



FORT FRANCES TRIBAL AREA
HEALTH SERVICES

NEWSLETTER

March 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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MARCH 2022



News & Highlights

The CFI Team challenged families to 10 days of kindness leading up to "Kindness Bingo on Pink Shirt Day (February 23). Love and hate cannot occupy the same space so if we are to bring more unity, more empathy, more caring and more equity, we must start with loving ourselves and loving one another. Sharing kindness is one of the best ways to do that. Families were encouraged to paint their world pink, make a bird feeder & feed our bird friends, make and send a card to a loved one, share a fun snack, read a book together, clean up a mess, help an elder, and most important have fun as a family!!!! Congratulations to all the contest winners. Check out the FFTAHS Facebook page for the full list of winners!!

Pink Shirt Day!!

PINK SHIRT DAY

KINDNESS BINGO

Read a book with a younger sibling or friend	List three things your grateful for	Feed the birds	Help out an Elder	Carry in some groceries or put groceries away
Give someone a compliment	Call someone you havent talked to in a while	Help make a snack for your family	Share three ways you can be a good friend	Smile at everyone you see today
Name someone you can rely on	Draw or write about how you can show someone you love them	FREE	Help clean up a mess	Make a card for an Elder or someone who inspires you
Build a heart out of snow	Pay it forward. How did you pay it forward?	Write something special about yourself	Give a hug	Write a note and place in a neighbor's mailbox
Write or draw what bullying means to you and how it might feel	Smile at everyone you see today	Give someone a high five	Do an extra chore around the house	Write or draw how you are feeling right now.

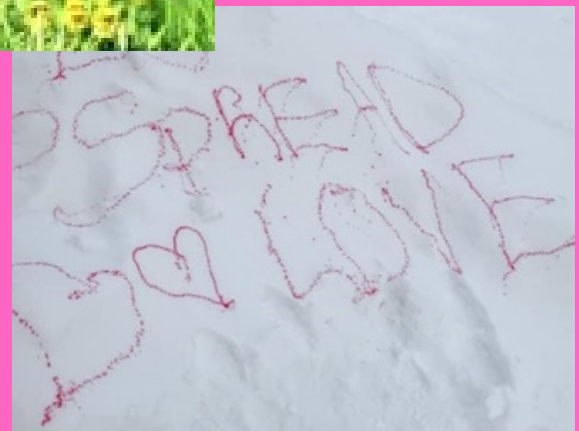
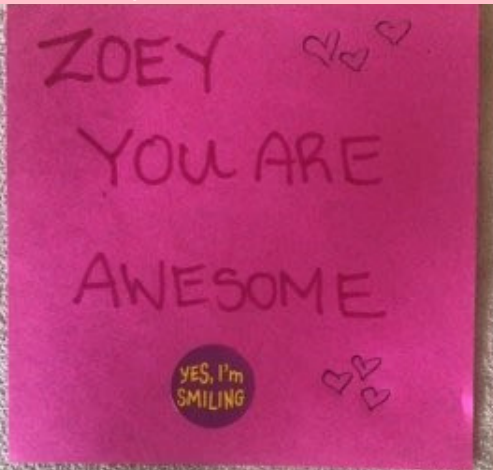
KINDNESS IS FREE. SPRINKLE THAT STUFF EVERYWHERE.

Fort Frances Tribal Area
HEALTH SERVICES



News & Highlights

Pink Shirt Day!!

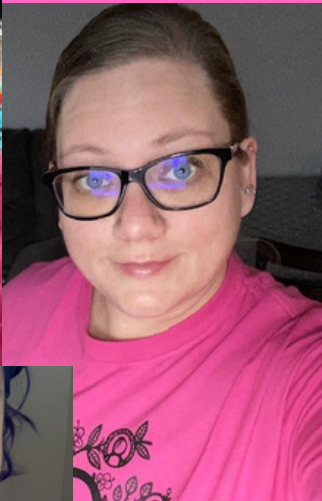




News & Highlights

The Teams at FFTAHS were also spreading kindness for Pink Shirt Day! Here are some photos of our employees...

Pink Shirt Day!!





WHAT IS BULLYING?

Some people may call it harassment, abuse, meanness or drama. However bullying is labelled, it's always considered to be harmful and unwanted behaviour. Bullying is done on purpose and is usually repeated.

Bullying is when someone uses their power to hurt, frighten, exclude or insult someone else. Bullying often occurs between people close in age and is never OK. Bullying can be a difficult experience, but it's important to remember that you're not alone.



Types of Bullying

Bullying can affect a person's feelings, relationships, self-esteem and sense of safety. It can also make people feel uncomfortable in everyday situations at home, work or school.

PHYSICAL BULLYING

harassing someone by hitting, shoving, tripping or any other use of physical force.

harassing someone with verbal attacks, hurtful comments, name-calling or teasing.

EMOTIONAL OR PSYCHOLOGICAL BULLYING

CYBERBULLYING

harassing someone over social media, text, email, websites and other digital channels.

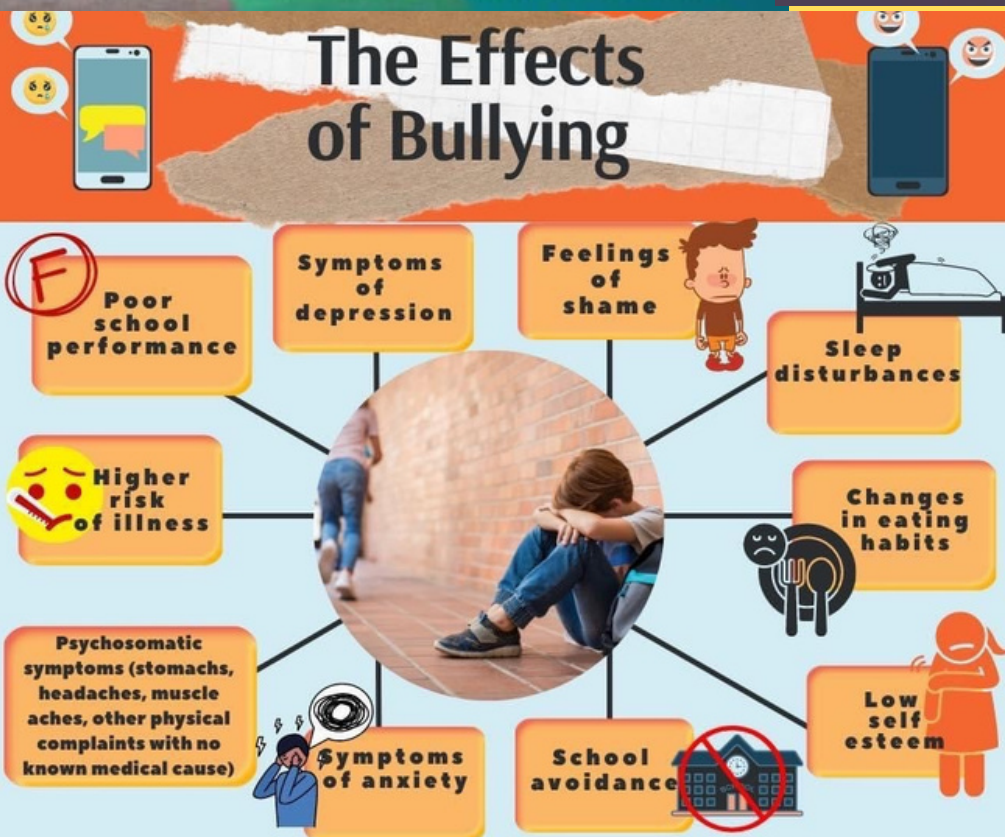
harassing someone by excluding them, spreading rumours or giving them "the silent treatment."

SOCIAL BULLYING

DISCRIMINATORY BULLYING

harassing someone based on sexual orientation, ethnicity, gender identity, religion or anything else perceived as making them "different."

The Effects of Bullying



TIPS:

Bullying is not a normal part of growing up; Build Self-esteem; Model respectful behaviour; Teach your children that they should not watch or laugh if someone is being bullied; Teach them to speak up.



QI Corner (Quality Improvement)

Fort Frances Tribal Area Health Services (FFTAHS) has a Vision which includes the weaving or integrating of priorities and directions that are interconnected to promote Wholistic wellness for our people. FFTAHS believes a path which seeks continuous positive change will lead us toward our new future state.

Working together towards a shared goal is nothing new to Healthcare; Quality Improvement (QI) has been widely used with great success in healthcare for many years to make positive change. FFTAHS is on a Quality Improvement journey, committed to constantly seeking positive change towards our Vision.





QI Corner (Quality Improvement)

What Have We Been Up To? Recently FFTAHS has experienced several significant improvements including the creation of our Client Family Advisory Committee (CFAC) & through processes working towards Accreditation.

Accreditation is our opportunity to see how the services we deliver compare to the best standards that are available in healthcare. There is no end to growth if we keep seeking to improve!

Who Can I Contact? For more information or to join our Client Family Advisory Committee (CFAC) you can email Tarra Peterson at tpeterson@fftahs.org

Every month the QI Corner will update you on what's taking place in and around FFTAHS's Kaizen movement. This space will also serve to share ideas for making positive change in addition to providing an opportunity for FFTAHS to raise awareness, spread information and connect and broaden its reach regarding QI.

If there are topics you would like to see addressed, ideas you'd like to share, improvement milestones you want to see highlighted and celebrated, feedback or questions let us know!





Health & Wellness

Foot Care Steps Towards Good Health

Foot problems are very common in people with diabetes and can lead to serious complications. Diabetes can cause nerve damage and poor blood flow or circulation to the legs and feet. As a result, people with diabetes are less likely to feel a foot injury, such as a blister or cut. Diabetes can make these injuries more difficult to heal. Unnoticed and untreated, even small foot injuries can quickly become infected, potentially leading to serious complications. A good daily foot-care routine and good blood sugar control will help keep your feet healthy.

EVERYDAY

I will check my feet for any changes or signs of injury.
If I find any changes, I will contact my Healthcare Professional **TODAY**
I will control my blood sugar and....



LOOK at my feet

- Toenails are trimmed straight across & are well cared for.
- Check the tops, bottoms, heels of my feet & between toes for hard skin, sores, cracks or blisters.
- Check for any change in colour
NO PART of my toes or feet should be red, blue or black.
- Check my feet and toes for any changes in shape.



FEEL my feet

- Feel for roughness, calluses or cracks.
- Apply cream on the tops and bottoms of my feet, but **NOT** between my toes



CHECK my shoes & socks

- Shake out my shoes & check the insides to make sure they are smooth and do not contain foreign objects before I put them on.
- Wear supportive shoes and seamless socks inside and outside the house.



**Call 807-274-2042 to speak with a Foot Care Nurse
Monday-Friday 8:00a.m.-4:00 p.m.**





Health and Wellness



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**





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/FFTAHSCOVID> 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)

*Health
and
Wellness*





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.



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)

Health
and
Wellness





FORT FRANCES TRIBAL AREA HEALTH SERVICES, IN
COLLABORATION WITH THE CRISIS AND TRAUMA
RESOURCE INSTITUTE, PRESENT...

RESPONDING TO TRAUMA & GRIEF FOR INDIGENOUS COMMUNITIES AND ORGANIZATIONS



MONDAY,
MARCH 7TH -
FRIDAY
MARCH 11TH



8:30 AM -
4:00 PM



*Presented
virtually over
Zoom*

*A 5-day, virtual workshop
open to community wellness
workers, natural helpers and
community support staff*

Blending Western and Indigenous
perspectives, this workshop will assist
participants in furthering their
knowledge on effectively responding to
individuals experiencing trauma and
grief in their communities.

Traditional healers and counselling
support will be available throughout the
week.

**REGISTRATION DEADLINE FRIDAY,
FEBRUARY 25TH AT 4:00 PM**

**ATTENDANCE
HONORARIUMS,
PARTICIPATION
PRIZES & A
GRAND PRIZE
GIVEAWAY!**

**Register by calling 807-274-2042 ext. 4232
OR email astopaefftahs.org**

Health and Wellness





YOUTH & ELDERS LIVE VIRTUAL WELLNESS EVENT

MARCH 17TH, 18TH, 19TH & 20TH
9AM-4PM

(NOTE: ELDERS MUST REGISTER FOR HONORARIUM)

FOR MORE INFORMATION AND TO
REGISTER CONTACT:

JOSH COUNCILLOR: jcouncillor@fftahs.org

RUTHANN MCGINNIS: rmcginnis@fftahs.org

(807) 274-2042

LAND BASED
LEARNING



Fort Frances Tribal Area
HEALTH SERVICES

PRIZES!

Health
and
Wellness





Staff Spotlight

Mental Health Services

MARCH & APRIL ARE ALL ABOUT CELEBRATING OUR TEAM AT MENTAL HEALTH SERVICES & SOCIAL EMERGENCIES MANAGEMEN ! NEXT MONTH, WE'LL INTRODUCE YOU TO OUR COUNSELLORS, BUT THIS MONTH MEET THE FOLLOWING TEAM MEMBERS.....

Victor Armit



CUSTODIAN

BOOZHOO! MY ANISHINAABE NAME IS GA-GII-GI-ZHABE-A-NA-QUT DZHE-NI-CAUSE MA-QU-DOO-DAME.

MORNING CLOUD FROM THE BEAR CLAN.

I WAS BORN AND RAISED HERE IN FORT FRANCES. I AM A FATHER OF THREE AND A GRANDFATHER OF SEVEN. I HAVE BEEN WITH THE ORGANIZATION SINCE JANUARY OF 2020 AS THE MAINTENANCE CUSTODIAN FOR BOTH CFI AND MH SERVICES TEAMS. I AM A PROUD MEMBER OF THE METIS NATION OF ONTARIO. I HAVE NUMEROUS HOBBIES, BUT ITS THE HUNTING AND FISHING I ENJOY THE MOST!

Natalie Kearns

BOOZHOO EVERYONE!



SPECIAL PROJECTS ASSISTANT

I AM ORIGINALLY FROM THE VILLAGE OF INGLESIDE LOCATED IN EASTERN ONTARIO. I MOVED TO FORT FRANCES IN 2007 AND NOW CALL THIS AREA HOME. IN JANUARY, I JOINED FFTAHS AND AM SO MUCH ENJOYING MY POSITION OF SPECIAL PROJECTS ASSISTANT. I HAVE LEARNED SO MANY WONDERFUL THINGS ALREADY AND LOOK FORWARD TO HELPING THE TEAM IN ANY WAY I CAN.

Stephanie Lance



INTAKE COORDINATOR

BOOZHOO!

I AM THE INTAKE COORDINATOR FOR BEHAVIOURAL HEALTH SERVICES AND MINO AYAA TA WIN HEALING CENTRE. I HAVE BEEN WITH THE ORGANIZATION SINCE 2019 STARTING AS ADMINISTRATIVE ASSISTANT FOR BHS. I AM ORIGINALLY FROM FORT FRANCES BUT PREVIOUSLY LIVED IN SIOUX LOOKOUT FOR 7 YEARS WORKING AS A MEDICAL RADIATION TECHNOLOGIST. I ENJOY SPENDING TIME OUTDOORS WITH MY HUSBAND AND TWO CHILDREN ON OUR SMALL HOBBY FARM. I AM GRATEFUL FOR THE SUPPORT AND RELATIONSHIPS THAT I CONTINUE TO DEVELOP WITH OUR 10 FIRST NATION COMMUNITIES AND WITHIN OUR DISTRICT. I LOOK FORWARD TO THE CONTINUOUS GROWTH WITH TRIBAL HEALTH!



Staff Spotlight

MENTAL HEALTH SERVICES & SOCIAL EMERGENCIES MANAGEMENT

Tanya Hughes



MANAGER OF MENTAL HEALTH SERVICES

BORN AND RAISED IN FORT FRANCES, TANYA ALWAYS HAD A PASSION FOR THE OUTDOORS AS WELL AS HEALTH & WELLNESS. SHE COMPLETED HER BA HONOURS DEGREE IN CRIMINOLOGY/PSYCHOLOGY AT THE UNIVERSITY OF WINDSOR BEFORE MOVING TO THUNDER BAY, THEN TO VANCOUVER ISLAND WHERE SHE COMPLETED HER HONOURS BACHELOR OF SOCIAL WORK DEGREE. TANYA LIVED ON THE ISLAND FOR 8 YEARS WORKING IN THE AREAS OF ADULT & YOUTH CORRECTIONS AND AS THE TEAM COORDINATOR FOR AN ADDICTIONS TREATMENT CENTER. RETURNING TO FORT FRANCES IN LATE 2011 SHE BEGAN WITH FFTAHS AS A MENTAL HEALTH CRISIS COUNSELLOR. SINCE 2012, SHE HAS WORKED AS A CASE MANAGER OF THE OUTPATIENT TREATMENT PROGRAM AND IN 2018 SHE TOOK ON THE ROLE OF MANAGER OF MENTAL HEALTH SERVICES. SHE ENJOYS BEING A MOM TO A BUSY 6 YEAR OLD AND SHE LOOKS FORWARD TO FURTHER GROWTH WITH THE ORGANIZATION AND SUPPORTING THE TEAM FOR YEARS TO COME.

Ginny Heilman



MANAGER OF SOCIAL EMERGENCIES

BOOZHOO GAKINA AWIYA!

MY NAME IS GINNY AND I AM THE MANGER OF SOCIAL EMERGENCIES. AS A NEW ZEALAND FIRST NATIONS WOMAN, I AM GRATEFUL FOR THE OPPORTUNITIES I'VE BEEN PROVIDED TO WORK FOR AN ORGANIZATION THAT VALUES WHOLISTIC WELLBEING. I HAVE BEEN WITH FFTAHS SINCE JANUARY 2019 WHERE I STARTED AS A MENTAL HEALTH CRISIS COUNSELLOR. I HAVE BEEN WORKING IN THE SOCIAL WORK FIELD FOR JUST OVER 9 YEARS AND HAVE SUPPORTED INDIVIDUALS IN THE AREAS OF MENTAL HEALTH, ADDICTION RESIDENTIAL TREATMENT, CHILD WELFARE, SOCIAL ASSISTANCE AND CRISIS INTERVENTION. WHEN I'M NOT WORKING, I ENJOY MY TIME SPENT AS A MOM OF AN ADVENTUROUS TODDLER AS WELL AS SPENDING MY TIME OUTDOORS. SOME OF MY FAVORITE OUTDOOR ACTIVITIES ARE FISHING, EXPLORING NEW AREAS AND RIDING MY MOTORCYCLE!

BOOZHOO!

Natalie Hilson

MY NAME IS NATALIE AND I HAVE BEEN WITH FFTAHS SINCE AUGUST 2021 AS THE ADMINISTRATIVE ASSISTANT. IN THE SHORT TIME THAT I HAVE BEEN WORKING WITH THE ORGANIZATION, I HAVE BEEN GRATEFUL FOR THE SUPPORT OF THE TEAM AND THE OPPORTUNITIES FOR ME TO ENGAGE IN TRADITIONAL TEACHINGS. I RECENTLY MOVED TO THE AREA AFTER LIVING IN BANFF, ALBERTA FOR THE LAST 9 YEARS. PRIOR TO LIVING IN BANFF, I WAS BORN AND RAISED IN THE UK AND HAVE ENJOYED MY TIME TRAVELLING THE WORLD. IN MY FREE TIME, I CAN BE FOUND OUTDOORS WITH MY DOG, HIKING, SNOWBOARDING AND SKIING.



ADMINISTRATIVE ASSISTANT



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

Mino Ayaa Ta Win Healing Centre
male treatment cycle (28-day) at MATW
is ending Monday March 7.
The next treatment cycle is beginning
March 22nd and is co-ed.

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**





Third Moon of
Creation

MARCH

Snow Crust Moon is a time of reawakening and rebirth. We recognize it as the time of new beginnings. During this moon, we sound out our voices and begin the process of planting the seeds of creation. The snow still covers the earth, but underneath it, we know the world is awakening from its slumber.

This moon is also known as the Worm Moon, Goose Moon, Sugar Moon, Eagle Moon, and well as many others.

MARCH FULL MOON

March 18, 2022 @ 6:00pm



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)

Registration limited to 10 participants

Register with Audrey Mikkelsen:
amikkelsen@fftahs.org

Covid-19 Screening and Protocols in effect

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.



HUMAN TRAFFICKING IS A CRIME

HUMAN TRAFFICKING AWARENESS VIRTUAL LEARNING PRESENTATIONS FOR OUR ANISHINAABE NATION COMMUNITY MEMBERS

Register For your Session:

- **MARCH 1st** - Service Providers 9am-4pm
- **MARCH 2nd** - Parents & Caregivers 9am-4pm
- **MARCH 5th** - Youth 11am-2pm
- **MARCH 8th** - Elders 9am-4pm

A Traditional opening / closing will be held
each day @ 830 and 1030 for youth

REGISTRATION DEADLINE:

Thursday FEBRUARY 24th @ Noon

Contact to Register:

Fort Frances Area First Nations Contact:

Jocelyn Johnson

Fort Frances Tribal Area Health Services

Memengwaawag Wellness/Coach Case Manager

jjohnson@fftahs.org or (807) 274-2042 ext. 4227

Kenora Area First Nations Contact:

Jody Smith

Spirit of Hope Treaty Three Police

Project Coordinator

jody.smith@t3ps.ca or (807) 407-8719

Dryden Area First Nations Contact:

Marie Lavalley

Maanaji' iwin Project Treaty Three Police

Program Coordinator

marie.lavalley@t3ps.ca

Guest Speakers



TIMEA E. NAGY-PAYNE - BIO

HUMAN TRAFFICKING SURVIVOR, AUTHOR, SPEAKER AND SOCIAL ADVOCATE TIMEA NAGY, IMMIGRATED TO CANADA IN 1998. AFTER ARRIVING FROM BUDAPEST, HUNGARY IN THE HOPES OF FINDING MEANINGFUL EMPLOYMENT, TIMEA WAS HELD HOSTAGE FOR THREE TERRIFYING MONTHS AT THE HANDS OF TRAFFICKERS AND WAS FORCED TO WORK IN THE SEX INDUSTRY. THANKFULLY, SHE ESCAPED AND STARTED LIFE ANEW. IN 2008, SHE FOUNDED 'WALK WITH ME', A NON-PROFIT ORGANIZATION TO ASSIST VICTIMS OF HUMAN TRAFFICKING AND LAW ENFORCEMENT AGENCIES. BETWEEN 2009 AND 2015, HER ORGANIZATION HELPED OVER 300 VICTIMS AND OVER 500 HUMAN TRAFFICKING-RELATED INVESTIGATIONS THROUGHOUT CANADA.

DOUG VAN DER HORDEN - BIO

DOUG VAN DER HORDEN HAS BEEN ADVOCATING AND EDUCATING THE PUBLIC AND LOCAL SERVICE PROVIDERS ON THE ISSUES OF HUMAN TRAFFICKING SINCE 2007. AFTER SPENDING A NUMBER OF YEARS WORKING ONE ON ONE WITH FEDERAL IMMIGRATES, ON THE STREETS AS AN OUTREACH WORKER AND NOW AS A HIGH SCHOOL COUNSELLOR, DOUG DISCOVERED THE HORRIFIC REALITIES OF THIS CRIME. BEING A FAMILY MAN, AND HAVING A DAUGHTER AROUND THE SAME AGE OF VICTIMS WHO GET LURED INTO SEX TRADE, DOUG COULD NOT STAND BY AND DO NOTHING. DOUG BEGAN KNOCKING ON DOORS OF LOCAL AGENCIES, THE LEGAL COMMUNITY AND THE LOCAL POLICE SERVICES TO DETERMINE THE LEVEL OF KNOWLEDGE OF LOCAL AGENCIES- IT DID NOT TAKE HIM LONG TO REALIZE THAT FEW WERE ADVOCATING OR INVESTIGATING THESE CRIMES. FOUNDER OF THE AGENCY FAST101 WHICH FOCUSES ON PUBLIC AWARENESS, EDUCATION AND ADVOCACY.



MATT RICHARDSON - BIO

MATT RICHARDSON IS AN EXPERT ON INTERNET SAFETY AND BUILDING A POSITIVE ONLINE IMAGE (AMONG OTHERS). HE IS A PROFESSOR IN THE GENERAL EDUCATION FACULTY AT LOYALIST COLLEGE WHERE HE TEACHES TOPICS THAT INCLUDE; USING SOCIAL MEDIA AS A POSITIVE FORCE AND TECHNOLOGY'S IMPACT ON MODERN SOCIETY. AS A SPEAKER WITH THE HUMAN RESOURCES PROFESSIONALS ASSOCIATION (HRPA), MATT COVERS TOPICS THAT INCLUDE; SOCIAL MEDIA BACKGROUND CHECKS ON POTENTIAL EMPLOYEES AND USING THE INTERNET TO DISCOVER QUALITY CANDIDATES.





World Water Day

MARCH-22-2022

NIBI HAS A SPIRIT
NIBI IS LIFE
NIBI IS SACRED
WE HONOUR, LOVE &
RESPECT NIBI





GRANDMOTHER WATER WALKER

Cultural Corner

From 2003 to 2017, Mandamin organized and led a series of "water walks" around the Great Lakes and surrounding waters to bring problems of water pollution and environmental degradation on the Great Lakes and on Indigenous reserves in Canada. She is said to have walked over 17,000 km.

In 2011, Ogimaa-Nibi-Ogichidaakwe Josephine Mandamin embarked on perhaps her most ambitious walk yet: to collect four copper pails of water from Hudson Bay, the Atlantic Ocean, the Gulf of Mexico, and the Pacific Ocean, ending at Gichi-Anishinaabe-Gami (Lake Superior).

A group of grandmothers, carrying a buffalo staff/flag came from the west carrying water from the Pacific ocean. Other water walker grandmothers traveled up from the Gulf of Mexico. In the first week of May, Josephine's sister Melvina from Manitoulin Island, grandmother Irene Peters of the Minisink Lenni Lenape (Munsee Delaware Nation), and others carried the eagle staff representing the east, carrying water from Maine's Atlantic ocean. Ogimaa Nibi Nookomis Josephine, carrying a polar bear staff, representing the north, brought in the arctic waters. Then, on June 12, during a Mide Waaboo (Medicine Water) ceremony, as Midewaanikweg (Sacred Water Line Women) held the water up in copper vessels while a nibi waaboo water song and prayers to the spirit of nibi were rendered and a small amount of nibi was shared with those present at the session, all the collected water from the oceans, which now was no longer just nibi but had become MIDE WAABOO, sacred, healing water, was then mixed into Gichi-Anishinaabe-Gami.

This took place near Bad River, Wisconsin.



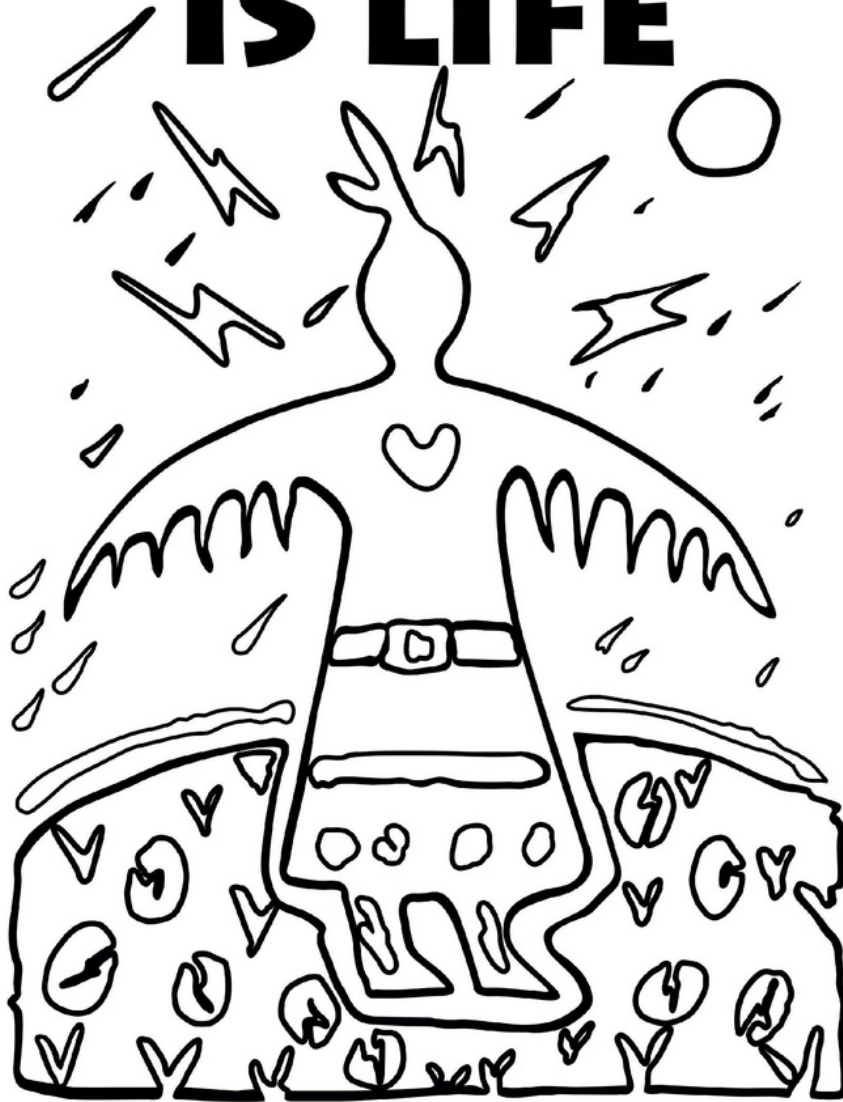
"We've known for a long time that water is alive. Water can hear you. Water can sense what you are saying and what you are feeling. There's been a place where I put tobacco in the water, where the water is so still. It was dead. I prayed for it. I put my tobacco in the water and my tobacco started floating around. So the water came alive. It heard my prayers. It heard the song. So I know it listens, and it can come alive if you pay attention



Cultural Corner

Mazinabii'igedaa-LET'S COLOUR!

WATER IS LIFE





CULTURAL CORNER

Colours

• WHITE		• WAABISHKAA	•
• RED		• MISKWAA	•
• BLUE		• OZHAAWASHKO	•
• BLACK		• MAKADWAA	•
• GREEN		• ANIIBIISHII OZHAAWASHKO	•
• ORANGE		• OGINIIWAABIGWANI OZAAWAA	•
• BROWN		• OZAAWAA	•
• PINK		• MISKO MISHKWAA	•

<http://www.wakingupojibwe.ca>

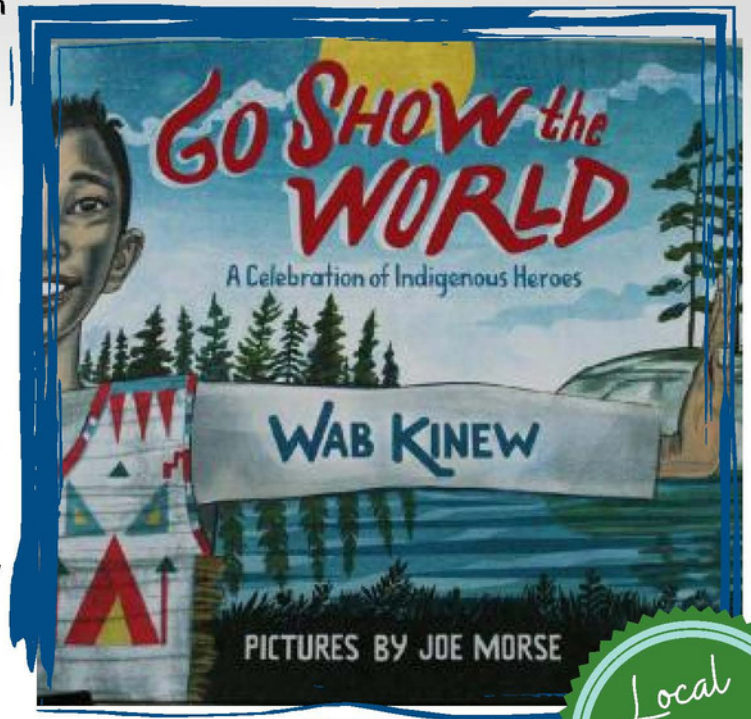


BOOK OF THE MONTH *Cultural Corner*

GO SHOW THE WORLD - WAB KINEW

CELEBRATING THE STORIES OF INDIGENOUS PEOPLE THROUGHOUT TIME

WAB KINEW HAS CREATED A POWERFUL RAP SONG, THE LYRICS OF WHICH ARE THE BASIS FOR THE TEXT IN THIS BEAUTIFUL PICTURE BOOK, ILLUSTRATED BY THE ACCLAIMED JOE MORSE. INCLUDING FIGURES SUCH AS CRAZY HORSE, NET-NO-KWA, FORMER NASA ASTRONAUT JOHN HERRINGTON AND CANADIAN NHL GOALIE CAREY PRICE. GO SHOW THE WORLD SHOWCASES A DIVERSE GROUP OF INDIGENOUS PEOPLE IN THE US AND CANADA, BOTH THE MORE WELL KNOWN AND THE NOT- SO-WIDELY RECOGNIZED. INDIVIDUALLY, THEIR STORIES, THOUGH BRIEFLY TOUCHED ON, ARE INSPIRING; COLLECTIVELY, THEY EMPOWER THE READER WITH THIS MESSAGE:



**"WE ARE PEOPLE WHO MATTER, YES, IT'S TRUE;
NOW LET'S SHOW THE WORLD WHAT PEOPLE WHO MATTER CAN DO."**





Important Dates & Upcoming Events



MARCH 7: WOMEN'S DRUMMING 6P.M. @ BHS

MARCH 15: MEN'S DRUMMING 6P.M. @ BHS

MARCH 17: ST. PATRICK'S DAY

MARCH 18: FULL MOON CEREMONY 6 P.M. @ BHS

MARCH 21: WOMEN'S DRUMMING 6P.M. @ BHS

MARCH 22: WORLD WATER DAY

MARCH 29: MEN'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

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.

