

# NIIGAANIIN

Client and Community Newsletter

OCTOBER 20, 2022



## REGULAR HOURS

Mon-Thurs 9:00-4:30

Fridays 9:00-4:00

**BY APPOINTMENT / WALK INS WELCOME**

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## **OW CLIENTS**

**STATEMENTS DUE**

**CHEQUE DAY OCTOBER 31ST**

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## **IMPORTANT**

ONGOING ISSUES WITH PHONES  
IF YOU CALL AND CAN'T GET THROUGH  
EMAIL US!

STACEY- [niigaaniinreception@mississauga.com](mailto:niigaaniinreception@mississauga.com)

DARRELL- [darryl@mississauga.com](mailto:darryl@mississauga.com)

HELEN- [helen@mississauga.com](mailto:helen@mississauga.com)

ROBERT- [robertmorningstar@mississauga.com](mailto:robertmorningstar@mississauga.com)

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**Anishnawbek Ehnkijik**

**Coordinator**

**Chastity Morningstar**

**1 705 806 4807**

**Email - [chastity@Niiqaaniin.com](mailto:chastity@Niiqaaniin.com)**

## OW CLIENTS

Check out the Mississauga website!

All Important Dates and Info on

Calendar on the Website!

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## **IMPORTANT**

***We would like to thank  
everyone who attended our  
open house.***

***Those who have missed out,  
please come by anytime!***

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***DO ALL THINGS WITH KINDNESS***

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## **Announcements**

**CHEYENNE CORBIERE**

**\* LABOUR MARKET INITIATIVE**

**(LMI) COORDINATOR**

**lmicoordinator@mississauga.com**

**705 356 1621 EXT 2355**

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# **Mississauga First Nations**

## LOCAL AREA - JOB OPPORTUNITIES

Position	Employer/Location	Closing date
Various Positions Available	Garden River FN	until filled
Various Positions Available	Serpant River FN	until filled
Various Positions Available	Sagamok FN	until filled
Various positions Available	NOG/various locations	10/18/22
Various positions Available	Algoma Manor/Thessalon	10/31/22
Seasonal Equip. Operator	Ferrovial/Thessalon	10/31//22
Servers/Line Cook	Rustie Cafe/Blind River	10/7/22
Employment Services Officer	Gezhtoojig/Sudbury	10/18/22
Education Assistant	ADSB/Algoma/Thessalon	10/31/22
Various Positions	Algoma Manor/Thessalon	10/31/22
PSW Worker	NSHN/Blind River	10/31/22
Labourer	Birchland/Thessalon	10/31/22
Team members	A&W/Blind River	10/31/22
Customer Service Rep.	Tim Hortons/Blind River	10/31/22
Outreach/Education Officer	SWEAC/Sudbury	until filled

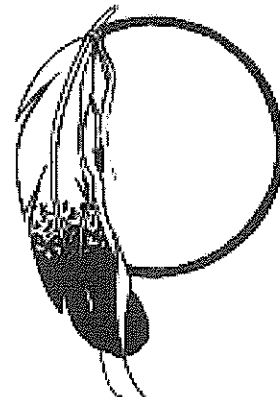
**Other Websites for job postings: Indeed; LinkedIn; Google jobs; Job-Bank.gc.ca; employment solutions**

Also: Gas Attendants / Casual Parttime - Broke Canoe /ask for Jacquie

- **If you are on OW or EI or not working or need training ISETP's can offer you the following: Apprenticeships; Employment Supports/Startup; wage subsidies; Mobility/relocation assistance; Skills enhancement/Direct Course Purchase; Youth Work Experience; Student Employment; Career and Educational development: Self Employment Assistance \***

If you need help or assistance, you can call Rob our employment Counsellor at 705-356-1621 ext.2237 but please do not wait for the last minute. Call and make an appointment.

**When applying for any position/job the process involved is: Where do you apply; in person; mail; fax; email or phone. Before applying, please read and follow all the instructions that is required from the employer, or you may be screened out and not get that interview.**





<b>Position:</b> Social Services Director	<b>Accountability:</b> Director of Operations
<b>Salary:</b> \$71, 369 - \$84, 148	<b>Employment Status:</b> Full time (2-year contract)
<b>Hours of Work:</b> 32 hrs	<b>Preferences:</b> MFN Band Members
<b>Circulation Level:</b> Level I	

**The Social Services Director will:**

- Implement the Mississauga First Nation Services Child and Family Well-Being Strategy
- Action as outlined in the plan being developed by MNP consultants.
- Oversight of the Mississauga First Nation Social Services and Women's Shelter
- Coordinate programs and services to meet the goals and objectives of the Unit along with community needs.
- Ensure ongoing coordination, monitoring and evaluation of services including support services.
- Develop, negotiate, and monitor approved social service agreements.
- Manage effective resolution of service complaints.
- Promote the Vision and Mission of the Unit.
- Develop goals and meet the Vision and Mission.
- Maintain and implement the confidentiality policy within the Unit.
- Monitor changes to social service legislation and evaluate if changes required to programs and services.
- Engage the community in the development and assessment of programs and services.
- Supervise, coach and direct Social Services managers. Support team building within the unit with focus on trust, communication, accountability, collaboration, respect, and conflict resolution.
- Monitor manager performance and conduct performance reviews
- Coordinate staff development and address staff training needs.
- Develop and execute a recruitment and retention strategy for social service support staff.
- Facilitate and maintain a collaborative and safe work environment.
- Develop annual Unit budgets with input from Unit managers.
- Prepare and submit proposals for funding and/or enhanced services.
- Prepare reports, briefing notes and correspondence as required

**The Social Services Director will possess the following education, experience, and skill qualifications:**

- Post-secondary degree in Social/Human Services field.
- Three (3) years' experience with a First Nation or Indigenous organization managing programs, finances, and human resources.
- Experience of the Child and Family Welfare system within First Nations communities.
- Experience in child and family well-being services.
- Experience writing proposals, policies, procedures, and reports.
- Experience working with Aboriginal people, organizations and communities, management, and financial accounting experience.
- Lived experience in Anishinabek cultural, traditional ceremonies and practices would be an asset.
- Must provide a clear Criminal Records Check from the Canadian Police Information Center (CPIC).
- Must have Class "G" Ontario Driver's License in good standing and be able to travel.
- Must be able to meet deadlines, work flexible hours and or attend emergency situations

**TO APPLY:** Customize your cover letter and resume to the duties, experience, expectations, and qualification listed on the job posting. If you are a member of MFN or of Indigenous descent, please include this information in your cover letter. We rely on the information you provide to us in your application during screening. **Successful candidates** who receive interviews **must** provide copies of their education qualifications and certifications at the time of interview. Please note that all interviews will be **in person**. If you would like a copy of the [full job description](#) and/or are interested in applying you may submit your covering letter, resume and three (3) work related references to:

Mississauga First Nation  
P.O. Box 1299 Blind River, Ontario P0R1B0  
Attention: Human Resources Department  
Marked: **CONFIDENTIAL**  
**EMAIL:** [hrclerk@mississaugi.com](mailto:hrclerk@mississaugi.com) **FAX:** 705-356-1740  
**Deadline: October 21, 2022**





**Position:** Director of Operations Executive  
Assistant/Payroll Clerk

**Salary:** \$53,500 – \$64,700

**Hours of Work:** 32 hrs

**Circulation Level:** Level I

**Accountability:** Report to Director of Operations

**Employment Status:** Full time

**Preferences:** MFN Band Members

**The Executive Assistant/Payroll Clerk will:**

- Prepare professional and confidential correspondence, memos, briefing notes and documents for internal and external stakeholders
- Conduct research and compile information to draft reports, policies, procedures, and job descriptions
- Draft and/or proof-read correspondence, reports, forms, memos, and other material. Prepare and submit documents and reports to the funding agencies and other funding sources
- Assist the DOO with the coordination of the annual review of the governance policies, procedures, and audits
- Process bi-weekly payroll process and input new and existing employees
- Prepare all benefit and pension plan remittances and T4 statements at year end
- Complete remittances to HRDC, Revenue Canada, WSIB, Benefit & Pension Company and Family Responsibility Centre
- Collect and maintain records of approved leave requests in appropriate database
- Attend internal, local, regional, and provincial meetings when requested by the DOO. Assist with preparation of documentation required for the meeting and agenda items
- Coordinate and organize meetings, both in-person and digital. Prepare information packages and record notes during meetings
- Prepare and manage Program Manager's and Director's task list for the DOO
- Draft minutes and communicate with stakeholders in a timely manner
- Do required compiling, typing, and photocopying
- Liaise with Officials from both the Provincial and Federal governments, Chief and Council, First Nation Administration, lawyers and other organizations and agencies when required
- Ensure confidentiality and safekeeping of all First Nation documents and records
- Develop and maintain accurate, up-to-date, and concise work files

**The Executive Assistant/Payroll Clerk will possess the following education, experience, and skill qualifications:**

- Preference will be given to those holding a Post-Secondary Diploma or degree in Business Administration or three (3) years of equivalent experience in administration and payroll.
- Experience working with various office systems and equipment
- Experience working with Aboriginal people, organizations, and communities
- Knowledge of First Nation structures, service delivery and customs and traditions
- Knowledge of MS Office in particular Excel is required for this position
- Ability to work with senior managers, government agencies and Aboriginal organizations
- Ability to maintain and work with confidential and sensitive information
- Must provide a clear Police Records Check with Vulnerable Sector Check
- Must have a Class 'G' Ontario Driver's License, access to a vehicle and the ability to travel

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Marked: **CONFIDENTIAL**

**EMAIL:** [hrclerk@mississaugi.com](mailto:hrclerk@mississaugi.com) **FAX:** 705-356-1740

**Deadline: October 21, 2022**

*Thank you to all applicants; however, only those selected for an interview will be contacted.*





**Position:** Back-Up Receptionist  
(Admin & Health Dept)

**Accountability:** Finance Director

**Salary:** \$17.50 hourly

**Employment Status:** Casual

**Hours of Work:** As needed

**Preferences:** MFN Band Members

**Circulation Level:** Level I

#### The Back-Up Receptionist will:

- Receive all incoming telephone calls and visits in person and to direct all inquiries and persons appropriately and with courtesy.
- To receive and record all incoming and outgoing mail, open and distribute it to the appropriate staff, affix appropriate postage and ensure proper handling, photocopying of mail as needed.
- Be aware of and as required and requested to provide information about all staff employees whereabouts.
- As needed and requested, order appropriate storage, distribution, and use of office supplies (i.e. pens, writing pads, staplers/staples, 3-hole punch) stationary and standard agency forms.
- Maintain booking schedule for Council Chambers using Outlook monitoring, community hall rental, van and bus rental, cultural center.
- Perform secretarial and clerical duties of photocopying, faxing, typing and telephoning.
- Make travel arrangements and maintain travel itineraries for all staff, when required.
- Responsible for drafting letters and any other correspondence related to office administration.
- Ensure confidentiality and safekeeping of all of the organization's records, forms and documents.
- Assist Housing and Property Manager with receipting rent monies when required.
- Update employee telephone and email listing for all staff and Chief and Council.
- Coordinate and compile Weekly Community Flyers; prepare cheque requisitions for weekly Flyer delivery;
- Receive money, prepare invoices and log payments for photocopying/ facsimile transmissions for general public and forward to Finance Clerk and place in safe.
- Responsible for and maintain Visitor Log Book; Employee Sign In / Out Daily log Book.
- Conduct themselves in a professionally appropriate manner; and any other duties are required.

#### The Back-Up Receptionist will possess the following qualifications, skills, experiences, and attributes:

- Certificate and/or diploma in secretarial and office services with minimum of two (2) year related experience.
- Experience working with aboriginal people, organizations and communities.
- Must provide a clear Criminal Records Check.
- Knowledge of Mississauga First Nation programs and services; understanding of Aboriginal culture and traditions.
- Knowledge of the Occupational Health and Safety Act and the Canada Labour Code as it applies to the worker.
- Good interpersonal skills; good public relations; good communication/ organizational skills.
- Excellent time management skills; excellent computer skills with MS Office including Excel, Word, Access.
- Ability to work independently and within a team environment; and ability to pay attention to detail and ensure accuracy with work.

**TO APPLY:** Customize your cover letter and resume to the duties, experience, expectations and qualification listed on the job ad. Using concrete examples, you must show how you demonstrated the requirements for this job. We rely on the information you provide to us in your application during screening. **Successful candidates who receive interviews must provide copies of their education qualifications and certifications at the time of interview.** Please note that all interviews will be **in person**. If you would like a copy of the full job description and/or are interested in applying you may submit your covering letter, resume and three (3) work related references to:

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Attention: Human Resources Clerk  
Marked: **CONFIDENTIAL**  
**EMAIL:** hrclerk@mississaugi.com **FAX:** 705-356-1740  
**Deadline: Until position is filled**

*Thank you to all applicants; however, only those selected for an interview will be contacted.*



**Position:** Treatment Resources Project Coordinator

**Salary:** \$43,696 - \$47,324

**Hours of Work:** 32 hrs

**Circulation Level:** Level I

**Accountability:** Health Services Manager

**Employment Status:** 1-year Full Time Contract

**Preferences:** MFN Band Members

The **Treatment Resources Project Coordinator** will:

- Explore existing Indigenous and non-Indigenous public and privately funded Substance Dependency Detox/Withdrawal Management, treatment and after care programs/models within the local area and produce a detailed description report on the findings. Specify the current land-based programs and identify what Treatment facilities/programs are being planned and/or developed within the local North Shore Tribal Council Member First Nations
- Explore existing Treatment programs and facilities within the province to produce a required report.
- Work with partnered organizations and committees to access resources for community members as well as the exploration of co-development and co-management opportunities in the creation of a treatment program.
- Coordinate with the MFN Drug and Alcohol Addictions Worker to provide Community education sessions.
- Conduct a community needs assessment to the current community need and identify the gaps in treatment service
- Conduct a feasibility study to develop estimate budgets and staffing requirements along with the estimated need of the community.
- Establish the selected Treatment Program option that MFN has agreed upon and develop capital, start up and maintenance and operational budgets to implement the treatment program; include staffing requirements and job descriptions. Include a description of client and family services provided at the facility, the service delivery model and the facility's evaluation plan and tools.
- Seek out specific Indigenous federal and provincial capital and operational funding opportunities to implement the program including any proposals previously submitted by MFN
- Ensure confidentiality and safekeeping of all MFN's documents and records.
- Develop and maintain accurate, up-to-date, and concise work files.
- Ensure detailed records and statistics of all meetings related to the project are maintained.
- Prepare and submit monthly reports, attendance records and travel expense claims.
- Follow the Agency's human resources, finance and other policies and procedures in the performance of duties
- Other duties as required and assigned

The **Treatment Resources Project Coordinator** will possess the following education, experience, and skill qualifications:

- Mississauga First Nation Band Member or a person of Aboriginal decent is preferred
- Formal education and/or experience in Social Services
- Knowledge of Microsoft Office Suite software programs
- Experience working with Aboriginal people, public organizations, and communities
- Proven ability to establish and maintain respectful relationships with co-workers and the public
- Knowledge of First Nation programs and services and operating regulations
- Knowledge and understanding of Mississauga First Nation, traditional territories, and aboriginal traditions & culture
- Excellent communication, motivation, leadership, and interpersonal skills.
- Must provide or ability to obtain a valid Class "G" Ontario Driver's License
- Must be able to work flexible hours

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**EMAIL:** [hrclerk@mississaugi.com](mailto:hrclerk@mississaugi.com) **FAX:** 705-356-1740  
**Deadline:** **October 28, 2022**

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**Position:** Health Educator

**Salary:** \$43,300 – \$48,500

**Hours of Work:** 32 hrs

**Circulation Level:** Level I

**Accountability:** Health Services Manager

**Employment Status:** Full Time

**Preferences:** MFN Band Members

**The Health Educator will:**

- Work collaboratively to engage children, youth, adults, and elders in the promotion of wholistic health, protection of health and prevention of disease
- Ensure that Mandatory Health program standards are met
- Ensure the confidentiality of all client information written, spoken, or electronically created and always maintained
- Adhere to the Scope of Practice guidelines set out by the College of Nurses
- Plan and implement health educational resources, seminars and workshops and community activities that focus on prevention and healthy living
- Facilitate and coordinate health programming to the identified target groups within the community
- Develop and implement community awareness campaigns, i.e.: smoking cessation, growth and development, PSA clinics, breast self-examination clinics, STI's, FASD in collaboration with Health Promotions Coordinator, Family Resource Coordinator and Youth Coordinator
- Ensure that all programming is age appropriate and culturally appropriate
- Act as a resource in health education promotion for other MFN programs
- Prepare in collaboration with the Health Unit articles for the community newsletter and flyer
- Provide direct client care within the scope of practice for RPN and provide appropriate referrals beyond the scope of practice. i.e., NP, RD, MD, OT, PT, etc.
- Provide one on one counselling to clients as needed
- Encourage and promote a multi-disciplinary approach to meet the client's identified needs.
- Plan and organize pre-natal classes to expectant moms and partners
- Provide home visits to pre- and post-natal mothers and babies in the community
- File lab reports on charts for later review by Community Health Nurse, Nurse Practitioner, and physician Networking
- Establish linkages with the local health services off-reserve to provide appropriate responses to community members' requests
- Support in ensuring proper storage is maintained for immunization supplies, including twice daily recording of refrigeration temperatures
- Ensure medical equipment and supplies are updated and maintained regularly, including cleaning of equipment, etc.
- Prepare and submit quarterly and annual reports of, activities, statistical program, immunization reports, communicable disease report, etc.
- Promote a team approach through cooperation and effective communication with colleagues, clients, and other organizations

**The Health Educator will possess the following education, experience, and skill qualifications:**

- Registered Practical Nurse (RPN) diploma.
- Two years' experience working in a community-based health setting preferred
- Current registration with College of Nurses in Ontario
- Certification in Diabetes Educator an asset
- CPR and First Aid Certificate
- Must have Class 'G' Ontario Driver's license in good standing and must be able to travel.
- Must provide a clear Criminal Reference Check from the Canadian Police Information Center (CPIC)
- Knowledge of and respect for Anishinabek history, practices, teachings, language, values, and beliefs
- Experience and proficient in Microsoft word, excel, PowerPoint, internet, email software and Electronic Medical records
- Conduct output and outcome evaluations of programs and services.
- Knowledge of the Occupational Health and Safety Act as it applies to the worker.
- Knowledge of the Workplace Hazardous Materials Information System
- Experience in group and one-on-one facilitation work, counselling, and health teaching skills
- Ability to work with flexible hours when necessary
- Assist in developing policies and procedures as per mandated programs



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**EMAIL:** [hrclerk@mississaugi.com](mailto:hrclerk@mississaugi.com)    **FAX:** 705-356-1740  
**Deadline: October 28, 2022**

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**Position:** Community Wellness Coordinator

**Salary:** \$40,601-\$44,362

**Hours of Work:** 32 hrs

**Circulation Level:** Level I

**Accountability:** Health Services Manager

**Employment Status:** Full-time (2-year contract)

**Preferences:** MFN Band Members

**The Community Wellness Coordinator will perform the following functions:**

- Provide effective programming client-based services related to family violence to assist clients in peer counselling, accessing services, advocacy, crisis intervention and referrals to engage community and staff.
- Research and present cultural participant-based activities and Traditional Participant-Based activities services related to reducing family violence. programming using a variety of media and communication outlets
- Plan workshops, information sessions, public presentations, public awareness and education, activities accordingly for the seasons that include and/or focus on Youth, Men, Women, Elder's, and ceremonies.
- Meet with other band staff who provide wellness programming to ensure no overlapping of services, identify gaps in programming that can be focused on.
- Financial Management, prepare and submit quarterly and annual reports of activities utilizing the electronic system
- Prepare and submit annual work plans
- Prepare and submit statistical program and activity reports utilizing the electronic system
- Prepare and submit regular, related reports and/or articles as required for distribution in flyers
- Attend appropriate staff or team meetings

**The successful candidate will possess the following qualifications, skills, experiences, and attributes:**

- Post-Secondary Diploma in one of the helping disciplines, i.e., psychology, nursing, etc. Native Human Services, Native Studies.
- Knowledge and experience and appreciation of Traditional teachings and healing practices
- Good understanding of political, social, and economic issues of Aboriginal people both on and off the First Nation.
- Working knowledge of systems theory and holistic healing.
- Experience organizing and facilitating workshops.
- Experience working with Aboriginal people, organizations, and communities.
- Experience in cultural programming.
- Ability to integrate knowledge and practices in the development, implementation, and referral of a variety of interventions
- Good verbal and written skills
- Working knowledge of systems theory and holistic healing
- Experience organizing and facilitating workshops

**Other Qualifications:**

- Must have valid Ontario Class "G" and have access to a vehicle
- Must have Standard First Aid and CPR/AED
- Mental Health First Aid / CPR (an asset)
- Able to provide a Vulnerable Sector Check (CPIC)
- Must be able to work flexible hours, on-call, and shift work, including weekends, evenings and holidays
- Willingness and ability to travel within region and/or between sites and to activities as needed

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**EMAIL:** [hrclerk@mississaugi.com](mailto:hrclerk@mississaugi.com) **FAX:** 705-356-1740  
**Deadline: November 2, 2022**

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**Position:** After School Program Coordinator

**Salary:** \$40,718 – \$44,245

**Hours of Work:** 32 hrs

**Circulation Level:** Level I

**Accountability:** Social Services Manager

**Employment Status:** Maternity Coverage (19 months)

**Preferences:** MFN Band Members

**The After School Program Coordinator will:**

- Develop and coordinate the Programs according to funding guidelines and proposal submission
- Coordinate internal and external resources to assist in the delivery of programs and activities
- Purchase program supplies including healthy snacks
- Participate in team meetings and activities to develop working relationships and joint programming
- Develop programs to increase physical activity, to assist students with homework completion, deliver nutritional seminars and promote personal health and wellness with identification of personal goals
- Develop, coordinate, and manage the program registration process
- Prepare, plan, coordinate and lead workshops and training sessions
- Monitor the After School and Right to Play Program budgets to ensure fiscal responsibility
- Prepare cheque requisitions and purchase orders for approval in accordance with the finance policy
- Prepare and submit all financial reports to any agency providing funding support as required
- Responsible to ensure satisfactory completion of administrative tasks as required.
- Responsible for attending to correspondence, preparing briefing notes and reports as required.
- Prepare an annual work plan and monthly report based on the work plan.
- Establish work priorities, delegate work to staff and ensure deadlines are met and procedures are followed.
- Develop and maintain record keeping system for the program.
- Develop and implement evaluation tools to evaluate the program on a regular basis
- Ensure the Program site buildings are neat, organized, and safe for program delivery
- Secure the cooperation of program staff in the development & maintenance of a cooperative team approach
- Act as a liaison with staff, staff/parents, and students/staff
- Supervise, monitor, coach and direct all program staff
- Ensure time sheets and other appropriate forms are submitted as required
- Evaluate staff upon completion of program and/or on an annual basis

**The After School Program Coordinator will possess the following education, experience, and skill qualifications:**

- Completion of Post-Secondary Education in the Social Services Field (i.e., Social Work, Community or Social Service Worker, Child and Youth Worker etc.). 3-year relevant experience
- Minimum of three (3) years of experience in working with children and youth
- Previous experience supervising staff, experience writing reports and preparing work plans
- Must provide a clear Vulnerable Sector Check from the Canadian Police Information Center (CPIC)
- Must have First Aid and CPR Certification
- Must be able to work flexible hours including evening and weekend hours
- Must have Class 'G' Ontario Driver's License, access to a vehicle and be able to travel
- Knowledge of Canada's Food Guide
- Knowledge and understanding of Indigenous culture and traditions

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**EMAIL:** [hrclerk@mississaugi.com](mailto:hrclerk@mississaugi.com) **FAX:** 705-356-1740

**Deadline: November 2, 2022**

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**Position:** Band Representative

**Salary:** \$55,594 – \$61,651

**Hours of Work:** 32 hrs

**Circulation Level:** Level I

**Accountability:** Social Services Manager

**Employment Status:** Maternity Coverage (1 year)

**Preferences:** MFN Band Members

**The Band Representative will:**

- Work flexible hours, prepare and complete daily activity programming reporting in database.
- Ensure program requirements/records for all paperwork completed completely and accurately.
- Confirm membership eligible to be registered for membership with the Mississauga First Nation; and assist the child in registration for membership, if necessary.
- Receive and review all notifications from child welfare agencies involving a child member of the Band.
- Inform MFN on the role/responsibilities/duties of Band Rep and Child Protection Agency involvement
- Assist families and the Nogdawindamin Family and Children Services in the intervention (apprehension) process.
- Ensure release of information are attained by authorized persons.
- Evaluate, research and prepare cases, determine next steps if a decision is made to become a party in the proceedings, through collaboration with the Nogdawindamin (NOG)
- Attend appropriate case conferences/meetings to ensure the interests of the MFN (Plan of Care); and negotiate with parties or develop an Alternate Plan considering the needs of the child(ren) and the resources available
- Attend all court dates or commission a lawyer/other worker as a representative to attend all court dates
- Consult with the Band Lawyer on complex court cases and/or complete, prepare/serve and file necessary court documents
- Notify supervisor of adoption notices and respond to all adoption notices immediately
- Initiate own training to broaden the scope of legal procedural knowledge
- Maintain accurate records and submit quarterly/annual reports/statistics and activity reports
- Attend appropriate staff or team meetings
- Prepare and submit annual work plans
- Provide orientation of job for replacement staff
- Promote a team approach through cooperation and effective communication with colleagues, clients and other organizations

**The Band Representative will possess the following qualifications, skills, experiences, and attributes:**

- Post Secondary diploma in Human Services and minimum of two years of experience working with families and groups.
- Knowledge of the Child Welfare Laws and demonstrated proven commitment to supporting and helping Native families
- Communicate effectively/ make sound decisions/give clear direction (written and oral communication skills)
- Applicant must be willing to serve as a positive role model and balance outside interests and influences so as not to jeopardize professional credibility, judgment or competency shall be included in the contract agreement and used in the probationary period and the annual performance appraisal.
- Driver's license, insurance and access to a vehicle required
- Provide and maintain clear Vulnerable Sector Check (CPIC)

**TO APPLY:** Customize your cover letter and resume to the duties, experience, expectations and qualification listed on the job ad. Using concrete examples, you must show how you demonstrated the requirements for this job. We rely on the information you provide to us in your application during screening. **Successful candidates who receive interviews must provide copies of their education qualifications and certifications at the time of interview. Do not apply through social media.** Please note that all interviews will be **in person**. If you would like a copy of the full job description and/or are interested in applying you may submit your covering letter, resume and three (3) work related references to:

Mississauga First Nation  
P.O. Box 1299 Blind River, Ontario P0R1B0  
Attention: Human Resources Clerk  
Marked: **CONFIDENTIAL**  
**EMAIL:** hrclerk@mississaugi.com **FAX:** 705-356-1740  
**Deadline: November 2, 2022**

*Thank you to all applicants; however, only those selected for an interview will be contacted.*



**Blind River Public School**  
P.O. Box 850, 19 Hanes Avenue  
Blind River, Ontario P0R 1B0  
Tel. (705) 356 – 7752 · Fax (705) 356 – 0271

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Principal: Mrs. S. Baillargeon  
Vice Principal: Mr. A. McCabe

Dear Parent(s)/Guardian(s):

This is to notify you that a case of head lice has been identified in your child's class. Please check your child's hair immediately. If you find evidence of head lice, do not be alarmed or embarrassed, as it can happen to anyone.

Although head lice do not pose any major health hazards, they can be unpleasant and certainly are a nuisance. They can be easily spread by shared use of combs and clothing and through close physical contact, i.e. play.

Head lice can be handled easily and effectively with the use of an appropriate medicated product. **This treatment should be repeated in one week.** Nits must be removed from the child's hair to reduce the possibility of re-infesting the child.

It is very important to check all family members if one child has lice, and treat all persons found to be infested.

Thank you for your co-operation in this matter.

Sincerely,

*S. Baillargeon*

S. Baillargeon  
Principal



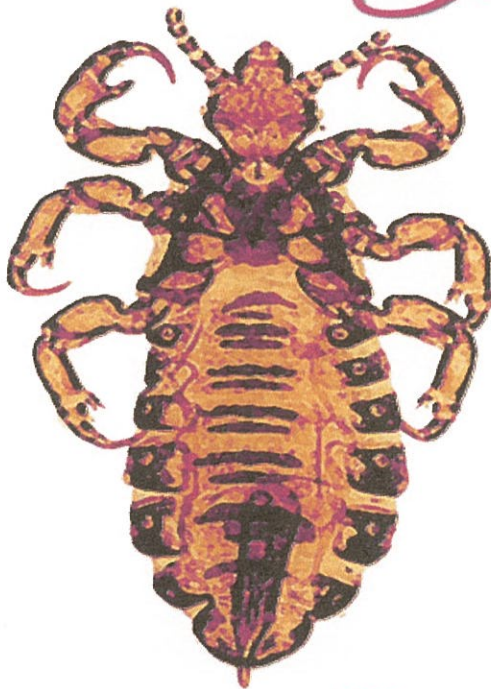


## News from the Education Department

Please be aware we have been getting more calls regarding lice and school children and procedures for children affected. The following pages are policy from St. Mary's and St. Joseph's and Blind River Public School. Please see the Health Department for helping in eliminating lice from your child's hair.

Debbie Mayer, Education Director

# Wise Facts About Lice



LICE  
COMB

Getting head lice doesn't make you a "dirty" person. Personal hygiene has nothing to do with head lice.

Head lice can be spread when you share personal items such as hats, hairties, combs and brushes, helmets, pillows and similar items.

Manual nit picking is an essential part of any lice treatment program.

Lice may cause a rash and some itching, but there are no serious health risks.

A female louse can lay to 6-10 nits a day, causing an infestation that you may not catch immediately.

Lice can survive for 24 hours underwater and cannot be killed by soap and water alone.

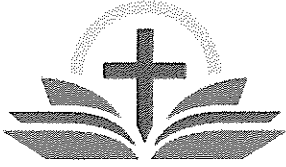
Using special lice shampoos, sprays, and combs will help rid you of a lice infestation.

You do not need to cut all of your hair off to solve a head lice problem.

Headlice cannot survive longer than 48 hours once they are away from the host.

You cannot catch headlice from your pets.





# Huron-Superior Catholic

## DISTRICT SCHOOL BOARD

### APPENDIX B WITHDRAWAL NOTICE FOR HEAD LICE

(Date)

Withdrawal Notice for Head Lice

Name: \_\_\_\_\_ School: \_\_\_\_\_

To Parent/Guardian:

An inspection of the above-named child's hair today shows that he/she appears to have head lice. Before he/she is allowed to return, a head lice treatment will be required. A product specific to killing head lice can be purchased from any drug store. If your child has skin problems or allergies, contact your doctor before treatment.

For your reference, I have attached information on head lice from Algoma Public Health.

After treatment is complete (this includes the removal of the eggs), please complete and sign the attached "Return Notice". Your child is to report to the principal with this notice.

Your cooperation in this matter is greatly appreciated.

Sincerely,

Principal

Attachment

*L'usage du masculin a pour but d'alléger le texte.*

## EXEMPLE DE LETTRE AUX PARENTS

École : \_\_\_\_\_

Date : \_\_\_\_\_

### ATTENTION IMMÉDIATE REQUISE

Chers parents,  
Chers tuteurs,  
Chères tutrices,

Nous avons décelé la présence de poux ou de lentes dans les cheveux de certains enfants qui fréquentent la même classe que votre enfant en \_\_\_\_\_ année.

Nous vous demandons d'examiner les cheveux de votre enfant, tout particulièrement :

- à l'arrière de la tête, près du cuir chevelu;
- derrière les oreilles;
- aux endroits sur la tête où votre enfant signale des démangeaisons.

Si vous trouvez des lentes ou des poux dans les cheveux de votre enfant, il est très important que vous remédiez immédiatement à la situation. Pour ce faire, vous trouverez en pharmacie un grand nombre de produits sûrs et efficaces. N'hésitez donc pas à consulter votre pharmacien pour connaître le traitement le plus efficace.

Si vous découvrez vous-mêmes des poux ou des lentes chez votre enfant, sachez que votre enfant ne peut pas retourner à l'école avant d'avoir suivi un traitement complet pour se débarrasser des poux et des lentes.

Nous comptons sur votre entière collaboration afin de nous aider à enrayer le plus rapidement possible ce problème.

La direction de l'école





Fall is in full swing. The leaves are changing and before we know it the snow will be here!

Need something to keep you busy? below you will find our programming and activities for October and November.

Book Club MEETS EVERY Monday FROM 6-8PM

Wellness Wednesday 10 -1PM Join US FOR Lunch

Centre is open Monday – Friday 9:00am- 3:00pm and we are open during Lunch

## Watch for upcoming programming

Basic Budgeting

Food Services Industry: **Leading** to Food Handlers Certificate in Ontario

DIY Christmas Gift workshops

FROM MORE INFORMATION CONTACT MELISSA OR STACEY @ 705-356-1621 EXT 2303



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## Water Treatment Plant



## Conserve Water

**October 25<sup>th</sup> – 27<sup>th</sup>** Public Works will be flushing the water lines in the community; we are asking the community to conserve water.

We appreciate your co-operation,

Mississauga First Nation Public Works

# **WINNERS FOR THE FIRE PREVENTION MONTH**

## **KIDS COLOURING CONTEST**

Age Categories:

0-4 Years: Torrence Morningstar

5-8 Years: Giizhaate Niganobe

9-12 Years: Sierra Boyer-Burke

**THANK YOU TO ALL THE PARTICIPANTS!**





**NOTICE**  
**Community Hall**



shutterstock.com • 2138015609

**PLEASE BE ADVISED THE DUMPSTERS AT THE  
COMMUNITY HALL ARE NOT FOR REGULAR  
HOUSEHOLD GARBAGE!!!!!!**

**THESE ARE CONSTRUCTION/RENOVATION  
DUMPSTERS ONLY FOR THE WORK BEING  
DONE AT THE FRONT OF THE COMMUNITY  
HALL.**

**DO NOT DISPOSE OF GARBAGE AS THESE ARE  
NOT EMPTIED REGULARLY!!!**

A handwritten signature in black ink, appearing to read "J. May".

# PINE NEEDLE BASKETRY

For those interested in learning the craft of pine needle basketry the process will have to start now. Even though we will be making the basket at later date (in the new year possibly), we should gather our needles soon.

## TIPS FOR GATHERING

Best time to gather is when the weather gets cold, and they fall from the trees

- Only pick brown dried whole needles (Red Pine)
- Pick up clusters one by one from the ground avoiding the buried ones which may contain mildew or insects
- Group into small clusters with the caps all facing the same way and secure with a rubber band, if they are damp place on flat surface on news paper (or screen) to dry first
- Place the needles in the freezer for a few days, remove and store in cardboard boxes, and if the box is kept in a cool dry environment they will last for years
- 227 grams, 8 ounces, or a circumference of 6 1/2 inches of needles should be gathered for this project

**An information session will be held on October 26<sup>th</sup> from 6-7pm at the Education Building**

**Please contact me at [danaboyer@mississauga.com](mailto:danaboyer@mississauga.com) with any questions. Miigwetch for your time.**



## WOMAN'S SUPPORT GROUP

**MEETING TIME:** 6-8pm

**LOCATION:** Education Building.

**DATES:** Oct. 17, Nov. 7, 21<sup>st</sup>, and Dec. 5<sup>th</sup>.

Meditation, self care, knowledge sharing, etc.



## Ladies Hand Drumming

**MEETING TIME:** 6-7:30pm

**LOCATION:** Education Building

**DATES:** Oct. 24, Nov. 18, 28<sup>th</sup>, and Dec. 12<sup>th</sup>.

For all those wishing to learn some songs

Contact Dana Boyer for info at [danaboyer@mississauga.com](mailto:danaboyer@mississauga.com)





As our people exercise their traditional rights on our land base, we would like to remind everyone at this time of year about our shared role and responsibility to be mindful of our wildlife populations.

Based on metrics from various conversation groups as well as information from our annual harvesters, our moose populations are still tracking lower than usual from a year-over-year basis.

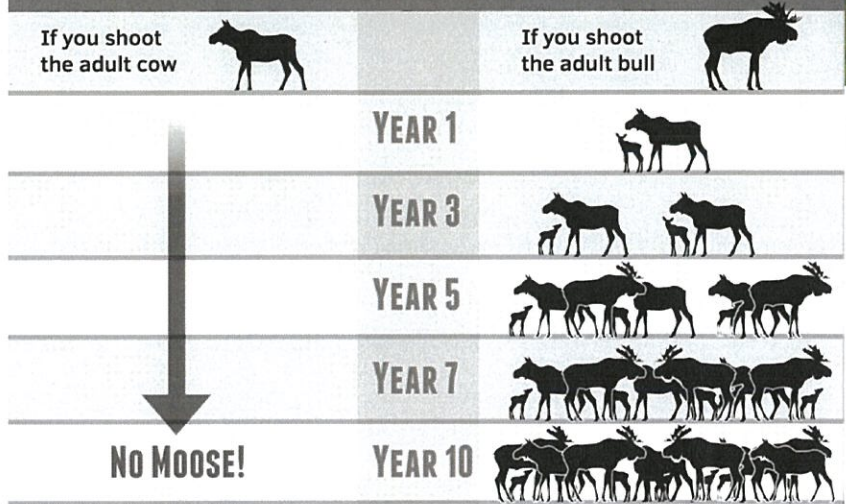
Mississauga First Nation does not issue permits to any non-band members for reserve lands, nor do we issue Shipman Letters for Traditional territory. When you are out on the land, be sure to practice responsible harvesting protocols and report any suspicious activity that you may notice.

For additional inquiries, please contact By-Law Officer, Scott Richer, at the MFN Lands and Resources Dept.

Email: [scottricher@mississaugi.com](mailto:scottricher@mississaugi.com)  
 Phone: 705-356-1621 x 2259  
 Cell: 705-261-0259



### Know this before you pull the trigger...



Manitoba Department of Sustainable Development



# Mississauga First Nation Lands Access Policy

*As Stated in MFN Land Code.*

The Mississauga First Nation Land Code states that residency and Access Rights exist for the following persons as per Section 37 (Rights of Access).

## **Section 37.2**

- a) a Lessee and his or her invitees. (Lessee = Status member who is renting property from MFN)
- b) Permittees and those granted a right of access under the permit – (Currently not available)
- c) Mississauga First Nation members and their spouses and children
- d) A person who is authorized by a government body or any other public body, established by or under an enactment of MFN, Parliament, or the province to establish, operate or administer a public service. To construct or operate a public institution or to conduct a technical survey,
- e) a person authorized in writing by the council or by MFN law.

**Access Rights DO NOT include, equate or constitute **Harvesting rights**, or access to Natural Resources on Mississauga FN Territory.**

**Access Rights** only pertain to the ability to access the land. This is in reference to MFN Trespassing Laws.

**Harvesting Rights, Natural resource access** are solely for:

1. Status Indians of the Mississauga First Nation or their Invitees of whom they are hosting.
2. Status Indians of the Robinson Huron Treaty, with permission.

Exception = (No Moose Harvesting, No Harvesting of Wood without a permit.)

## **Effective: March 2021**

**Non-Status Spouses, or children without Status living on MFN Territory, wishing to harvest resources on MFN Territory are obligated to comply with the following requirements.**

- **have the Status Member with them, (immediately in their vicinity)**
- **be in possession of a valid provincial license to harvest Game or resources from the land code territory.**
- **Comply with all provincial and federal rules and regulations**

Please forward any questions and concerns to the Mississauga FN Lands Department Manager, Keith Sayers @ 705-356-1621 x. 2236

Cats

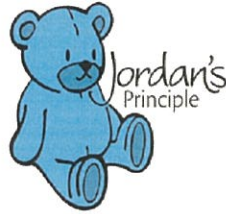
Mooney Boyer x3	Spay x3	
Javine Wilson	spay and vacc	
Chase Wilson	Spay and Vacc	
Matt Cada	Neuter and vacc	
Ronald Cada	Spay and Vacc	
Jannah Ferrigan	Spay and vacc	
Sneaky	Spay and vacc	
Ron Cada	Spay and Vacc	
Sandra Bowness	Spay and Vacc	
Meho Morningstar	Neuter and vacc	
Cutie Boyer	Spay vacc	
Sharon Boyer	Spay and Vacc	
Delilah Adair	Vacc and spay	
Jazzy Boyer –	Vcc and spay	██████████
Cat Morningstar –	spay, Vacc, worms.	
Ruby –	spay, Vacc –	██████████

Contact Information is needed to complete. If your dog or cats name isn't present or if there is no redacted phone number next to it? Please call your friendly neighborhood Bylaw officer at **705 261 0259** to complete the information. All information is needed before the deadline of **Oct 28, 2022**



Dogs name / Owners name	Age & Gender	NEEDS for animal	Phone number
Nimkii Boyer -- Bernadette Boyer	Age 2 -- female	Spay vacc deworm vet check	
Keena Adair	Age 2 -- female	SPAY vaccines	
Raven Boyer -- Samantha Boyer	Age 3 -- female	SPAY Vaccines	
Molly Chiblow -- Annette Chiblow	Age 7 -- female	Spay	
Coco Cada -- Sky Cada	Age 2 -- female	SPAY & VACC	
Sammie Sayers -- Keith Sayers	Age -- Female	Spay	
Lucy Cada -- Connie Cada	Age -- Female	Vet check -	
Paris Boyer -- Sharon Boyer	Age 5 -- Female	SPAY & VET CHECK	
Olga Chiblow -- Dillon Chiblow	Age -- Female	VACC & VET CHECK	
Tera Chiblow -- Natalie Chiblow	Age 9 -- Female	Vacc vet check	
Jemmy Chiblow -- Michael Chiblow	Age -- Female	VACC & VET CHECK	
Cedar Chiblow -- Justin Chiblow	Age -- Female	VACC & VET CHECK	
Chyna Boyer -- Trisha Boyer	Age 7 - female	SPAY -- VACC -- VET CHECK	
Molly Chiblow -- Al Chiblow	Age 1 -- Female	Spay -- Vacc -	
Kayley Poulton -- Kevin Poulton	Age 2 -- Female	Spay Vacc	
Bella Niganobe -- Sheila Niganobe	1.5 years	SPAY Vacc	
Sage Niganobe		Vacc Deworm	
Molly Niganobe		Vacc deworm	
Lucy Sayers -- Keith Sayers	7 yrs	Vacc deworm	
Gidget Corbiere -- Paul Corbiere	6 years	Vacc Deworm	
Pika Morningstar -- Melissa Morningstar		Vacc Deworm	
Xanadu -- Carmel Martin	2 yrs	Spay Vacc Deworm	
Pepper Sayers - Keith Sayers	9 yrs	Vacc Deworm	
Brittle Cada		Vacc, Dewormer	

Dogs name / Owners name	Age	NEEDS for animal	Phone number
Koby Chiblow -- Crystal Chiblow	2 yrs	NEUTER - VACC	
Jax Morningstar		SHOTS - VET CHECK	
Miiko Fraser	2 yrs	NEUTER - VACC - Microchip	
Jasper Boyer	4 yrs	NEUTER - VACC	
Ben Chiblow		Neuter - vacc	
Liam Daybutch			
Helo Loftstrom	1 yr	Neuter - Vacc	
Marvin Payette	2	Vet check for Mange issue - Neuter, vacc, deworm	
Sharky Adair	4		
Remy Roy	4	Neuter	
Squabby Niganobe			
Cash Dafoe	2	Neuter, Vacc, vet check	
Bernie Diaz	4		
Boneyz Cada	2	Neuter and deworm, vacc	
Murphy McGregor	3	Neuter Vacc and deworm	
Kody Wilson	2	Neuter Vacc	
Shadow Cada	1	Neuter, Vacc	
Gunner Armstrong	4	Vacc- deworm	
Rocky Wiseheart	4	Neuter Vacc	
Milo Daybutch	13	Vet check and vacc	
Spike Boyer	4	Evaluate Neuter and vacc	
Bear Caibalosai	7	Vet check, Neuter, vacc	
Maccoose Boyer	6	Vacc, vet check	
Rex Morningstar		Vax, vet check, dewormer	
Bailey Poulitan	1	Vet check, vacc dewormer	
Borrow Poulitan	6	Vet check, Vacc,	
Zeus Boyer		Vacc Vet check	
Lucky Richer	2	Neuter	
Hope Cada		Vacc / Neuter	



# Jordan's Principle

## LUNCH & LEARN

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# Staff Information Session

with Jade Fox - Jordan's  
Principle Coordinator

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COUNCIL CHAMBERS - 12PM  
THURSDAY, NOVEMBER 3/2022







# OFFICIAL LAUNCH: CEREMONY & FEAST

Wednesday October 26, 2022

Serpent River First Nation Lifestyle Centre

ON OCTOBER 14TH, 2022, SYLVIA JONES, DEPUTY PREMIER AND MINISTER OF HEALTH, ANNOUNCED THAT THE MAAMWESYING ONTARIO HEALTH TEAM (OHT) IS ONE OF THREE NEWLY APPROVED ONTARIO HEALTH TEAMS LOCATED IN NORTHERN ONTARIO.

WE ARE ELATED WITH THE APPROVAL OF THE MAAMWESYING ONTARIO HEALTH TEAM TO ENSURE THAT "INDIGENOUS HEALTH REMAINS IN INDIGENOUS HANDS"

THE MAAMWESYING ONTARIO HEALTH TEAM LEADERSHIP COUNCIL WILL BE HOSTING A TRADITIONAL CEREMONY AND FORMAL ANNOUNCEMENT TO OFFICIALLY LAUNCH THIS NEW VENTURE IN OUR COLLABORATIVE JOURNEY.

YOU ARE CORDIALLY INVITED TO JOIN US ON OCTOBER 26TH, 2022. THE CEREMONY WILL BE HELD AT THE SERPENT RIVER FIRST NATION LIFESTYLE CENTRE. THE CEREMONY WILL COMMENCE AT 10:00 A.M. AND WILL CONCLUDE WITH A FEAST AT NOON.

## **MEDIA RELEASE**

### **Ontario Announces New Maamwesying Ontario Health Team**

FOR IMMEDIATE RELEASE - On October 14<sup>th</sup>, 2022, Sylvia Jones, Deputy Premier and Minister of Health, announced that the Maamwesying Ontario Health Team (OHT) is one of three newly approved Ontario Health Teams located in Northern Ontario.

Ontario Health Teams are groups of providers and organizations that are clinically and fiscally accountable for collaboratively delivering a full and coordinated continuum of care to a defined geographic population. Working together, they ensure that clients experience seamless access to care with one patient story, one patient record, and one care plan that is shared between the health care providers.

Provincial funding is being provided to help the Maamwesying OHT to seamlessly integrate health care services for clients in the communities of Atikameksheng Anishnawbek, Sagamok Anishnawbek, Serpent River First Nation, Mississauga First Nation, Thessalon First Nation, Garden River First Nation, Batchewana First Nation, Michipicoten First Nation, Chapeau Cree First Nation, Chapeau Ojibwe First Nation, and Brunswick House First Nation, as well as the Urban Indigenous population in Sault Ste. Marie.

*“We are elated with the approval of the Maamwesying Ontario Health Team to ensure that **Indigenous Health remains in Indigenous Hands**” says Carol Eshkakogan, Executive Director of Maamwesying North Shore Community Health Services Inc., one of the partner agencies within the Maamwesying Ontario Health Team. “The members of the Maamwesying Ontario Health Team have been working collaboratively for the past 30 years to ensure equitable access to quality health care services within our communities. The approval of our Ontario Health Team reinforces this work and will allow us to continue to make improvements, ensuring that Indigenous Health remains a priority”.*

In its first year, the Maamwesying OHT will focus on on patients/clients who are transitioning from acute care settings back to home.

Maamwesying OHT has identified improving care coordination and patient navigation as critical year one priorities. Key activities include:

- Completing a “Digital Health Current State Assessment” to identify the current state and gaps in digital health capacity within the OHT;
- Developing and implementing an “OHT Digital Health Action Plan” with a focus on spreading online appointment booking and advancing integrated virtual care;
- Developing service pathways for the initial target population, including identifying the current state of Indigenous system navigator service pathways across acute care sites and identifying

areas of improvement; and

- Implementing Indigenous system navigation service pathway improvements. Initial opportunities include: the implementation of the self-identification process; developing utilization reporting; determining capacity to meet all system navigation needs; and developing system navigation evaluation process.

The Ministry of Health has also endorsed a regional support structure that will work with Northern Ontario Health Teams to ensure that these teams develop locally and work together to address common issues including rurality, remoteness and health human resources. This regional support structure will help achieve an integrated, coordinated continuum of care for families in communities throughout the region.

**For more information, contact:**

Jennifer McKenzie, Director of Comprehensive Primary Health Care / Maamwesying OHT Co-Lead  
[jennifer.mckenzie@nmnineoyaa.ca](mailto:jennifer.mckenzie@nmnineoyaa.ca)

Edith Mercieca, Director of Home & Community Care / Maamwesying OHT Co-Lead  
[edith.mercieca@nmnineoyaa.ca](mailto:edith.mercieca@nmnineoyaa.ca)





## Trisha Boyer Minomimaadizing Care Coordinator (RPN)

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### About me :

Anni, My name Is Trisha Boyer I am from Mississaugi First Nation, I joined Maamwesying team to be part of the Addiction and Mental Health Services. I would like to bring awareness of the program to the community.

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### About Our Program:

Maamwesying Minibimaadizing Addiction Recovery Program offers walk in and scheduled treatment for those experiencing addiction. We provide immediate access and support to those seeking medicated assisted therapy. We also treat other substance use disorders including marijuana, alcohol and stimulants.

I am in MFN Health Centre Clinic on Tuesdays of every week from 9am-4:30pm.

### Services:

- Urine drug screening
  - Addiction counselling
  - Medical follow up
  - After-care programing (e.i., relapse prevention)
  - Naloxone kits
  - Referrals
- 

I'm looking forward to working in the community and raising awareness of this program. Please don't hesitate to reach out to me if you have an questions.

Cell: 1-249-525-6483 Email: [trisha.boyer@nmninoeyaa.ca](mailto:trisha.boyer@nmninoeyaa.ca)



# First Nation Mental Health First Aid

## Caring for each other...because we care



- Are you worried about a loved one's mental wellness?
- Have you noticed a family or friend whose usual activities/behaviours have changed?
- Do you feel worried and unsure how to begin a conversation?
- MHFA First Nations can help you learn what to say, what to do, and how to support family, friends and community members.

### AIMS OF THE 20-HOUR COURSE

- Develop your personal skills and ability to have an open and honest conversation with family and friends when you have concerns about their mental wellness.
- Increase your awareness/learn to recognize the signs and symptoms related to changes in mental wellness. Early identification, with early help goes a long way with helping a loved one bring good balance back into their life.
- Help reduce the stigma about mental wellness with sharing and caring conversations with loved ones.
- Learn about additional Mental Health and Addiction resources available in your area, to help family, friends and community members in need of additional supports and where to find them.

### TOPICS COVERED

- Culture and wellness
- Circles of Support
- Historical loss and trauma
- Mood disorders
- Substance Use
- Self-harm
- Psychotic disorders
- Anxiety and trauma-related disorders
- Obsessive-compulsive disorders
- Journey to wellness: restoring balance and practicing self-care

#### The **EAGLE** model:

**E**ngage and evaluate the risk of suicide or harm  
**A**ssist the person to seek professional help  
**G**ive reassurance and information  
**L**isten without judgement  
**E**ncourage self-help strategies and gather community supports

### CRISIS FIRST AID INTERVENTIONS FOR

- Suicidal behaviour
- Overdose
- Self-harm
- Psychosis
- Acute stress reaction
- Panic attacks

### FACILITATED FROM A FIRST NATIONS PERSPECTIVE WHERE

- Story-telling as an important part of learning.
- Every First Nations community is unique.
- Support looks different in every community.
- Communities explore First Nations and western practices that enhance mental wellness

Dates: November 07/08/09 2022

Time: 9:00-4:00 (each day)

Location: Missisauigi First Nation Community Hall (154 Village Rd)

Facilitated by: Steven Baranyai and Marsha Ledyit

To Register please email : [lisa.carricato@nmninoeyaa.ca](mailto:lisa.carricato@nmninoeyaa.ca)



# *ATTENTION COMMUNITY MEMBERS*

MFN's Health and Social Service Committee meets on the 4<sup>th</sup> Tuesday of every month.

Community members not part of the committee, may have their program inquiries or community health and social services concerns addressed at these meetings by submitting it in writing. Envelops marked "HSS Committee – Confidential" can be left at the health center or an email message can be sent to;

[HSScommittee@mississaugi.com](mailto:HSScommittee@mississaugi.com)

Concerns or inquiries should be dated and preferably include a proposed recommendation or resolution.





# MFN – HSSU Activities/Events – October 2022 (18<sup>th</sup> – 28<sup>th</sup>)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>24</b></p> <p><b>DAAW</b> – Al-Anon (5:45-7:15) Cultural Bldg.  <b>YC</b> – Mockingbird Farm (9-7:30) SSM  <b>CHA</b>– Elders Curling (10-11) Sports Complex  <b>FRC</b> – Paint Night (6-9) C&amp;Y Bldg</p>	<p><b>18</b></p> <p><b>DAAW</b> – NA Meeting (6:45-8:15) Cultural Bldg.  <b>CWW</b> – Stress Mgmt. (9:30-5:30) Culture Bldg.  <b>CHA</b> – Cycling (6:00-7:00) SC  <b>ASP</b> – Gym &amp; Wreaths (3:30-5:30) Sports Complex  <b>CHR</b> - BUTI Yoga (7-8) SC  <b>EYW</b> – Halloween Hunt (5:30-6:30) C&amp;Y Bldg</p>	<p><b>19</b></p> <p><b>CWW</b> – Stress Mgmt. (9:30-5:30) Culture Bldg.  <b>ASP</b> – Wreath Making (3:30-5:30) Sports Complex  <b>CHR</b> – Adventures in Cooking (11-1) Red Pine L.  <b>DAAW</b> – Drumming (6-8) Cultural Bldg</p>	<p><b>20</b></p> <p><b>CSW</b>-Food Security Program (9:30-1) Child Yth. Bldg.  <b>DAAW</b> -Lighting Sacred Fire (8:30-3) Cultural Building  <b>CHA</b> – Dance w/ Kate (5-7) sc  <b>CWW</b> – Stress Mgmt (9:30-5:30) Culture Bldg.  <b>ASP</b> – Culture with NOG (3:30-5:30) Sports Complex  <b>CHA</b> – Resistance Training (7-8) Sports Complex  <b>CHR</b> – Pmpk. Patch (10-11) BR</p>	<p><b>21</b></p> <p><b>ASP</b> – Outdoor Activity (3:30-5:30) Sports Complex</p>	<p><b>22</b></p> <p><b>YC</b> – Babysitting Course (9:00-6:00) Youth Centre</p>	<p><b>23</b></p>
<p><b>24</b></p> <p><b>DAAW</b> – Al-Anon (5:45-7:15) Cultural Bldg.  <b>YC</b> – Mockingbird Farm (9-7:30) SSM  <b>CHA</b>– Elders Curling (10-11) Sports Complex  <b>FRC</b> – Paint Night (6-9) C&amp;Y Bldg</p>	<p><b>25</b></p> <p><b>DAAW</b> – NA Meeting (6:45-8:15) Cultural Bldg.  <b>ASP</b> – Archery/Wreath (3:30-5:30) Sport Complex  <b>YC</b> – Wreath Making (5:30 – 7) Sports  <b>CHA</b> – Cycling (6-7) SC  <b>CHR</b> – BUTI Yoga (7-8) SC  <b>CSW</b> – Family Bingo (6-7:30) Comm. Hall</p>	<p><b>26</b></p> <p><b>DAAW</b> – Drumming (6:00-8:00) Cultural Bldg.  <b>FRC</b> – Grocery Cards (8-1) C&amp;Y Bldg  <b>CHA</b> – Daycare Play (10-11) Gym  <b>ASP</b> – Outdoor Games (3:30-5:30) SC  <b>YC</b> – Halloween Dance (6-8:30) Comm. Hall</p>	<p><b>27</b></p> <p><b>CSW</b>-Food Security Program (9:30-1:00) Child Yth. Bldg.  <b>DAAW</b> -Lighting Sacred Fire (8:30-3:00) Cultural Building  <b>CHA</b> – Dance with Miss Kate (5:00-7:00) Gym  <b>ASP</b> – Wreath Making (3:30-5:30) Gym  <b>CHA</b> – Resistance Training (7:00-8:00) Gym</p>	<p><b>28</b></p> <p><b>ASP</b> – Outdoor Activity (3:30-5:30) Sports Complex</p>	<p><b>29</b></p> <p><b>CHA</b> – Monster Bash Dance (6-9) Sports Complex</p>	<p><b>30</b></p>
<p><b>COVID REMINDER</b></p> <p>PLEASE PRACTICE PHYSICAL DISTANCING OF 6 FEET/2 METERS            HAND WASHING/HAND SANITIZATION            WEAR A MASK WHEN ENTERING HEALTH DEPARTMENT            IF YOU HAVE SYMPTOMS, GET TESTED AND STAY HOME</p>						
<p><b>Mississauga First Nation</b>            Stephanie Collins – Mental Health Counsellor – Ext: 2234  <b>Medical Transportation</b>            Mary-Ellen Morningstar – Med. Trans. Coord. – Ext: 2201  <b>Appointments with Physicians, NPs, Dietitian, and DNE can be made through MFN's Health Centre: 705-356-1621 ext. 2224</b></p>						
<p><b>CHN</b> – Com. Health Nurse -Krysta Sawyer – Ext.2231  <b>CHR</b> – Com. Health Rep. - Chelsea Grimard – Ext.2203  <b>DAAW</b> - Drug &amp; Alcohol Addictions- Sky Cada - Ext.2228  <b>CWW</b> – Com. Wellness Coord. –Erin Chiblow – Ext.2226  <b>FRC</b> – Family Resource Coord. Christine Owl – Ext.2254  <b>CSW</b> – Com. Support Worker - Kelly Daybutch – Ext.2242  <b>HSM</b> – Health Services Manager – Rhonda Peltier – Ext 2230  <b>FPW</b> – Family preservation Worker – Samantha Robinson – Ext 2240</p>						
<p><b>YEW</b> - Early Years Worker- Sheri Macdonald - Ext.2253  <b>ASP</b> – After School Program - Racheal Glover - Ext.2308  <b>CHA</b> – Com. Health Activator - Janey Morningstar – Ext.2216  <b>Band Rep.</b> - Brent Niganobe – Ext.2245  <b>Band Rep.</b> - Laurie Jacques – Ext.2243  <b>HSSD</b> – Health Services Director – Nikki MacDonald Ext. 2227  <b>SSM</b> – Social Service Manager – Ext 2230</p>						



# Honouring the First Nations path of well-being

## What is cancer screening?

Cancer screening means taking a test that can find cancer before you have any symptoms.

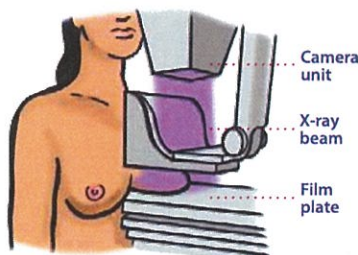
Finding cancer early is one of the best ways we have of beating it. Getting screened regularly leads to healthier and happier lives for you, your family, and your community.

## What is the Ontario Breast Screening Program (OBSP)?

The Ontario Breast Screening Program is a screening program that encourages women in Ontario to test for breast cancer. The best way to screen for breast cancer is with a mammogram. **Women aged 50 to 74 years should go to the Ontario Breast Screening Program for regular mammograms usually every 2 years.** When you turn 50 years of age, OBSP will send you a letter inviting you to be screened for breast cancer and gives you information on how to get screened. *Women who are eligible for breast cancer screening can book their own appointment in the OBSP – no doctor's referral is needed! For status First Nation women, you must work with your health care provider to ensure medical travel is provided through Non-Insured Health Benefits.*

## MAMMOGRAM PROCEDURE

In mammography, each breast is compressed horizontally, then diagonally and an x-ray is taken of each position.



## What happens during my mammogram appointment? (see illustration)

- A technologist specializing in mammography will place your breast on a special x-ray machine.
- A plastic plate will be lowered down to slowly flatten the breast and hold it in place for a few seconds while the picture is taken.
- Some women find mammograms uncomfortable. You will feel some pressure on your breast, but it will only last for a few seconds.
- There will be two pictures taken of each breast. The whole appointment will only take about twenty minutes from start to finish.

## What happens after my mammogram appointment?

- A radiologist will look at the pictures for unusual tissue in the breasts.
- Both you and your health care provider will receive the results of the test.
- If your test is normal – you will receive a reminder letter from the OBSP to be screened again usually every two years.
- If your test is abnormal – your health care provider will arrange for you to have more tests.

**Nine out of ten women who need more testing will not have breast cancer.**



**Ontario Health**  
Cancer Care Ontario



## What is breast cancer? Does it affect us?

Breast cancer is the most common cancer among women in Canada. Breast cancer occurs when the cells in the breasts grow in an out-of-control way, creating lumps or tumours. Eight out of ten breast cancers are found in women over the age of 50<sup>1</sup>. Although Ontario First Nations women are slightly less likely to be diagnosed with breast cancer, **breast cancers found in First Nations women are more likely to be diagnosed at a later stage compared to other Ontario women.** First Nations women in Ontario need to get screened regularly to make sure we can catch cancer early enough for it to be successfully treated.

**Screening is the best thing you can do to find breast cancer early.**

### Are you at risk?

The two most common risk factors of developing breast cancer are:

1. Being a woman
2. Increasing age

However, some women are at a higher risk of developing breast cancer than other women; for example, women who have a lot of close family members with breast cancer or women who have been identified as being at high risk through genetic testing. Women who have been identified as high risk for breast cancer and are between the ages of 30 and 69 years old should get a mammogram as well as an MRI (special x-ray test) done every year.

If you think you may be at a high risk for breast cancer, contact your health care provider to see if the Ontario Breast Screening Program's high risk screening program is right for you.

### The path to wellness

A healthy lifestyle may reduce your chance of getting breast cancer, as well as many other diseases. Here are some simple things you can do:

- Maintain a healthy body weight
- Be physically active
- Eat a healthy diet
- Be smoke free
- Limit alcohol
- Be sun safe

1. While breast cancer can also occur in men, it is uncommon.

## BREAST AWARENESS

Contact your health care provider if you notice:

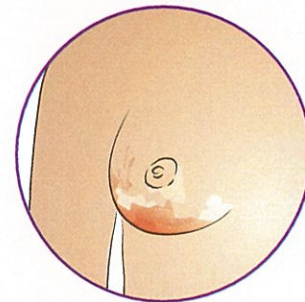
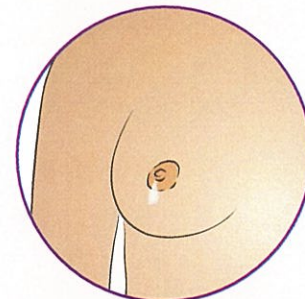
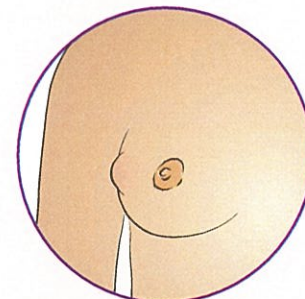
**A lump or dimpling**

**Changes in your nipple or fluid leaking from the nipple**

**Skin changes or redness that does not go away**

**Any other changes in your breasts**

If you notice any changes with your breasts or have concerns, contact your health care provider. Most changes are non-cancerous, but should be checked right away.



It is easy to get screened! To book your mammogram, call: **1-800-668-9304**.

For more information, please visit:  
**ontario.ca/screenforlife**



October is Breast Cancer Awareness  
Month

*DRESS IN  
PINK DAY*



Thursday October 27, 2022

Dress in your best PINK attire for  
breast cancer awareness and to  
honour breast cancer survivors.

Send in your picture of your pink  
attire for a chance to win a gift

Send to or contact Chelsea at 356-  
1621 ext. 2203



**WERE BACK!**

**SENIORS  
WALKING  
GROUP**

**WEDNESDAY NOVEMBER 2**

**11:00-12:00**

**SPORTS COMPLEX**

**LIGHT SNACKS PROVIDED**

**BRING YOUR WATER**

**TO REGISTER CONTACT CHELSEA**

**AT 356-1621 EXT. 2203**



# Children's Oral Health Initiative

Mississauga First Nation



## Children's Oral Health Day

Appointments will be 30mins with the Dental Hygienist for children 0-7 years old at the MFN Health Clinic

Thursday November 3rd  
10:00-2:00 p.m.

- **Check ups**
- **Varnishing**
- **Limited spots available**

To stop the spread of COVID 19, Mississauga First Nation reminds everyone to practice the following public health measures:

- Wear your face mask
- Wash your hands often
- Practice physical distancing of 6 feet



Migwech

Contact CHELSEA TO BOOK appointment at 705-356-1621  
ext. 2203



MISSISSAUGA FIRST NATION  
EARLY YEARS PROGRAM  
FAMILY RESOURCE COORDINATOR

# OPEN DIALOGUE Q&A

with

## NORTH CHANNEL INDIGENOUS MIDWIFERY

*win a \$50 Carters/Osh Kosh gift card*

WHEN : November 3rd 2022

12:00PM - 1:00PM

WHERE : Child and Youth Building

Register by November 2nd 2022  
to ensure appropriate number of  
lunches are ordered

Email -

[sherimacleod@mississauga.com](mailto:sherimacleod@mississauga.com)





MISSISSAUGA FIRST NATION  
EARLY YEARS PROGRAM  
FAMILY RESOURCE COORDINATOR

# MOCCASIN MAKING / BEADING

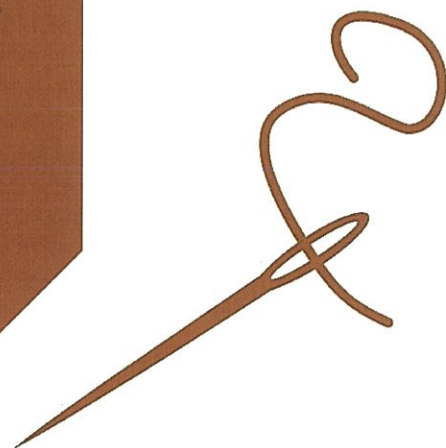
Wednesday November 9th, 2022  
5:00PM - 9:00PM  
Thursday November 10th, 2022  
5:00PM - 9:00PM  
Child and Youth Building

**Register by November 4th, 2022**

**5 spots available per session**

**Email - [sherimacleod@mississaugi.com](mailto:sherimacleod@mississaugi.com) to register**

**DINNER WILL BE PROVIDED**





# Paint Night

**MONDAY OCTOBER 24TH 2022**

**6-9 PM**

**BAND OFFICE - COUNCIL CHAMBERS  
LIMITED SPACE**

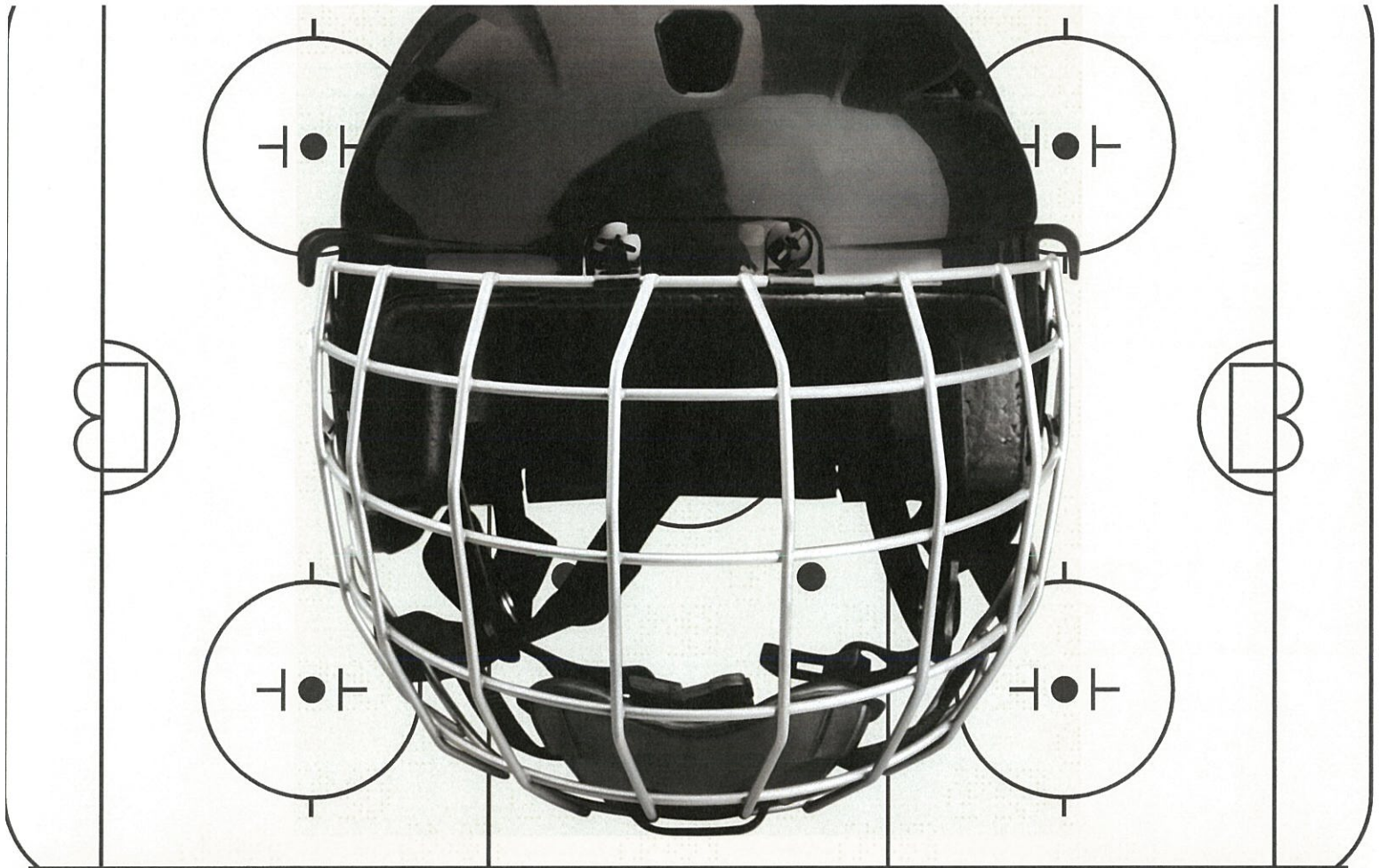
**SELF CARE NIGHT - AGES 21 AND UP**

**FAMILY RESOURCE COORDINATOR & COMMUNITY SUPPORT SERVICES**

Please call Christine Owl @705 -356-1621 ext 2254 or email [christine@mississauga.com](mailto:christine@mississauga.com) or Kelly Daybutch at ext. 2242 by October 20th by 12 noon





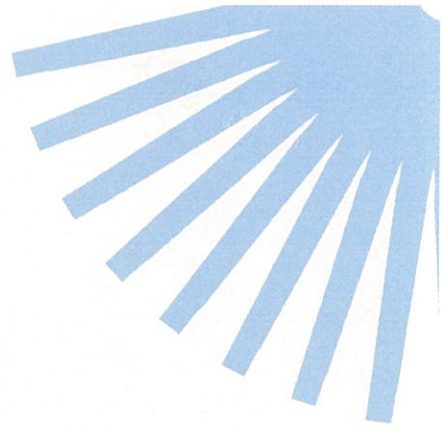


MFN SPORTS COMPLEX

# EQUIPMENT DRIVE

**FRIDAY OCTOBER 21ST**

5 PM DOORS OPEN



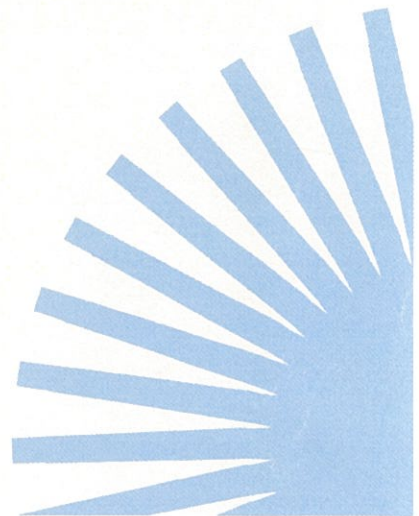
MFN FOOD SECURITY NOTICE

Please be advised that we have no  
delivery service.

Please pick up food boxes by 12noon.

Miigwetch

MFN Food  
Security Program





**MFN Food Security Program**

Date: _____		Pick up only
Name: _____		# of children _____ #of adults _____
Address: _____		
Phone number: _____		
<b><u>Please submit your Forms by Wednesday no late submissions will be accepted</u></b>		
<i>Please note that if items are not in your box, it's because we are out of stock or unable to provide it.</i>		
<b>Cereals (1 only):</b> Cold Cereal    Porridge    Pancake Mix Cream of Wheat  <b>Breads (1 only):</b> White Bread    Brown Bread    Flour	<b>Meats (2 choices):</b> Hamburger    Chicken    Bacon  <b>Canned Meats: (1 only):</b> Tuna            Salmon            Chicken	
<b>Pasta or Rice (1 only):</b> Macaroni Rotini Spaghetti Lasagna Rice Fettucine	<b>Dairy Products (2 only):</b> Canned milk Powder Milk Cheese slices Margarine	
<b>Canned Soups (3 only):</b> Mushroom Chicken Noodle Tomato Vegetable	<b>School aged children only: ( 2 choices)</b> Pudding Fruit Cups Cookies	
<b>Other Canned Products:</b> Kidney Beans    or    Tomato paste Spaghetti Sauce    or    Diced tomatoes Canned Chickpeas    or    Canned Navy Beans Tomato Paste                    2.84 L Vegetarian Beans Green Beans 2.84 L or    Canned vegetables	<b>Hygiene Products:</b> Toilet Paper Hand Sanitizer  <b>One every 3<sup>rd</sup> months :</b> Javex All Purpose Cleaner Floor Cleaner	
<b>Other Products (3 items only):</b> White sugar                    Brown sugar Peanut butter                Pancake syrup Coffee/Instant Coffee        Tea Crackers                        Ketchup Mustard                         Crisco Lard		
<b>Vegetable Oil (1 per month)</b> <b>Jam (1/once a month)</b>		



**Calling all  
community  
members, come out  
and join us in a Co-  
Ed sweat.**

**Time: 6 PM- 8 PM**

**Date: Oct. 21, 2022**

**Place: Pow Wow  
Grounds**



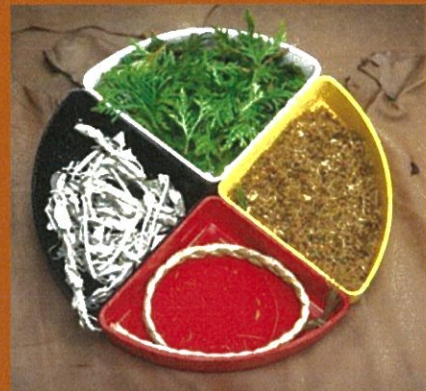
For more information call Sky Cada at  
705-261-1370



# Lighting the Sacred Fire

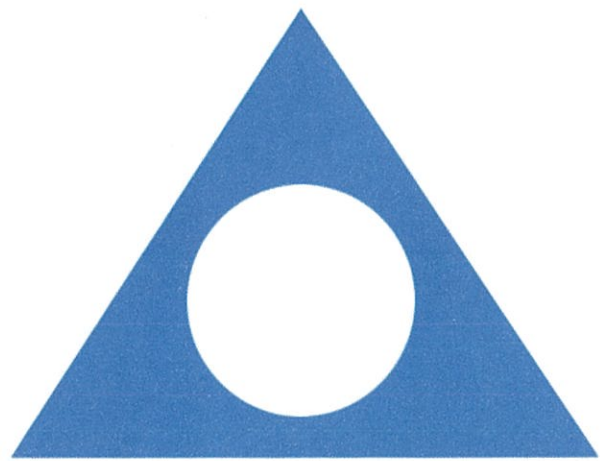
We will be lighting the Sacred Fire for the MFN community.

Come pray, stay, talk, or just enjoy the fire. Thursday's outside the Culture building. From 9 AM to 3 PM.



For more information call Sky Cada at 705-261-1370 or email [skycada@mississauga.com](mailto:skycada@mississauga.com)





**AL-ANON**

*for families & friends of alcoholics*

## **AL-ANON MEETING**

Have you or a family member been affected by another's drinking or drug addiction?

Please come out and join us and find out for yourself what Al Anon can do to help you.

We meet on: Mondays 6:00 p.m.  
At: Mississaugi First Nation's  
Cultural Center  
Park Road

There you will find a fellowship of others who share your same challenges.

We look forward to meeting you!!





Come out to a meeting and find out what it's about.  
Meetings happen every Tuesday in the Culture  
Building from 7 to 8 PM.

### What to Know About Attending Narcotics Anonymous

- Meetings are available daily all over the world
- Meetings are either open or closed to members only
- There is no religious affiliation, but spirituality is welcomed
- There is no cost
- NA doesn't focus on one specific drug addiction
- What is discussed in meetings will always remain anonymous

verywell



# PRESCRIPTION DRUG ABUSE INFORMATION PACKET

## Prescription Drug Abuse Signs and Symptoms

Signs of abuse can vary, depending on the drug.

Opioids	CNS	Stimulants
<ul style="list-style-type: none"><li>• Dizziness</li><li>• Slow or shallow breathing</li><li>• Upset stomach, vomiting, or constipation</li><li>• Slurred speech</li><li>• Poor coordination</li><li>• Mood swings</li><li>• Depression or anxiety</li></ul>	<ul style="list-style-type: none"><li>• Mood changes</li><li>• Trouble walking</li><li>• Trouble concentrating</li><li>• Poor judgment</li><li>• Slow reflexes</li><li>• Slurred speech</li><li>• Memory problems</li><li>• Slow breathing</li></ul>	<ul style="list-style-type: none"><li>• Weight loss and lack of appetite</li><li>• Dizziness</li><li>• Headache</li><li>• Insomnia</li><li>• Nervousness</li><li>• High blood pressure</li><li>• Uneven heart rate</li><li>• Paranoia</li></ul>



### Prescription Drug Abuse Risk Factors

Research shows that some things about you might make you more likely to abuse prescription drugs.

- Influence of a friend or colleague
- Age
- Biology
- Mental Health
- Uneven heart rate
- Paranoia





# PRESCRIPTION DRUG ABUSE

## INFORMATION PACKET

### What is prescription drug abuse?

Prescription drug abuse is when you take a medication for a reason other than why the doctor prescribed it. Experts estimate that more than 18 million people ages 12 and older have used prescription drugs for nonmedical reasons in the previous year. Abusing drugs even prescription drugs can change how your brain works. Most people start by choosing to take these medications. But over time, the changes in your brain affect your self-control and your ability to make good decisions. At the same time, you have intense urges to take more drugs.

### Which Prescription Drugs Are Commonly Abused?

The *National Institute on Drug Abuse* says three classes of prescription drugs are often abused:

**Opioids.** Since the early 1990s, doctors have been prescribing many more opioid painkillers such as Codeine, Hydrocodone, Morphine and Oxycodone (Oxycontin, Percocet, Vicodin). This is partly because of the rising age of the population and because more people are living with long-term pain. These medicines manage pain well and can help boost your quality of life when you follow your doctor's directions on taking them. It's possible but not common to become addicted to or dependent on opioids when you use them for a short time or under a doctor's close watch. But when you take them for a long time, they can lead to drug abuse, dependence, and addiction. Opioid overdose can also be life-threatening. If you take them with medications that work on your central nervous system -- including alcohol, barbiturates, or benzodiazepines such as alprazolam (Xanax), clonazepam (Klonopin), or diazepam (Valium) - you have a higher chance of breathing problems or death. Injecting drugs raises your chances of getting diseases like HIV and hepatitis C.

**Central nervous system (CNS) depressants.** Millions of people use benzodiazepines (Ativan, Valium, Xanax) to treat anxiety and sleep disorders, including insomnia. They affect a chemical in your brain called GABA (gamma-aminobutyric acid). GABA lowers brain activity, making you drowsy or calm. Barbiturates -- including amobarbital (Amytal), pentobarbital (Nembutal), phenobarbital (Luminal), and secobarbital (Seconal) -- are also CNS depressants. Doctors use them for anesthesia and prescribe them to treat seizures.

Taking CNS depressants for a few days or weeks may help you feel calm and sleepy. But after a while, you may need larger doses to get the same feeling. Using them with alcohol can cause slow heartbeat, slow breathing, and death. If you take CNS depressants for a long time and stop suddenly, you might have life-threatening problems such as withdrawal seizures.

**Stimulants.** These drugs give your body a jump-start, with a huge boost in alertness, energy, and attention. They raise your heart rate, blood sugar, and blood pressure. They also narrow your blood vessels and open your airways. Doctors started using stimulants to treat asthma and obesity. Today, they prescribe them for conditions such as ADHD, ADD, depression, and narcolepsy. Examples of stimulants are dextroamphetamine (Dexedrine, Dextrostat, ProCentra), Lisdexamfetamine (Vyvanse), Methylphenidate (Concerta, Daytrana, Methylin, Ritalin), and a mix of amphetamine and Dextroamphetamine (Adderall).

Stimulant abuse -- for instance, by taking them in higher doses or by crushing pills and snorting them -- can lead to addiction. High doses can raise your body temperature. Misusing stimulants or using them along with decongestants may cause uneven heartbeat.