



Niijaansinaanik

Child and Family Services

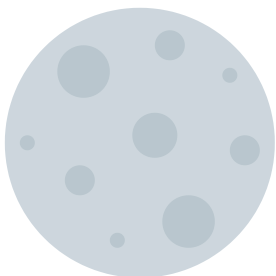
Alternative Care Newsletter



March 2024

NAABDIN GIIZIS

Snow Crust Moon



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Cultural Connections

Naabdin Giizis - Snow Crust Moon

Full Moon: March 25, 2024

Ahniin, Boozhoo Kina Weya,

Around this time, the snow begins to melt during the day and freezes at night. It signals the beginning of spring. Some Anishinabek called this time the (Anishnaabe) New year. Zeegwun (spring) will bring new life and renewed life.

Due to the melt and freeze the remaining snow becomes hardened and crusty and sometimes we can walk on top of the snow. The snow crust may make it easier to check the maple trees for running sap. Maple sugar bushes will start their work around this time of year.

Mkwaa (bear) showed Nanibush that the maple tree gives sweet water at this time of year by clawing the tree to access the sweet water flowing through the Ninaatig (maple tree). Mkwaa licked the sweet water seeping from the tree bark.

Na'how, Miigwetch,
Culture Team



LICENSING POLICY REMINDER....

Spending Allowances

Caregivers are requested to give spending allowances received from the Agency to the child/youth. When unable to give the full allowance, the alternative caregiver should save the allowance for the child/youth or use it for their special needs. Allowance amount can be viewed the per-diem monthly statement.

The child/youth should not be expected to use their money to purchase items, which would be designated as included in the Basic Board Rate (i.e.: personal care products).

Fire Evacuation

Caregivers will conduct a fire evacuation practice every 6 months and a record of the drill will be documented and provided to the worker for the provider record.

Caregivers are responsible for reviewing the family's Fire Evacuation Plan with each new child/youth upon arrival to the home using age appropriate language and review regularly.

The Fire Evacuation Plan is to be posted; where it is visible to all residents.



Office Closed

March 29, 2024 for Good Friday

April 1, 2024 for Easter Monday

Our After Hours Team will be available for emergencies at

1-855-223-5558

Alternative Care Upcoming Training

To attend any training, please register at registration@nijcfs.com or contact: 1 (855) 223-5558 ext. 3005

Did you know...
That all training
listed is part of the
Licensing
Requirement

★ STANDARD FIRST AID + CPR C CLASS

Offered by St. Johns Ambulance 8:30am - 4:30pm (both days)

North Bay.

2024

- March 13/14
- March 19/20
- March 27/28
- April 3/4
- April 9/10



Sudbury.

2024

- March 13/14
- March 20/21
- March 27/28
- April 3/4

★ TRAUMA INFORMED CARE

Delivered by The Child and Parent Resource Institute (CPRI) is a free three (3) module training webinar series about Trauma-Informed Care for caregivers who are caring for children and youth. This training takes approximately 8 hours. (2 hours each + surveys)

Link and step-by-step guide how to register will be emailed

★ CULTURAL COMPETENCY • Zoom

Offered by Dnaagdawenmag Binnoojiiyag Child & Family Services

- March 2, 2024 Time: 10:00am - 2:30pm
- March 19/20, 2024 (2days) Time: 10:00am - 12:00pm
- April 17, 2024 Time: 5:00pm - 9:30pm

A letter will be provided to caregivers that are required to complete the training.



LIFE BOOK ★

- ▶ April 2024 - Location: 10 Miller St. Parry Sound
- April 2024 - Location: Sudbury - TBD
- April 2024 - Location: North Bay - TBD


★ CAR SEAT SAFETY

For more information please contact:
Lillian Couchie at Lillian.Couchie@nijcfs.com
or 1-855-223-5558 ext. 3003

- ◆ One-on-One training available



★ SPIRIT PRE-SERVICE

4 day training, total 28 hrs. 
April / May 2024 Location: TBD

NON-VIOLENT ★ CRISIS INTERVENTION

- ▶ Time: 9:00am to 4:00pm
- October 26/27: Location TBD

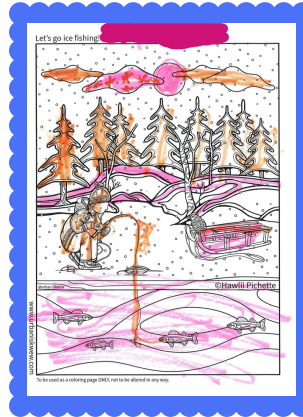
Children's Colouring

Black Bear, Artwork by Hawlii Pichette

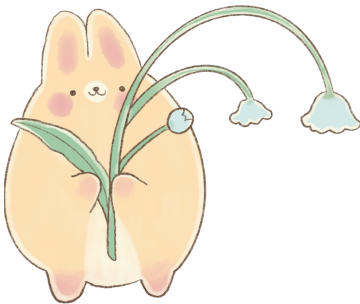
Prize: \$25 Walmart Gift Card
Submission Date: March 27, 2024
to your Alternative Care Worker
Draw Date: March 29, 2024



February Art work



All ages and skill levels are encouraged to submit to get entry to the draw. Raffle winners will be notified.



Family Engagement Activity

Theme: **MARCH** Break Fun: submit a drawing or photo

Prize: \$50 Walmart Gift Card

Submission Date: March 27, 2024 to your Alternative Care Worker

Draw Date: March 29, 2024

WE ARE LOOKING FOR ALTERNATIVE CARE, EMERGENCY & RESPITE HOMES!

Did you know... if you refer a family member or a friend to become a caregiver and they complete the assessment and are approved you will receive a \$50.00 Gift Card.

Contact Lillian Couchie at lillian.couchie@nijcfs.com or 855-223-5558 ext. 3003.



CULTURAL EVENTS



To attend any cultural events, please register at registration@nijcfs.com or contact: 1 (855) 223-5558 ext. 1201

★ Event only offered to Alternative Care Homes

★ **March 12, 2024 - Anishinaabemowin Bingo**

Via Zoom 5:30pm to 7:30pm

Location: Zoom hosting by Pilar Welling.

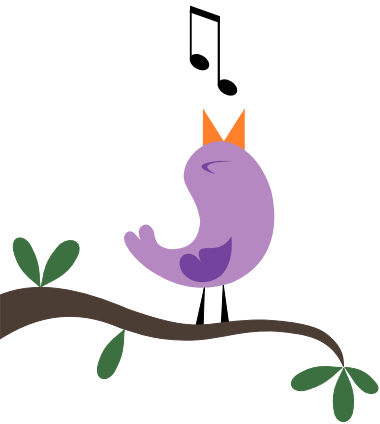
Please register by 12pm on Monday, March 11, 2024

★ **March 18, 2024 - Water Teaching & Copper Shaker Making**

Time: 5pm to 7pm

Location: 10 Miller St. Parry Sound ON

Please register by Friday, March 15, 2024



March 14, 2024 - Drum Social Wasauksing Gathering Place

Time: 5pm to 8pm

Location: Wasauksing Gathering Place, 1126 Geewadin Rd

Light Dinner will be provided.

Please register by Thursday March 7, 2024

Monday March 25, 2024 - Full Moon Ceremony

Time: 5pm - 7pm

Location: 1120 Geewadin Rd, - Nijaansinaanik CFS - Arbor

Please register by Friday March 22, 2024

March Break Activity

Bring your Child/Youth for a cultural day of FUN with Mckenzie Ottereyes-Eagle

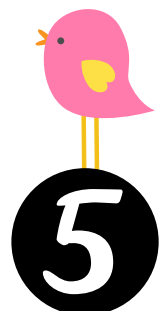
Pick a date: ● Monday - March 11 ● Wednesday - March 13 ● Thursday - March 14

Starting at 10:30am to 2:30pm

Location: Arbor, 12 Serenity Lane W North Bay

- Set up pails to collect sap from maple trees
- Cook hot dogs and marshmallows in bush
- Shaker making and drum making

Please register for one of the days by March 8, 2024 with your worker



WIISINAADAA! LET'S EAT!

Slow Cooker Chicken Tortilla Soup

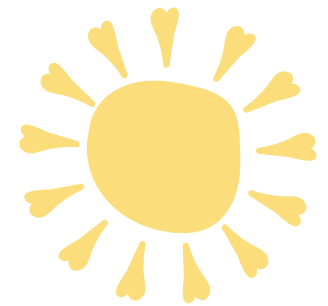
www.dashofsanity.com

Ingredients:

- 3 tablespoons butter
- 1 yellow onion diced
- 1 red pepper diced
- 1 yellow pepper diced
- 2 cloves garlic
- 2 teaspoons salt divided
- 2 lbs boneless skinless chicken breasts about 2-3 breasts
- 2 cans chicken broth 14.5-ounce cans
- 14 ounces red enchilada sauce
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 1 teaspoon oregano
- 1 tablespoon taco seasoning
- 1 1/2 cups half-and-half or heavy cream if desired, for a creamier soup
- 2-3 tablespoons flour or cornstarch if desired to make a thicker soup
- 1 can pinto beans drained, optional
- 1 1/2 cups frozen corn optional, do not use canned
- 1/2 cup fresh cilantro chopped, for garnish

Directions:

- Melt butter in a saute pan over medium heat. Season peppers, onion, and garlic with 1 teaspoon of salt and saute until they are tender. Add to the slow cooker.
- Place chicken breasts in the slow cooker on top of the vegetables. Then add chicken broth, enchilada sauce, cumin, chili powder, oregano, taco seasoning, and remaining 1 tsp salt.
- Cook on high for 3-4 hours or until the chicken reaches an internal temperature of 165°.
- Remove cooked chicken and shred or chop, then place back into the soup. At this point, add any of the optional ingredients that you wish to use such as corn or beans.
- If you'd like a creamier soup, add 1-2 cups of heavy cream now. For a thicker soup, whisk 2-3 tablespoons of flour or cornstarch to the heavy cream before stirring into the soup. Cook on high for another 1 hour.
- Serve with your choice of garnishes such as fresh chopped cilantro, sour cream, and tortilla strips. Enjoy!



Anishinaabemdaa

Let's speak/talk Ojibway

Ziigwun - - - - - Spring
Aninaatig - - - - - Maple Tree
Kik - - - - - Pot
Mtigwaaboo - - - - - Tree Sap
Aninaatigwaaboo - - - - - Maple Sap
Ziisbaakdwaaboo - - - - - Sugar/Syrup
Ziisbaakdooke - - - - - Making Maple Syrup

Contact us

We love to hear from you.

Your role as a caregiver is crucial in many aspects. Thank you for choosing to be a care provider and making a sincere difference in the lives of many. Thank you for believing in our Agency and helping keep Indigenous children in our/your communities. Together we can provide positive and healthy experiences for children and youth, who can grow up with true and strong connections.

Miigwetch!



1-855-223-5558



niijcs.com

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