



Giishkaandago'lkwe
HEALTH SERVICES

NEWSLETTER

May 2023

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



DIBWEWIN (TRUTH)

- Quality assurance, self reflective



NIBWAKAAWIN (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



GWEKAADIZIWIN (HONESTY)

- Accountability and responsibility



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(QUALITY IMPROVEMENT)

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UPCOMING EVENTS

MAY 2023



News & Highlights

MAY 5TH EVENTS

National Awareness Day of MMIWG2S

➤ Visit Behavioural Health Services at our 601 Kings Hwy location for a Beaded Red Dress Pin & MMIWG2S Resources!

➤ First 5 Community Members from each 10 First Nations will receive a beaded red dress pin & MMIWG2S resource package! Watch out for our post!

➤ Watch our Giishkaandago'Ikwe Health Services Facebook Page for a chance to win a prize! Comment, and share a picture of yourself in a red shirt, dress, skirt, or pin to be entered!

➤ All are invited to attend the 1st Annual Rainy River First Nations Awareness Walk starting at the Administration Building at 10:45 A.M.

- Drum Ceremony
- Walk to the Pow Wow Grounds
- BBQ at the Pow Wow Grounds @ 12 PM



#WEARRED

Find us on





Spring Ceremony



On April 17, we feasted our personal bundles, sacred items, cedar ties, and our drums. A potluck feast to end the ceremony and enjoyed by all!



Aazhawii Giizhik & Drummers, Charles Friday, Sandy Bruyere, Chris Andy, Adam Ali, Dwayne Morrison, and Andrew Easton.



Elder, Gilbert Smith of Naicatchewenin First Nation providing us teachings and facilitating Spring Ceremony.



Our new drum for giving teachings and practice during drum sessions.

Our Cultural Coordinator, Mackenzie Archie, smudging our bundles/sacred items.





Ribbon Skirt Creations!



Our employees at Giishkaandago'ikwe Health Services have an opportunity to create their first Ribbon Skirts bi-monthly with local instructors.



Patti McNally, Lori Allan,
and Cindy Lauzon



Myrna Cooper, Stacey Emeny, and Jennifer Bedard



Rylee Wepruk & Mackenzie Archie



Danielle Lee & Alissa Green





Let's Talk Recovery!

Gigizhebaa Wiisinidaa

LET'S EAT TOGETHER

Join us as we return to offering this exciting program at our 601 Kings Hwy location @ 10 AM. Happening every last Thursday of the month.

Let's Eat Together and Let's Talk Recovery

While we connect and share stories of recovery and wellness we can sit and enjoy our time over a wonderful home cooked breakfast meal.

Our elders have recently given the program an Anishinaabemowin name:

Gigizhebaa Wiisinidaa

We look forward to seeing familiar faces and new ones as we reconnect through this recovery program for wellness and healing."





QJ Corner (Quality Improvement)

Below are updates of Home and Community Care, Diabetes Education 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 team at Home and Community Care 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 this quarter. The data obtained during these assessments will continue to support quality improvement initiatives and provide consistent communication with care providers.

At Diabetes Education and Foot Care, the team attended various training sessions that included Indigenous Diabetes Health Virtual Conference "Honoring Traditional Knowledge and Research", Foot Care employees became certified in Sharp Debridement. Our program attended the Big Grassy First Nation's Health Fair event and set up our booth for blood sugar testing as well as providing Education and Information resources.

The Children's Oral Health Initiative team continued to support children in accessing dental supports through the Jordan's Principle. Our program submitted six dental related funding proposals during this quarter.

At Mino Ayaa Ta Win Healing Centre, our Rapid Access Addiction Medicine (RAMM) Clinic program provided 14 presentations in community about the RAAM program. We are working with a number of communities to deliver the service in collaboration with our partnering physicians. This will allow us to develop and sustain a community schedule to administer addiction support medications. We plan to be fully implemented in all 10 communities by the end of the fiscal year.





QI Corner (Quality Improvement)

Communication Distribution

We recently completed our strategic planning engagement sessions in January including visiting every community. One common request that came forward is the need for the distribution of our communications, available in printed form, within the communities. Going forward we will be distributing copies to each community band office, health centre, and/or schools, as well as other local service partners.

In addition to our communities, here is a list of organizations that also have paper copies of our Newsletter:

United Native Friendship Centre
Canadian Mental Health Association
Gizhewaadiziwin Health Access Centre
Out of the Cold Shelter
Seven Generations Education Institute

Weechi-It-Te-Win Family Services
Northwestern Health Unit
Warming Centre
Family and Children Services
Victim Services

To request a copy of the Newsletter by mail or e-mail, please call (807) 274-2042, press 0.





Health and Wellness

MAY 5
WORLD HAND HYGIENE DAY
WASHING HANDS
STOPS

THE SPREAD OF GERMS

Protect yourself and others from getting sick



Scan the QR Code to Learn More
Or visit <https://www.publichealthontario.ca>





How to Wash Your Hands

Aaniin ge'izhi giziibiigininji'in



Wash hands for at least 15 seconds

Giziibiigininjiin ash -naanan diba'igaansens

1



Wet hands with warm water.

Gininjiin aabijitoon gaa
-Dipaabaawidoon
giizhoowag nibi

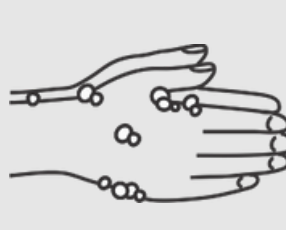
2



Apply soap.

Aabaji giziibiiga'igan

3



Lather soap and rub hands palm to palm.

Zinigonan awe giziibiiga
'igan gininjiinoma
gagagaakininj

4



Rub in between and around fingers.

Zinigonan zheqwe'i
gininjiisan

5



Rub back of each hand with palm of other hand.

Zinigonan odaanangbepez hig
gininj iwe gaginagaakininj.

6



Rub fingertips of each hand in opposite palm.

Zinigonangininjiisannapaaj
gininj idashnapaaji
ginagaakininj

7



Rub each thumb clasped in opposite hand.

Zinigonan bepezhig gichininj
bikwaakoninjin napaaajginiinj

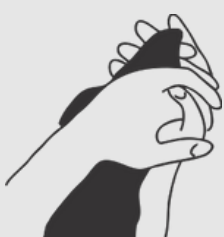
8



Rinse thoroughly under running water.

Gizii'on weweni imaa
gaa-bimijiwang nibi

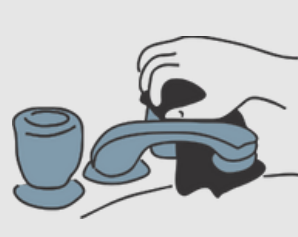
9



Pat hands dry with paper towel.

Baatedoon gininjiin
aabajitoon giziininji'on

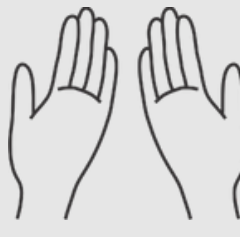
10



Turn off water using paper towel.

Giba'on nibi
aabajitoon giziininji'on

11



Your hands are now clean.

Gininjii bekinoon





April 22, 2022

Earth Day

An important day for all of us who live on
Turtle Island.





The story of Turtle Island

Nanabush is half spirit half man, a mythical and cultural hero from the Anishinaabe. He found himself floating on a giant log, with a few animals. He called them to bring up a piece of soil from the depths of the water, so that the creator might remake the world. The greatest swimmers, the otter, the beaver, the loon took turns diving to the depths of the water. They tried and failed. In the end, only the tiny muskrat prevailed, floating to the surface with a tiny piece of earth in his paw. Nanabush placed it on the back of the turtle and the winds from the four directions began to blow the earth around on the turtles backing, it became covered and formed a new land, Turtle Island.

The seven trees on the turtles back represent the seven Grandfather Teachings that the creator gave to the first peoples of this land to live by. There is Truth, Honesty, Bravery, Respect, Humility, Wisdom and Love. The people were forgetting to live by these laws, they were fighting amongst one another and killing each other at times. The creator then decided to destroy the earth, by flooding it. A great flood, that terrified the world, came down in a great rain fall, and carried everything away with floods of water. Nanabush wouldn't wash away, his human likeness power connected the people to the great spirit.

Turtle Island is now known as North America today.

The story of Turtle Island courtesy of Museum of Ontario Archaeology





MAY IS BETTER SPEECH & HEARING MONTH



Speech-Language Pathologists (SLP) support communication skills which are essential for social and academic success.

An SLP can help children of all ages overcome communication challenges to avoid frustration and isolation.

SPEECH-LANGUAGE PATHOLOGISTS CAN HELP WITH:

ARTICULATION DISORDERS

(omitting, substituting or distorting speech sounds
e.g. saying “wabbit” instead of “rabbit.”)

LANGUAGE DIFFICULTIES

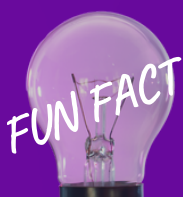
(understanding or using words)

STUTTERING

(hesitations, syllable or word repetitions)

VOICE PROBLEMS

(loudness, pitch, hoarseness)



SLP's are taught to read and write using the International Phonetic Alphabet which uses a unique symbol for each distinctive sound in a language. It looks like this:

aɪ l v s p i tʃ (I love speech)





SUPPORTING SPEECH & LANGUAGE AT HOME



SELF TALK

Talk out
loud about
what you're
doing



IMITATION

Have them try to
copy you



INCREASE OPPORTUNITIES

Target the same
word all day

SIMPLIFY

Use short phrases
and sentences

OUT OF REACH

Let them ask
for what they
want

FOLLOW THEIR LEAD

Talk about their
interests

1 AT A TIME

Give only 1 of
something so
they ask for more

MAKE COMMENTS

Use more
statements than
questions

WAIT

Pause and give
time to
respond





Staff Features

Kate Norman, Speech Language Pathologist

I am a registered Speech-Language Pathologist. I have been providing Speech and Language services in the Rainy River District since 2009 and been with the CFI team since 2020. I work with children in all of the 10 First Nation Communities including, the three Federal Schools. In my free time, I enjoy summers on Rainy Lake with my husband, our two children and our black lab dog. I love working with children and helping enhance their communications skills.



Brandy Hyatt, Communication Assistant

Boozhoo! My name is Brandy Hyatt and I am the Communication Assistant at Child's First Initiative. I have been a part of the Giishkaandago'lkwe Health Services team for a year now. I have loved getting to know so many wonderful children in the communities I support. 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.



Jen Casey, Occupational Therapist

Hi my name is Jennifer Casey and I am an Occupational Therapist with the Child First Initiative program. I have been working in this role since, mid February 2023. I have a unique role as I travel from Winnipeg, Manitoba, to work in Fort Frances. I have always been drawn to Northern Ontario and feel extremely grateful to work within indigenous communities and on treaty three land with Giishkaandago'lkwe Health Services.

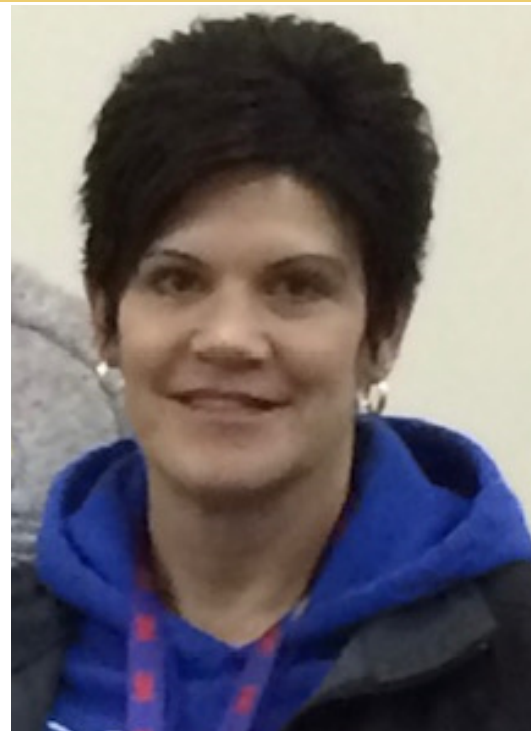




Staff Features

Leanne Penney, Family Navigator/Nurse-Case Manager

Boozhoo my name is Leanne Penney. I started my employment with Giishkaandago'Ikwe Health Services in 2011 accepting a full time Registered Practical Nurse-Case Mangers position with the Home and Community Care Program. In 2016 I transitioned to a pilot program for the agency servicing children with complex care needs. In 2017 I accepted the position of Family Navigator/Nurse Case Manager with the newly established Child's First Initiative Program where I currently provide services to three First Nation communities in the southern Treaty 3 catchment area. I provide services for ages seven to eighteen years for clients registered with Lac La Croix, Nigigoonsiminikaaning and Rainy River First Nations.



Carrie Shynkaryk, Physiotherapist

My name is Carrie Shynkaryk and I started work as a physiotherapist with the Child's First Initiative program in February of 2023. I am from Winnipeg, Manitoba, married to a physical education teacher and we have two large mixed breed dogs named Maverick and Goose. I have a passion for working with children with unique needs and their circles of care. I spent several years traveling to the far reaches of Manitoba to support children in First Nation communities and am excited to get to know the beautiful Fort Frances area communities better and to learn from everyone on the team.





Workplace Wellness Committee Recognition Month!

Chair of Committee

Danielle O'Sullivan

Committee

Jena Thomasson

Mackenzie Archie

Charles Friday

Krista Hunt

Stacey Yerxa

Tarra Peterson

Our Workplace Wellness Committee is 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 #LifeEachOtherUp on Pink Shirt Day, Staff-A-Palooza, Holiday Party Planning, WWC Calendar, Literacy Giveaway for All Staff, Sports Day, Valentine's Day Candy Grams, Make a Big Splash Donation, Self Care Bingo. These challenges are used to encourage employees to step outside their comfort zones but also focus on time for self-care and reflection.

Giishkaandago'Ikwe Health Services 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.*





Please Welcome our NOSM U Students! They will be in Community May 8th - June 2nd!



Hannah Shortreed

- Develop a more holistic understanding of the social determinants of health impacting Giishkaandago'Ikwe Health Services
- Gain a better understanding of the strengths and limitations of practicing in Fort Frances (Giishkaandago'Ikwe Health Services) and, by association, other Indigenous communities in Northern Ontario
- Gain more clinical experience in a community based learning environment (Giishkaandago'Ikwe Health Services)

I grew up and live just outside of Thunder Bay, in Kakabeka Falls with my parents. I attended Lakehead University for my undergraduate degree and played on the women's volleyball team during my time there. Additionally, I play classical violin and enjoy hiking.

I am a first year medical student at NOSM University. I am not currently involved in any research projects, but have been in the past and am hoping to get involved with some this summer through NOSM. Additionally, I am a member of a health promotion and prevention committee titled Compass North, where I help provide relevant health programming and workshops to the Thunder Bay community.





Please Welcome our NOSM U Students! They will be in Community May 8th - June 2nd!



Savannah Tillberg

- To gain a deeper appreciation for the cultural considerations to health care for those being serviced by Giishkaandago'lkwe Health Services
- To gain more clinical and practical experience in a small community similar to where I hope to one day practice in Northern Ontario
- To learn more about the traditions and teachings of the community that Giishkaandago'lkwe Health Services serves
- To deepen my understanding of the various social determinants of health impacting the community of Fort Frances, and by extension, other small communities in Northern Ontario

Hello! I was born and raised in (and just outside of) Thunder Bay and I am currently in my first year of medical school at NOSMU.

Some of my hobbies include travel, camping, and playing board games. I also have a 9-year-old Golden Retriever that I adopted during my undergrad. I have an HBA in Political Science from Lakehead University. I have worked as a Developmental Support Worker (DSW) in the community for the last 7 years and my work as a DSW inspired me to pursue medicine. I am looking forward to spending my 106 ICE placement at Giishkaandago'lkwe Health Services and I look forward to meeting you soon!





Mental Health Service, & Withdrawal Management Services

Services We Offer

Withdrawal Management Services

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

Rapid Access 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.

Residential Treatment Services

The next co-ed treatment cycle is scheduled to begin on Thursday, May 25, 2023.

FOR MORE INFORMATION CALL 807-274-7373

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





Fifth Moon of Creation "Naano Giizis"

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.



Giishkaandago'ikwe
HEALTH SERVICES

FULL MOON & WOMEN'S SWEAT LODGE CEREMONY

MAY 5 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), skirt, piece of Yellow Cloth (Offerings can be provided).

For more information contact:
807-274-2042 ext 4237 / aali@fftahs.org

*Covid-19 Screening in effect





CULTURAL CORNER

Let's Practice
Anishinaabemowin

• WHITE		• WAABISHKAA	•
• RED		• MISKWAA	•
• BLUE		• OZHAAWASHKO	•
• BLACK		• MAKADEWAA	•
• GREEN		• OZHAAWASHKWAA	•
• ORANGE		• MISKO-OZAAWAA	•
• BROWN		• MAKADE OZAAWAA	•
• PINK		• MISKOONAAGWAD	•
• YELLOW		• OZAAWAA	•
• PURPLE		• MISKO-OZHAAWASHKWAA	•

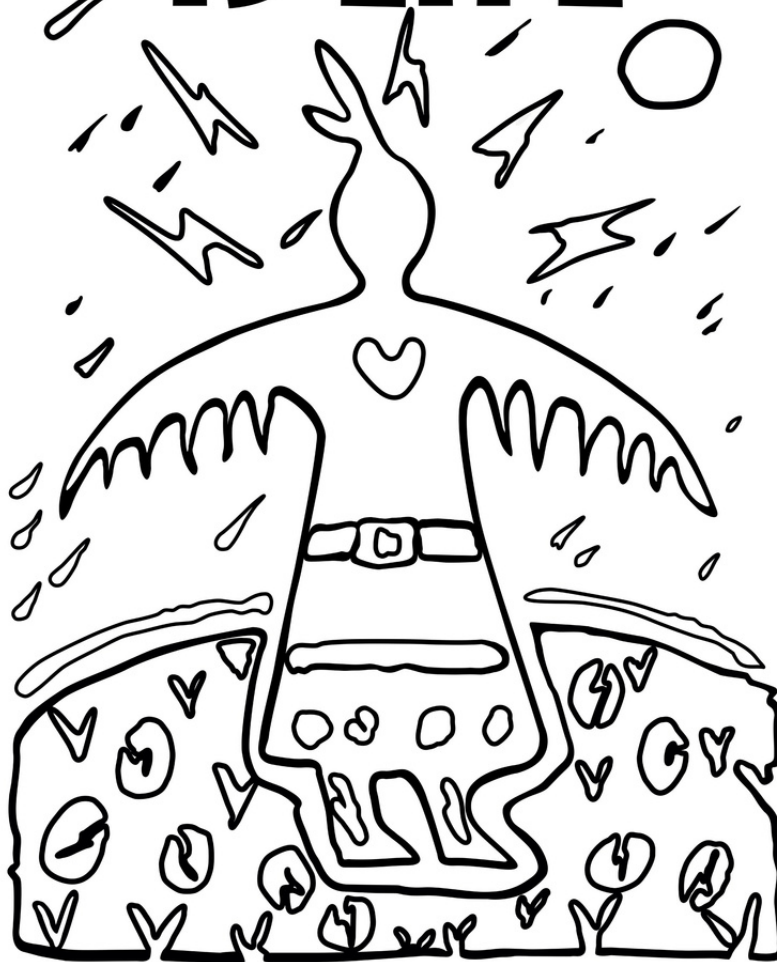




CULTURAL CORNER

Mazinabii'igedaa

WATER IS LIFE





CULTURAL
CORNER

Elder Spotlight



**COMING
SOON**

The Elder's Spotlight will be
coming back in June!

Please watch our
Newsletter-Cultural Corner
when they will become available.





Book of the Month

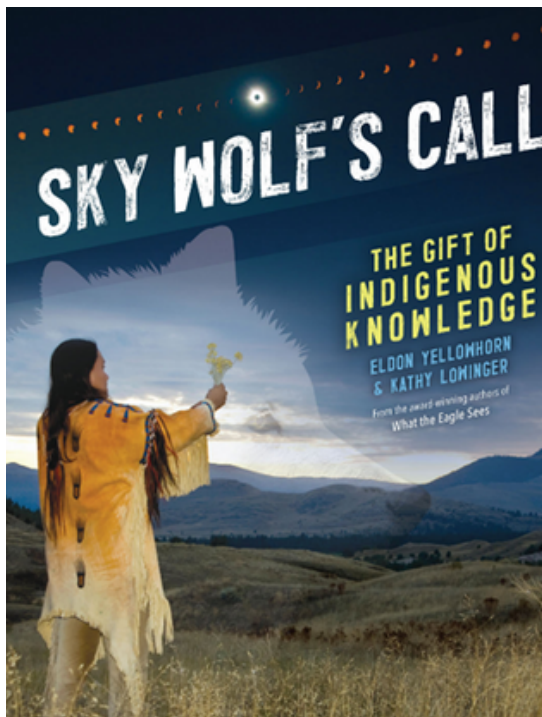
About the Author

Dr. Eldon Yellowhorn is a member of the Piikani Nation. He holds undergraduate degrees in geography and archaeology, an MA in archaeology from Simon Fraser University and a PhD in anthropology from McGill University. His published works have appeared in the Canadian Journal of Archaeology, Native Studies Review and Plains Anthropologist. He has written three books for adults and currently, he is a professor at Simon Fraser University where he teaches Indigenous Studies. He is a member of the Missing Children Project initiated by the Truth and Reconciliation Commission to search for children who died at residential schools.



Sky Wolf's Call

How do knowledge systems get passed down over generations? Through the knowledge inherited from their Elders and ancestors, Indigenous Peoples throughout North America have observed, practiced, experimented, and interacted with plants, animals, the sky, and the waters over millennia. Knowledge keepers have shared their wisdom with younger people through oral history, stories, ceremonies, and records that took many forms. In *Sky Wolf's Call*, award-winning author team of Eldon Yellowhorn and Kathy Lowinger reveal how Indigenous knowledge comes from centuries of practices, experiences, and ideas gathered by people who have a long history with the natural world. Indigenous knowledge is explored through the use of fire and water, the acquisition of food, the study of astronomy, and healing practices.

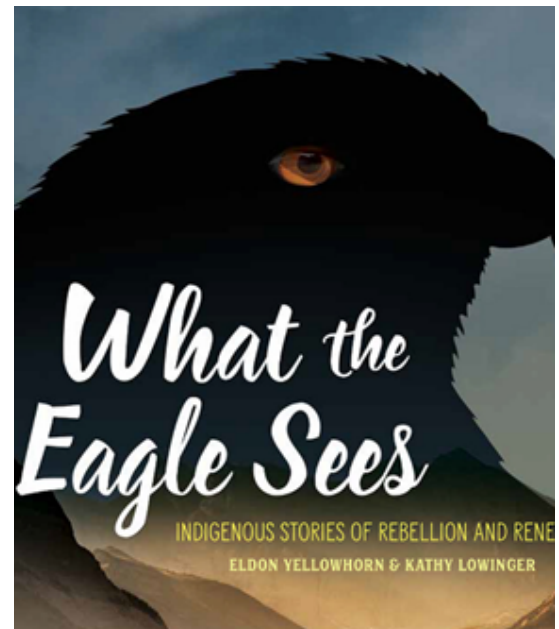




Book of the Month

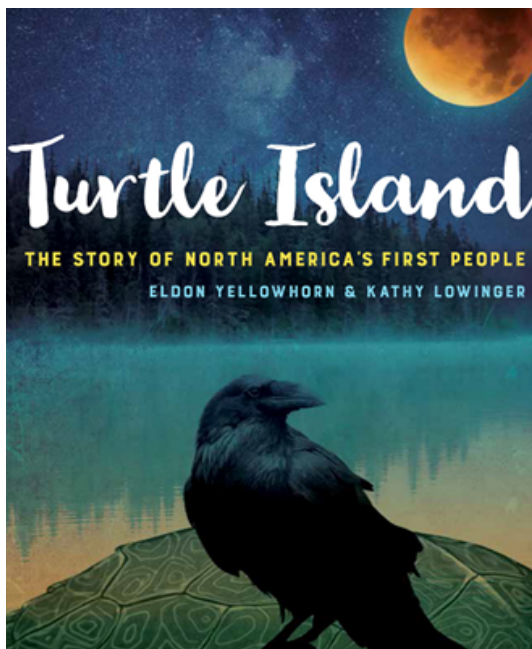
What the Eagle Sees

Indigenous Stories of Rebellion and Renewal is a history book for young readers. Its subtitle is an indication of the content. We examine the history of contact between Indigenous people of America with the wider world. We also examine in greater detail key moments that were transformational in the lives and cultures of people. For example, we look at the impact that horses had when they returned to the great plains after being absent for a period 12,000 years. Although the theme of the book is historical, we do not imply that Indigenous people are only historical figures. We bring the stories into the present and look at the people who made significant contributions and the changes they provoked.



Turtle Island

Unlike most books that chronicle the history of Native peoples beginning with the arrival of Europeans in 1492, this book goes back to the Ice Age to give young readers a glimpse of what life was like pre-contact. The title, Turtle Island, refers to a Native myth that explains how North and Central America were formed on the back of a turtle. Based on archeological finds and scientific research, we now have a clearer picture of how the Indigenous people lived. Using that knowledge, the authors take the reader back as far as 14,000 years ago to imagine moments in time. A wide variety of topics are featured, from the animals that came and disappeared over time, to what people ate, how they expressed themselves through art, and how they adapted to their surroundings. The importance of story-telling among the Native peoples is always present to shed light on how they explained their world. The end of the book takes us to modern times when the story of the Native peoples is both tragic and hopeful.





Important Dates & Upcoming Events

MAY 02: SWEATLODGE CEREMONY @ BHS 6 PM

MAY 03: MENTAL HEALTH

AWARENESS WALK @ BHS 10 AM

MAY 05: FULL MOON & WOMEN'S

SWEATLODGE CEREMONY @ BHS 6 PM

MAY 05: MMIWG AWARENESS WALK @ RRFN 10:45 AM

MAY 08: WOMEN'S HAND DRUMMING @ BHS 6 PM

MAY 09: MEN'S DRUMMING @ BHS 6 PM

MAY 14: MOTHER'S DAY

MAY 16: SWEATLODGE CEREMONY @ BHS 6 PM

MAY 22: OFFICE CLOSURE (VICTORIA HOLIDAY)

MAY 23: MEN'S DRUMMING @ BHS 6 PM

MAY 23: WOMEN'S HAND DRUMMING @ BHS 6 PM

MAY 25: LET'S TALK RECOVERY

GIGIZHEBAA WIISINIDAA @ BHS 10 AM

MAY 26: OFFICE CLOSURE (INTERNAL CONFERENCE)



For more support please contact:
Giishkaandago'Ikwe 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.

*The schedule is subject to change.
To inquire about an event, please call
(807) 274-2042, press 0.*





Giishkaandago'Ikwe HEALTH SERVICES

"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 holistic 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'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/careers

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–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

Find us on 

Scan the QR Code
or go to
www.facebook.com/fftahs



Find our
Newsletters and
more on our
website
www.fftahs.com
or
Scan the QR Code



To request a copy of the
Newsletter by mail or e-mail,
please call
(807) 274-2042, press 0.

