

# GHAC NEWSLETTER

Gizhewaadiziwin Health Access Centre

JANUARY 2022

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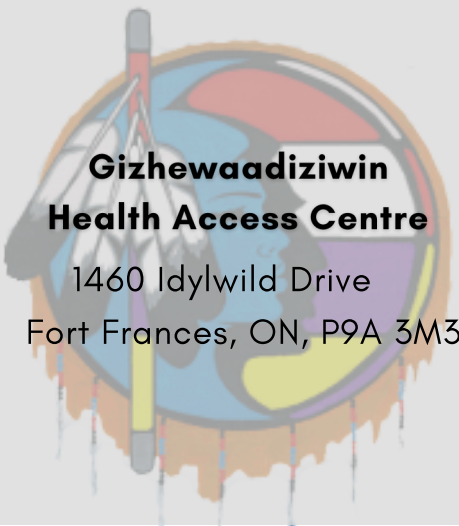
## GHAC CHRISTMAS PARTY

After another year of working through a pandemic, our hardworking health care staff of Gizhewaadiziwin Health Access Centre enjoyed a much-needed joyful evening of games, dinner and socialization. As is evident from the staff photo, plaid was the theme of the night.

*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.*

**Gizhewaadiziwin  
Health Access Centre**

1460 Idylwild Drive  
Fort Frances, ON, P9A 3M3



# JANUARY COMMUNITY VISITS

## NURSE PRACTITIONER SCHEDULE:

**Rainy River First Nations: January 18**

**Naicatchewenin: January 20**

**Seine River: January 5**

**Lac La Croix: January 26**

**Big Grassy: January 12**

**Onigaming: January 27**

**Mitaanjigaming: January 13**

**Big Island: January 6**

**Nigigoonsiminikaaning: January 19**

## DIETITIAN AND DIABETES EDUCATOR'S SCHEDULE:

**If you require information or need to talk to a Dietitian or Diabetes Educator, please call 274-3131**

**\*dates subject to change**

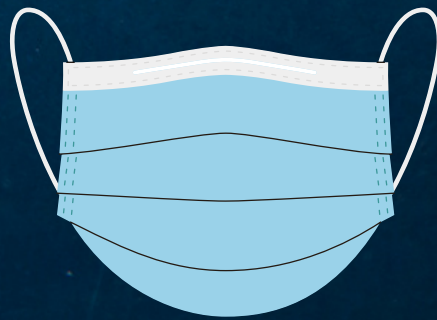


# APPOINTMENT REMINDERS



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

**Your Ontario Health Card can be renewed online at [www.ontario.ca/page/health-card-renewal](http://www.ontario.ca/page/health-card-renewal) or by visiting Service Ontario at 922 Scott Street.**



**To protect our staff and clients, all those that enter the facility must wear a mask as well as successfully pass the COVID-19 screening tool.**





# STAFF UPDATE



Hi Everyone! I'm Chelsea Greig, I'm a 35 year old from Kenora, and as of November 29th I'm the new Executive Assistant at Gizhewaadiziwin Health Access Centre. In 2019 my husband, son and I relocated to Fort Frances and have really enjoyed living in this beautiful town. In 2011 I completed my Office Administration Certificate from Confederation College and started working at a medical clinic. I fell in love with health and have even taken some health-related college courses. I've worked many different departments in the field including medical records, nursing support, statistics, and marketing. Though I've never taught in person, I'm a Registered Yoga Teacher. In my free time I enjoy hiking, curling and woodcarving. I'm very excited to be part of the GHAC team and am looking forward to my future here.

## TREE LIGHTING

Monday, December 13th two trees were placed outside and lighted; the first had red lights and red ribbons in honour of the Missing and Murdered Indigenous Women and Girls, and the second had



orange lights and orange ribbons in honour of the all the children who attended residential schools.

After the tree lightings, staff benefited from Anishinaabe teachings including teachings on smudging and ribbon skirts.





# STAFF CHRISTMAS FUN

The Aboriginal Health Education Team put on a week of fun all the Gizhewaadiziwin staff were invited to take part in. Events included Door Decorating, Ugly Christmas Sweater Day, 5 Days of Fitmas, Christmas Trivia, Secret Santa, and a Potluck.









# GHAC CHRISTMAS PARTY





# TURKEY CHILI

## INGREDIENTS:

2 teaspoons olive oil  
1 yellow onion, chopped  
3 garlic cloves, minced  
1 medium red bell pepper, chopped  
1 pound extra lean ground turkey or chicken  
4 tablespoons chili powder  
2 teaspoons ground cumin  
1 teaspoon dried oregano  
1/4 teaspoon cayenne pepper  
1/2 teaspoon salt, plus more to taste  
1 (28-ounce) can diced tomatoes or crushed tomatoes  
1 1/4 cups chicken broth  
2 (15 oz) cans dark red kidney beans, rinsed and drained  
1 (15 oz) can sweet corn, rinsed and drained



## DIRECTIONS:

Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently.

Add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.

Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary.

Garnish with anything you'd like. Makes 6 servings, about 1 1/2 cups each.



# LANGUAGE PAGE



## IN THE WINTER

It's extremely cold

GICHI-GISINAA

It is snowing

ZOOGIPON

It is too cold to go outside

MIIWAJI

Warms up at the stove or fire

ABIZO

It is snowing rabbits (very large  
flakes of snow are falling)

WAABOOZWAAGONAGAA

Skates

ZHOOSHKWAADA'E

Slides down a hill

ZHOOSHKWAJIWE

Dresses warmly

GIIZHOO'O





# COVID-19 TRAVEL Q&A

From the World Health Organization

## SHOULD I TRAVEL?

If you are in a high-risk group for severe COVID-19 but have not been fully vaccinated and do not have immunity from a recent previous COVID-19 infection, consider postponing travel to areas where COVID-19 is widespread.

People in high-risk groups – including those over the age of 60, those with chronic illnesses, and those with underlying health conditions – face increased risk of severe illness and death from COVID-19. Pay close attention to the COVID-19 situation at your destination, and follow border entry requirements, which may include testing or quarantine.

In areas with high COVID-19 transmission rates, you may be at increased risk of COVID-19 infection. It's important to know your health status and the risks of COVID-19 at your destination as you plan.

The rules for travel depend on where your trip originates and your destination. Follow travel advisories issued by both the country of origin and of destination.

## WHAT PRECAUTIONS SHOULD I TAKE DURING TRAVEL?

Wherever you are, follow COVID-19 prevention measures, such as wearing a mask, washing hands frequently, maintaining physical distance of at least 1 metre, and avoiding crowded or poorly ventilated places and settings whenever possible.

Traveling may place you in areas that are closed, confined, or crowded (the three Cs), which puts you at a higher risk of being exposed to the virus that causes COVID-19. Whenever possible, stay in open, well-ventilated settings. While travelling, practice prevention measures even if you are fully vaccinated against COVID-19.

Be sure to follow COVID-19 travel policies and rules required by venues, transport operators and travel hubs such as airports, bus terminals, and train stations. Know before you go.

## WHO SHOULD NOT TRAVEL?

People with symptoms of COVID-19 – including fever, cough, or shortness of breath – should not travel. If you are showing symptoms of COVID-19, stay home and isolate yourself away from other people. If you have been around someone who has been diagnosed with COVID-19, isolate yourself, follow the guidance of local authorities and watch for symptoms.

People in certain groups – including those over the age of 60, those with chronic illnesses, and those with underlying health conditions – face increased risk of severe illness and death from COVID-19. If you are in one of these groups but have not been fully vaccinated and do not have immunity from a recent previous COVID-19 infection, consider postponing travel to areas with widespread COVID-19.

## SHOULD I GET A COVID-19 TEST BEFORE DEPARTURE OR UPON ARRIVAL?

Know before you go. Some venues, destinations and countries require COVID-19 tests prior to departure or upon arrival as part of their strategies to prevent the spread of disease. COVID-19 tests conducted immediately prior to departure or on arrival are used in an effort to determine the health status of travellers. As always, continue wearing a mask, washing hands frequently, maintaining physical distance of at least 1 metre, and avoiding crowded places and poorly ventilated settings whenever possible.

Every destination has its own policies, so it's important to be aware of testing requirements before you hit the road.

## WHAT HAPPENS IF I HAVE SYMPTOMS WHILE TRAVELING OR WHEN I ARRIVE AT MY DESTINATION?

If you have any symptoms of COVID-19 while you travel or when you arrive at your destination, notify health authorities immediately and follow their guidance. You may be required to quarantine or isolate yourself. Your travel companions may also be required to quarantine, since they have been in contact with you.







# HEALTHY LIVING FOOD BOX PROGRAM

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

**WEDNESDAY, JANUARY 5, 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, JANUARY 19, 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**



# mental health matters



When it comes to mental health, now more than ever, every action counts. Small actions from recognizing stressors, to being there for a loved one can help support mental health and strengthen our communities during this difficult time. Below you will find helpful information and tips developed by the Canadian Psychological Association about how you can help yourself, your friends, and your family cope with stress and look after their mental health.

**Recognize signs of stress** – Remember that not everyone reacts to the same event in the same way and not everyone shows their distress in the same way.

**Take care of yourself** – Taking care of yourself is important to helping you cope with stress.

**Take care of others** – It is likely that more people will see impacts on their mental health and well being that will suffer serious physical affects of COVID-19. Touch base and check in with the people close to you and in your community.

**Connect with help** – If you or a loved one are struggling, help is available. There are many organizations that provide free or low-cost, virtual mental health supports for Canadians, including Wellness Together Canada, CMHA and Kids Help Phone.

**Be kind** – Be kind to yourself and others. Small acts of kindness can go a long way.

If you have any questions, please reach out to one of our pharmacy team members.



# January Word Search



Winter

Sweater

Blizzard

Freeze

Cold

Skate

Coat

Penguin

New year

Hoodie

Snowfall

Hibernate

Gloves

Blanket

Mittens

Sniffle

Chimney

Frosty





# CLOSING PAGE

Thanks for reading!  
Wishing you and yours a happy and  
healthy 2022

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 Chelsea Greig at Gizhewaadiziwin Health Access Centre.*

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

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

