



Kunuwanimano.com

KUNUWANIMANO CHILD & FAMILY SERVICES

Summer 2018 Newsletter

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KUNUWANIMANO CHILD & FAMILY SERVICES

Summer 2018 Newsletter

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Full Moon Cere-
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2018 Toronto Trip



2018 NC Powwow



2018 Northern College Powwow



2018 Toronto Trip

Message from our Director of Wellbeing:

Our long awaited summer arrived just in time to roll out the 'Kunu Fun Day' in all the communities. Our wonderful staff assembled a 'crew' that have more than demonstrated their commitment to traveling the highways to bring this event that has taken the 'fun-meter' to new heights in each community. Children of all ages have enjoyed the bouncy castle, and the boot camp obstacle course. This has really tested the skills and flexibility of parents/caregivers and staff who accepted challenges by the younger generation. The 'Kunu Fun' day had staff at the BBQ station flipping burgers, grilling hot dogs. Not to mention all the great carnival treats, Candy Floss, Popcorn and Snow Cones.

Several communities are on the schedule and are eagerly awaiting the 'Kunu Fun Day' to arrive and spread summer joy for all. We are at the half way point of summer, before the 'most wonderful time of the year is here', school days! Enjoy time with family, good friends and take good care of each other. Kunuwanimano is already planning fall, winter and next spring activities for all of our precious children. Until the next newsletter in the fall, Kunuwanimano wishes everyone a safe, fun and restful summer. Enjoy the gifts of Mother Earth and Grandfather Sky!



Shirley Gillis-Kendall
Director of Well-being
Baedahben-Nemki-Kwe

Forever Home for a Precious Little Girl:

Mya came into the care of Kunuwanimano, as a child being transferred from NEOFACS. Neither parent could care for this special little girl due to their own struggles and Mya’s special needs which will require ongoing medical and educational support. This little girl was placed in many homes and throughout this time in her own way she knew that somehow and someday family would find her and bring her home. Mya was part of a large family who never forgot her and from time to time inquired about her health and well-being.



Kunuwanimano commenced a broad search within family/extended family to find the home that was waiting for Mya. Her Aunt Leona, a very special woman, now felt heard and stepped forward and stated that she wanted to care for her niece and was waiting for her with open arms. Kunuwanimnao commenced the process to bring this little girl and her auntie together with the eventual plan of Mya’s forever home becoming a reality. Mya and her auntie came together during a medical crisis and also at a time where love overcame all obstacles resulting in a deep and lasting bond. A precious little girl is now smiling, with her little arms around her auntie’s neck. Now both Mya and Leona are smiling the same smile, as she has her forever precious little girl who gifts her each day with love and a fearless sense of self.

Kunuwanimano means “keeping our own” in a good way and for the staff of the agency that means children should be with family and community whenever possible and whatever it takes. Mya’s real life happy ending and beginning has been a labour of love. Our goal at Kunuwanimano is that May’s life story is not a unique one, but instead what we are working towards each day.

Kunuwanimano Community Fun Days

Beaverhouse First Nation	Matachewan First Nation
Brunswick House First Nation	Mattagami First Nation
Chapleau Cree First Nation	Missanabie Cree First Nation
Chapleau Ojibwe	Taykwa Tagamou First Nation
Constance Lake First Nation	Wahgoshig First Nation

Are you coming back tomorrow? - Child from Constance Lake First Nation



Have you seen us in your community?! Kunuwanimano has been to each community listed above to spread the fun and love of being together with our families and creating memories. Each event has had an inflatable house, inflatable slide, pop corn, snow cones, candy floss, face painting, karaoke and of course a BBQ. The Fun Days were from 12pm-4pm, and don’t worry if you missed it, we will be back next year!



Kunuwanimano Takes Over Toronto!

For the first time ever Kunuwanimano took over the big city of Toronto. The children enjoyed a trip to Ripley's Aquarium and the main event the Toronto Blue Jays vs. the New York Yankees! The score at the end of the day was 8-5 Yankees, but that did not discourage us from cheering for the home team! Posters were designed, created and held proudly by our Kunu children. Every child received a keep sake of an official Blue Jays hat, and of course the memories of participating in the wave and cheering their hearts out. The entire trip was a success, the bus ride was full of laughter and anticipation along with the hotel pool being taken over by our proud north-erners. We don't think the streets of Toronto will ever be the same.



"My first trip to Toronto is one I will never forget!" - Child in Care



Kunuwanimano 2018 Ministry Review

Completed Post Designation Review 2018 by The Ministry of Child and Youth Services

The Ministry was onsite for the week of May 7th and also May 14th to complete a second post designation review. We commenced the review in a positive way with staff introductions as well an opening ceremony and welcome. They reviewed 30 files from investigation, ongoing, CIC, and CC. They interviewed 38 staff, Board members, Community members, Care Givers, two Agency's that have protocols with Kunu, community partners and an Elder.

- Staff Morale Building and Recognition: Staff Activities Including Feasting Together and Team Building are now ongoing. Morale is expressed as being positive from the various staff and community members who were interviewed.
- Implementation of learning on the job via clinical supervision with an emphasis on capacity building. This was evident in the file reviews, with many of the Standards being met, good documentation and clear concise supervision logged.
- Customary care agreement procedure has been amended to simplify the process in signing a CCA and acquiring a BCR from the First Nations.
- Care Givers appreciation is ongoing, community events and Feasting is now occurring.
- Various files had excellent documentation, with clear concise notes and meeting the Ontario Standards.
- The Senior Management team is valued by the staff. They are seen as hard working, dedicated and going above and beyond for the families and staff.
- Supervisors have expressed they are empowered to make decisions without having to look for senior management approval.
- Family navigators have been hired to develop a family finding team, which will continue to enhance the work already being done to keep the children connected to their families.

- Continued outreach to the communities and partners will continue to grow and strengthen.
- Ongoing collaboration with community partners to grow the relationships and to ensure the community is aware of the good work being done by the Agency and to build strong allies.
- Senior management and HR will continue to build infrastructure so the Agency is at full capacity, to alleviate stressors and gaps in service when staff are away or on leave. Ongoing recruitment in the north has significant challenges.
- Ongoing staff training and mentoring will continue to be built across all levels, within the Agency.
- Good communication for information sharing within the organization. Because of the vast jurisdiction covered, ensuring consistent new information reaches all staff.
- It is evident from the onsite review that the Agency is dedicated to building a strong indigenous organization with the main focus being the children. The work being done in prevention services to ensure families remain together is reflected in the files that we reviewed.
- The staff have strong commitment to the 'culture' that is within the Agency, they are proud of the work they do and they are eager to learn.

A big congratulations to the Board Members, Executive Director, Staff, Stakeholders in the communities and to everyone who participated in the Review. Kunuwanimano takes pride in the growth of the agency, and strives for a positive review each and every time.

Kunuwanimano Summer/Health Tips!

Preventing Heat-Related Illnesses

Tips to prevent heat-related illnesses

- Drink more fluids, regardless of your activity level. Do not wait until you are thirsty to drink.
- Do not drink liquids that contain caffeine, alcohol, or large amounts of sugar, as these can cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, in an air-conditioned place. If you do not have air-conditioning, go to a shopping mall or public library.
- Take a cool shower or bath.
- Wear lightweight, light-colored, loose-fitting clothing.
- Never leave anyone in a closed parked vehicle, including pets.

Check regularly on infants, young children, the elderly and those with chronic illnesses.

If you must be in the heat

- Limit your outdoor activity between 11 a.m. to 3 p.m..
- Cut down on exercise. If you must exercise, drink two to four glasses of cool non-alcoholic fluids each hour.
- Try to rest often in shady areas.

Protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, sunscreen with a SPF of 30 or higher and lightweight clothing.

Heat Stroke

Symptoms of heat stroke:

- No sweating
- High body temperature
- Hot, red, dry skin
- Confusion, strange behaviour

Possible loss of consciousness

Things to do if you suspect heat stroke:

- Get medical assistance as soon as possible. Call 911 or your local emergency number immediately if you are caring for someone, who has a high body temperature and is either unconscious, confused or has stopped sweating.
- While waiting for help, cool the person right away by moving them to a cool place.



Head Lice

Head lice spreads easily, especially when people are in close contact and sharing personal items. One of the first signs of head lice is an itchy scalp.

Here is some information to help you deal with head lice.



What are head lice?

Head lice are tiny wingless insects (about the size of a sesame seed) that vary in colour but are often grey to light brown. Lice lay eggs that are called nits. Nits stick to the hair shaft, within a ¼ inch from the scalp, and take about one week to hatch into adult lice.

How do people get head lice?

Head lice are spread through direct contact among people, for example heads touching, or indirectly, such as through sharing hats, combs, clothes, scarves, barrettes, helmets, etc. Lice cannot jump or fly but they can crawl very quickly.

Where do you find lice on a person's head?

Lice are commonly found around the ears, forehead, and nape of the neck.



What are the symptoms of head lice?

A person may be infested with head lice and not experience symptoms. The most common signs of head lice are:

- tickling and the sensation of movement,
- itching, and sores on the scalp because of scratching.

What should I do if my child has head lice?

1. Treat your child's hair with an over-the-counter pesticide to kill lice so that they cannot continue to lay eggs. Talk with a pharmacist to decide which shampoo to use. Always follow the instructions on the label. Treatment should be repeated in 7-10 days to kill any lice that hatched since the last treatment.
2. Remove nits using a nit comb or by pinching them between your fingers and sliding them off of the hair shaft. After each treatment continue to check your child's head daily for new nits.
3. Wash clothing, bedding, and towels that were recently used using your laundry machine's hottest setting. Laundry should be dried on high heat for at least 20 minutes. Place items that cannot be washed, such as stuffed animals and pillows, in a tightly sealed plastic bag for two weeks.

Vacuum rugs, carpets, upholstered furniture, mattresses, vehicle interiors, and car seats. Do not use pesticide sprays as they are not safe for people or pets.

How can I prevent head lice?

Regularly check your child's hair for lice. Teach children to avoid head to head contact with other children, to not share hats, helmets, combs, headphones, or scarves with others.

Notify your child's school if your child has head lice. The school has an important role in implementing preventative measures in the classroom.



KUNUWANIMANO CHILD & FAMILY SERVICES

Alternative Care

We are currently looking for Caregivers within Kunuwaniano, if you have room in your heart you have room in your home. Kunuwanimano means “Keeping Our Own’ to strengthen our communities by respecting, practicing, and teaching the traditional ways passed on by our Elders.

Making a Difference—Everyday, care givers make a real difference in our communities. You can make a difference—join our team!

If you are interested in becoming a caregiver please contact our agency at 705-268-9033 and request to speak to Intake.

Employment Opportunities

We are always interested in hearing from passionate Social Workers with an interest in protecting our child and serving our families with our 11 First Nation communities. Interested individuals are invited to submit resumes and cover letters, regardless of any current vacancies listed.

To apply, please send your cover letter and resume to

HR@kunuwanimano.com

To review current employment opportunities, please visit our website at www.kunuwanimano.com



Up coming events

Orange Shirt day—Sept 30

Orange Shirt day was 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.

Please wear you orange shirt proudly September 30



KUNUWANIMANO CHILD & FAMILY SERVICES

Full Moon Ceremony Schedule 2018 (Timmins)

Date	Time
Friday July 27 th	7:00 p.m.
Sunday August 26 th	7:00 p.m.
Monday September 24 th	7:00 p.m.
Wednesday October 24 th	7:00 p.m.
Friday November 23 rd	7:00 p.m.
Saturday December 22 nd	7:00 p.m.

Everyone is invited to participate in the Full Moon Ceremonies and women are asked to bring a skirt to wear during the ceremony. Please bring tobacco and yellow broadcloth as an offering. Moon time protocols will be followed and children are welcome.

LOCATION: The location will be determined on a monthly basis. Please contact Mary or Alice to confirm location.

Contact Information:

Mary Boyden 705-266-3215 or at mary.boyden@gmail.com

Alice Sutherland 705-365-0459 or at asuther1@outlook.com

Cool Summer Treat

These adorable honeydew melon raspberry popsicles are a great example of that. Simply made with fresh seeded and chopped honeydew melon, raspberries and Greek or regular yogurt, these colorful cool pops are perfect for healthy summer snacking, and only require a run through the blender and some freeze time before they're ready to go.

