



FORT FRANCES TRIBAL AREA  
HEALTH SERVICES

# NEWSLETTER

May 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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MAY 2022





# News & Highlights



The Waasodii Omii'e program staff have been busy preparing for sugar bush season. 20 Maple Sapping kits were purchased and distributed to families interested in tapping maple trees for sap. A video produced last spring of local Elder Calvin Morrisseau sharing Sugar Bush teachings, harvesting and preparing maple sugar was circulated to coincide with the distribution of the tapping kits. This video has now had nearly 1500 views and counting.

During this same week staff met with everyone currently attending residential treatment at Mino Aya Ta Win Healing Centre, where they tapped 10 maple trees on the Mino Ayaa Ta Win Healing Centre grounds.







## News & Highlights

Renovations continue at  
Mino Ayaa Ta Win Healing Centre!  
Stay tuned for the reveal!







# Q Corner (Quality Improvement)

FFTAHS last received accreditation status in 2017 and continues to participate in Accreditation Canada's Qmentum accreditation program. As part of the Qmentum accreditation program, the organization will undergo an evaluation process in June 2022, with the objective to maintain accreditation status.

Accreditation is one of the most effective ways for organizations to regularly and consistently examine and improve the quality of their services. The standards provide a tool for organizations to embed accreditation and quality improvement activities into their daily operations with the primary focus being on including the client and family as true partners in service delivery.



Hélène Philbin Wilkinson, Team Leader and Lois Bomberly, Team Member will be our survey team.

Hélène has leadership experience overseeing inpatient, community- and regional-based mental health and addiction services. In her former role as Administrative Director of the Mental Health and the Law Service with the North Bay Regional Health Centre (NBRHC), she directed the expansion and transformation of a specialized inpatient and outreach mental health program. As part of the NBRHC's More Time to Care agenda, she led and supported projects and risk management initiatives focused on optimizing quality, safety and people centered care.

Lois Brings over 30 years of clinical nursing, education and administrative experience in a variety of health care settings which include Primary care, Acute care, long term care, Mental Health and Addictions, Public Health and community care nursing settings. Lois has worked in both urban and rural settings in surrounding cities with most of work within her home community.





# Health and Wellness



## VAX FACTS DID YOU KNOW?



**Vaccinating your children on time is the best way to keep them safe from many preventable, serious and potentially deadly diseases.**



**Vaccines teach your child's body how to recognize and fight off disease-causing germs if they are exposed to them.**



**By vaccinating your child and preventing infection, it protects other children who cannot be vaccinated for medical reasons.**



**Your child can safely get more than one vaccine at a time.**



**Some vaccinations that your child receives are combination vaccines. A single injection may help to protect your child from multiple diseases.**



**Publicly funded vaccines have been safely administered for decades. 8.6 million doses were given in 2019, preventing many serious and potentially fatal infections, such as meningitis.**



**Adults need routine vaccines, too! Vaccines protect adults just like they protect children. Tetanus vaccines, flu shots, and the COVID-19 vaccine are among some of the routine vaccinations recommended for adults.**





# Health and Wellness

## VAX FACTS ROUTINE VACCINATIONS



With the continued risk of getting COVID-19, vaccinating yourself and your children age 5 and older against COVID-19 is one of the best ways to prevent infection and serious illness.

It is also important to keep your children of all ages up-to-date on other routine vaccinations to protect them from all vaccine-preventable diseases. Your child may have missed one or more scheduled doses due to the pandemic. During National Immunization Awareness Week, we encourage you to work with your health care provider to ensure your child is caught up on any missed vaccinations and plan for future doses.

<u>Age</u>	<u>Routine childhood vaccine schedule</u>
2 months and 4 months	Diphtheria, Tetanus, Pertussis, Polio, Hib, Pneumococcal, Rotavirus
6 months	Diphtheria, Tetanus, Pertussis, Polio, Hib
12 months	Pneumococcal, Meningococcal, Measles, Mumps, Rubella
15 months	Varicella
18 months	Diphtheria, Tetanus, Pertussis, Polio, Hib
4-6 years	Measles, Mumps, Rubella, Tetanus, Diphtheria, Pertussis, Polio, Varicella
Grade 7	Hepatitis B, Meningococcal, human papillomavirus (HPV)
14 years	Tetanus, Diphtheria, Pertussis
Annually after 6 months	Seasonal flu shot in the fall
After childhood	Follow the routine adult vaccine schedule. Talk to your healthcare provider for more information.







# Mental Health Week

## May 2 - 8, 2022

**In celebration of Mental Health Week, we invite you to participate in a Community Walk.**

**#GetReal about how to help!**

**WHEN: WEDNESDAY, MAY 4, 2022  
TIME: 1:00PM - 2:00PM**

**WHERE: YOUR COMMUNITY OR  
MEET @ BHS 601 Kings Hwy**

**WHO: EVERYONE - SHOW UP IN  
PERSON, SIGN ON VIRTUALLY OR  
SEND PHOTOS TO THE CONTACTS  
LISTED BELOW TO WIN  
1 of 4 SELF CARE BASKETS**

**CONTACT:  
NATALIE KEARNS OR MARY ELDER  
nkearns@fftahs.org  
melder@fftahs.org**



**Virtual ZOOM LINK:  
863 6798 2125  
Password: #GetReal**



Fort Frances Tribal Area  
**HEALTH SERVICES**







# Committee Feature



## Workplace Wellness Committee

Our Workplace Wellness Committee is a made up of volunteer employees that focus on improving the physical, mental and spiritual health and wellness of our teams.

Over the last year some of the health and wellness activities included a steps challenge, a cooking challenge, a reading challenge, and most recently a Spring into Wellness challenge. These challenges are used to encourage employees to step outside their comfort zones but also focus on time for self-care and reflection.

FFTAHS appreciates all the employees that volunteer their time to make our work environment a place of health and wellness.

**Wellness Tip:** *Winter can feel like an eternity, but it only makes Spring feel that much sweeter when it arrives. Even if you've gotten off-track with your health, there's still time to start a healthy transition into the new season.*







# Staff Feature



I am Kelly Macintosh and have been the Lead Behavioural Consultant with CFI since 2019. I am a Board Certified Assistant Behaviour Analyst and have been working with children and youth with autism spectrum disorders and other developmental disabilities since 2004. I am passionate about using evidence-based practices to promote skill development and independence with children with a variety of needs and believes that with a positive learning environment and ongoing support, every child can achieve success on their learning and development journey.



Boozhoo, My name is Chantal Jodoin and I am an Occupational Therapist with CFI. More recently, I have also been assisting our Community Health Team with their Covid19 response efforts. I was born and raised in the Fort Frances Area and am so happy to have returned home to start my career after completing my education in the fall of 2019. I hold a Bachelor degree in Family Social Science, with a specialization in Child & Youth developmental health and a Master's degree in Occupational Therapy. When I'm not at work, you can find me spending time outdoors with my family and puppy, enjoying the beautiful land and waters of the Treaty 3 area.



Boozhoo. I am Lindsay Hamilton (she/her/hers) and am a Children's Mental Health Therapist with the CFI Program. I am an award-winning visual artist, arts educator, Registered Canadian Art Therapist (RCAT) and Registered Psychotherapist (RP). I offer arts based psychotherapy that harnesses the life affirming and wellness enhancing qualities of the creative process. My practice is client centred and trauma informed. I have experience working with a variety of populations in individual, dyad, family and group therapeutic contexts and specializes in grief and loss and is developing my practice to be ecologically sustainable. Miigwech bizindawiyeg!





# Staff Feature



Boozhoo, Gizhebyanamadoke Indigoo, Brenda Whitehead, Indizhinikaaz, Marten Falls, Indoonjii, located on Treaty 9 Territory, Fort Frances, Indaanoongom, Makwa Indoodem. I have three children, Adrian, Taylor, and Tristan, which I'm so grateful that they chose me to be their Mother. They are young adults now. They are the greatest gift the creator has placed in my world. I also have two loveable shiitzus, Scruffy and Winston. They provide immense joy to my world as well. I have lived in Fort Frances pretty much most of my life. I come from a large blended family that span across Canada and throughout the United States. I'm a 60's scoop survivor. My professional career has been dedicated to providing holistic and trauma informed therapeutic services for children and families. I'm very happy to join the Child First Initiative team as a Children's Mental Health Therapist. I'm a registered Psychotherapist and a Registered Social Worker. I look forward to meeting you in my travels throughout Treaty 3 Territory.

Boozhoo Gakina Awiya! My name is Sheryl Barkley and I am an Occupational Therapist with the Child First Initiative program. I have been in this role at FFTAHS since October 2017. Prior to that, I spent 17 years as an Occupational Therapist at Riverside Health Care. I received my Bachelor of Medical Rehabilitation in Occupational Therapy from the University of Manitoba in 2000. I enjoy life-long learning, crocheting, skiing, horses, playing squash, kayaking and raising 3 amazing kids with a wonderful husband. I also really treasure time with extended family. I am thankful for all of the learning opportunities, my co-workers, and all of the kids, families and school/daycare staff I get to meet and work with here at FFTAHS.



Boozhoo everyone! My name is Lisa and I was born and raised in Fort Frances. I have been employed with FFTAHS for a year now as Program Assistant. My favourite times are spent with my grandkids, kids and husband and we can often be found spending time outside in the garden, at the lake or at our hunting shack.





# **MAY IS PHYSIOTHERAPY MONTH!**

## **Meet our Physiotherapist Dee O'Sullivan-Drombolis**

Hello, My name is Dee O'Sullivan-Drombolis. I've been a physiotherapist for over 20 years, most recently joining the CFI team in 2017 when the program started.

Physiotherapists focus on a person's ability to participate in meaningful movement.

And I passionately believe movement is vital for physical and mental growth, general health and overall wellbeing.

I hope to help your child move to the best of their ability by working with you, your child, and the other adults in your child's life.

That means using my knowledge of anatomy, physiology, how people move, and integrating that holistically with a person's beliefs and who they are in everyday life to come together in developing a plan to meet their movement related goals. I work with children who have had injuries, surgeries, complex diagnoses, and those who struggle with movement related activities.

I focus on:

Strength

Range of motion

Proprioception or body awareness

Balance

Co-ordination or how the parts of the body work together

motor planning or how we plan movement or participate in motor skills

physical activity

adaptive equipment/bracing

footwear

And we work on these areas in a play based way that meets the needs of your child.

I also hold a specialty in Wound Care and support our home and community care nurses when needed.

When I am not at work you can find me teaching and practice yoga, running, crafting, reading, spending time with my family and drinking coffee (ok that last one I do at work too)





# HELLO MAY, IT'S BETTER SPEECH & HEARING MONTH

--MEET OUR CFI SPEECH TEAM--



**Kate Norman**

**SPEECH-LANGUAGE  
PATHOLOGIST**

Boozhoo! I am Kate Norman and have provided Speech and Language services in the Rainy River District since 2009. I have been with the CFI team since 2020 and work with children in all of the 10 First Nation Communities, including the three Federal School. In my free time I enjoys summers on Rainy Lake and winters on the Rainy River with my husband, two children and our black lab dog. I love working with children and helping enhance their communications skills.



**Brandy Hyatt**

**COMMUNICATION  
ASSISTANT**

I am Brandy and am new to the CFI team. I have supported children with their learning in a school setting for the last 10 years and am eager to learn more about my new role as a Communication Assistant and the children, families and communities I will be supporting. In my spare time I enjoy cheering on my two daughters at the hockey arena and spending time on beautiful Rainy Lake with family and friends. Thank you to all the FFTAHS staff that have been so supportive and welcoming.

Watch for us in your First Nation Community schools, daycares, and neighborhoods.  
Please say hi and reach out to us if you have any questions or concerns.

Tel: 807-274-2042



## WHO WE WORK WITH...

About 1 in 10 children need extra help developing speech and language skills. Without help, it may be harder for these children to listen, talk, read, and play with others.

We support children of all ages by providing screenings, assessments, treatment, education, and support in the following areas of speech and language:

### ARTICULATION

Articulation means the pronunciation of spoken speech sounds. We can help if a child is difficult to understand.

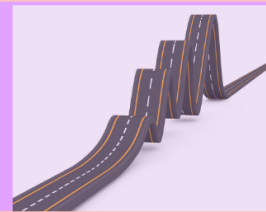


### LANGUAGE

Language means the ability to put words together, express ideas, and understand others. We can help if a child struggles to follow directions, answer questions, or speak in complete sentences.

### FLUENCY

Fluency is the rhythm of speech. We can help if a child is stuttering, repeating sounds, or getting stuck on words.



### VOICE

Voice refers to the vocal quality, pitch, loudness. We can help if a child sounds hoarse, breathy, or too nasal.

### SOCIAL

Social pragmatic skills refers to the ability to use verbal and nonverbal social language with others. We can help a child improve communication skills among peers.







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

Mino Ayaa Ta Win Healing Centre

Co-ed treatment cycle (28-day) at MATW is ending May 23rd.

The next co-ed treatment cycle is beginning May 31, 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**

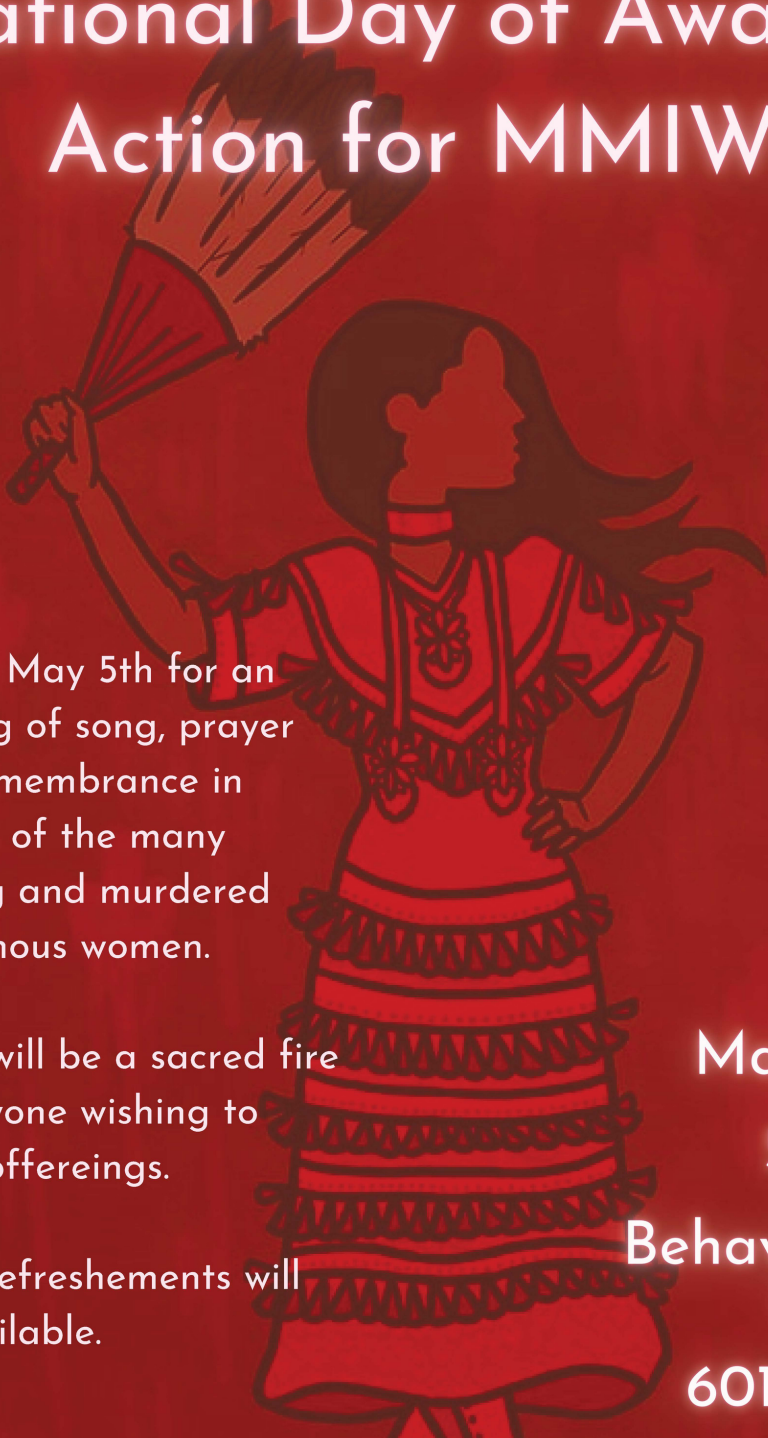
→ you are not alone ←







# National Day of Awareness & Action for MMIWG2S



Join us May 5th for an evening of song, prayer and remembrance in honour of the many missing and murdered Indigenous women.

There will be a sacred fire for anyone wishing to make offerings.

Light refreshments will be available.

May 5th 2022

5:30-6:30

Behavioural Health Services

601 Kings Hwy







**Fifth Moon of  
Creation  
MAY**

Flowering Moon is the time for healing and cleansing. During this moon, we begin again, acknowledging the time for replenishing our spirit. It is the time we feast our bundles and recharge, readying ourselves for the coming moons. It is when we prepare our gardens for the planting of seeds, knowing what is to come.

This moon is also known as Sucker Moon, Frog Moon, Budding Moon, Corn Planting Moon, Milk Moon, Mother's Moon, as well as many others.

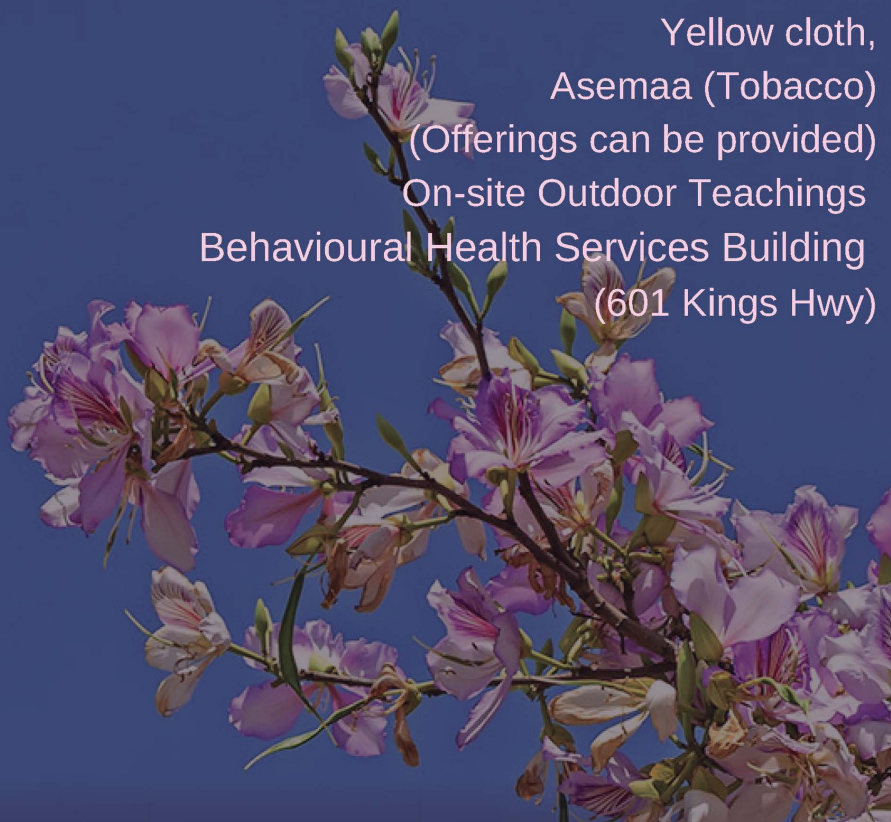
# MAY FULL MOON CEREMONY

May 16, 2022 @ 6PM

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.

Covid-19 Screening and protocols in effect  
Registration limited to 10 participants  
Register with Audrey:  
807-274-2042 ext 4249  
amikkelsen@fftahs.org

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)



Fort Frances Tribal Area  
**HEALTH SERVICES**







## CULTURAL CORNER

# Let's Practice Anishinaabemowin

Introducing ourselves is one of the most important skills we need to begin our language learning journey. Different communities may use varied greetings and introductions - we are sharing A way with you, please use what is most comfortable for you in your community.

**GRAB A FRIEND, TEXT A COWORKER OR JUST READ ALONG!**



***Aaniin ezhinikaazoyan?***

What is your name?



***Mackenzie nindizhinikaaz***

My name is Mackenzie

***Aandi wenjiiyan?***

Where are you from?

***Big Grassy nindoonjii***

I am from Big Grassy

Manitoba Indigenous  
Cultural Education Centre





## CULTURAL CORNER

## Let's Practice Anishinaabemowin

***Aaniin ezhi-yaayin noongom?***

How are you today?

***Nimino ayaa noongom***

I am well today

***Aaniin ezhiwebak noongom?***

What's the weather like today?

***Gisinaa idash zoogipon noongom***

It is cold and snowing today

***Aaniin ezhichigeyan noongom?***

What are you doing today?

***Odamino agwaajing noongom***

I am playing outside today

Manitoba Indigenous  
Cultural Education Centre





CULTURAL  
CORNER

*W*azinabii'ige daa



**AWARENESS**

**INSPIRES**

**ACTION**

Hawlii Pichette

More free coloring pages at [www.urbaniskwew.com/coloring-pages](http://www.urbaniskwew.com/coloring-pages)







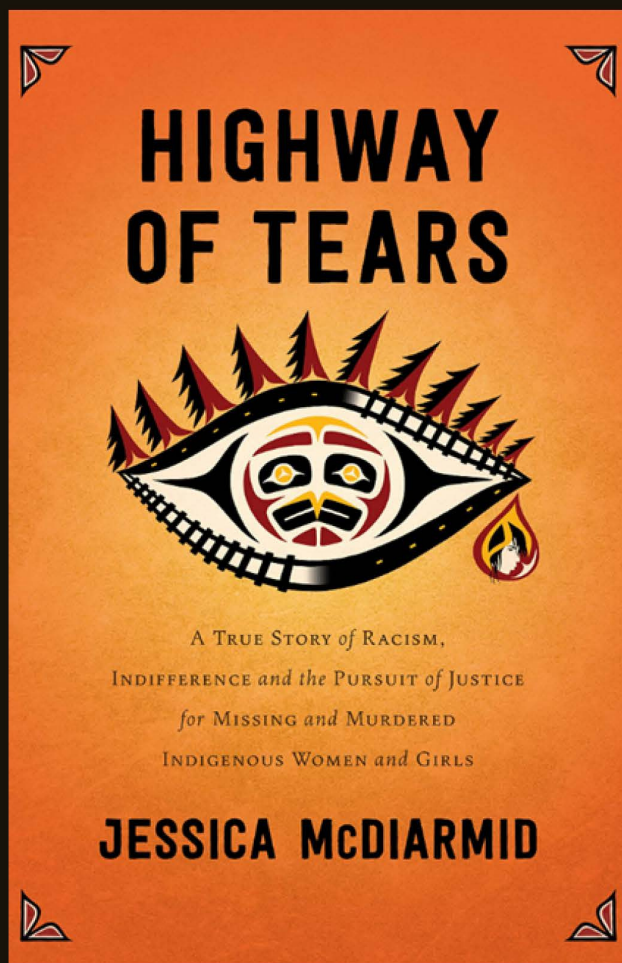
## CULTURAL CORNER

# Book of the Month

A POWERFUL ACCOUNT OF AN AREA OF  
BRITISH COLUMBIA IN WHICH WOMEN  
AND GIRLS ARE BEING MURDERED OR  
DISAPPEARING WITHOUT A TRACE.



**A DIFFICULT  
BUT ESSENTIAL READ**

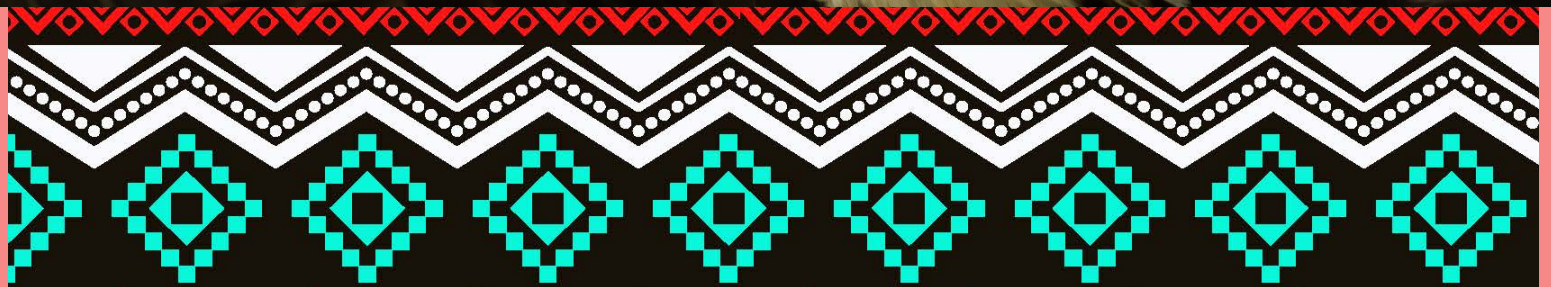


Highway 16, which runs for 735 kilometers west from Prince Rupert in the northwest corner of B.C., is called the Highway of Tears because more than 30 girls and women, by far most of them members of Indigenous families, have been murdered or disappeared along that route.

The numbers are startling: murders or disappearances of between 1,000 and 4,000 (depending on who's counting) women and girls, most of them Indigenous, over the past few decades. McDiarmid delves into the history of how racism has forced many Indigenous people into poverty, which in turn has led to drug addiction, crime, violence, and broken families. She also exposes the uncaring attitudes of many law enforcement agencies when the victims are Indigenous; and of the press, which devotes noticeably less space—if any at all—to murders and disappearances of Indigenous people compared with non-Indigenous.

McDiarmid brings to light a little-known story that deserves more attention.





APRIL 29- MAY 5TH  
IS THE 2022

# National Week of Action

There is widespread anger and sadness in First Nations communities as sisters, wives, mothers, and daughters are gone from their families without clear answers.

There are families whose loved ones are missing—babies growing up without mothers, mothers without daughters, and grandmothers without granddaughters.

These facts add one more layer of trauma upon already existing wounds that will not heal without reconciliation.



*Communities are pleading for justice. We unite in solidarity.*



A RED HAND OVER THE MOUTH HAS BECOME THE SYMBOL OF A GROWING MOVEMENT... THE MURDERED AND MISSING INDIGENOUS WOMEN (MMIW) MOVEMENT.

IT STANDS FOR ALL THE MISSING SISTERS WHOSE VOICES ARE NOT HEARD.  
IT STANDS FOR THE SILENCE OF THE MEDIA AND LAW ENFORCEMENT IN  
THE MIDST OF THIS CRISIS.

IT STANDS FOR THE OPPRESSION AND SUBJUGATION OF NATIVE WOMEN  
WHO ARE NOW RISING UP TO SAY **#NOMORESTOLENSISTERS**.





MMIWG CRISIS COUNSELLING LINE

1-844-413-6649



CRISIS RESPONSE | FORT FRANCES

TRIBAL AREA HEALTH SERVICES

| KENORA | RAINY RIVER DISTRICT

1-866-888-8988

HOPE FOR WELLNESS TELEPHONE

HELP LINE

1-855-242-3310

ONLINE CHAT COUNSELING SERVICE

[WWW.HOPEFORWELLNESS.CA](http://WWW.HOPEFORWELLNESS.CA)

 No More Stolen Sisters 





## Important Dates & Upcoming Events

**MAY 4: MENTAL HEALTH WALK 1P.M. @ BHS**

**MAY 5: NATIONAL DAY OF AWARENESS & ACTION  
FOR MMIWG2S 5:30P.M. @ BHS**

**MAY 6: OPEN SHARING CIRCLE 5:30P.M. @ BHS**

**MAY 9: WOMEN'S DRUMMING 6P.M. @ BHS**

**MAY 10: MEN'S DRUMMING 6P.M. @ BHS**

**MAY 13: OPEN SHARING CIRCLE 5:30P.M. @ BHS**

**MAY 16: FULL MOON CEREMONY 6 P.M. @ BHS**

**MAY 23: MEMORIAL DAY (OFFICES CLOSED)**

**MAY 24: MEN'S DRUMMING 6P.M. @ BHS**

**MAY 31: WOMEN'S DRUMMING 6P.M. @ BHS**



**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](http://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](mailto: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.*

