

NEWSLETTER

march 2023



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



DIBWEWIN (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

- Ho

MANAAJI'IDIWIN (RESPECT)

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



-Compassion; empathy; understanding Anishinaabe history

GWEKAADIZIWIN (HONESTY)

- Accountability and responsibility

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MARCH 2023





In loving memory of

Waabishkaasing Brian Major

Awasii odoodeman Mishkosiminiziibiing First Nation onjii

Elder Brian Major began his journey to the spirit world on February 26, 2023. Brian represented Mishkosiminiziibiing First Nation on the Elders Advisory Council for Giiskaandago'lkwe Health Services. He was a well respected friend and knowledge keeper who never failed to make everyone in the room laugh. His teachings, stories, and jokes have been a valuable part of our organization for over 8 years. Brian's wisdom, kindness, and humour will be missed throughout our communities and our organization. We will cherish these teachings and memories for many years to come.

Chi-Miigwech Brian February 4, 1955 - February 26, 2023

News & Fighlights

Giishkaandago'lkwe Health Services Employees 2023 PINK SHIRT DAY















The Child's First Initiative Team delivered 300 Bags of Pink Popcorn and information was shared about Pink Shirt Day!



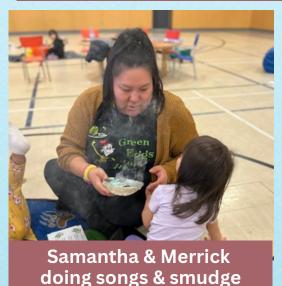


Pink Shirt Day began in Canada in 2007 when students, David two Shepherd, Travis Price, and their teenage friends, took a stand against bullying after a new grade 9 student was bullied for wearing a pink shirt. David and Travis bought 50 pink shirts to give to the boys in their school to show their support for the boy who was bullied.

Early Jeans Play Troup in Seine River First Nation

- Gross Motor Play
- Fine Motor Play
- Sensory Exploration& Cooking
- **Creative Art**
- **Circle Time**
- ♥Songs & Smudge











Braven & Rosalyn enjoying circle time





On International Women's Day, we celebrate the power and potential of women and girls. We recognize their courage, resilience and leadership. We mark the ways in which we are making progress towards a more gender-equal world.





March 22

WORLD NIBI DAY

Accelerating Change

World Nibi (Water) Day 2023 is about accelerating change to solve the world wide water and sanitation crisis.

Water affects all of us!

By changing the way you use, consume and manage water, you, your family, and your community can be a part of the change!

Don't let your taps run.

Don't put food waste, oils, medications, or chemicals down the drain or toilet.

Take part in a community cleanup of the waterfront, lakes, rivers, and streams!

Pump out your septic tank every 2 to 3 years to prevent contamination of ground water, wells, and streams.



Visit www.unwater.org for ideas on how you can improve the water and sanitation crisis or scan the QR Code.

2) 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 October 1 - December 31, 2022!

The Home and Community
Care team is happy to share
that 29 clients across the
service area utilized the
Swift Skin and Wound
technology program with a
total of 292 in-person wound
care assessments completed

The Children's Oral Health
Initiative team performed 81
dental screenings,
administered 129 fluoride
varnish applications, applied
10 Silver Diamine Fluoride
applications, placed 73
temporary fillings and 77
dental sealants. A total of 40
dental referrals were made
during this quarter

The Diabetes Educator provided 27 screening clinics across the service area, screening 162 community members. The screening included random glucose and blood pressure monitoring to help identify those at risk of diabetes or hypertension. As well as, education, information, and various resources

The Mino Ayaa Ta Win Healing
Centre Residential Treatment
services has provided bed based
addiction services to 43
individuals. Clients engaged in the
program had the opportunity to
explore concerns related to
addiction, co-dependency, family
systems, grief and relapse
prevention, and many other landbased healing opportunities



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









HEALTH BENEFITS

Harvesting wild game has many health benefits including access to nutrient rich food and connection to the land and traditional activities.



RISK OF CONTAMINATION

Wild game can be contaminated by parasites, viruses and bacteria. Once the animal is killed there is an increased risk of contamination associated with the handling of the meat or hides from the time it is caught to when it is prepared.



TRANSMISSION

If you don't handle the animal properly during preparation these parasites, viruses and bacteria can make their way into your body and make you sick.



SYMPTOMS

Many of the signs and symptoms of such illnesses are non-specific and mimic the flu or common cold - fever, aches, rash, swollen glands especially if you become ill after processing wild game.



TREATMENT

You should always seek medical attention if suspect you have been exposed to a disease carried by animals and make sure to alert your physician to the fact that you hunt or trap and may have contracted a zoonotic disease (an animal illness communicable to humans)



PREVENTION

Don't harvest animals that appear ill or process it if you aren't sure of how it died. Cover all open cuts on hands and exposed skin before starting to work on all animals. Consider wearing disposable rubber gloves. Clean your tools and work area well when finished with bleach. Wash hands thoroughly with warm, soapy water after working with animals.







About Screen for Life

We are a mobile cancer screening service, offering breast, cervical and colon cancer screening in one convenient location. Our services are confidential and safe. You do not need a referral from a health care provider to access services on the Coach if eligible.

Breast Cancer Screening

The Screen for Life Coach offers digital mammography and is affiliated with the Ontario Breast Screening Program (OBSP). The OBSP is Ontario's breast cancer screening program for women between the ages of 50 and 74 years. The Screen for Life Coach mammography unit and medical radiation technologists meet all performance and quality criteria for the Canadian Association of Radiologists Mammography Accreditation Program.

Cervical Cancer Screening

Anyone with a cervix between the ages of 25 and 70 years, who have ever been sexually active, can have their cervical cancer screening performed by a registered nurse on the Screen for Life Coach.

Colon Cancer Screening

Anyone can book an appointment on the Screen for Life Coach to get a take-home colon cancer screening kit from a registered nurse. You are eligible for take-home kit if you are between the ages of 50 and 74 years with no first-degree family history (parent, sibling or child) of colon cancer.





2023 Screen for Life Coach Travel Schedule



Community/Locations	Dates
Emo - La Vallee Community Centre	April 28th - 29th, October 6th - 13th
Rainy River - Public Works Garage	April 30th - May 2nd
Rainy River First Nations (Manitou Rapids) - Health Centre	May 3rd
Atikokan - Atikokan Family Health Team	May 4th - 9th, October 19th - 23rd
Sioux Narrows-Sioux Narrows Community Centre	October 4th
Ojibways of Onigaming First Nation - Health Centre	October 11th
Naicatchewenin First Nation (North West Bay) - Community Centre	October 12th
Couchiching First Nation - Band Office	October 17th
Lac La Croix First Nation (Negwaakwaani-zaaga'igan) - School	October 18th

Please note this schedule is subject to change based on booking volumes, weather, etc.

Call (807) 684-7777, option #1 to book an appointment in your nearest Community

If you would like the Coach to visit your Community or would like resources to promote the coach, contact Lori-Ann Hamilton at Lori-Ann.Hamilton@tbh.net or (807)684-7775

For more information visit http://tbrhsc.net/screenforlife



Staff Features

Tanya Hughes, Manager of Mental Health
Boozhoo! My name is Tanya Hughes. I started with the
organization in 2012 as a Mental Health Counsellor then
moved into the Outpatient Treatment program as a Case
Manager. I left the agency in 2014 and returned in January
2018 to my current position of Manager of Mental Health
Services. My education is in social work and criminology
and I have 25 years of experience in the areas of mental
health and addictions. I am incredibly grateful for the
opportunities of growth with Giishkaandago'Ikwe Health
Services and I look forward to many years ahead.

Stephanie Lance, Intake Coordinator

Boozhoo! My name is Stephanie Lance and I am the Intake Coordinator for Mental Health Services and Social Emergencies. I have been with the organization since 2019 starting as a Administrative Assistant for Behavioural Health Services. 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 our district. I look forward to continuous growth with our organization.

Joyce Ottertail, Mental Health Counsellor
Hi, my name is Joyce Ottertail and I am the Mental Health
Counsellor for Behavioural Health Services. I have worked in
four other positions within the agency since April 2011. I am
from Lac La Croix First Nation, I am a anishinaabemowin
speaker, I embrace my cultural beliefs, and practices with
respect. I earned a degree of Honours/Bachelors of Social
Work through Carleton University. I enjoy my employment
as it gives me an opportunity to meet various service
providers, workers, and community members in our area.



Staff Features

Ginny Heilman, Manager of Social Emerg.

My name is Ginny and I am the Manager of Social Emergencies. As a New Zealand First Nations woman, I am grateful for the opportunities I've been provided and to work for an organization that values wholistic wellbeing. I have been with Giishkaandago'lkwe Health Services since January 2019 where I started as a Mental Health Crisis Counsellor. I have been working in the Social Work field for over 10 years and supported individuals in various areas. I enjoy my time spent as a mom of an adventurous toddler,

Sara Galusha, Mobile Crisis Response

fishing, snow machining and riding my motorcycle.

Boozhoo, my name is Sara Galusha and I have been with the organization since June of 2022. I am the Mobile Crisis Response Worker with the Social Emergencies Team. I am very passionate about mental health and addictions, and enjoy working in partnership with the Treaty 3 Police Service. I have worked in the field of mental health for the last 12 years and am really looking forward to what the future holds.

Jason Mainville, Mental Health Counsellor

My Anishinaabe name is Niigaanibiitung and belong to the Awaasii clan. I am a band member of Couchiching First Nation in Treaty 3. I have been with Giishkaandago'lkwe Health Services since September 2017 and I am the Mental Health Counsellor with Behavioural Health Services. I enjoy reading, going to pow-wows, listening to music, and playing the guitar. What I love most about coming to work is being in sessions with people and helping them to take control of their own lives.





Services We Offer

Withdrawal Management Services

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

Residential Treatment Services Update

- In-person treatment at Mino Ayaa Ta Win Healing Centre (MATW) is on hold until mid-April so we can offer services in each community.
- The community addiction recovery sessions are 3-days long and are facilitated by Harvey Allen and Adam Foley.
- A community addiction recovery session was completed in Couchiching First Nation and Mitaanjigamiing First Nation.
- Upcoming dates are scheduled for Rainy River First Nations (Mar 7-9), and Big Grassy First Nation (Mar 21-23).
- In-person Residential Treatment is scheduled to resume on April 18, 2023.

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

FOR MORE INFORMATION CALL 807-274-7373





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







Third Moon of Creation "Niso-giizis"

FULL MOON & WOMEN'S SWEAT ODGE CEREMONY

MARCH 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 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

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.



CULTURAL CORNER et's Practice

Anishinaabemowin

Onaabani-giizis	March
Gizhewaadizi	She/he is kind, is generous
Zhawenjige	She/he is kind hearted
Ikwe giizhig	Women day
Waabigwan	A flower
Miziwekamig nibi giizhig	All over the world water day



Visit https://ojibwe.lib.umn.edu/ or scan our QR Code to learn more.



Mazinabii'igedaa





ONE DRUM

"The most profound truth in the universe is this: that we are all one drum and we need each other." —Richard Wagamese, One Drum

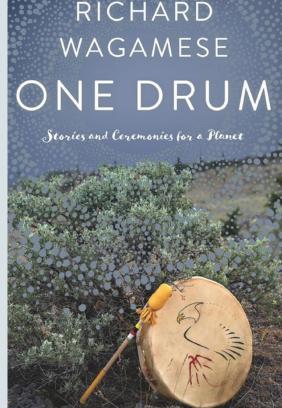
Fans of Richard Wagamese's writing will be heartened by the news that the bestselling author left behind a manuscript he'd been working on until shortly before his death in 2017. One Drum welcomes readers to unite in ceremony to heal themselves and bring harmony to their lives and communities.

In One Drum, Wagamese wrote, "I am not a shaman. Nor am I an elder, a pipe carrier, or a celebrated traditionalist.

I am merely one who has trudged the same path many of this human family has—the path of the seeker, called forward by a yearning I have not always understood."

One Drum draws from the foundational teachings of Ojibway tradition, the Grandfather Teachings. Focusing specifically on the lessons of humility, respect and courage, the volume contains simple ceremonies that anyone anywhere can do, alone or in a group, to foster harmony and connection. Wagamese believed that there is a shaman in each of us, and we are all teachers and in the world of the spirit there is no right way or wrong way.

Writing of neglect, abuse and loss of identity, Wagamese recalled living on the street, going to jail, drinking too much, feeling rootless and afraid, and then the feeling of hope he gained from connecting with the spiritual ways of his people. He expressed the belief that ceremony has the power to unify and to heal for people of all backgrounds. "When that happens," he wrote, "we truly become one song and one drum beating together in a common purpose—and we are on the path to being healed."





Important Dates & (Speaming Events

MAR 06: FULL MOON & WOMEN'S

SWEATLODGE CEREMONY @ 6 PM BHS

MAR 07: SWEATLODGE CEREMONY @ 6 PM BHS

MAR 08: INTERNATIONAL WOMEN'S DAY

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

MAR 14: MEN'S HAND DRUMMING @ 6 PM BHS

MAR 21: SWEATLODGE CEREMONY @ 6 PM BHS

MAR 22: WORLD WATER (NIBI) DAY

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

MAR 28: MEN'S HAND DRUMMING @ 6 PM BHS

MAR 31: NATIONAL INDIGENOUS LANGUAGES DAY



For more support please contact:

Giishkaandago'lkwe 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'lkwe 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 Southern Treaty 3 First Nation communities, partners and funders to improve the health and wellness of the communities it serves.

JOIN OUR TEAM

At Giishkaandago'lkwe 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 Idvlwild Drive Mon. to Thurs. 8:00am-4:00pm Fri. 8:00am-3:30pm

Home & Community Care

1460 Idylwild Drive Mon. to Thurs. 8:00am-4:00pm Fri. 8:00am-3:30pm

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-4:00pm Friday 8:00am-3:30pm

Children's Oral Health Initiative

540 Kings Hwy (Units D) Mon. to Thurs. 8:00am-4:00pm Friday 8:00am-3:30pm

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

Find us on **f**



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'lkwe 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.