



Giishkaandago'lkwe
HEALTH SERVICES

NEWSLETTER

June 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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JUNE 2022



News & Highlights



With the help and coordination of our Cultural Community Support Worker and our Waasodii Omii'e programs, students from Mr. White's Ojibwe class at Fort Frances High School had the opportunity to help build the Grandmother teaching lodge and sweatlodge at our BHS location.

After a long break due to the COVID-19 pandemic, we look forward to holding ceremonies once again. Our first ceremony will be held at 6pm on Tuesday, June 7th, at BHS (601 Kings Highway)





News & Highlights



Bear Witness Day

On May 10th, CFI hosted Bear Witness Day in honour of Jordan River Anderson and Jordan's Principle. Jordan's Principle is a child-first principle and legal rule that ensures First Nations children receive the services and supports they need - when they need them. Miigwech to everyone who came out and showed support on Bear Witness Day. We hope you were able to learn something about Jordan River Anderson, his story, and the journey to improving access to care for First Nation Children.





Q Corner (Quality Improvement)

CLIENT SATISFACTION SURVEY RESULTS HIGHLIGHTS

73 responses received

during the reporting period of
February 15 to March 31, 2022

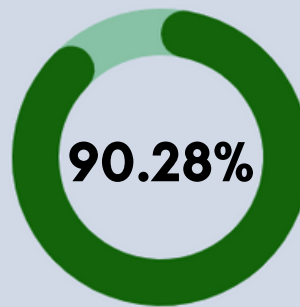


of the responses
gathered:

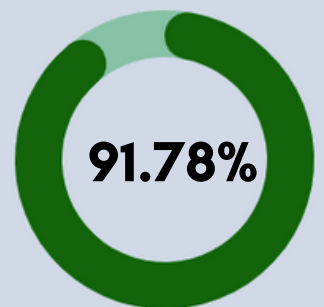
69% indicated as clients

16% indicated as family

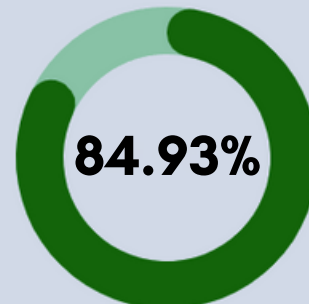
15% indicated as other



of respondents
would recommend
FFTAHS to their
friends & family



of respondents
feel their FFTAHS
service provider is
knowledgeable



of respondents
feel they can make
a complaint about
services if needed





Q Corner (Quality Improvement)

"Thank you for being there. I feel comfortable knowing Anishinaabeg have a safe place to turn to"

We received some great feedback in the survey submissions. In response to this feedback, Giishkaandago'Ikwe Health Services will continue to emphasize the importance of Anishinaabemowin speakers by providing learning opportunities to current staff and hiring traditional language speakers whenever possible. Giishkaandago'Ikwe Health Services will also continue pursuing funding for additional positions to supporting client needs as well as funding for a capital building where all services can be housed in one location.

We thank everyone who participated in the survey and encourage all individuals to provide feedback throughout the year. Be sure to utilize the "Compliments, Concerns, and Complaints" section of our website!

<https://www.fftahs.com/compliments-concerns-complaints>

"I am always treated in a respectful manner and my voice, along with my children, never goes unheard. Very loving and helpful staff. Keep up the great work!"





KNOW THE SIGNS & SYMPTOMS OF LYME DISEASE

We live in an area where ticks are in abundance.

If you are going into the woods or long grass you should take precautions by wearing light coloured clothing and insect repellent containing Deet or Icaridin (*always following manufacturer's instructions*).

Be sure to check children, pets and yourself for ticks.

SIGNS & SYMPTOMS

- Fever
- Chills
- headache
- Stiff neck
- Muscle aches & joint pains
- Facial paralysis
- Spasms, tingling, numbness
- Swollen lymph nodes
- Fatigue (more tired than usual)

• NEW RASH

- Bull's-Eye Rash

(a red patch on the skin that is usually round or oval and more than 5cm that spreads outwards and is getting bigger)



- Bruise-Like Rash

(usually on darker skin tones)



TICK IDENTIFICATION



Black-legged (deer) tick



Dog (or wood) tick

COLOUR	Dark brown to black, females have an orange/red back	Red-brown with markings on back; elongated body
SIZE	Adults are 3-5mm long	Adults are 4-6mm long
LYME	Must be attached to a human for a minimum of 24-36 hours before Lyme disease can be transmitted.	Not known to transmit Lyme Disease

*Adapted from our friends at the Northwestern Health Unit

Laboratory testing is not always required to diagnose and treat Lyme Disease infection. Most cases of Lyme Disease can be treated successfully with Antibiotics

CONTACT YOUR COMMUNITY HEALTH NURSE OR SPEAK TO A HEALTH CARE PROFESSIONAL ASAP IF YOU EXPERIENCE ANY SYMPTOMS





COVID-19 Vaccine Eligibility AFTER COVID Infection

*Why you should wait to get your next COVID-19 Vaccine
if you have recently had a COVID-19 infection*

Infection BEFORE having 1st or 2nd dose:

- Individuals 5 years of age and older who are NOT immunocompromised should wait *8 weeks after a COVID infection* for next dose of the vaccine
- Individuals who are 5 years of age and older who are **immunocompromised** should wait *4 to 8 weeks after a COVID infection* for next dose of the vaccine

Infection AFTER your 2nd dose and before a first or second booster:

- Individuals who are 12 years of age and older who are **eligible** for booster doses should wait *3 months after a COVID infection* for next dose of the vaccine



**A LONGER INTERVAL BETWEEN INFECTION
AND VACCINATION FOR BETTER IMMUNE
RESPONSE MEANS BETTER PROTECTION
AGAINST COVID-19**

Waiting the recommended period of time after testing positive for COVID-19 or from symptom onset before getting your next vaccine will give your body time to decrease the number of antibodies in your system from the infection, which ensures better protection from the vaccine



Committee Feature

Joint Occupational Health & Safety Committee



Fort Frances Tribal Area Health Services recognizes their Joint Occupational Health and Safety Committee members and their dedication to health and safety in the workplace. The committee consists of employee representatives from each of our programs and management representatives who meet on a regular basis to deal with health and safety issues.

Over the last year, the committee completed an extensive review and amendment of policies and procedures to ensure safety and compliance across all our locations. With the exponential growth of FFTAHS, the OH&S committee has most recently adopted the Ontario Hospital Association Emergency Code System. The commitment and dedication of the OH&S Committee during this transition has been instrumental in moving this initiative forward.

FFTAHS appreciates all the committee representatives that take time to ensure a healthy and safe workplace for all of us!

“Safety starts with S but it begins with YOU!”





Staff Feature



Child's First Initiative



Boozhoo Lexi Caul nindishinikaaz. Couchiching nindoonji. I am a Registered Early Childhood Educator and have been with CFI since January 2018. I am currently an Infant Child Development Family Navigator/ Case Manager. I enjoy working with young children and their families to help them meet their milestones as they grow. In my spare time, I enjoy being outside fishing, hunting, and riding horses. I also teach skating through the Border Skating Club's CanSkate program and Volunteer with the U7 division with Fort Frances Women's and Girls Hockey Association.

Boozhoo, My name is Katlynn Jewell and I've been with the CFI team since August 2021 as an Infant Child Development Family Navigator/Case Manager. I feel very fortunate to work with such a great team of supportive and dedicated people. I have enjoyed visiting the surrounding communities and working with many new children and families and look forward to continuing in my role with FFTAHS. My personal interests include, painting, being outdoors and spending time with my daughters and close family/friends.





Staff Feature



Boozhoo, I am Danielle Spuzak (Broman) and am a Community Development Worker with the CFI team, I grew up in Fort Frances and have lived here my whole life. I have a 14 year old son, Peter, who is the light of my life and amazes me and makes me laugh everyday. I have my diploma in Social Services and have worked in this sector the majority of my career. My favourite thing to do is laugh and often. I am a gardener, a crafter, a reader of True Crime, a deep thinker, a mother, a sister and a daughter to two very amazing people that I am blessed to have in my life.

Boozhoo, Dana indizhinikaaz. Fort Frances Nindoonjii, Makwa nindoodem. indanokii iwedi Child's First Initiative. I am a Registered Early Childhood Educator and have been working as a Community Developmental worker since September 2021. I previously worked as an ECE in a preschool classroom where I gained lots of experience and knowledge working with children and families. I am grateful for the opportunity to service families and children for our surrounding Treaty 3 Communities. When I am not at work I enjoy spending time watching my son play sports, walking my dog, being with family & friends, cabin time, fishing and being by the water. I am on a forever journey to learn Anishinaabemowin and I am very thankful for all the learning and teaching opportunities here at FFTAHS



Boozhoo, Sara McCormick nindishinikaaz . I am a Registered Early Childhood Educator and Resource Consultant. I am passionate about working with children and have been doing so for 20 years. Over the past four years I have had the opportunity to work with FFTAHS on the Child's First Initiative team. Through my role as the Infant Child Development/ Family Navigator, I am honored to advocate alongside families to help them receive support and reach goals for their child(ren). My time here has been one of learning and growth. I am grateful to learn from children and families I work with and I believe that every child has a gift. I am lucky that my time with children allows me to build on the gifts they hold and help develop new skills along the way. I look forward to continuing this journey, while sharing and learning with the children I meet.



Boozhoo, Jessika Ewald ndizhnikaaaz. I am a Registered Personal Support Worker and am one of the Family Navigator/Case Managers with the Child's First Initiative. I started working for the CFI program in January 2018, as a Community Development Worker. In September 2019, I took on a short-term special assignment as Interim CFI Coordinator to support the CFI team. In November 2019, I accepted the position of Family Navigator/Case Manager within the CFI program. I am also certified in Advanced Patient Navigation. Prior to my employment with FFTAHS, I worked in long-term care for over 14 years. I have always been passionate about providing client centred care along with ensuring to meet families where they are at, while providing best practice standards. I am grateful for all the experiences that the program and agency have provided since starting my career at FFTAHS, along with the opportunities to spend time in communities building relationships with families.



Boozhoo! My name is Janice Neurinski. I have been working for FFTAHS as a Family Navigator/Case Manager for the Child's First Initiative program since it started in September 2017. I am a Registered Practical Nurse and have been working as a nurse within the local First Nations communities for over ten years. I began my nursing career in 1997 in London, ON., where I am originally from. My husband is from Fort Frances, and we relocated here in 2008. I have always found the nursing profession to be very rewarding, and my experiences have varied greatly from working in hospitals in acute care and the Operating Room, to foot care, telemedicine and more. My family and I enjoy living an active lifestyle, spending time outdoors in all seasons, and a lot of time inside the arena during the winter in one of my favourite roles as a "Hockey Mom". I appreciate the cultural teachings and knowledge I have received as an employee of Tribal Health, and their core values guide me in my everyday life.

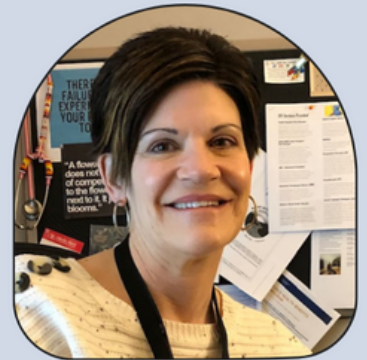
Boozhoo, My name is Jillian Cridland. I am a member of Couchiching First Nations and I have been with the CFI Program for nearly four years as a Community Development Worker. As a CDW I work with children in community providing communication assistance, rehabilitation exercises and goal oriented therapeutic programs. I work collaboratively with CFI team members, to create plans that are individualized to the child and provide support to the family. You will often find me in the community schools, assisting children with their needs! I have a background in Psychology (BA) and a degree in the Social Service Worker field. I am also a current student, working to obtain my Master of Arts (MA) in Counselling Psychology through Yorkville University. I am enrolled in the CRPO as a Registered Psychotherapist (Qualifying). In addition to working with the CFI team, I am also currently completing my placement with Behavioral Health Services until August, 2022. I am very passionate about working with First Nation's youth and love the connections I continue to make in community.





Staff Feature

Boozhoo, My name is Leanne Penney, I started with FFTAHS in 2011 as a full time RPN with the Home and Community Care Program. I accepted a position as Family Navigator- Nurse / Case Manager in 2017 with the agencies newly established Jordan's Principle Child's First Initiative Program. Currently I provide services to three First Nations in our catchment area; Lac La Croix, Nigigoonsiminikaaing and Rainy River for client's ages seven to eighteen years old. In addition to education in nursing I also have extensive education and training for children and adults with special needs/complex care needs both professionally and as a parent of a young man with Autism. When I'm not working I enjoy family time at the cabin. Travelling with my son and friends and continuing my education in area's that will enhance my ability to ensure First Nations children and young adults are receiving access to equitable services.



Boozhoo. Debby Cousineau nindizhinikaaz. I am the Manager of the Child's First Initiative and have been with FFTAHS since August 2020. I have worked for many years in our area as a Speech Language Pathologist and have had the pleasure to meet and work with many children and families. I enjoy spending time with my husband and daughter and being outside on the lake or in the garden. I am very grateful for the opportunity to work the CFI team and look forward to meeting everyone as we once again are able to travel to communities.





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

Mino Ayaa Ta Win Healing Centre
Co-ed treatment cycle (28-day) at MATW is ending June
27th, 2022

The next co-ed treatment cycle is beginning July 5, 2022.

Mino Ayaa Ta Win Healing Centre is open for all
withdrawal management services

Please call 807-274-7373





Mental Health Direct Line

Triaged Walk-in/Call-in Services



Call/ Text:

Monday - Thursday 8:30am - 4:30pm

Friday 8:30am - 4:00pm

807-271-0212

→ you are not alone ←





FETAHS 2SLGBTQQIA+ Committee Invites you to our:

Annual PRIDE Breakfast

MC of event
& Two-Spirit
Teachings
provided by:
Ron Indian-
Mandamin

Resource Booths,
Presenters, T-Shirts, Mugs
and Lawn Signs to
Giveaway, Door Prizes,
Drum Songs and so much
more!

JUNE 7TH, 2022
9:30AM OPENING
10AM BREAKFAST
10:30AM
PRESENTERS

Location: 601 Kings Hwy
(Behind BHS building)
Parking: Holmes & Elm Ave.



Fort Frances Tribal Area
HEALTH SERVICES



SWEATLODGE CEREMONY

Tuesday June 7th
&
Wednesday June 22nd

6:00 PM

BHS: 601 Kings Highway

For more information
contact:

Dwayne Morrison
274-2042 ext 4223
dmorrison@fftahs.org



JUNE FULL MOON CEREMONY

June 14, 2022 @ 6PM



Please Bring:
A small feast dish
Yellow cloth,
Asemaa (Tobacco)
(Offerings can be provided)
On-site Outdoor Teachings
Location: BHS 601 Kings Hwy

The full moon is 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.



Fort Frances Tribal Area
HEALTH SERVICES

Covid-19 Protocols in effect
Registration limited to 10
participants

Register with Audrey:
807-274-2042 ext 4249
amikkelsen@fftahs.org



CULTURAL CORNER

The Pow-Wow Trail

• <i>Nimi'idiwin</i>	• To dance, our dance •
• <i>Biindigeshimo</i>	• He or she dances in •
• <i>Bwaanzhiiwi'on</i>	• Dance Regalia •
• <i>Zhiibaashka'igani maagoode</i>	• Jingle Dress •
• <i>Gaagigidoo inini</i>	• M.C. •
• <i>Dookaaji'ige inini</i>	• Stick Man/Arena Director •
• <i>Miigwayak</i>	• Eagle Staff •
• <i>Wiikondiwag</i>	• To have a feast •
• <i>Ishkode</i>	• Fire •
• <i>Baabaapi</i>	• S/he keeps laughing •





CULTURAL CORNER

The Pow-Wow Trail



• <i>Dewe'igan</i>	• Drum
• <i>Nagamo</i>	• He/she sings
• <i>Naakwe'imaage</i>	• support singers/ back up singer
• <i>Gichi-aya'aa</i>	• Elder
• <i>Asemaa</i>	• Tobacco
• <i>Gikiwe'on</i>	• Flag



CULTURAL CORNER

Mazinabii'igedaa

More colouring pages at www.urbaniskwew.com



Artwork by Hawlii Pichette

YOU ARE THE LAND



Beaver - Wisdom



Eagle - Love



Buffalo - Respect



Wellness is Blooming!



THE FFTAHS WORKPLACE WELLNESS COMMITTEE BROUGHT A CHALLENGE TO THE STAFF WHICH HAD THEM THINKING ABOUT WHAT WELLNESS MEANS TO THEM. FOR 10 DAYS, WE SENT OUT DAILY CHALLENGES TO EXPLORE THE GREAT OUTDOORS, THINK ABOUT THE WORLD AROUND THEM AND SHARE THEIR EXPERIENCES AND STORIES. WE ALSO SHARED TEACHINGS CELEBRATING ZIGWAN. EVERY PARTICIPANT RECEIVED A PRIZE, ALONG WITH DAILY PRIZE WINNERS AND A GRAND PRIZE DRAW FOR ONE LUCKY PARTICIPANT TO HELP THEIR LITTLE GARDEN GROW!



AS PART OF THEIR PACKAGE, STAFF RECEIVED TRADITIONAL TOBACCO PODS TO GROW AND NURTURE.

INSPIRED BY THE TOBACCO TEACHINGS FROM OUR APRIL ALL STAFF MEETING, OUR TEAM LEARNED ABOUT THE DIFFERENCE BETWEEN COMMERCIAL AND TRADITIONAL TOBACCO AND THEIR PLACE IN OUR LIVES. WHILE WE UNDERSTAND AND RESPECT MANY INDIVIDUALS CHOOSE COMMERCIAL TOBACCO, OUR TEAM WAS EXCITED TO CULTIVATE THE SEEDS AND INCORPORATE THEM INTO OUR GARDENS FOR OUR OWN USE.

Chi Mjigwech to our friends and elders for these teachings.





Fort Frances Tribal Area
HEALTH SERVICES

proudly celebrates

National Indigenous Peoples Day

Monday June 21st, 2022

celebrates the
heritage, diverse
cultures and
outstanding
achievements of
First Nations, Inuit
and Metis Peoples!



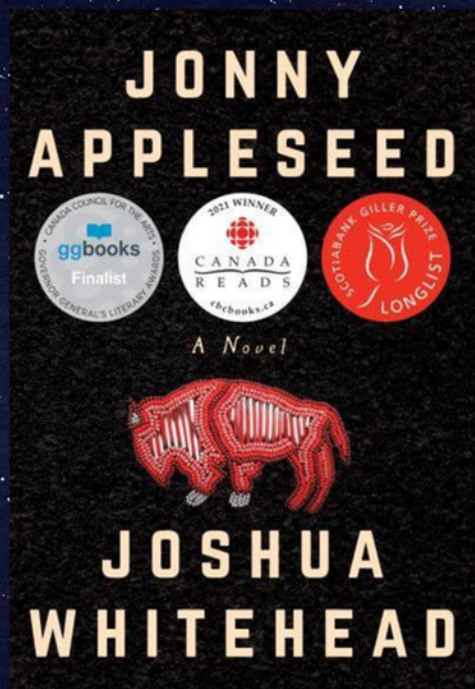


CULTURAL CORNER

Book of the Month

THIS NOVEL IS HEAVILY HONORED, HAVING WON THE GEORGES BUGNET AWARD FOR FICTION IN ALBERTA, THE LAMBDA LITERARY AWARD, A LONGLISTING AT THE SCOTIABANK GILLER PRIZE, AND A SHORTLISTING FOR THE GOVERNOR GENERAL'S LITERARY AWARD.

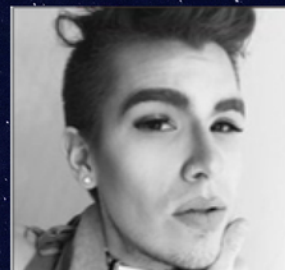
**READER
ADVISORY**
MATURE CONTENT



Jonny Appleseed puts a spotlight on trauma, racism, and the effects of homophobia on Indigenous bodies, minds, and hearts. Jonny and his kin bear the grief of child apprehension, rely on passing skin tones to stay safe, and find everyday tasks such as catching a cab impeded by racism. However, at its core, the novel is about the strength of Indigenous kinship.

Wise and funny, relatable and revolutionary, *Jonny Appleseed* is a much-needed novel that captures the violence of colonization and celebrates the power of decolonial love.

JONNY APPLESEED IS A UNIQUE, SHATTERING VISION OF
INDIGENOUS LIFE, FULL OF GRIT, GLITTER AND DREAMS.
(FROM ARSENAL PULP PRESS)





Important Dates & Upcoming Events

- JUNE 7: PRIDE BREAKFAST 9:30AM @ BHS
- JUNE 7: SWEATLODGE CEREMONY 6P.M. @ BHS
- JUNE 13: WOMEN'S DRUMMING 6P.M. @ BHS
- JUNE 14: MEN'S DRUMMING 6P.M. @ BHS
- JUNE 14: FULL MOON CEREMONY 6P.M. @ BHS
- JUNE 21: NATIONAL INDIGENOUS PEOPLES DAY
(OFFICES CLOSED)
- JUNE 22: SWEATLODGE CEREMONY 6P.M. @BHS
- JUNE 27: WOMEN'S DRUMMING 6P.M. @ BHS
- JUNE 26: INTERNATIONAL DAY AGAINST DRUG
ABUSE AND ILLICIT TRAFFICKING
- JUNE 28: MEN'S DRUMMING 6P.M. @ BHS

**HAPPY PRIDE
MONTH!**



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.*





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/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!
<https://www.fftahs.com/events-calendars>*

Like us on
facebook



*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.

