



# **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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JANUARY 2022

# News/Event Highlights

# **SANTA CLAUS PARADE**

Thank you to our fabulous work wellness committee for planning and coordinating our float for the Santa Claus Parade.

It was a huge success and so much fun for our staff and their families. Special Thank you to RGB Trucking for their partnership and to our driver Ed Calder!







Christmas Party- December 10
The FFTAHS staff celebrated the season with a delicious meal, a gift exchange and great conversation. We also celebrated and recognized our staff for their years of service. Congratulations to Joyce Ottertail and Leanne Penney for 10 years and Chelsea Janveau, Mackenzie Archie and Kayla Caul-Chartier for 5 years of service.















Find creative ways to stay connected with others during times of increased isolation. Spend time with relatives and friends at a local park, play outdoor sports or yard games, go on walks when the weather allows, or stay connected virtually via Zoom or Facetime!



# LET THE LIGHT IN

Get outside as much as you can during the day to take advantage of what sunlight there is. When you're indoors, keep your blinds open to let in as much natural light as you can. Bright light therapy using a light therapy box is also considered a first-line treatment for SAD, keeping the sleep/wake cycle on track.



# Health and Wellness

# MAINTAIN HEALTHY HABITS

This can include getting 7-8 hours of sleep every night, eating healthy foods, exercising, as well as cutting down on caffeine intake. As your vitamin D intake from the sun is limited, make sure to supplement by eating foods like tuna, egg yolks, and mushrooms.





# START A JOURNAL PRACTICE

Journaling helps you prioritize life's problems and identify your triggers, as well as what helps lift your mood. Include your thoughts, feelings, and concerns when you journal. Try it at night so that you can reflect on your day.

# NURTURE YOUR SPIRIT

Take care of your spiritual self by practicing mindfulness and meditation, attending traditional gatherings, speaking with an Elder or knowledge keeper, put out asemaa, go on nature and/or medicine walks.







CFI - CHILD'S FIRST INITIATIVE

Jordan's Principle Program



# January 27 is Family Literacy Day!

This year "Family Literacy Day" is celebrating the GREAT OUTDOORS!!

Spending time in nature has many benefits, not just for the body, but for minds too.

This year, get outside as a family and exercise both your mind and body.

Here are 10 outdoor learning activities you can do as a family to celebrate Family Literacy Day!!



- 1. Outdoor scavenger hunt. Make a list of common outdoor items, then go on a walk together and see if you can find the things on your list!
- Create a nature journal. Bring a notebook draw pictures and write stories about the different outdoor areas, trees or animals you see
- Learn about a winter species. Research online about a winter bird or other animals in your area. Next time you are outside see if you can find any of them.
- 4. Go on a nature hike! Get some fresh air and exercise while practicing your math. Time your hike, work out the distance, and calculate your average speed on your hike.
- 5. Head in the clouds. Look at the different clouds in the sky & see if the shapes of the clouds look like any objects, animals or people.
- 6. Number walk: Choose something you want to count during your walk. It could be dogs, trees, stops signs, cars anything you want. Count how many you can find.
- Snow art use emptied dish soap bottles filled with water and food colouring to write messages & draw in the snow.
- 8. A course of course build an obstacle course in your backyard and draw a map of how to go through it from start to the end.
- 9. Adopt a tree! Pick a nearby tree that is special to you and spend time observing and learning about the tree. Write about it!

For more family literacy activity ideas and resources, visit www.FamilyLiteracyDay.ca.









# Staff Feature Community Health

The Community Health team is committed to the well being of our whole communities. With programming dedicated to fighting the COVID-19 pandemic, Influenza clinics, Vaccine clinics for all ages, Healthy Families, Harm Reduction and Education, Children's Oral Health, and so much more. In 2021, our team expanded to include Environmental Public Health officers and an Emergency Management Coordinator, to ensure that our communities have assitance with developing infrastructure and planning in place for continued Mino Ayawin (good health).



#### Shannon Grynol, RN Manager of Public Health

Shannon is a Registered Nurse who has worked with both the HCC team and the Community Health team since July 2020. Shannon has been in the role of Manager of Public Health since May 2021 and has enjoyed all of the opportunities and experiences she has had in her time with FFTAHS. Shannon is passionate about providing equitable, holistic care and finding ways to improve access to services. Shannon is currently continuing her education and is excited about future opportunities to provide additional health care services.



# Carolyn Kozlowski, RN Community Health Nurse

My name is Carolyn Kozlowski and I am the Community Health Nurse for Rainy River and Seine River First Nations. I am a Mother of three girls and enjoy spending time in nature when I'm not working. The things I enjoy most about working for Tribal Health are the sense of community and being able to participate in cultural activities.

# Carole Easton, RN Community Health Coordinator

Carole is a Registered Nurse who has been with FFTAHS for 9 years. She orginally started working with Home and Community Care, then moved to Community Health 5 years ago.

As the coordinator, she works with teh team to schedole their visits and clinics and makes sure the team is well stocked and trained, but also finds time to serve her clients as the Community health nurse for Onigaming!



# Beth Freeman-Wrolstad, RN Community Health Nurse

Beth is a Registered Nurse who has been working with FFTAHS for almost 2 years. A busy mother of 2, if you don't see her in Mishkosiminiziibiing or in Anishinaabeg of Naongashiing, she's probably at the rink with her girls!

Beth has a passion for lake life, the great outdoors and baking some delicious treats whenever she can!



## Sandra McNay, RPN Community Health Nurse

My name is Sandra McNay and I have been employed as a nurse with Tribal Health for 10 years. I have worked in several of the agency's departments. I am currently working as a community health nurse within the Public Health Team. I very much enjoy my job, my coworkers and working in the 2 designated communities of Lac La Croix and Mitaanjigamiing.





Mental Health Service,

Pesidential Treatment,

& Withdrawal Management Services

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



Firtst Moon of Creation

**JANUARY** 

Spirit Moon is the time of connection. During this moon, we recognize who we are in connection to our relations, land, water, and all of Creation. In the light of this moon we purify ourselves and prepare for the coming seasons.

This moon is also known as the Wolf Moon, Canada Goose Moon, Center Moon, Cold Moon, Greeting Moon, and well as many others.



# Full Moon

January 17, 2022 @ 6 pm

**Please Bring:** 

A small feast dish Yellow cloth

Asemaa (Tobacco)

(Offerings can be provided)

**On-site Outdoor Teachings** 

**Behavioural Health Services Building** 

(601 Kings Hwy)

Register with Audrey Mikkelsen:

amikkelsen@fftahs.org

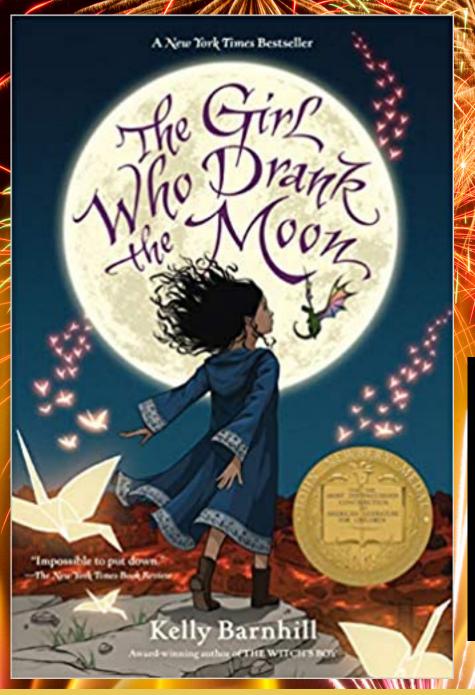
**Covid-19 Screening and Protocols** 

The full moon is the time to honour grandmother moon, ourselves and all other women. We are able to gather and celebrate in a small group setting, you are encouraged to sit with grandmother moon.



HEALTH SERVICES





"In the case of good books, the point is not to see how many of them you can get through, but rather how many can get through to you."

- Mortimer J. Adler







Important Dates & Opcoming Events

JANUARY 10: WOMEN'S DRUMMING - 6:00 PM @BHS

JANUARY 11: MEN'S DRUMMING - 6:00 PM @BHS

JANUARY 17: FULL MOON CEREMONY - 6:00 PM @BHS

JANUARY 24: WOMEN'S DRUMMING - 6:00 PM @BHS

JANUARY 25: MEN'S DRUMMING - 6:00 PM @BHS

JANUARY 27: NATIONAL LITERACY DAY @CFI

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.