

# GHAC NEWSLETTER

Gizhewaadiziwin Health Access Centre

SEPTEMBER 2021

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## BEAR GREASE RENDERING

**GHAC  
PARTICIPATED  
WITH ELDER  
MARION  
MEDICINE IN  
RENDERING  
DOWN THE  
BEAR GREASE  
THAT WAS  
DONATED BY  
WENDY FOR  
HEALING  
PURPOSES.**



Gizhewaadiziwin Health Access Centre

1460 Idylwild Drive

Fort Frances, ON, P9A 3M3

*The Gizhewaadiziwin Health Access Centre is dedicated to providing equal access to quality health care for all Aboriginal people within the Rainy River District. Our services include culturally appropriate primary health care delivered through our clinic and community outreach services.*

# SEPTEMBER COMMUNITY VISITS

## NURSE PRACTITIONER SCHEDULE:

Seine River: Sept 1

Big Grassy: Sept 7

Mitaanjigaming: Sept 8

Nigigoonsiminikaaning: Sept 9

Rainy River First Nations: Sept 14

Naicatchewenin: Sept 16

Lac La Croix: Sept 15

Onigaming: Sept 22

Big Island: Sept 21

Seine River: Sept 29

Big Grassy: Sept 30

## DIETICIAN AND DIABETES EDUCATOR'S:

If you require information or need to  
talk to a dietitian or diabetes educator  
please call 274-3131





# FAREWELL TO KATELYN



Katelyn just completed her 3 month placement at GHAC as a Health Educator Assistant Student.

We want to wish Katelyn farewell and good luck with your future endeavors!

We hope you enjoyed your time with GHAC and thank you for all your support.

## BEAR GREASE RENDERING



MJ and Brenda canning the bear grease



Sam and Katelyn canning the bear grease

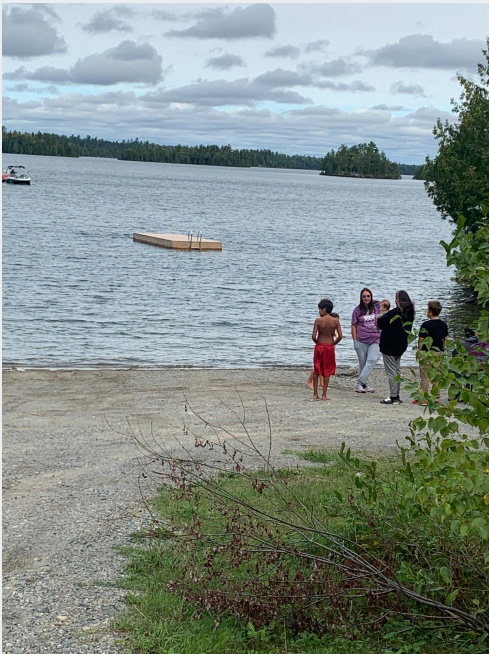




# ONIGAMING FAMILY FUN



GHAC Health Educators and Traditional Healing Coordinators and the Healthy Babies Program from Onigaming worked together to support a **FAMILY FUN DAY**. Sunset Water Sports and Funtastic Castles were there for the event, and a healthy lunch was shared. Participation was given for the Onigaming Back to school Youth Gathering. Lots of fun had by all!





# SEPTEMBER IS CHILDHOOD OBESITY AWARENESS MONTH

## 1 in 7 Canadian Children are Obese

Increased consumption of processed foods and a decrease in physical activity amongst children has led to overweight children. Without intervention this will likely continue into adulthood. If this trend continues, it is estimated that 40% of Canada's population will be obese by 2040.

Childhood obesity can lead to serious health conditions such as:

- Heart Disease
- Type 2 Diabetes
- 13 different cancers
- Liver Disease
- High Blood Pressure
- Stroke
- Depression
- Sleep Apnea
- Joint Pain
- Menstrual Dysfunction

Ways to help your child maintain a healthy weight:

- Be a good role model by eating healthy and being active. Increase fruits, vegetables and whole grains in your diet.
- Decrease screen time and increase physical activity- children and teenagers should be getting at least 60 minutes of physical activity per day



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# Recipes

*Corn on the Cob*



*Microwave corn in husk*

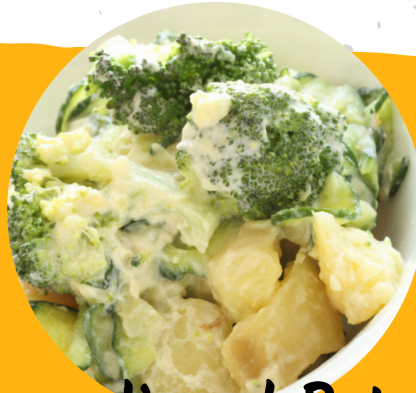
## Ingredients

- 1 ear corn

## How to Cook

- Put the corn in its husk in the microwave.
- Cook on high for 4 minutes.
- Using a towel remove corn from microwave and place on cutting board. Allow to cool slightly.
- To remove the husk, grip with a towel on the tapered end of the corn and cut off the very bottom of the other end with a sharp knife.
- Squeeze tapered end and push hot cob of corn out of the husk. Corn will come out with virtually no silk attached.

*Cooking time for additional corn: 7 minutes for 2 cobs, 9 minutes for 3 cobs and 10 minutes for 4 cobs*



*Easy Broccoli and Potato Salad*

## Ingredients

- 1 small head broccoli, steamed
- 2 cooked potatoes, skin on, diced
- 1 stalk celery
- 1/4 cup Italian dressing
- 1 TBSP fresh parsley

## How to Cook

- Cut cooked broccoli into florets and place in a bowl with the cooked potatoes and celery
- Pour dressing over mixture and toss to coat
- Sprinkle with parsley to serve

*This recipe can be made ahead of time- the longer it sits in the dressing the tastier it will be!*





# HEALTHY LIVING FOOD BOX PROGRAM

Order for the September Healthy Living Food Box will be due:

**WEDNESDAY, SEPTEMBER 1, 2021**

At the Sunset Country Métis Hall, 714 Armit Ave. from  
**11:00 AM - 4:30 PM**

The boxes will be **\$20.00 (cash only)**

Payments can be made when ordering or at pick-up

Pick-up will be on:

**WEDNESDAY, SEPTEMBER 15, 2021**

At the Sunset Country Métis Hall, 714 Armit Ave. from  
**12:00 PM - 4:00 PM**

This program is possible through the partnership of:

Gizhewaadiziwin Health Access Centre, Sunset Country  
Métis, Northwestern Health Unit, Valley Diabetes  
Education Centre, and **our dedicated volunteers**



# FALL PREVENTION

**FEAR OF FALLING CAN BE TOUGH ON BOTH PHYSICAL HEALTH AND THE QUALITY OF LIFE. WE CAN BE READY TO BE STEADY BY USING MULTIPLE APPROACHES:**

## **1. CREATE A SAFE INDOOR AND OUTDOOR ENVIRONMENT.**

**CHECK OUT THE PUBLIC HEALTH UNIT WEBSITE FOR HOME SAFETY CHECKLISTS, ALONG WITH IDEAS AS HOW TO MAKE IMPROVEMENTS TO REDUCE FALL RISKS.**



## **2. BE PHYSICALLY ACTIVE. IT ENCOURAGES MUSCLE STRENGTH, BALANCE, AND FLEXIBILITY.**

**MANY PROGRAMS ARE AVAILABLE ONLINE. DURING THIS TIME OF COVID 19, CREATING A SAFE SPACE FOR EXERCISING IN YOUR HOME, WITH ONLINE PROGRAMS - ALSO FOUND ON THE FALL PREVENTION MONTH WEBSITE.**



**3. CHECK OUT COGNITIVE BEHAVIOUR THERAPY (CBT). THE MCMASTER OPTIMAL AGING PORTAL ARTICLE ON COGNITIVE BEHAVIOURAL THERAPY DESCRIBES A USEFUL TECHNIQUE TO ADDRESS FEARS. IT HAS BEEN USED WITH SOME SUCCESS.**

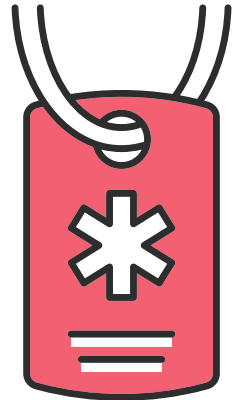




# Fall Prevention tips

## 4. CONSIDER A MEDICAL ALERT BUTTON

WHICH PROVIDES A MEASURE OF CONFIDENCE THAT, SHOULD A FALL OCCUR, COMMUNICATION TO NEEDED HELP IS READILY AVAILABLE. THIS SHOULD BE WORN OR KEPT ALWAYS WITHIN REACH.



## 5. LEARN HOW TO GET UP FROM A FALL

THIS SKILL INCREASES CONFIDENCE THAT, SHOULD A FALL OCCUR, THERE WON'T BE THE "LONG LIE" OF BEING STRANDED WHILE POSSIBLY BEING INJURED AS WELL. CHECK OUT THE FALL PREVENTION MONTH WEBSITE FOR RESOURCES ON WHAT TO DO AFTER A FALL.




## 6. AVOID LETTING FEAR CAUSE SOCIAL ISOLATION.

THE COMPANY OF OTHERS IS ESSENTIAL FOR GOOD EMOTIONAL HEALTH.

WHILE OUR OWN HOME SAFETY CAN BE MORE WITHIN OUR CONTROL, OUTDOOR CONDITIONS CONDUCTIVE TO TRIPPING AND FALLING MAY PRESENT BIGGER CHALLENGES. OUTSIDE OUR HOMES, IT MIGHT BE TIME TO:

- CORRECT CRACKED SIDEWALKS, UNEVEN LEVELS
- ENSURE THERE IS GOOD LIGHTING INDOORS AND OUTDOORS
- INSTALL HANDRAILS AND GRIP BARS ON STAIRS AND BY SLIPPERY SURFACES IN PUBLIC SPACES, AND IN HOMES
- WEAR SAFE FOOTWEAR INDOORS AND OUTDOORS TO REDUCE SLIPS
- ADVOCATE FOR SAFER PUBLIC SPACES





# September is Alzheimer's Awareness Month

Did you know that Alzheimer's disease and dementia are not the same thing?

- **Dementia** is not one specific disease. Rather, it's an umbrella term for a set of symptoms caused by physical disorders affecting the brain.
- **Alzheimer's disease** is the most common cause for dementia, accounting for 60-80% of all diagnoses.

Overall, Alzheimer's disease is a specific disease, while dementia is a general term for a group or combination of symptoms. In other words, every case of Alzheimer's disease is an example of dementia, but not every type of dementia is caused by Alzheimer's.

There are many resources for individuals with dementia as well as their family members and care givers.

- [www.alzheimer.ca](http://www.alzheimer.ca)
- Rainy River District Alzheimer Society: [807-468-1516](tel:8074681516)

For more information or resources feel free to reach out to one of our pharmacy team members.



Phone: 807-274-3319

email: [rlfnpharmacy@gmail.com](mailto:rlfnpharmacy@gmail.com)





# LANGUAGE PAGE



## KITCHEN TALK

Pot	AKIK
Frying Pan	ABWEWIN
Stove	GISHAABIKZIGAN
Fridge	DAKISGAN
Table	ADOOPOWINAAK
Chair	DESABIWIN
Cook	JIIBAAKWE
Eat	WIISINI
Drink	MINIKWE (WAG)



# Back to School Word Search



V	P	L	A	Y	G	R	O	U	N	D
R	E	A	E	I	N	G	T	P	U	O
T	N	F	M	Y	M	G	B	F	K	P
E	C	R	C	P	A	G	L	O	F	A
A	I	Y	E	L	T	B	O	U	D	P
C	L	U	N	C	H	B	O	X	E	E
H	C	R	U	L	E	R	U	O	S	R
E	F	P	P	T	K	S	R	J	K	A
R	I	X	O	J	G	U	S	V	E	S
J	Q	N	W	R	I	Y	I	N	G	E
S	T	U	D	E	N	T	U	X	S	R

books  
desk  
eraser  
glue

lunchbox  
math  
notebook  
paper

pencil  
playground  
reading  
recess

ruler  
student  
teacher  
writing





# CLOSING PAGE

**NOTICE**  
**GHAC WILL BE CLOSED:**  
**MONDAY, SEPTEMBER 6, 2021 FOR LABOUR DAY**  
**HOLIDAY.**  
**THE OFFICE WILL RESUME REGULAR HOURS THE**  
**FOLLOWING DAY.**

To keep up to date with our most recent activities, be sure to check out the Gizhewaadiziwin Health Access Centre Facebook page.



## GHAC MONTHLY NEWSLETTER

*If you would like to subscribe to GHAC News, contact Tracy DeGagne at Gizhewaadiziwin Health Access Centre.*

**Email:** [tdegagne@gizhac.com](mailto:tdegagne@gizhac.com)

**Phone:** (807) 274-3131

