

# G H A C NEWSLETTER FEBRUARY 2022

Gizhewaadiziwin Health Access Centre | 1460 Idylwild Drive | Fort Frances, ON P9A 3M3

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## MEDICINE POUCHES

Our Ojibway Medical Translator and Traditional Healing programs are always collaborating and working together, including for Indigenous craft teachings. Check out pages 4-5 to see what they've been up to!

*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.*



# FEBRUARY COMMUNITY VISITS

## NURSE PRACTITIONER SCHEDULE:

**Seine River:**

**Big Island:**

**Big Grassy:**

**Mitaanjigaming:**

**Rainy River First Nations:**

**Nigigoonsiminikaaning:**

**Naicatchewenin:**

**Lac La Croix:**

**Onigaming:**

**Wednesday, February 2**

**Thursday, February 3**

**Wednesday, February 9**

**Thursday, February 10**

**Tuesday, February 15**

**Wednesday, February 16**

**Thursday, February 17**

**Wednesday, February 23**

**Thursday, February 24**

**If you're in need of an appointment  
with your Dietitian and/or Diabetes  
Educator, please call 274-3131**





# BOOZHOO TO OUR NEW GHAC TEAM MEMBER



## COURTNEY BUCKSHOT

Receptionist/

Administrative Assistant

Boozhoo, Courtney nindizhinikaaz, Couchiching nindoji, name' nindoodem. I am 29 years old, and have a 12-year-old daughter, Gracie. I have lived in Fort Frances, for most of my life. Some activities I enjoy are: the outdoors, golfing, playing Just Dance with my daughter, teaching her how to cook and bake, walking, and completing DIY projects.

I have worked in various administration and social work positions for my community for the last 8 or so years. I have a certificate from Lakehead University for the All-Nations Nurses Entry Program. Recently, I was participating in the Practical Nursing program through Seven Generations, however, I decided to come back to work. I am excited to join the team as an Administrative Assistant/Receptionist, here at Gizhewaadiziwin Health Access Centre. I look forward to seeing familiar faces, and meeting new ones. 😊





# BOOZHOO TO OUR NEW GHAC TEAM MEMBER



**CHRISTIE  
BROWN**  
Indigenous Care  
Coordinator

Boozhoo Akinawiag,

My name is Christie Brown, I am a mother to three beautiful children and granny to a very special little girl. My little family means the world to me, they are my number ones in life. My time is spent very much with my little noozhis Miss Ivy. I am from Lac La Croix First Nation and have lived in Fort Frances for 15 years.

My husband and I decided to make a pit stop in Fort Frances before deciding if we should move all the way to Manitoba. And we never left 15 years later...

I decided to go back to school to obtain my Personal Support Worker diploma, and have worked both in a long term care facility and home care setting. Having worked for Couchiching First Nation for 8 years as a home and community care coordinator/psw I had alot of experience working along side a bunch of amazing nurses who taught me everything they knew. From basic wound care to making sure clients needs were met before getting discharged from hospital. I took a couple years off to explore more about my culture and worked for UNFC. Amazing co workers/place to work. I had seen this job posting and decided to apply. I am forever grateful for this opportunity to be one of your Indigenous Care Coordinators, and excited to join the Gizhewaadiziwin Health Access Centre.

Don't be afraid to come say hello, hi, bonjour, boozhoo.





# RED DRESS PIN - SHARING CIRCLE PROJECT 2021



In partnership with the Treaty Three Police Service – Spirit of Hope Project and Gizhewaadiziwin Health Access Centre, a 4-week Red Dress Pin – Sharing Circle was put on for 10 participants from our local area. This partnership was created to bring awareness on human trafficking, sexual violence, and domestic violence while providing an opportunity for sharing in a safe place. Also, to teach beading as a healing tool while recovering from trauma, depression, and grief.

The group met every Friday from 6 to 8 pm at the Health Access Centre to work on the Red Dress Pin and to listen to speakers before having sharing circles. Traditional protocols were followed and the project was opened and blessed by our elder Doris Caribou.

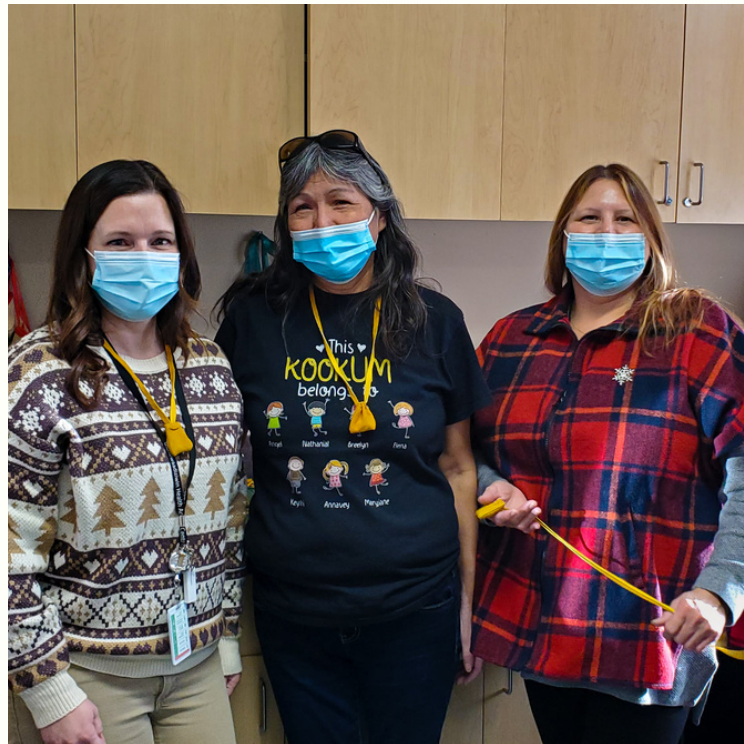
The project coordinators consisted of Jody Smith – Spirit of Hope Coordinator at Treaty Three Police Service, Pamela Johnson – Traditional Healing Coordinator at Gizhewaadiziwin, and Mary Jane Kewakundo – Medical Translator at Gizhewaadiziwin.

We would like to say Miigwech to our Beading Teacher Tracy Kabatay of Seine River First Nation for all of her help and support throughout this initiative. She is a patient teacher and she is very knowledgeable in beading. Miigwech again Tracy, we could not have done this without your support.

We would also like to say Miigwech to our speakers for sharing their stories with us and for allowing us to reflect. We would like to say Miigwech to the participants for their commitment to the project and for showing your bravery, strength, resilience, and for sharing your stories. In the Spirit of Hope: Many Many Miigwech's.







FILM NEGATIVE

You may have seen some of our staff wearing these.

They're Medicine Pouches our Ojibway Medical Translator, MJ Kewakundo, led interested staff in making.



FILM NEGATIVE

These Medicine Pouches were blessed by an Elder and they carry "Heaven's Medicine".

FILM NEGATIVE







## HER HEART MATTERS

WEAR RED CANADA • FEB 13

### HEART DISEASE IS ON THE RISE. IT'S THE LEADING CAUSE OF DEATH FOR WOMEN WORLDWIDE.



HEART ATTACK SYMPTOMS ARE NOT RECOGNIZED IN OVER 50% OF WOMEN.



CAUSES OF HEART DISEASE CAN BE DIFFERENT FOR WOMEN THAN MEN.



WOMEN CAN BE AT GREATER RISK FOR HEART DISEASE THAN MEN.



THERE IS A LOT WE CAN ALL DO TO HELP REDUCE THE RISK. HEART DISEASE IS LARGELY PREVENTABLE.



TO TAKE CARE OF OTHERS, YOU NEED TO FIRST TAKE CARE OF YOURSELF. START THE CONVERSATION WITH THE WOMEN IN YOUR LIFE.

### SYMPTOMS OF HEART ATTACK MOST OFTEN REPORTED BY WOMEN:

- Chest pain or discomfort
- Pain in the jaw, neck, arm or back
- Abnormal excessive sweating
- Shortness of breath
- Stomach pain or discomfort, or feelings of nausea or indigestion

### OTHER ACCOMPANYING OR ASSOCIATED SYMPTOMS:

- Unusual weakness or fatigue
- Back, shoulder or right arm pain
- Sleep disturbance
- Dizziness or light-headedness
- Fast or irregular heartbeat

### THE FOLLOWING CONDITIONS LEAD TO A GREATER RISK OF HEART DISEASE:

#### CERTAIN PREGNANCY COMPLICATIONS

ex. premature birth, gestational diabetes or hypertension, preeclampsia

#### EARLIER MENOPAUSE

Before age 40

#### POLYCYSTIC OVARY SYNDROME

Also referred to as PCOS

#### SYSTEMIC INFLAMMATORY AND AUTOIMMUNE DISORDERS

ex. rheumatoid arthritis, lupus

#### CIGARETTE SMOKING

Women have 3x higher risk of heart attack due to cigarette smoking compared to men

#### DIABETES MELLITUS

Women living with diabetes are 3x more likely to die from heart disease compared to men

### HEART DISEASE IS LARGELY PREVENTABLE. TO REDUCE THE RISK:



Be active,  
keep moving



Eat a variety of  
healthy foods



Manage stress



Live free from  
commercial tobacco  
and vaping



Limit alcohol



Get regular checkups  
(blood sugar, BP,  
cholesterol)

Find more info at [WearRedCanada.ca](http://WearRedCanada.ca)





# 6 reasons to go dry this February

## WITH TEAM GHAC

### 1. You'll help people affected by cancer

Going dry this February is a win-win situation. Your decision to go alcohol-free will kick-start your healthy lifestyle AND support people living with cancer across Canada. Signing up for Dry Feb gives you the incredibly rewarding experience of fundraising for the Canadian Cancer Society to support game-changing cancer research and compassionate support services, like transportation to appointments or wigs for individuals who have undergone cancer treatment. When you participate in Dry Feb, you help ensure that no Canadian has to face cancer alone.



### 2. You'll challenge yourself in a whole new way – and you can do it with friends and family!

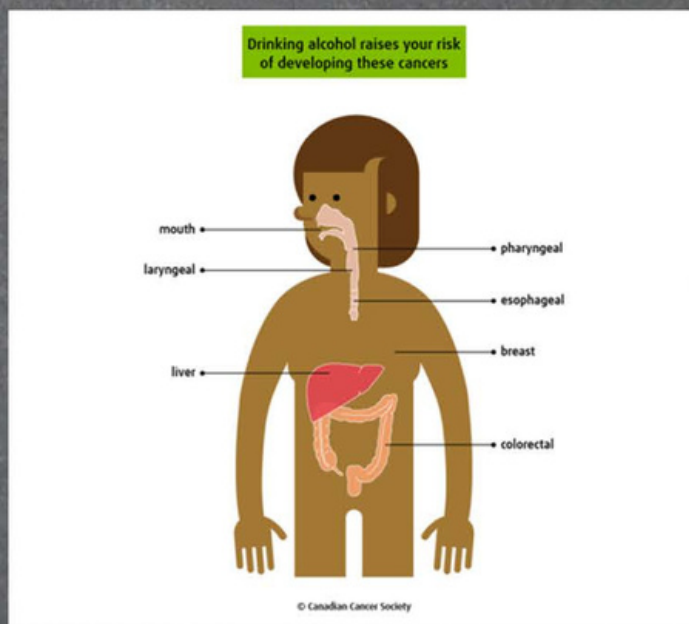
Dry Feb gives you a great opportunity to set new goals for yourself. Plus, you can create teams, which allows you to join forces with family and friends to work together towards a common goal. Never mind the sense of achievement you'll feel when you're on the path toward healthy change!

### 3. You could reduce your risk of cancer.

The truth is unsettling, but it's a fact: drinking any type of alcohol can increase your risk of mouth, pharyngeal, laryngeal, esophageal, breast, liver and colorectal cancer.

Drinking about 3.5 drinks a day doubles or even triples your risk of developing cancer of the mouth, pharynx, larynx and esophagus. Drinking about 3.5 drinks a day increases your risk of developing colorectal cancer and breast cancer by 1.5 times.

But the good news is, cutting your consumption of alcohol can reduce this risk and lead to overall healthy changes.



[www.dryfeb.ca](http://www.dryfeb.ca)



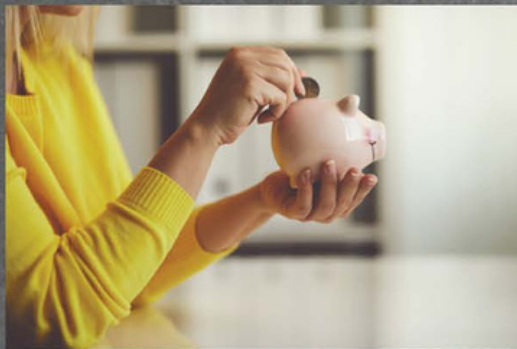


# 6 reasons to go dry this February

## WITH TEAM GHAC

4. You'll experience other healthy changes too! Like what?

Well, curbing your alcohol intake can lead to health benefits galore – both mentally and physically! Each year participants in Dry Feb report back with amazing results, like better sleeping, increased energy levels and even weight loss.



5. Not only will you improve your health, you'll improve the health of your bank account, too! Yes, drinking is social and generally associated with a good time, but frequent visits to the liquor store and the pub is no fun for your bank account. Test out no booze for one month and you'll save plenty of cash to keep your social life buzzing and your bank account liquid.

6. You could win amazing prizes!\*

When you fundraise for Dry Feb in support of the Canadian Cancer Society, you have the opportunity to win some legendary prizes for each fundraising level you hit.

Simply raise \$50 to get the ball rolling, and you never know – you could be a lucky winner! Some of our major prizes include Apple iPads, Smart TVs and a KitchenAid® Blender!

So while you may be giving something up for the month of February, you might also be on the receiving end as well! Check out all the prizing here.

\*Open to age of majority residents of Canada (excluding Quebec)

Gizhewaadiziwin Health Access Centre is also providing a number of prizes for those registered on TEAM GHAC.



**Gizhewaadiziwin**

Health Access Centre

[www.dryfeb.ca](http://www.dryfeb.ca)

*Dry Feb is a fundraising campaign aimed at challenging social drinkers to change their habits for a month and make some healthy lifestyle changes. We would encourage people to drink responsibly and stick to the recommended daily guidelines for the rest of the year. We advise heavy drinkers or people dependent on alcohol to speak with their doctor before signing up to Dry Feb.*





# FAMILY DAY IDEAS

**Family Day is Monday, February 21st!**

**For those of you spending the day with your family, here are some ideas for activities you can do together:**

## INDOOR ACTIVITIES

- DO A PUZZLE
- DO CRAFTING
- FACETIME WITH RELATIVES YOU MISS
- BUILD A FORT
- BOARD GAMES
- MAKE A MEAL OR BAKE TOGETHER - DON'T BE AFRAID TO GET MESSY. MAYBE TRY A FANCY CAKE?
- WRITE TO THE ELDERLY IN LONG TERM CARE HOMES
- HAVE A PYJAMA DAY
- HOST AN INDOOR PICNIC
- HAVE A PAPER AIRPLANE CONTEST
- INDOOR SCAVENGER HUNT

## OUTDOOR ACTIVITIES

- VISIT A PARK
- GO FOR A FAMILY HIKE
- ICE FISHING
- GO ICE SKATING
- GO SLIDING - MAKE SURE TO BRING HOT CHOCOLATE
- GO SNOWSHOEING
- HAVE A SNOWBALL FIGHT
- MAKE A SNOWMAN
- GATHER FIREWOOD AND MAKE A FIRE
- BE A GOOD SAMARITAN AND HELP SHOVEL PEOPLES DRIVEWAYS
- OUTDOOR SCAVENGER HUNT





# ANISHINAABEMOWIN

The Ojibway Language



February

It is Valentine's Day

You are my friend

You are kind

I like you

I love you

I love my mother

I love my father

Migiziwi giizis

Zaagi'iwe giizhigad

Giin niwiiijiwaagan

Gi gzhewaadiz

Gizminwenimin

Gi zhawenimin

Nimaamaa ni zhawenimaa

Nindede ni zhawenimaa







# HEALTHY LIVING FOOD BOX PROGRAM

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

**WEDNESDAY, FEBRUARY 2, 2022**

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, FEBRUARY 16, 2022**

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**





# Why do some women drink alcohol during pregnancy?

## Information for Service Providers

It's safest not to drink alcohol during pregnancy, yet 11% of Canadian women continue to drink after learning they're pregnant. Many service providers struggle to understand why some women drink during pregnancy.

## 6 Reasons Women May Drink During Pregnancy

### 1. Women are unaware they are pregnant.

Approximately 50% of pregnancies are unplanned. Most women will stop drinking when they learn they are pregnant. It's important to have conversations with women about alcohol use before they become pregnant.

### 2. Women are unaware of the extent of damage alcohol can cause the fetus.

While Fetal Alcohol Spectrum Disorder (FASD) is the leading known cause of developmental disability, the range of harms of alcohol during pregnancy is still debated in the media and science has yet to determine all the factors that affect how alcohol can affect a developing fetus.

### 3. Women underestimate the harms alcohol consumption can cause because they know other women who drank during pregnancy and their children appear healthy.

While many women are aware of the possible harms of alcohol, tobacco and other drugs, the effects can be varied, invisible and only apparent years down the road.

### 4. Alcohol use is the norm in their social group, so abstaining may be difficult.

For some women, it can be hard to abstain when it's expected that they drink, especially if people don't yet know they are pregnant. Alcohol use is often an integral part of business networking, socializing and relationships.

### 5. Women may be using alcohol to cope with difficult life situations such as violence, depression, poverty or isolation.

Many women can find it difficult to stop drinking when their life circumstances remain challenging during pregnancy or if they have few alternatives for finding support and treatment.

### 6. Women may struggle with alcohol addiction.

Addiction spans all segments of society and can be a concern long before pregnancy. In some cases, pregnancy can be an opportunity to address addiction issues, but in other cases, harm reduction approaches should be considered until a woman is ready to address her addiction.

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#### References

1. Cisneros, M., et al., Preventing fetal alcohol spectrum disorders: the role of protection motivation theory. *Health Marketing Quarterly*, 2010; 27(1): p. 66-96.
2. Skogenstrom, J., O. Chang, and P. Nilsson, Predictors of Drinking During Pregnancy: A Systematic Review. *Journal of Women's Health* (15409996), 2011; 20(6): p. 901-913.
3. Walker, M., Al-Saleh, P., Islam, F., & Tamim, R. (2011). The epidemiology of alcohol utilization during pregnancy: an analysis of the Canadian Maternity Experiences Survey (MES). *BMC Pregnancy and Childbirth*, 11(1), 62. doi:10.1186/1471-2333-11-62



## The Prevention Conversation

It's time to talk about alcohol and pregnancy





# Alcohol, Contraception and Preconception

Information for Service Providers

Most FASD prevention efforts focus on **avoiding alcohol use during pregnancy**, but another option is to **prevent pregnancy during alcohol use**. Service providers can work toward ensuring effective and accessible contraception for all women who drink alcohol during their childbearing years and can address alcohol use with women who are considering or planning a pregnancy.

## Strategies for Reducing Alcohol-Exposed Pregnancies

1

Reducing alcohol use

2

Increasing use of effective contraception

3

Both reducing alcohol use and increasing use of effective contraception

## Alcohol Use and Unintended Pregnancies

**50%** Approximately one half of all pregnancies are unintended. The highest rate of unintended pregnancy occurs in the age group at highest risk of binge drinking (ages 15 to 19)

**62%** Percentage of women who report drinking alcohol in the three months prior to pregnancy

**11%** Percentage of women who report binge drinking before knowing they were pregnant

## Preconception Care: Helping Women Prepare for Pregnancy

While 50% of pregnancies are unplanned, this means that 50% of pregnancies are planned. Service providers can help women to consider:

- What are the reasons I choose to drink?
- In what ways is alcohol a part of my life?
- How would I feel about not drinking at all at the next party I'm invited to?
- Do I associate drinking with smoking, eating, watching TV or other activities?

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### References

1. Ahmed R, et al (2008). Canadian Addiction Survey (CAS): focus on gender. Health Canada-Ottawa.
2. BestStart Resource Centre (2011). Is there a baby in your future - plan for it. Health Centre for Pregnancy and Newborns. Available from: <http://beststart.org/resources/preconception/index.htm>
3. K. Singh S, Vaughan R, Tussell J, Barriere A (2008). Estimates of contraceptive failure from the 2002 National Survey of Family Growth. Contraception, 77:10-21.
4. National Institute on Alcohol Abuse and Alcoholism. 'Alcohol and Harmless'. In Alcohol Use and Abuse. 2010.
5. Public Health Agency of Canada. (2006). Make every mother and child count. Report on maternal and child health in Canada. Available at: <http://publichealth.gc.ca/health/canada/children/12-6-10-2006.pdf>
6. Tinsley J, et al. Does moderate alcohol consumption affect fertility? Follow up study among couples planning first pregnancy. BMJ, 1999; 317:7157; p. 606-610.
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## Can alcohol use affect fertility?

Emerging research suggests that alcohol use can have both short- and long-term effects on fertility.

- Light drinking (1-5 drinks a week) can reduce a woman's chances of conceiving
- Long-term heavy drinking can cause adult women to have irregular periods or stop ovulating, cause periods to stop altogether or lead to early menopause
- Heavy drinkers who become pregnant are more likely to have miscarriages
- Heavy drinking or binge drinking can lead to vomiting and reduce the effectiveness of birth control pills (emergency contraception is an option)



## The Prevention Conversation

It's time to talk about alcohol and pregnancy





# RECIPE OF THE MONTH

## Mixed Berry Sundaes for Two

### INGREDIENTS:

1/4 cup halved fresh strawberries  
1/4 cup fresh raspberries,  
blueberries and blackberries  
3 tsp honey  
1/2 cup fat-free plain Greek  
yogurt  
2 tbsp pomegranate juice  
2 tbsp chopped walnuts, toasted



### DIRECTIONS:

1. In a small bowl, combine berries and 1 tsp honey.
2. Spoon berries into 2 dessert dishes.
3. Combine the yogurt, pomegranate juice and remaining honey. Spoon over berries.
4. Sprinkle with walnuts.





# GHAC MONTHLY NEWSLETTER

**The Health Access Centre will be closed  
Monday, February 21st for Family Day  
Regular hours will resume  
Tuesday, February 22nd**



**Are you following us on our social media channels?**

**We're on Facebook as GIZHAC**

**[www.facebook.com/Gizhac](http://www.facebook.com/Gizhac)**

**We're on Instagram as GIZHAC**

**[www.instagram.com/GIZHAC](http://www.instagram.com/GIZHAC)**

**We're on LinkedIn as Gizhewaadiziwin Health Access Centre**

**[www.linkedin.com/company/6807760](http://www.linkedin.com/company/6807760)**

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

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

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

