; making the need to Lift Each Other Up and have greater acceptance, respect, and inclusion for everyone so important.”

Pink Shirt Day began in Canada in 2007 when two students took a stand against homophobic bullying after a new Year 10 student was harassed and threatened for wearing pink. These students bought dozens of pink shirts and distributed them to their classmates to wear the next day.





Human Trafficking Awareness Day

February 22

#KnowHumanTrafficking

To help shed light on this growing, yet often-misunderstood crime, February 22 has been designated as Human Trafficking Awareness Day. This is a critical event to help bring awareness to the magnitude of what is often referred to as modern-day slavery in Canada.



To learn more, visit:
<http://www.survivors-hope.ca/feb-22nd-is-human-trafficking-awareness-day/>





Q Corner (Quality Improvement)

Below are updates of Home and Community Care, Diabetes and Foot Care, Children's Oral Health Initiative, and Mino Ayaa Ta Win Healing Centre from our Quarterly Service Report period of July 1 - September 30, 2022!

At Home and Community Care, the co-planning journey mapping sessions with the local Sunset Palliative Care

Committee was a priority. Goals include coordinating services and improving access to services for all individuals in the community while also assisting various nurses, providers and care givers involved in palliative care

The Foot Care Coordinator provided education and indication for the different devices available to the Home and Community Care team.

This is to ensure the practice is consistent and follows a best practice approach

The Children's Oral Health Initiative team is pleased to share that it has expanded the age of eligibility (0-7+) for its preventative dental services within the federal schools of the Giishkaandago'lkwe Health Services catchment area for the upcoming 2022-2023 school year

At Mino Ayaa Ta Win Healing Centre, our team recently expanded adding a Community Addictions Registered Practical Nurse who will be going in to the communities to support members with addictions medicine





Health and Wellness



Giishkaandago'Ikwe
HEALTH SERVICES



stay connected project

DONATIONS URGENTLY NEEDED

DO YOU HAVE AN OLD CELL PHONE YOU ARE NO LONGER USING?
IF SO, PLEASE CONSIDER DONATING TO OUR "STAY CONNECTED"
PROJECT WHO WILL DISTRIBUTE TO THOSE IN NEED.

WE ASK THAT CELL PHONES BE UNLOCKED, FACTORY RESET AND IN GOOD
CONDITION.

FOR FURTHER DETAILS CONTACT JOCELYN:
JJOHNSON@FFTAHS.ORG / (807) 274-2042 EXT. 4227

MAILBOX DROP OFF: BHS - 601 KINGS HIGHWAY





Travel Vaccines

KNOW BEFORE YOU GO TRAVEL VACCINES



If you are planning to travel outside of Canada, you should consider visiting a Health Care Provider at least 6 weeks before you go to review your vaccine history.



There are different vaccines and medicines you can take to limit your risk of infection with a preventable illness while you are traveling.



Visit the Government of Canada Website to find out which vaccines and medicines are recommended for your specific destination:

Travel vaccinations – [Travel.gc.ca](https://travel.gc.ca)

Common Preventable Illnesses:

COVID-19
Influenza
Hepatitis A, B
Measles
Malaria
Rabies
Yellow Fever



Giishkaandago'lkwe
HEALTH SERVICES





Staff Features

Christy Herr, Manager of Public Health

Boozhoo, my name is Christy Herr and I am the Manager of Public Health. I have been with Giishkaandago'Ikwe Health Services for approximately 6 months now. Although I am new to my specific role, I delivered public health services for the last 8 years throughout the Rainy River District. In my free time you can find me enjoying summers on Rainy Lake and in the winters at the hockey rink, watching my son.



Lori Durbin, Program Assistant

Boozhoo everyone! My name is Lori Durbin. Born and raised in Fort Frances, Ontario. I joined Giishkaandago'Ikwe Health Services in June 2021 as a Casual Administrative Assistant and I am currently now the Program Assistant at Community Health. I enjoy working at Community Health as the employees are awesome and we all work well together.



Alissa Green, Registered Nurse

My name is Alissa Green, I've been with the organization since December 2021. I started in the COVID Response Casual position and now I'm currently helping out with vaccine clinics and community visits.





Mental Health Service, & Withdrawal Management Services

Services We Offer

Withdrawal Management Services

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

FOR MORE INFORMATION CALL 807-274-7373



WE ARE HERE TO HELP

**Triaged Walk-in
& Call-in Services**

**Call or Text
8:30am - 4:30pm
Monday to Thursday**

**8:30am - 4:00pm
Fridays**

**Mental Health
Direct
Phone Line**

807-271-0212

YOU ARE NOT ALONE





COMMUNITY ADDICTIONS SERVICES

RAPID ACCESS TO
ADDICTION
MEDICINE

We provide low barrier,
easy access to addiction
care in the form of
medication, counselling
and nursing to help
support clients in the
treatment of substance
use disorder in your
home communities.

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



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FULL MOON & WOMEN'S SWEAT LODGE CEREMONY

FEBRUARY 6 AT 6PM
BHS: 601 Kings Highway
On-site Outdoor Teachings

A time to honour grandmother moon, ourselves, and the entire female side of Creation. If you are not able to gather with other women, you are encouraged to sit with grandmother moon independently.

Please bring a towel, skirt, small feast dish, Asemaa (Tobacco), piece of Yellow Cloth (Offerings can be provided).

For more information contact Audrey:
807-274-2042 ext 4249 / amikkelsen@fftahs.org

*Covid-19 Screening in effect

Artist unknown

Second Moon of Creation "Eko Niizhing-Giizis"

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.





CULTURAL CORNER

Let's Practice Anishinaabemowin

Wiinimoshenhwi-Giizhigad

His/her Sweetheart Day (Valentine's Day)

Niinimoshenh

My sweetheart

Ode'e-aazheniinhs

Heart angel (Cupid)

Ode'e

Heart

Ziinsibaakwadoonhs(an)

Candy (Candies)

[HTTP://WWW.WAKINGUPOJIBWE.CA/CANDY GRAMS](http://www.wakingupojibwe.ca/candy-grams)





CULTURAL CORNER

Mazinabii'igedaa



INSPIRES

ACTION

Hawlii Pichette

More free coloring pages at www.urbaniskew.com/coloring-pages





Book of the Month

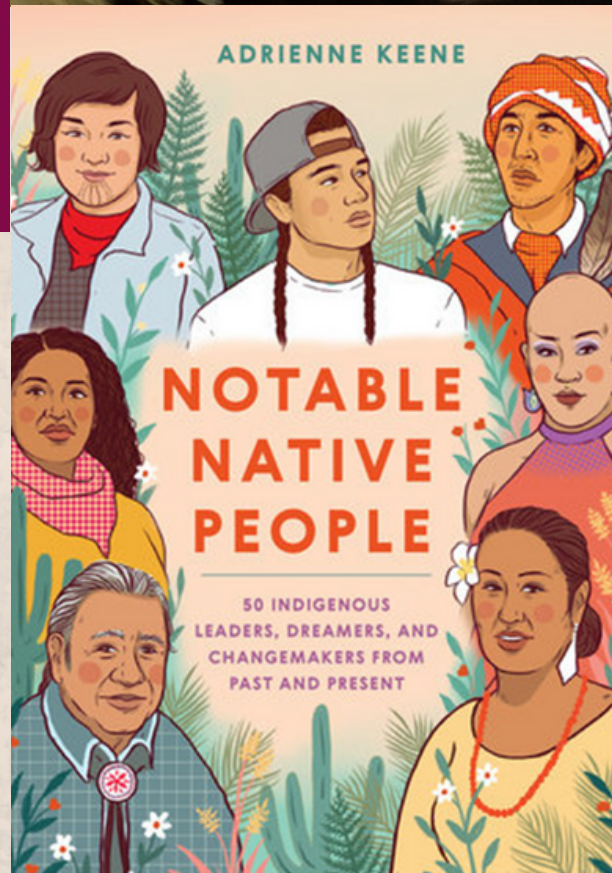
Notable Native People

An accessible and educational illustrated book profiling 50 notable American Indian, Alaska Native, and Native Hawaiian people, from NBA star Kyrie Irving of the Standing Rock Lakota to Wilma Mankiller, the first female principal Chief of the Cherokee Nation.

Celebrate the lives, stories, and contributions of Indigenous artists, activists, scientists, athletes, and other

changemakers in this beautifully illustrated collection. Notable Native people highlights the vital impact Indigenous dreamers and leaders have made on the world.

This powerful and informative collection also offers accessible primers on important Indigenous issues, from the legacy of colonialism and cultural appropriation to food sovereignty, land and water rights, and more. An indispensable read for people of all backgrounds seeking to learn about Native American heritage, histories, and cultures, notable native people will educate and inspire readers of all ages.





Important Dates & Upcoming Events

FEB 6: FULL MOON & WOMEN'S SWEATLODGE

CEREMONY @ BHS 6 PM

FEB 7: SWEATLODGE CEREMONY @ BHS 6 PM

FEB 13: WOMEN'S HAND DRUMMING @ BHS 6 PM

FEB 14: MEN'S DRUMMING @ BHS 6 PM

FEB 20: FAMILY DAY / OFFICE CLOSURE

FEB 21: SWEATLODGE CEREMONY @ BHS 6 PM

FEB 27: WOMEN'S HAND DRUMMING @ BHS 6 PM

FEB 28: MEN'S DRUMMING @ BHS 6 PM

**HAPPY
VALENTINE'S
DAY**

For more support please contact:

Giishkaandago'Ikwe Health Services

Mental Health Direct Phone Line:

(807) 271-0212

GCT3 IRS team: (807) 548-4214

GCT3 IRS additional crisis support:

(807) 464-0037

IRS Survivors Society: 1-800-721-0066

or reach out to your local regional health organization

for mental health supports.





GIISHKAANDAGO'IKWE HEALTH SERVICES EMPLOYMENT NEWS

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

ABOUT US

Giishkaandago'ikwe Health Services is a multi-faceted, accredited organization with a diversity of programs and is a leader in innovative wholistic services that promote a bi-cultural approach to health and wellness. We work closely with the 10 Fort Frances region First Nation communities, partners and funders to improve the health and wellness of the communities it serves.

JOIN OUR TEAM

At Giishkaandago'ikwe Health Services our competitive compensation, work schedule, opportunities for training and development, and our benefit plans (including extended health, dental, pension, and generous vacation) provide our employees with an incredible work life balance.

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

LOCATIONS & HOURS

(807) 274-2042

Administration

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

Home & Community Care

1460 Idylwild Drive
Mon. to Thurs. 8:00am—3:00pm
Fri. 8:00am—2:30pm

Child's First Initiative

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

Diabetes & Foot Care

540 Kings Hwy (Units E)
Mon. to Thurs. 8:00am—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—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

*Our website is updated with
monthly program calendars,
community newsletters,
all current employment
opportunities, and staff
contact information
Plus so much more!
[https://www.fftahs.com/even
ts-calendars](https://www.fftahs.com/even-ts-calendars)*

Find us on 

*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

*Giishkaandago'ikwe
Health Services 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.

