

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 07: OI CORNER

(QUALITY IMPROVEMENT)

PAGE 08: HEALTH INFORMATION

&WFIINESS TIPS

PAGE 12: STAFF FFATURE

PAGE 14: MENTAL HEALTH

SERVICES RESIDENTIAL TREATMENT & WITHDRAWAL

PAGE 15: MINO AYAA TA WIN HEALING

CENTRE RESIDENTIAL TREATMENT PROGRAM

PAGE 16: MATW RESIDENTIAL

TREATMENT CALENDAR

PAGE 17: FULL MOON

PAGE 18: CULTURAL CORNER

PAGE 19: BOOK OF THE MONTH

PAGE 20: IMPORTANT DATES AND UPCOMING EVENTS

SEPTEMBER 2022



Giishkaandago'lkwe Health Services vs Weechi-it-te-win Family Services Staff

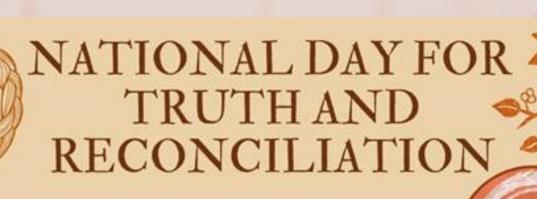




Weechi-it-te-win Family Services challenged the Giishkaandago'lkwe Health Services staff to a fun game of baseball on July 26 at the Couchiching Ball Diamond.

Both organizations hosted a BBQ for staff and spectators!





Join us on September 30th as we remember the history of residential schools, honour the ones that did not make it home, and celebrate the survivors.

9:00 AM - 12:00 PM

Awareness Walk

12:00 PM - 2:00 PM

Lunch and Speakers

2:00 PM - 10:00 PM

Powwow

A limited number of orange shirts and graband-go lunches will be provided

A fish fry supper will be provided at 5 PM

Check out the Facebook event page for more information



Gizhewaadiziwin Health Access Centre

















AWARENESS WALK

9:00 AM - 12:00 PM

The group awareness walk will start at the Sorting Gap Marina and proceed to the Residential School Monument at the Nanicost Grounds

> A limited number of orange shirts will be provided



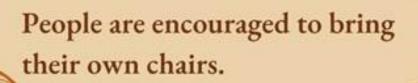




& LUNCH AND SPEAKERS

12:00 PM - 2:00 PM

Come and hear our Elders share their healing stories. Sacred fire and drum will present after the walk.



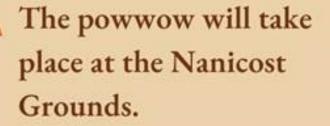
A limited number of grab-and-go lunches will be provided.

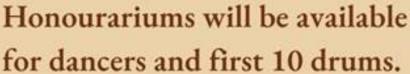




POWWOW

2:00 PM - 10:00 PM





A fish fry supper will be provided at 5 PM





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 Home and
Community Care Team
continues to move
forward with quality
improvement initiative
with Swift Medical by
joining the Swift Skin
and Wound Advisory
Team

The Diabetes and Foot Care team is working towards meeting the goal of creating a centralized referral system for the Northwest region. The referral system will address gaps in service, identify and undertstand partner obstacles and create pathways to further support people living with diabetes

The Children's Oral
Health Initiative
implemented "Tooth
Tuesday" as a monthly
social media awareness
campaign to bring
increased awareness to
the COHI program, its
services, as well as key
oral health messaging

The Program
Assistant will now also be responsible for residential treatment intakes for Mino Ayaa Ta Win Healing Centre. This system improvement has streamlined referrals and improved services for our clients

Health and Wellness

WORLD SUICIDE PREVENTION DAY

SEPTEMBER 10, 2022

IF YOU ARE CONSIDERING SUICIDE REACH OUT TO SOMEONE YOU TRUST OR SEEK PROFESSIONAL HELP.



We observe World Suicide Prevention Day each year September 10. This year's theme is all about 'Creating Hope Through Action.' So. let's work together with our family, friends, healthcare workers. religious and political leaders to prevent suicide through active counseling and support. It's time we empowered others to be in charge of their lives and value the one life they have.



Scan the QR Code to learn more!





BLASTOMYCOSIS

Blastomycosis is an infection in your lungs caused by breathing in spores of a fungus that grows in moist soil, leaves, and rotting wood. It can also spread to the skin or other parts of the body. This fungus is found in parts of Northwestern Ontario, including our area.

What are the symptoms?

Not everyone gets sick. If you do, the symptoms are similar to the flu and can take anywhere between 3 weeks and 3 months to develop and may include: Fever, Cough, Persistent cough with yellow or green mucous, night sweats, muscle aches or joint pain, weight loss, chest pain and fatigue (extreme tiredness, and skin sores).

How can it be treated?

If caught early enough, blastomycosis can be treated with antifungal medications. If left untreated, the infection can become more severe, require hospitalization, and may cause death. Severe infections are usually as a result of late diagnosis or presentation to health care providers. That's why it is so important to spread awareness about this infection.

What can you do?

If you have a lung infection that isn't clearing up, especially if you have the above symptoms, have gotten antibiotics and it isn't getting any better, or have been exposed to the conditions that the fungus lives in make sure you reach out to your community health nurse or health care provider. Let them know that you live in an area with blastomycosis and might need to be tested.

Because the fungus is a natural part of the environment it can't be eliminated however you can take steps to protect yourself:

- Avoid areas close to rotten wood and vegetation or old hollow trees
- Wash hands thoroughly with soap and water after being in contact with soil, dust, and rotting wood or vegetation
 - Cover all open wounds
 - Limit the amount of time you are exposed to soil or dust

For more information reach out to your Public Health Team.





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).



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.







TREATMENT

Treatment is simple. There are over-the-counter and prescription treatments that kill lice and nits.

You also have to decontaminate shared surfaces.

Contact your Community Health Nurse if you have any questions or think your need treatment for lice.





Staff Feature

Tiffany Clifford-Smith, Manager of MATW

Boozhoo! Niiyo Binaysiik indigoo, Ma'iingan nindoodem, Emo nnindoonji, Tiffany Clifford-Smith nindizhinikaaz. I have been with Giishkaandago'Ikwe Health Services for just over 4 years and have been in my current role as Manager of Mino Ayaa Ta Win Healing Centre for about 2.5 years. I have a passion for working with people and have been working in the addictions field for well over 14 years. I feel truly honoured and grateful to work for our Communities and such an amazing organization and wonderful staff.

Joleigh Mainville, Residential Support Worker

Boozhoo waabishki makoons nindizhinikaaz. Makwa nindoodem. Couchiching nindoonjibaa. Hi my name is Joleigh! I have worked at MATW since February as a Residential Support Worker. Miigwech!

<u>Lindsey Henderson, RPN Case Manager</u>

Hi, my name is Lindsey Henderson and I have been with Giishkaandago'Ikwe Health Services since last November. I am a RPN case manager at MATW Healing Centre. I am originally from Toronto area and was an agency contract nurse. After contracting it, I was deployed up to the Rainy River district where I fell in love with NWO. I love the culture and nature. I'm proud to be a member for Giishkaandago'Ikwe Health Services. Miigwetch

Shelly Grant, Full-Time Cook

My name is Shelly Grant and I am the new full time cook here at MATW. I am from Guelph, and moved to the area 6 years ago. I absolutely am loving the area, and my new job here!



Jackie Wittich, Casual Registered Nurse

Hi, my name is Jackie and I live in Bergland. I have worked for the organization for almost five years. I am currently employed as a casual Registered Nurse for Withdrawal Management at MATW, and Community Health. I have met so many great coworkers and clients throughout my time within the organization. My favourite things to do are fishing with my boyfriend, shopping, travelling and spending time with my pets.

Nicki Sandelovich, Registered Nurse

Boozhoo! My name is Nicki Sandelovich, My clan is the bear clan and I am from Couchiching First Nations. I have been employed by Giishkaandago'Ikwe as a registered nurse for 3 years. I have worked in many roles within the organization which has given me the opportunity to understand and appreciate all programs and the hard work that goes in to them all. I currently work at the Mino Ayaa Ta Win Healing Centre as the Withdrawal Management Clinical Coordinator. I would say this role is one of the most purposeful roles I have ever done and I feel very lucky to be able to help our communities with a drug epidemic that has been taking over beautiful lives. I welcome referrals of family and friends to our RAAM program that has helped many participants with substance use.

Jen Tkachyk, Program Assistant

Hello! My name is Jen Tkachyk. I was born and raised in Fort Frances but headed west after college where I lived in Calgary for 12 years. I've been back in FF for nearly 4 years now because we got the shock of a lifetime when we had twins (figured we could use the family help!). I am the Program Assistant at MATW and I have been in this role for almost 1.5 years. After work and raising 3 boys; all my spare time is basically spent baking and decorating cookies!





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.

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



Residential Treatment Co-Ed Cycle

September							
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		

The next cycle begins September 13th, 2022



Giishkaandago'lkwe

SEPTEMBER FULL MOON CEREMON SEPTEMBER 9TH 6:00PM

Please Bring:
A small feast dish
Yellow cloth,
Asemaa (Tobacco)
(Offerings can be provided)
Location: BHS 601 Kings Hwy

The full moon is a time to honour grandmother moon, ourselves, and the entire female side of Creation.

For more information contact Audrey: 807-274-2042 ext 4249 amikkelsen@fftahs.org *Covid-19 Screening in effect

Ninth Moon of Creation "Zhaangaso Giizis"



Leaves Turning Moon is the time of retrospection, we look back to reflect on what we have learned. During this moon, we come to understand change. We bring our family back into the home, and we are thankful for the moons and what they have provided.

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



CULTURAL CORNER

Jet's Practice Inishinaabemowin

Introduction Conversation

Anishinaabemowin Question	English Translation	Anishinaabemowin Answer	English Translation
Aaniin ezhinikaazoyan?	What is your name?	ndizhinikaaz	is my name
Aandi wenjiiyan?	Where are you from?	is where I'm from	ndoonjii / ndoonjibaa
Awenen gidoodem?	Who is your clan?	ndoodem	is my clan.
		Amanj (igo)/gaawiin mashi ngikenimaasii ndoodem.	I don't know/I don't yet know my clan.

Farewells

Anishinaabemowin	English Translation
giga-waabamin miinawaa	I'll see you again
	(to one person)
giga-waabamin(in)im miinawaa	I'll see you all again
	(to more than 1)
giga-waabamigoo miinawaa	Us, we will see you again
	(to one person)
giga-waabamigoom miinawaa	Us, we will see you all again
	(to more than 1)
awasi-waabang/ge-dwaateg	day after tomorrow,
	next week



CULTURAL CORNER

Mazinabii'igedaa









Orange Shirt Day was inspired by the story of a survivor named Phyllis Webstad. When Phyllis was 6 years old she went to Residential School for the first time wearing a brand new shiny orange shirt. When she arrived at the school her shirt was taken away and never to be seen again.

To Phyllis the colour orange was a symbol that she did not matter. Today she has learned to accept the colour and even have fun with it and now the orange shirt has become a symbol of hope and reconciliation. By wearing an orange shirt on Orange Shirt Day, you make a powerful statement that residential schools were wrong and commit to the concept that EVERY CHILD MATTERS.



Important Dates & (Speaning Events

SEPT 5: OFFICE CLOSURE

SEPT 6: SWEATLODGE CEREMONY @ BHS 6 PM

SEPT 7: POST TREATMENT CARE @ BHS @ 1 PM

SEPT 8: PRE-TREATMENT @ BHS 1 PM

SEPT 9: FULL MOON CEREMONY @ BHS 6 PM

SEPT 12: WOMEN'S HAND DRUMMING @ BHS 6 PM

SEPT 13: MEN'S DRUMMING @ BHS 6 PM

SEPT 14: POST TREATMENT CARE @ BHS 1 PM

SEPT 15: PRE-TREATMENT @ BHS 1 PM

SEPT 20: SWEATLODGE CEREMONY @ BHS 6 PM

SEPT 21: POST TREATMENT CARE @ BHS 1 PM

SEPT 22: PRE-TREATMENT @ BHS @ 1 PM

SEPT 26: WOMEN'S HAND DRUMMING @ BHS 6 PM

SEPT 27: MEN'S DRUMMING @ BHS 6 PM

SEPT 28: POST TREATMENT CARE @ BHS 1 PM

SEPT 29: PRE-TREATMENT @ BHS 1 PM

SEPT 30: NATIONAL DAY OF TRUTH AND RECONCILIATION

AWARENESS WALK @ SORTING GAP 9 AM

LUNCH & SPEAKERS @ NANICOST 12 PM

POW-WOW @ NANICOST 2 PM



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.



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



(807) 274-2042

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



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.