

# **NEWSLETTER**

October 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

# This issue:

PAGE 02: NEWS & HIGHLIGHTS

PAGE 04: QI CORNER

(QUALITY IMPROVEMENT)

PAGE 06: HEALTH INFORMATION

**&WELLNESS TIPS** 

PAGE 11: STAFF FEATURES

PAGE 14: MENTAL HEALTH

SERVICES, RESIDENTIAL TREATMENT & WITHDRAWAL

**MANAGEMENT** 

PAGE 16: MINO AYAA TA WIN HEALING

CENTRE RESIDENTIAL TREATMENT PROGRAM

PAGE 17: FULL MOON

PAGE 18: CULTURAL CORNER

PAGE 20: BOOK OF THE MONTH

PAGE 21: IMPORTANT DATES AND UPCOMING EVENTS

OCTOBER 2022

# News & Fighlights

The Work Wellness Committee put together Staff-A-Palooza on September 9th to celebrate our staff along with Games, Food & Live Music by the Nite Hawk Band



Jocelyn Johnson, Elizabeth Seeburger, Danielle O'Sullivan and Danielle Spuzak playing tug of war



Sis Wilson, Alyssa Green, Deirdre O'Sullivan-Drombolis, Sandra McNay, Joyce Ottertail, Danielle Lee



Sara McCormick and Dana Ward in a 3-legged race and took the organization record for being the fastest partners



Brenda Whitehead vs. Cammie Gray in the cotton ball game; overlooking is Tarra Peterson, Lexi Caul, Dana Ward and Sara McCormick





TREATY 3 WAS SIGNED ON OCTOBER 3RD, 1873.

CHIEF MAWEDOPENAIS OF RAINY RIVER MADE
THE SACRED HANDSHAKE WITH THE QUEEN'S
REPRESENTATIVE ON BEHALF OF THE OTHER CHIEFS.





For more information please go to <a href="http://gct3.ca/our-nation/our-treaty">http://gct3.ca/our-nation/our-treaty</a> 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 for our Quarter Service Report period of April 1 - June 30, 2022!

The Palliative Care
Coordinator participated
in the FNIHCC Ontario
Hospice Like Space Knowledge Circle Group in
June. This group supports
organizations who provide
hospice services while
provinding a forum for
information

The Diabetes and Foot Care team member completed a Foot Canada Certification. The course was an online theory course and clinical component. The certification followed a comprehensive, advanced and diabetic curriculum and based on best practice guidenlines and evidence based practices

The Children's Oral Health
Initiative team devleloped
"Giziyaabide'on,
Mazina'igan, Nibaawan"
Brush, Book, Bed program,
a joint Quality
Improvement initiative with
the Child's First Initiative
Program

The Rapid Access Addiction
Medicine Clinic has been
working with Dr. Carfagnini
and Dr. Jeff Gustafson. They
are running clinics twice
weekly and have been able
to induct individuals on
Opiod Agonist Therapy.
There has been a total of 65
clients on RAAM caseload





# Strategic Planning 2023 to 2028

- Giishkaandago'lkwe Health Services has initiated work towards developing a new 5 year Strategic Plan. This is the first of a series of updates on the upcoming Strategic Plan that we are about to begin.
- Kenn Richard and Associates
  (KR/A), in collaboration with LBCG
  Consulting for Impact (LBCG), have
  been retained through a
  competitive RFP process to help us
  create a vision for the next five
  years.
- Giishkaandago'lkwe Health Services aims to develop a strategic plan that embodies principals of Anishinaabe Health and Wellness, embedded with clients and Communities as the leading voice in our program delivery. We intend to complete the planning process by February 2023 and incorporate the plan into our operational and budget planning for the 2023-2024 fiscal year.



# **What is a Strategic Plan?**

- It is a document that records the aspirations regarding the direction of Giishkaandago'lkwe Health Services over the next five years.
- It will provide employees with a foundation for service planning.
- It is informed by consultation with clients, families, Community Members, employees, Community Leadership and stakeholders.
- It is vetted and approved by the Giishkaandago'lkwe Health Services Board of Directors.

# **Why It Matters?**

- First Nations Health and Wellness is the number 1 priority.
- Strategic planning offers a chance for meaningful Community input at all levels into the future of Giishkaandago'lkwe Health Services.
- A good planning process and clear plan gives the Board of Directors an opportunity to meet the needs of community in a good way that aligns with Anishinaabe values and traditions.
- A good plan assures that Community Members receive the services they need and want.

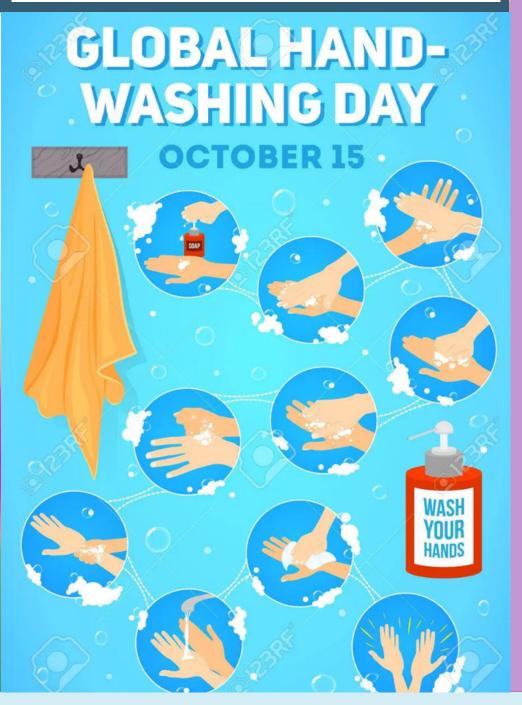
# **What Happens Now?**

- Over the coming months, the consultant team will be reaching out to a diverse group of Giishkaandago'lkwe Health Services stakeholders, clients and families through a mix of interviews, focus groups and surveys.
- The consultants will work with senior leadership and the Board of Directors to create the engagement approach

# **How Can You Be Involved?**

- Your input and collaboration in the development in our 5 year strategic plan is vital to developing the foundation of the work we do here at Giishkaandago'lkwe Health Services.
- Clients, families, Community Members, Leadership, Partners and Employees will have an opportunity to participate in focus groups, in addition to an anonymous survey.

# ealth and Wellness



**STAY HEALTHY!** Germs can get into the body through our eyes, nose, and mouth and make us sick.

Handwashing removes germs from hands and helps prevent sickness.

Just washing your hands regularly can prevent 1 in 3 diarrhearelated sicknesses and 1 in 5 respiratory infections, such as COVID-19, cold, or the flu.

Find us on





# Is it the Flu or is it Covid-19?



# **FLU SYMPTOMS**

Fever, cough, sore throat, runny nose, headache, muscle aches, fatigue, vomiting/diarrhea



# **COVID-19 SYMPTOMS**

Fever, cough, shortness of breath, sore throat, runny nose muscle aches, fatigue, headache, vomiting/diarrhea, change/loss of taste/smell



## TRANSMISSION

Both the Flu and Covid-19 is spread from person to person when an infected person coughs, sneezes, or talks.



## ONSET

A person with either the Flu or Covid-19 may be contagious 1 to 2 days before they even have symptoms. You can spread the Flu for up to 7 days after symptoms start and up to 10 days after symptoms start with Covid-19. Symptoms of the Flu usually start 1 to 4 days after exposure and 2 to 14 days after exposure to Covid-19.



## TREATMENT

Most people with the Flu or Covid-19 will get better on the own with lots of rest, keeping hydrated, monitoring symptoms, and using medicines as needed for symptom relief.



# **PREVENTION**

Wash hands regularly, stay home if you are sick, and get vaccinated!
Vaccination is the best way to prevent illness and to minimize symptoms. There are vaccines available for the Flu and for Covid-19. Your Community Health Nurses will be giving Flu vaccines in community this fall and Covid-19 vaccines are currently available.







**During Breast** Cancer Awareness Month in October and throughout the year-people wear pink ribbons to honor survivors, remember those lost to the disease. and to support the progress we are making together to defeat breast cancer.





# MENTAL ILLNESS AWARENESS WEEK

# **TOGETHER FOR MENTAL HEALTH**

Mental Illness Awareness Week (MIAW) is an annual national campaign to educate and inform Canadians about the reality of mental illness. Through our advocacy efforts, we envision a Canada where everyone has timely access to mental health programs, services and supports without barriers.



**#MIAW** 





# ZHOOMIINGWEWINAN NIIGAAN EYAAGIN

Emiles for the Future

# Children's Oral Health Initiative

School Dental Screening & Fluoride Varnish Clinic Dates

## **Dates:**

- Mikinaak Onigaming School: Wednesday, October 5th & Thursday, October 6th, 2022
- **Zhingwaako Zaaga'lgan School:** Tuesday, October 18th & Thursday, October 20th
- Pegamigaabo School: Tuesday, October 25th & Wednesday, October 26th

Keep a look out for consent packages that will be sent home from school with your child. If your child is not yet enrolled in COHI, please complete the consents and return to the school prior to the clinic date if you would like your child to participate.

#### **COHI SERVICES INCLUDE:**

- Dental Screenings
- Fluoride Varnish Applications
- Dental Sealants
- Temporary Fillings
- Silver Diamine Fluoride
- Dental Cleanings
- Prenatal Oral Health Education
- Classroom Presentations
- Dental Referrals





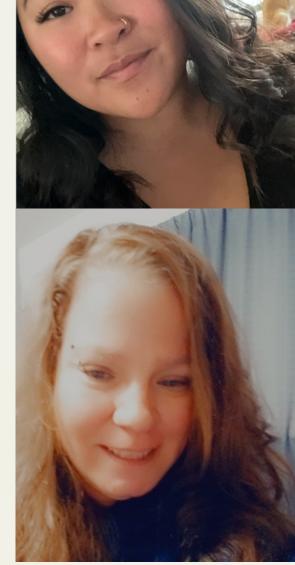


# Tina Pham, Casual RPN/Case Manager

Hi, my name is Tina Pham. I am from Fort Frances. I have been with Giishkaandago'Ikwe Health Services for eleven months. I enjoy my role as a Registered Practical Nurse and Case Manager at Mino Ayaa Ta Win Healing Centre.

# Erin McMahon, Addictions Peer Support

Boozhoo, My name is Erin McMahon I was hired as a Addictions Peer Support at Mino Ayaa Ta Win Healing Centre for about 4 months now. I absolutely love working out at the treatment centre. I went to school at Seven Gens and got my Indigenous Wellness Addictions Prevention certificate and diploma. I am thrilled to be working for Giishkaandago'lkwe Health Services and all the amazing staff.





# Camie Gray, Residential Support Worker

Hi my name is Camie Gray. I am a Residential Support Worker and I have worked with Mino Ayaa Ta Win Healing Centre for almost two years now.

# Deanna Peterson, Peer Support Worker

My name is Deanna Peterson. I have been working at MATW as a Peer Support Worker. I am originally from Rainy River First Nations. My clan is the Bear (makwa). I am really excited to be working with Giishkaandago'lkwe Health Services.







Infection Prevention and Control & Hand Hygiene Committees Recognition Month!

Deirdre Drombolis
Christy Herr
Carole Easton
Sarah Bunjevac
Angela DeGagne
Deborah Kostick
Adam Ali
Charles Friday
Jena Thomasson
Mary Elder

Nicole Sandelovich
Shelly Grant
Sara Roach
Deb Cousineau
Chelsea Janveau
Victor Armit
Laura McCormick
Kelly McIntosh
Stacey Yerxa



October is Infection Prevention and Control (IPAC) and Hand Hygiene Committees Recognition Month.

These committees are committed to employee and public wellness and safety by advocating for, and promoting best practices in infection prevention and control across the organization.

It's membership is made up of delegates from each program area to ensure perspectives are shared from across the organization.

Giishkaandago'Ikwe Health Services
values and appreciates the dedication
and contributions of the employees that
are active members of these
committees. Without your hard work and
enthusiasm for these committees, we
would not have the strong Infection and
Control practices that it does. IPAC and
Hand Hygiene are important
components of the Accreditation process
and made large contributions toward our
Accreditation with Exemplary Standing.

Miigwech for all that you do.

Mental Health Service,

Pesidential Treatment,

Withdrawal Management Services

# Services We Offer

# **Residential Treatment**

28 day residential treatment program delivered through group processing therapy, 1:1 comprehensive case management and solution focused interventions, 1:1 mental health counselling.

The next cycle beings October 14, 2022

# **Withdrawal Management Services**

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

# FOR MORE INFORMATION CALL 807-274-7373



**WE ARE HERE TO HELP** 

Mental Health
Direct
Phone Line
807-271-0212

Triaged Walk-in/Call-in Services

Call or Text 8:30am - 4:30pm Monday to Thursday

8:30am - 4:00pm Fridays

**YOU ARE NOT ALONE** 



**OCTOBER 10, 2022** 

# WORLD MENTAL HEALTH DAY



GIISHKAANDAGO'IKWE HEALTH SERVICES MENTAL HEALTH DIRECT LINE Monday-Thursday 8:30-4:30, Friday 8:30-4:00 CALL 1-807-271-0212

#### **TALK 4 HEALING**

Available 24 hours a day / 7 days a week CALL or TEXT 1-855-554-HEAL or ONLINE CHAT at www.talk4healing.com

#### KIDS HELP PHONE

24 hours a day / 7 days a week CALL 1-800-668-6868, TEXT "FIRST NATION" to 686868, FACEBOOK MESSAGE OR CHAT ONLINE at www.kidshelpphone.ca

#### CMHA CRISIS RESPONSE LINE

24 hours a day / 7 days a week CALL 1-866-888-8988

#### **CRISIS TEXT LINE**

24 hours a day / 7 days a week TEXT "WELLNESS" to 741741

**#WORLDMENTALHEALTHDAY** 

Whilst the pandemic has, and continues to, take its toll on our mental health, the ability to reconnect through World Mental Health Day 2022 will provide us with an opportunity to re-kindle our efforts to protect and improve mental health.



# Residential Treatment Co-Ed Cycle

October						
Su	Мо	Tu	W	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

The next cycle begins October 14th, 2022



# Tenth Moon of Creation "Binaakwe Giizis"



# FULL MOON & WOMEN'S SWEATLODGE CEREMONY

OCTOBER 11 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

Leaves Moon Falling when we gift others with what we have gathered. We are respectful in our knowing giving, the honour it brings. During this moon, we look inward understand the and journey of letting go of what we no longer need to carry.

This Moon is also known as Harvest Moon, Drying Rice Moon, Freezing Moon, Ice Moon, Migrating Moon, as well as many others.





# Cultural Corner

# Jet's Practice Anishinaabemowin

	Gichi-biibaagi	S/he screams
	Bizhishigokogane	Skeleton
	Zegendaagozi	S/he is scary
X	Miskwi Gaa-minikwed	◆ Vampire •
	Gaa-nibo'aadizid	Zombie
	Zhizhoobii'idizo	S/he painted themselves /put on makeup
	►Gii-moozaabi-chigani-giizhigad	Mask Day (Halloween)
	Waweyazh-inapizo-giizhigad	Dress Silly Day (Halloween)
	Okosimaan(an)	Pumpkin(s)
	> Ziinzibaakwadoonsan	• Candies •
	Waawe'izh-izhi'on	• Costume •
	Asabikeshii(yag)	Spider(s)
	Makade-gaazhagens	Black cat
	Apakwaanaajii(yag)	• Bat(s)
	Gaa-majaadizid	• Witch
	• Jiibay	• Ghost •





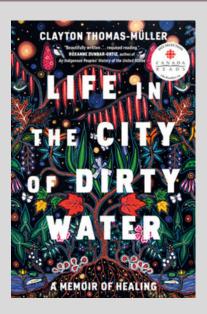
# Cultural Corner

Mazinabii'igedaa











CLAYTON THOMAS-MULLER is a member of the Treaty #6 based Mathias Colomb Cree Nation also known as Pukatawagan located in Northern Manitoba, Canada. He is a campaigner for 350.org, a global movement that's responding to the climate crisis. He has campaigned on behalf of Indigenous peoples around the world for more than 20 years, working with the Indigenous Environmental Network, Black Mesa Water Coalition, Global Justice Ecology Project, and Bioneers, among others.

Life in the City of Dirty Water is a deep account of survivance against systems of oppression, intergenerational trauma and addiction, and about finding healing and highlighting his Cree experience.

"In [Thomas-Muller's] latest memoir, Life in the City of Dirty Water, he painfully and bravely not only writes about his upbringing in Winnipeg, which translated from Cree means 'dirty water,' he unravels how he began healing by using prayer and participating in his culture reveals his journey through catastrophic pain, unbelievable odds and a reconnection to land, language and culture through his work defending Mother Earth. His memoir is an artefact of transformation -a transformation of a hardened youth who endured more tragedy and danger than most of us can imagine into a defender of people, land and the notion that all species and systems are

-Winnipeg Free Press

connected."





# Important Dates & ( Specoming Events

OCT 3: OFFICE CLOSURE / TREATY DAY

OCT 4: SWEATLODGE CEREMONY @ BHS 6 PM

OCT 5: POST TREATMENT AFTERCARE @ BHS 1 PM

OCT 6: PRE-TREATMENT @ BHS 1 PM

OCT 10: OFFICE CLOSURE / THANKSGIVING DAY

OCT 11: FULL MOON & WOMENS SWEATLODGE @ BHS 6 PM

OCT 11: MEN'S DRUMMING @ BHS 6 PM

OCT 12: POST TREATMENT AFTERCARE @ BHS 1 PM

OCT 13: PRE-TREATMENT @ BHS 1 PM

OCT 17: WOMEN'S HAND DRUMMING @ BHS 6 PM

OCT 18: SWEATLODGE CEREMONY @ BHS 6 PM

OCT 19: POST TREATMENT AFTERCARE @ BHS 1 PM

OCT 20: PRE-TREATMENT @ BHS 1 PM

OCT 24: WOMEN'S HAND DRUMMING @ BHS 6 PM

OCT 25: MEN'S DRUMMING @ BHS 6 PM

OCT 26: POST TREATMENT AFTERCARE @ BHS 1 PM

OCT 27: PRE-TREATMENT @ BHS 1 PM



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**

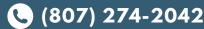
Giishkaandago'lkwe Health Services is a multi-faceted, accredited organization with a diversity of programs and is a leader in innovative wholistic services that promote a bi-cultural approach to health and wellness. We work closely with the 10 Fort Frances region First Nation communities, partners and 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**



#### 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-4:00pm Fri. 8:00am-3:30pm

#### **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-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/eventscalendars

# 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.