

FORT FRANCES TRIBAL AREA
HEALTH SERVICES

NEWSLETTER

September 2021

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

This issue:

PAGE 02: NEWS/EVENT HIGHLIGHTS

PAGE 04: HEALTH INFORMATION/ WELLNESS TIPS

PAGE 05: STAFF FEATURE

PAGE 06: MENTAL HEALTH SERVICES, RESIDENTIAL TREATMENT & WITHDRAWAL MANAGEMENT

PAGE 07: FULL MOON

PAGE 08: BOOK OF THE MONTH

PAGE 09: CULTURAL CORNER

PAGE 14: IMPORTANT DATES/ UPCOMING EVENTS



News / Event Highlights

Annual General Meeting

Miigwech to everyone who came out to help celebrate our 2020-21 Annual General Meeting. After a very challenging year of COVID-19, we were grateful for the opportunity to all come together to honour our staff and recognize the organization's accomplishments over the past year.





"Coming together is a beginning; keeping together is progress; working together is success."

- Henry Ford









Annual General Meeting cont.

A special acknowledgement to our Elder's Advisory Council and Board of Directors for their on-going support and guidance. It is you hard work and dedication that helps to strengthening the impact that FFTAHS has on the services we provide.







RESPECT THOSE WHO ARE OLDER THAN YOU, SO THAT THEY MAY HONOR YOU."

— JERVIN BALMEDIANO





TREATING HEAD LICE

Lice treatment is free for Ontario residents. Talk to your Public Health Nurse in your community.
There are various products on the market to treat lice, including insecticides and non-insecticides. Your pharmacist and public health nurse will be able to recommend the best product for you.
Home remedies such as mayonnaise, petroleum jelly, olive oil, etc. are not proven methods to kill lice. There is no evidence that tea tree oil or aromatherapy work either.
Never use gasoline or kerosene to kill lice, these products are dangerous.

Contact your CHN if you think you have lice and need treatment.



HEAD LICE

What is Head Lice?

Head lice are small insects that live in human hair. They need human blood to live and multiply, and can live up to 3 days off the human body and up to 30 days on a person's head. Having head lice does not mean that you are not clean.

Nits are the "egg" stage of lice. They may look like dandruff but they cannot be flicked off- they are glued to the hair and cannot be washed out. Nits are small, white, and oval.

Nymphs are baby lice. They look like adult lice but smaller.



Adult lice are hard to see since they are about the size of a sesame seed and move quickly.

How do they spread?

They do not jump or fly, they spread by crawling very quickly. Lice spread from close head-to-head contact with an affected person and by sharing things that are in direct contact with a person's hair (combs, brushes, hair clips, hats, scarves, helmets, towels, pillows, coats).



Disinfecting the House

Because head lice do not live long off the scalp, there is no need for extra cleaning. You do need to get rid of lice or nits from items that touch the head like hats, pillowcases, combs and brushes. Wash items in hot water and dry them in a hot dryer for at least 15 min; or Store the items in an airtight plastic bag for 2 weeks. Use a Zip-Lock type bag that is airtight, or tape a garbage bag to tightly seal it.

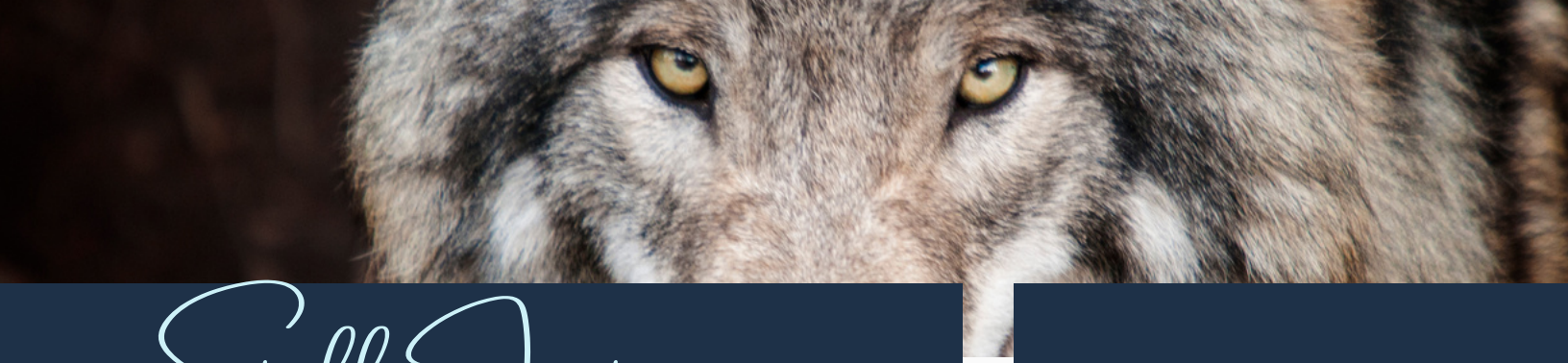
Symptoms

Head lice can cause an itchy scalp. Very tiny eggs lay close to the scalp. They may look like dandruff but are firmly glued to the hair and cannot be flicked off.

School children with head lice should be treated and then attend school or childcare as usual.

Checking for Head Lice

Look carefully through the hair for live lice and nits. Lice move fast and are hard to see so you may just see movement rather than the actual lice. Lice are usually found close to the scalp, at the bottom of the neck, and behind the ears. Looks for nits by parting hair in small sections with a pointed object that will not scratch the scalp.



Staff Feature

Mino Ayaa Ta Win Healing Centre

Providing comprehensive addictions treatment services rooted in Anishinabee culture.

Who are we?

Harvey Allen
Land-Based Facilitator

Pam Bliss
Residential Support Worker

Tyson Morrisseau
Residential Support Worker

Emily Windego
Residential Support Worker

Jacqueline Wittich
Registered Practical Nurse/Case Manager

Charlene Allan
Residential Support Worker

Shaun Miller
Residential Support Worker

Camillaa Gray
Cook

Tiffany Clifford - Smith
Manager of Mino Ayaa Ta Win Healing Centre

Jennifer Tkachyk
Administrative Assistant

Elton Morrisseau
Custodian

Nicole Sandelovich
Withdrawal Management Coordinator

Jody Maguire
Registered Practical Nurse/Case Manager

Colleen Jolicouer
Registered Practical Nurse/Case Manager

Greg Alton
Registered Practical Nurse/Case Manager

"Healing doesn't usually spring up instantaneously, instead it manifests itself in small yet delightful doses of "normal."

– Unknown

CHI-MIIGWECH!





Mental Health Service, Residential Treatment, & Withdrawal Management Services

Our next session for women will begin on September 21st to October18th, 2021.

Our next session for men will begin on October 26th to November 22nd, 2021.



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



“Mdaamiin Giizis” Corn Moon

SEPTEMBER

The ninth moon of Creation is the Corn Moon.

During this time we learn about the cycle of life. Each cob of corn has thirteen rows of multicoloured seeds which represent all the spirits waiting to begin their Earth Walk. These will be the future generations for whom we must prepare.

This moon is also known as the Changing Colours Moon, Harvest Moon, Barley Moon, Rutting Moon, Yellow Leaf Moon, and well as many others.

ONTARIO NATIVE WOMEN'S ASSOCIATION

Full Moon

September 20, 2021 @ 6 pm

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)

Register with Audrey Mikkelsen: amikkelsen@fftahs.org

Covid-19 Screening and Protocols Followed

The full moon is the time to honour grandmother moon , ourselves and all other women. We are able to gather and celebrate in a small group setting, you are encouraged to sit with grandmother moon.

Fort Frances Tribal Area HEALTH SERVICES



Book of the Month



In a futuristic world ravaged by global warming, people have lost the ability to dream. Driven to flight, a fifteen-year-old and his companions struggle for survival, attempt to reunite with loved ones and take refuge from the "recruiters" who seek them out.



ON SEPTEMBER 30 **WEAR ORANGE**

Fort Frances Tribal Area
HEALTH SERVICES

What is Day of Orange?

Day or Orange/Orange Shirt Day is an annual event designed to commemorate the residential school experience, to witness and honour the healing journey of the survivors and their families, and to commit to the ongoing process of reconciliation. Chief Justice Murray Sinclair challenged all of the participants to keep the reconciliation process alive, as a result of the realization that every former student had similar stories. Orange Shirt Day began in Williams Lake in 2013 and has since spread to schools and organizations for recognition across B.C. and Canada.

The annual Orange Shirt Day on September 30th opens the door to global conversation on all aspects of Residential Schools. It is an opportunity to create meaningful discussion about the effects of Residential Schools and the legacy they have left behind. A discussion all Canadians can tune into and create bridges with each other for reconciliation. A day for survivors to be reaffirmed that they matter, and so do those that have been affected.

Every Child Matters, even if they are an adult, from now on.

Why September 30th?

The date was chosen because it is the time of year in which children were taken from their homes to residential schools, and because it is an opportunity to set the stage for anti-racism and anti-bullying policies for the coming school year. It is an opportunity for First Nations, local governments, schools and communities to come together in the spirit of reconciliation and hope for generations of children to come.

What does the Orange Shirt Represent?

Orange Shirt Day was started by Phyllis Webstad to educate people about residential schools and fight racism and bullying. The message that Phyllis wants to pass along on Orange Shirt Day — and every day — is that every child matters.

On this day of September 30th, we call upon humanity to listen with open ears to the stories of survivors and their families, and to remember those that we've lost.



ON SEPTEMBER 30 EVERY CHILD MATTERS WEAR ORANGE

What are Residential Schools?

Residential schools were church-run schools where approximately 150,000 First Nations children were sent between the 1860s and the 1990s. The schools harmed Indigenous children by removing them from their families, forcing them to speak English instead of their ancestral languages, disconnecting them from their culture and traditions and forcing them to adopt Christianity in order to assimilate into Canadian society. The government has since acknowledged that this approach was wrong, cruel and ineffective, and offered an official apology to the Indigenous people of Canada in 2008.





(left) **Pictures of St Margaret's Residential School in Fort Frances, Ontario**

Why is it an Orange Shirt?

The "orange shirt" in Orange Shirt Day refers to the new shirt that Phyllis Webstad was given to her by her grandmother for her first day of school at St. Joseph's Mission residential school in British Columbia. When Phyllis got to school, they took away her clothes, including her new shirt. It was never returned.
To Phyllis, the colour orange has always reminded her of her experiences at residential school and, as she has said, "how my feelings didn't matter, how no one cared and I felt like I was worth nothing. All of us little children were crying and no one cared."



(Right) **FFTAHS Cultural Coordinator Mackenzie Archie and her family representing Day of Orange, breaking the cycle**



ON SEPTEMBER 30 WEAR ORANGE





Every Child Matters

On Thursday September 30th
Wear Orange.
Attend an event. Listen.
Work towards change.







Gichi-apiitendaagoziwag akina abinoonjiiyag

Every Child Matters



CULTURAL CORNER

The Powwow Trail

Nimi'idiwin	To dance, our dance
Biindigeshimo	He or she dances in
Bwaanzhiiwi'on	Dance Regalia
Zhiibaashka'igani maagoode	Jingle dress
Dewe'igan	Drum
Nagamo	He/she sings
Naakwe'imaage	Support singers/ Back up singer
Gichi-aya'aa	Elder
Gaagigidoo inini	MC
Dookaaji'ige inini	Stick man / Arena director





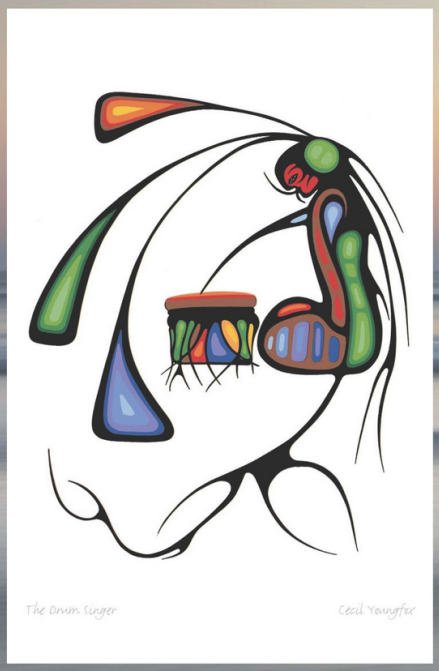
Asemaa	Tobacco
Miigwayak	Eagle Staff
Gikiwe'on	Flag
Baabaapi	S/he keeps laughing
Wiikondiwag	To have a feast
Ishkode	Fire



Important Dates & Upcoming Events

Fort Frances Tribal Area
HEALTH SERVICES

Women's Hand Drumming



When:

September 13th 27th @ 6pm

Where:

601 Kings Highway @ 6pm (Behind Behavioural Health Services)

Who:

OPEN TO ALL WOMEN

For more information, call 274-2042



Fort Frances Tribal Area
HEALTH SERVICES
601 Kings Highway

Men's Drumming



When: September 7th & 21st @ 6pm

Where: 601 Kings Highway (Behind Behavioural Health Services)

Who: OPEN TO ALL MEN

For more information, 274-2042





Important Dates & Upcoming Events







Important Dates & Upcoming Events

SEPTEMBER 06: OFFICE CLOSURE-LABOUR DAY

SEPTEMBER 07: MEN'S DRUMMING - 6:00 P.M.

SEPTEMBER 10: SUICIDE PREVENTION DAY

SEPTEMBER 13: WOMENS HAND DRUMMING - 6:00 P.M.

SEPTEMBER 20: FULL MOON - 6:00 P.M.

SEPTEMBER 21: MEN'S DRUMMING - 6:00 P.M.

SEPTEMBER 27: WOMENS HAND DRUMMING - 6:00 P.M.

SEPTEMBER 30: DAY OF ORANGE - 10:00 A.M.

WEDNESDAYS: HONOURING OUR CHILDREN SUPPORT CIRCLE -12:00-1:00PM



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.



"Work like you don't need the money. Love like you've never been hurt. Dance like nobody's watching."

– Satchel Paige





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

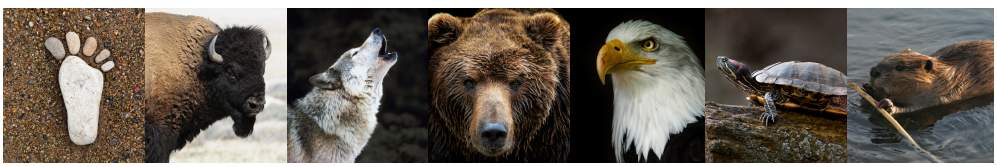
Diabetes & Foot Care
540 Kings Hwy (Units E)
Mon. to Thurs. 8:00am—3:00pm
Friday 8:00am—2:30pm

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!

Like us on facebook

Our Facebook Page has all the latest program Information, pictures and events!
We have giveaways and client surveys, prizes drawn often!
Check it out!

Hiring Committee

Mail: P.O. Box 608,
Fort Frances, ON, P9A 3M9

E-mail:
humanresources@fftahs.org

FFTAHS is an equal opportunity employer, Accessibility accommodations are available for all parts of the recruitment process. While we appreciate all who apply, we will only contact those persons selected for an interview.

Miigwech, thank you.