

GHAC NEWSLETTER

Gizhewaadiziwin Health Access Centre

DECEMBER 2021

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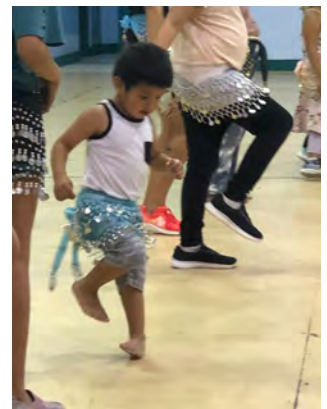
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COMMUNITY ZUMBA

ONIGAMING

Health Educator Christa went to Onigaming to teach Zumba on Tuesday evenings for the months of October and November. It was so much fun for all ages. The little ones kept saying "when are you coming back".



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.

DECEMBER COMMUNITY VISITS

NURSE PRACTITIONER SCHEDULE:

Big Grassy: Dec 1

Mitaanjigaming: Dec 2

Rainy River First Nations: Dec 7

Nigigoonsiminikaaning: Dec 8

Naicatchewenin: Dec 9

Lac La Croix: Dec 15

Onigaming: Dec 16

DIETICIAN AND DIABETES EDUCATOR'S SCHEDULE:

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



TRADITIONAL HEALING

Natural Medicine Clinic
January 18th, 19th, and 20th,
2022

Gizhewaadiziwin Health Access
Centre (Clinic takes place @ Nanicost Gym)
Covid-19 Screening Procedures will be followed.

Kathy Bird and Carla Bird

For an appointment, please contact: Pamela Johnson, Gary
Councillor or MaryJane Kewakundo @ 274-3131
(Asema and Gifts are required)



5 STEPS TO CLEAN HANDS



Wet your hands
under running
water



Put soap
on your hands



Wash your hands
for 20 seconds,
including your fingers,
under the nails and
the top of your hands



Rinse your hands
with water



Dry your hands



10 WAYS TO DE-STRESS **** *this* **** HOLIDAY SEASON

Discovering ways to unwind and find your calm during this busy time of year can be challenging. So, we've compiled a list of 10 ways to de-stress this holiday season. Try one or all of them!

Take a 15 minute nap

According to the National Sleep Foundation¹, short naps can help reduce tension. Shoot to get 10-15 minutes of shut-eye between 1 p.m. and 3 p.m. when your body's blood sugar usually starts to dip.

Get Outside

Research indicates getting outside and connecting with nature may help decrease cortisol and heart rate levels.⁴ If you're feeling overwhelmed, take a few minutes to step outside and take a breather, weather permitting.

Take a break from social media

Recent research found that active social media users who took a five-day break from Facebook had lower levels of the stress hormone cortisol in their body.⁶

Fit in some exercise

Getting your heart pumping can not only help you unwind, but it may also improve your mood.⁵ Lace up those sneakers and hit the trail for a quick 30-minute walk!

Start a new tradition

If you feel bound to a certain tradition (like making three dozen cookies) that no longer serves your health goals, switch it up! Try crafting or decorating the house as a family instead.

Savor a warm cup of tea

Different studies have shown that tea (specifically black and green) may reduce stress levels.^{2,3} Our holiday favorites include peppermint and chai.

Take something off your plate

While it can be easy to accept every invitation you receive to holiday parties and family get-togethers, remember, it's okay to say no! Take one thing off your plate this month by politely declining.

Do something for yourself

The holiday season is all about giving, but that doesn't mean you should neglect yourself! Take 10 minutes today to do something for you—whether that be reading a book, taking a bath or simply basking in some peace and quiet.

Have a good laugh

According to the Mayo Clinic, enjoying a hearty laugh could help you de-stress.⁵ So play a game with your kids or tell a silly joke to your friend!

Listen to some holiday tunes

Increasing evidence indicates listening to music is more than just an enjoyable past time, it may help reduce stress levels.⁷



1. <https://www.sleep.org/articles/napping-health-benefits/>

2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5537891/>

3. <https://www.ucl.ac.uk/media/library/tea>

4. <https://www.ncbi.nlm.nih.gov/pubmed/21996763>

5. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

6. <https://www.tandfonline.com/doi/abs/10.1080/00224545.2018.1453467?journalCode=vsoc20>

7. <https://www.apa.org/monitor/2013/11/music.aspx>

8. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>



HEALTHY LIVING FOOD BOX PROGRAM

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

WEDNESDAY, DECEMBER 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, DECEMBER 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**



Rainy Lake First Nations Pharmacy

Holiday Hours

Thursday December 23rd – 8:30-4:30pm

Friday December 24th – CLOSED

Saturday December 25th - CLOSED

Sunday December 26th – CLOSED

Monday December 27th - CLOSED

Tuesday December 28th – 8:30-4:30pm

Wednesday December 29th -8:30-4:30pm

Thursday December 30th – 8:30-4:30pm

Friday December 31st - CLOSED

Saturday January 1ST – CLOSED

Sunday January 2nd -CLOSED

Monday January 3rd -8:30-4:30pm

**Wishing Everyone a Very Happy and Healthy
Holiday and New Year!**



We are pleased to present:

SHARING CIRCLE

Learn to bead a
Red Dress!

& Beading Session

Every Friday for four weeks!

Beginning November 19th, 2021 from 6:00 - 8:00 P.M.

Light supper provided

Location: Gizhewaadiziwin Health Access Centre

Each circle will open with a survivor-led story followed by a beading session. All beading supplies and snacks will be provided. Registration open to 10 participants. Oath of confidentiality required.



Sharing Circle Topics Include: Human Trafficking,
Domestic Violence, Sexual Violence and Harassment

Zoom Link will be available for those unable to attend in-person



Gizhewaadiziwin
Health Access Centre

To register contact:

Jody Smith - (807) 407-8719 | jody.smith@t3ps.ca

or

Pam Johnson - (807) 274-3131 | pjohnson@gizhac.com



HUMAN TRAFFICKING INDICATORS

Not all the indicators listed below are present in all situations involving trafficking in humans. Although the presence or absence of any of the indicators neither proves nor disproves that human trafficking is taking place, their presence should lead to investigation.

Victims of trafficking in humans can be found in a variety of situations. You can play a role in identifying such victims.



HUMAN TRAFFICKING INDICATORS

For additional information about Trafficking in Persons and the United Nations Office on Drugs and Crime, including our publications, please visit our website: www.unodc.org

GENERAL INDICATORS

People who have been trafficked may:

- Believe that they must work against their will
- Be unable to leave their work environment
- Show signs that their movements are being controlled
- Feel that they cannot leave
- Show fear or anxiety
- Be subjected to violence or threats of violence against themselves or against their family members and loved ones
- Suffer injuries that appear to be the result of an assault
- Suffer injuries or impairments typical of certain jobs or control measures
- Suffer injuries that appear to be the result of the application of control measures
- Be distrustful of the authorities
- Be threatened with being handed over to the authorities
- Be afraid of revealing their immigration status
- Not be in possession of their passports or other travel or identity documents, as those documents are being held by someone else
- Have false identity or travel documents
- Be found in or connected to a type of location likely to be used for exploiting people
- Be unfamiliar with the local language
- Not know their home or work address
- Allow others to speak for them when addressed directly
- Act as if they were instructed by someone else
- Be forced to work under certain conditions
- Be disciplined through punishment
- Be unable to negotiate working conditions
- Receive little or no payment
- Have no access to their earnings
- Work excessively long hours over long periods
- Not have any days off
- Live in poor or substandard accommodations
- Have no access to medical care
- Have limited or no social interaction
- Have limited contact with their families or with people outside of their immediate environment
- Be unable to communicate freely with others
- Be under the perception that they are bonded by debt
- Be in a situation of dependence
- Come from a place known to be a source of human trafficking
- Have had the fees for their transport to the country of destination paid for by facilitators, whom they must pay back by working or providing services in the destination
- Have acted on the basis of false promises

CHILDREN

Children who have been trafficked may:

- Have no access to their parents or guardians
- Look intimidated and behave in a way that does not correspond with behaviour typical of children their age
- Have no friends of their own age outside of work
- Have no access to education
- Have no time for playing
- Live apart from other children and in substandard accommodations
- Eat apart from other members of the "family"
- Be given only leftovers to eat
- Be engaged in work that is not suitable for children
- Travel unaccompanied by adults
- Travel in groups with persons who are not relatives

The following might also indicate that children have been trafficked:

- The presence of child-sized clothing typically worn for doing manual or sex work
- The presence of toys, beds and children's clothing in inappropriate places such as brothels and factories
- The claim made by an adult that he or she has "found" an unaccompanied child
- The finding of unaccompanied children carrying telephone numbers for calling taxis
- The discovery of cases involving illegal adoption

DOMESTIC SERVITUDE

People who have been trafficked for the purpose of domestic servitude may:

- Live with a family
- Not eat with the rest of the family
- Have no private space
- Sleep in a shared or inappropriate space
- Be reported missing by their employer even though they are still living in their employer's house
- Never or rarely leave the house for social reasons
- Never leave the house without their employer
- Be given only leftovers to eat
- Be subjected to insults, abuse, threats or violence

HUMAN TRAFFICKING INDICATORS

SEXUAL EXPLOITATION

People who have been trafficked for the purpose of sexual exploitation may:

- Be of any age, although the age may vary according to the location and the market
- Move from one brothel to the next or work in various locations
- Be escorted whenever they go to and return from work and other outside activities
- Have tattoos or other marks indicating "ownership" by their exploiters
- Work long hours or have few if any days off
- Sleep where they work
- Live or travel in a group, sometimes with other women who do not speak the same language
- Have very few items of clothing
- Have clothes that are mostly the kind typically worn for doing sex work
- Only know how to say sex-related words in the local language or in the language of the client group
- Have no cash of their own
- Be unable to show an identity document

The following might also indicate that people have been trafficked for sexual exploitation:

- There is evidence that suspected victims have had unprotected and/or violent sex.
- There is evidence that suspected victims cannot refuse unprotected and/or violent sex.
- There is evidence that a person has been bought and sold.
- There is evidence that groups of women are under the control of others.
- Advertisements are placed for brothels or similar places offering the services of women of a particular ethnicity or nationality.
- It is reported that sex workers provide services to a clientele of a particular ethnicity or nationality.
- It is reported by clients that sex workers do not smile.

LABOUR EXPLOITATION

People who have been trafficked for the purpose of labour exploitation are typically made to work in sectors such as the following: agriculture, construction, entertainment, service industry and manufacturing (in sweatshops).

People who have been trafficked for labour exploitation may:

- Live in groups in the same place where they work and leave those premises infrequently, if at all
- Live in degraded, unsuitable places, such as in agricultural or industrial buildings
- Not be dressed adequately for the work they do: for example, they may lack protective equipment or warm clothing
- Be given only leftovers to eat
- Have no access to their earnings
- Have no labour contract
- Work excessively long hours
- Depend on their employer for a number of services, including work, transportation and accommodation

- Have no choice of accommodation
- Never leave the work premises without their employer
- Be unable to move freely
- Be subject to security measures designed to keep them on the work premises
- Be disciplined through fines
- Be subjected to insults, abuse, threats or violence
- Lack basic training and professional licences

The following might also indicate that people have been trafficked for labour exploitation:

- Notices have been posted in languages other than the local language.
- There are no health and safety notices.
- The employer or manager is unable to show the documents required for employing workers from other countries.
- The employer or manager is unable to show records of wages paid to workers.
- The health and safety equipment is of poor quality or is missing.
- Equipment is designed or has been modified so that it can be operated by children.
- There is evidence that labour laws are being breached.
- There is evidence that workers must pay for tools, food or accommodation or that those costs are being deducted from their wages.

BEGGING AND PETTY CRIME

People who have been trafficked for the purpose of begging or committing petty crimes may:

- Be children, elderly persons or disabled migrants who tend to beg in public places and on public transport
- Be children carrying and/or selling illicit drugs
- Have physical impairments that appear to be the result of mutilation
- Be children of the same nationality or ethnicity who move in large groups with only a few adults
- Be unaccompanied minors who have been "found" by an adult of the same nationality or ethnicity
- Move in groups while travelling on public transport: for example, they may walk up and down the length of trains
- Participate in the activities of organized criminal gangs
- Be part of large groups of children who have the same adult guardian
- Be punished if they do not collect or steal enough
- Live with members of their gang
- Travel with members of their gang to the country of destination
- Live, as gang members, with adults who are not their parents
- Move daily in large groups and over considerable distances

The following might also indicate that people have been trafficked for begging or for committing petty crimes:

- New forms of gang-related crime appear.
- There is evidence that the group of suspected victims has moved, over a period of time, through a number of countries.
- There is evidence that suspected victims have been involved in begging or in committing petty crimes in another country.

For additional information about the Global Initiative to Fight Human Trafficking please visit www.ungift.org



UN.GIFT
Global Initiative to
Fight Human Trafficking

HUMAN TRAFFICKING

A CRIME THAT SHAMES US ALL

Human Trafficking Crisis Line 1-833-999-9211

MMIWG Crisis Counselling Line: 1-844-413-6649

Crisis Response/Fort Frances Tribal Health/Kenora/Rainy
River District 1-866-888-8988

Hope for Wellness Telephone Help Line 1-855-242-3310

Online Chat Counseling Service www.hopeforwellness.ca

Key Things to Know About COVID-19 Vaccines

- Everyone ages 5 years and older is now eligible to get a COVID-19 vaccination.
- COVID-19 vaccines are safe and effective.
- Once you're fully vaccinated, you can resume activities that you did before the pandemic. However, you should wear a mask indoors in public if you are in an area of substantial or high transmission to maximize protection from the Delta variant and to prevent possibly spreading it to others.



What You Need to Know

- Everyone ages 5 and older can get vaccinated against COVID-19. Learn how to find a COVID-19 vaccine.
- COVID-19 vaccines are effective at helping protect against severe disease and death from the virus that causes COVID-19, including known variants currently circulating (e.g., Delta variant).
- The benefits of COVID-19 vaccination outweigh the known and potential risks, which are rare.
- As with other routine vaccines, side effects may occur after vaccination. These are normal and should go away within a few days.
- People who are fully vaccinated can resume many activities they did before the pandemic. However, people should wear a mask indoors in public if they are in an area of substantial or high transmission.
- People who are moderately to severely immunocompromised are recommended to get an additional primary dose of an mRNA COVID-19 vaccine (i.e., Pfizer-BioNTech or Moderna).
- Certain groups of people are recommended to get a COVID-19 booster shot.
- Unlike many medications, COVID-19 vaccine dosage does not vary by patient weight but by age on the day of vaccination.
- People can get a COVID-19 vaccine and other vaccines, including flu vaccine, at the same time.

Considerations for use of a COVID - 19 Vaccine Booster Dose

Recommendations for use of a single COVID-19 booster dose after completion of a primary series can be found in the Overview of COVID-19 vaccine recommendations and are summarized as follows:

- Recipients of an mRNA primary series (Pfizer-BioNTech or Moderna):
 - o People aged ≥ 50 years and residents aged ≥ 18 years in long-term care settings should receive a single COVID-19 vaccine booster dose (Pfizer-BioNTech, Moderna, or Janssen) ≥ 6 months after completion of their primary mRNA vaccine series
 - o All other persons aged ≥ 18 years may receive a single COVID-19 vaccine booster dose (Pfizer-BioNTech, Moderna, or Janssen) ≥ 6 months after completion of their primary mRNA vaccine series based on their individual benefits and risks.

Booster Shot

CDC recommends that if you received a primary series of an mRNA COVID-19 vaccine (i.e., Pfizer-BioNTech or Moderna) and are 65 years and older, 18 years and older and live in a long-term care setting, or are between the ages of 50 and 64 years and have certain underlying medical conditions, you should receive a single COVID-19 vaccine booster shot at least 6 months after you have completed your primary mRNA vaccine series.

CDC recommends everyone 18 years and older who received a J&J/Janssen COVID-19 vaccine primary dose should also receive a single COVID-19 vaccine booster shot at least 2 months after their primary dose.

If you are 18–64 years old and work or reside in high-risk settings, or if you are ages 18–49 years with certain underlying medical conditions, you may get a booster shot based on your individual risks and benefits.

Learn more about who is eligible for a COVID-19 vaccine booster shot.

If you get a booster shot you have the option to either get the same COVID-19 vaccine product as your primary series, or you can get a different COVID-19 vaccine. You may have a preference for the vaccine type that you originally received, and you may prefer to get a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots (Pfizer-BioNTech, Moderna, or J&J/Janssen). You may consider the benefits and risks of each product and discuss with your healthcare provider which COVID-19 vaccine product is the most appropriate booster for you. Currently, a booster shot is not recommended for children less than 18 years old.

If I didn't get my second shot of a 2-dose COVID-19 vaccine within the recommended time, what should I do?

How long does protection from a COVID-19 vaccine last?

Preparing Children and Teens for Vaccination

The experience of getting a COVID-19 vaccine will be very similar to the experience of getting routine vaccines. Use our tips to support your child before, during, and after routine vaccinations when they get a COVID-19 vaccine.

- Talk to your child before vaccination about what to expect.
- It is not recommended you give pain relievers before vaccination to try to prevent side effects.
- Tell the doctor or nurse about any allergies your child may have.
- To prevent fainting and injuries related to fainting, your child should be seated or lying down during vaccination and for 15 minutes after the vaccine is given.
- After your child's COVID-19 vaccination, you will be asked to stay for 15–30 minutes so your child can be observed in case they have a severe allergic reaction and need immediate treatment.

After Your Child's COVID-19 Vaccination

Possible side effects

Your child may have some side effects, which are normal signs that their body is building protection.

On the arm where your child got the shot:

- Pain
- Redness
- Swelling

Throughout the rest of their body:

- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea



On behalf of the FASD Community Partner
of the Rainy River District Committee



WHAT'S NEW

Please remember to update phone numbers and address along with Health cards at each visit. Miigwech!

If requiring new Health card please visit Service Ontario at 922 Scott Street or Ontario.ca



You will be asked to show your valid health card for each appointment!

Thank You 🙌

Here is what's new around the office. MJ is assisting Robyn in making a ribbon skirt.



Name: _____

Date: _____



CHRISTMAS WORD SEARCH

Circle words in the puzzle below

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

Santa
elves
Rudolph

stocking
tree
star

snow
cookies
present

toys
ornament
sleigh

Name: _____

CHRISTMAS WORD SCRAMBLE

Unscramble the following Christmas words use the back of this paper to write a sentence for each word.



ESG CORO

CIONLARG

ASTR

STESTUNHC

DOHRULP

TNSAA

ENSRMTNOA

SHERDEHP

APPLE PUFF PANCAKE RECIPE

INGREDIENTS:

6 eggs
1 1/2 cup milk
1 tsp vanilla extract
1 cup all purpose flour
3 tbsp sugar
1/2 tsp ground cinnamon
2 tbsp butter
2 apples - peeled, cored & sliced
3 tbsp brown sugar



DIRECTIONS:

Step 1 - Preheat oven to 425F

Step 2 - In large bowl, use an electric mixer to blend eggs, milk and vanilla. Add flour, sugar, salt and cinnamon; mix just until blended, set aside.

Step 3 - Melt butter in a 9 x 9 inch square inch pan. Arrange apple slices in the bottom of the pan, and pour the batter over them. Sprinkle brown sugar over the top

Step 4 - Bake for 20 mins in the preheated oven, or until puffed and lightly browned



LANGUAGE



WHAT IS HAPPENING OUTSIDE?

Gimiwan
Niiskaadad
Animikiikaa
Soogipon
Ningwakwad
Gisinaa
Giizhaate
Noodin
Tapiiwan
Mino-giizhigad
Mino-dibikad

It is raining
It is stormy weather
It is thundering
It is snowing
It is cloudy
It is cold
It is hot
It is windy
It is humid
It is a good day
It is a beautiful night



CLOSING PAGE

NOTICE

**GHAC will be closed: December 23rd till January 3th
For Christmas 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

Phone: (807) 274-3131

