

GHAC NEWSLETTER MARCH 2022

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

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GHAC & THE COVID EFFORT

Our staff have been working together in the fight against COVID and supporting those affected by the hardships this virus has caused. Make sure to check out page 3&4 to see some of what we'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.



March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Seine River NP Visit Healthy Living Food Box Order	3 Big Island NP Visit	4	5
6	7	8 International Women's Day	9 Big Grassy NP Visit	10 Mitaanjigaming NP Visit	11	12
13 Daylight Savings Time Begins	14	15	16 Natural Medicine Clinic Healthy Living Food Box Pickup	17	18 World Sleep Day	19
20 First Day of Spring	21	22 Rainy River First Nation NP Visit	23 Nigigoonisiminikaa-ning NP Visit	24 Naicatchewenin NP Visit	25	26
27	28	29	30 Lac La Croix NP Visit	31 Onigaming NP Visit		

Posters and more information for some of our events, and other important dates, can be found starting on Page 11 of this newsletter

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



ANISHINAABEMOWIN

The Ojibway Language



What season is it? Aaniin enakiwinagaak?

It is Winter Biboon

It is Spring Ziigwan

It's getting mild Aabawaa

The sun is shining warmly Gizhaate

It's a beautiful day Mino giizhigan

It's a beautiful night Mino dibikan

The sun's coming out Zaagaate



GHAC & THE COVID EFFORT

Throughout the COVID-19 pandemic, we at Gizhewaadiziwin Health Access Centre (GHAC) have been in the thick of it, with staff doing their part to try to help our Indigenous and Metis clientele and ensure that they're well looked after, as often that's one of the demographics that's hit the hardest. It's not always easy, but we're very proud to be able to lend a hand and ensure nobody is forgotten.

COVID VACCINE CLINICS

A lot of our work has shifted, with job responsibilities changing for all staff. So far in 2022 we've already ran five COVID vaccination clinics. All of the different programs at GHAC have been supporting these clinics, lending out staff when able. Work they've been taking on includes organizing the clinics, scheduling clients, screening and check-ins at the doors, picking up vaccinations and supplies, administering the vaccines, and entering in the information on COVax.

Clients have been coming in from five and older, and we've been seeing a big variation in ages. We've been steadily administering boosters but we're still seeing a lot of first and second doses come in. We're very appreciative of those that have come in to allow us to vaccinate you and hope your experience was a positive one!

Our staff have been incredible helping out with these clinics and they've really been working well as a team. No matter which of them are in attendance, we know things will run smoothly. We've been making sure to keep our staff hydrated as well as well-fed, supporting our local caterers and restaurants.

We want to acknowledge and thank the Metis Hall and Nanicost Gym for allowing us to use your spaces. Also, thank you to the Northwestern Health Unit for supplying us with vaccines as well as iPads for clinic-use.



COVID SUPPORT TEAM

More behind-the-scenes work is taking place. This winter, GHAC remobilized their COVID Support Team. This is being spearheaded by Barb, one of our Health Educators, and Robyn, our FASD and Child Nutrition Coordinator. Other exceptional team members include Christa, Health Educator, Mel, Programs Administrative Assistant, Christie, Indigenous Care Coordinator, and Sam, Program Manager.

The COVID Support Team recently donated \$1000 credit to each community to spend at Webb's Wholesale for topping up their food banks. They've also been sending out data phone cards to each community so community members can stay connected.

One big project the team has been working on is making and distributing isolation kits. These include basic hygiene items, games, puzzles, crafts and snacks. They've been ordering in bulk from Amazon as to not empty resources from local shelves. These isolation kits will help families who need to isolate because of COVID. So far 48 of these have been made and were sent out to Big Grassy, Seine River, Stanjikoming, Manitou, and the Metis Nation.

Kits are available for communities as well as urban Indigenous and Metis people.

Call 274-3131 for more information.

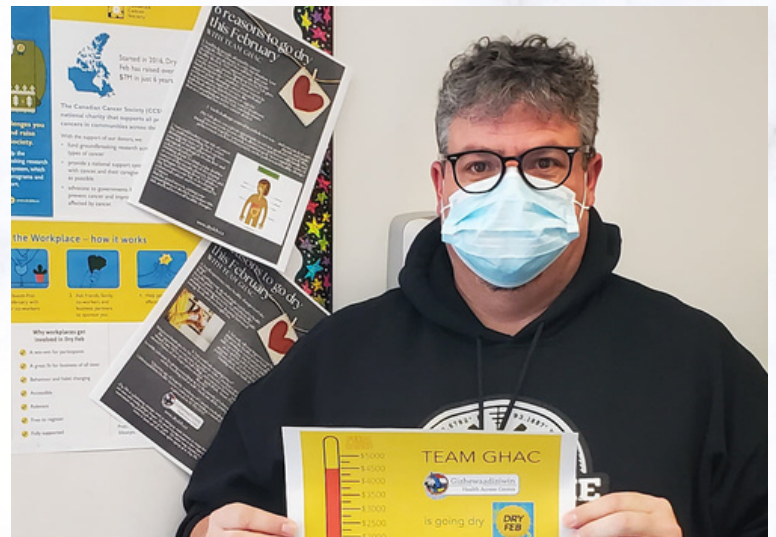


DRY FEB

Our FASD and Child Nutrition Coordinator, Robyn, had the idea to start a team to raise money in the Dry Feb challenge; a fundraiser for the Canadian Cancer Society where people go dry or dry'ish (abstain from alcohol) for their choice of length of time.

28 people, comprised of Gizhewaadiziwin staff as well as community members, went Dry or Dry'ish in February 2022. By 12:00pm on the last day, February 28th, the group managed to raise \$5067.18!!!

Thank you so much to those who were involved!



John, our IT/Data Management Coordinator, was the top earner raising an impressive amount of \$1601.84!



WORLD SLEEP DAY

March 18th is World Sleep Day

Sleep is so important for your health, both physical and mental. The different things you do, such as not getting enough sleep, using electronics before bed, improper sleep hygiene, and poor routine can all influence how good your sleep is. Our Mental Health Worker has pooled together some excellent resources for you which we've also gone through to find some mental health improvement tips and suggestions on the matter!

LET'S TALK ABOUT ENVIRONMENT

www.mentalhealth.org.uk/publications/how-sleep-better

"The bedroom should be somewhere that we associate with sleep. Where possible, you should try to remove distractions from your bedroom. It is better to watch TV, play computer games and eat in another room. This will allow you to relax with no distractions in your bedroom.

Be mindful of the presence of gadgets and electronics, such as computers, phones, tablets and TVs. The backlit 'blue light' displays suppress melatonin production – the hormone that helps you sleep; the suppression of melatonin causes sleep disruption. You should stop using these devices two hours before you go to sleep to reduce their impact on your sleeping.

Although everyone is different and has their own personal preferences, the common factors that can affect our sleep are light, noise and temperature. Too much light or noise can prevent you from falling asleep or staying asleep. If you have sources of light and noise that you can't control, such as light from a street lamp or noise from a neighbour's music, you might want to use an eye mask or ear plugs."



4 WAYS SLEEP...

affects your mental health

- Sleep impacts your mood
- Sleep impacts the way you think
- Sleep influences your behaviours
- Sleep impacts your body

www.cmha.ca/4-ways-sleep-affects-your-mental-health

EXCELLENT RESOURCES TO CHECK OUT:

www.sleepfoundation.org/mental-health

www.mentalhealth.org.uk/publications/how-sleep-better

www.cmha.ca/4-ways-sleep-affects-your-mental-health

www.psychom.net/sleep-improves-mental-health

www.healthline.com/nutrition/17-tips-to-sleep-better

www.psychologytools.com/resource/guidelines-for-better-sleep

www.psychologytools.com/resource/checklist-for-better-sleep

CONDITIONS & DISORDERS

"Sleep is tied to a number of specific mental health conditions and neurodevelopmental disorders."

This includes:

- Depression
- Seasonal Affective Disorder
- Anxiety Disorders
- Bipolar Disorder
- Schizophrenia
- ADHD
- Autism Spectrum Disorder

www.sleepfoundation.org/mental-health



10 TIPS FOR *Better Sleep*



1.

MAINTAIN A
CONSISTENT
**DAILY
SCHEDULE**

2.



**REDUCE
YOUR DAILY
CAFFEINE
INTAKE**

3.



**TURN OFF THE
COMPUTER OR
TELEVISION**

4.



**DONT GO TO
BED ON A
FULL
STOMACH**

5.



**DONT GO TO
BED ON AN
EMPTY
STOMACH**

6.



**ENGAGE IN
REGULAR
EXERCISE**



7.

**LIMIT BEVERAGE
CONSUMPTION
BEFORE
BED**



8.



**KEEP YOUR
BEDROOM
DARK &
QUIET**

9.



**INVEST IN A
COMFORTABLE
MATRESS, PILLOW &
BEDDING**

10.

**GO TO SLEEP
AND WAKE
UP USING
YOUR
INTERNAL
ALARM CLOCK**



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www.signatureMD.com

Infograph "10 Tips for Better Sleep" Created by SignatureMD © 2011



TUBERCULOSIS & COVID-19

Know the Difference

TB and COVID-19 have some similar symptoms. It is important to “Think TB” when symptoms and risk factors for TB are present.

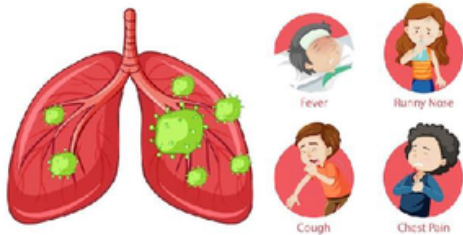
COVID-19 Symptoms:

- Loss of taste or smell
- Muscle or body aches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Cough
- Fever

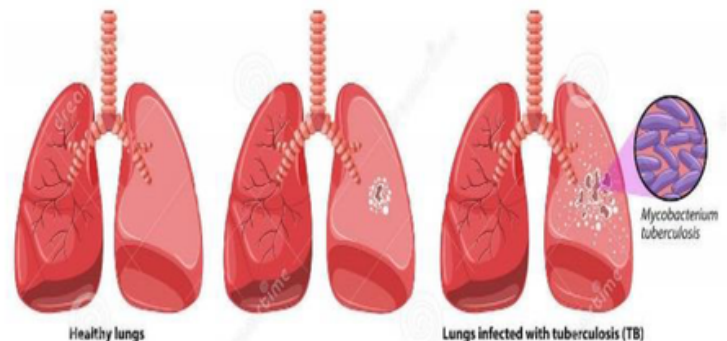
TB Symptoms:

- Cough of three weeks or longer
- Prolonged fever or chills
- Night sweats
- Coughing up blood
- Unexplained weight loss

SYMPTOMS OF COVID-19



Development of Tuberculosis (TB)



Who is at Risk for TB?

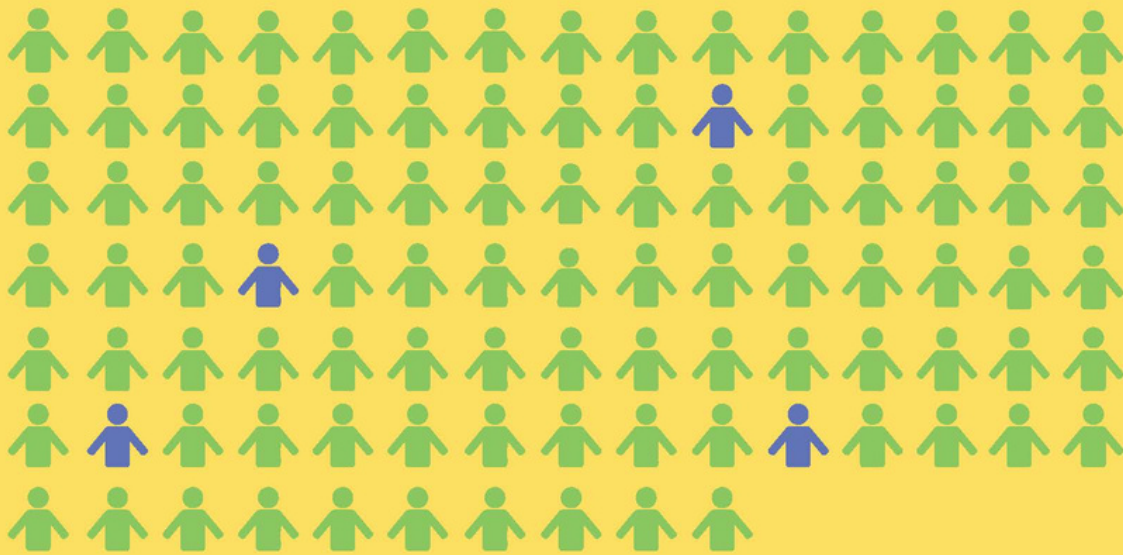
- Staff and residents of homeless shelters
- The urban poor and homeless
- Staff and inmates of correctional facilities and previously incarcerated people
- Injection drug users and alcohol abusers
- Persons who are immune suppressed (HIV/AIDS or Diabetic)
- Aboriginal Canadians residing in communities with high TB rates
- People born in Canada prior to 1966
- People born or previously residing in countries with a high TB incidence
- Health Care Workers serving at-risk groups



DID YOU KNOW

FASD FACTS

FASD (Fetal Alcohol Spectrum Disorder) impacts approximately 4% of Canadians.



FASD impacts more people in Canada than Autism Spectrum Disorder, Cerebral Palsy, and Down Syndrome combined.



**Are you or someone you know affected by
Fetal Alcohol Spectrum Disorder?**

Did you also know that we have an FASD & Child Nutrition Program?

Give our Coordinator, Robyn, a call at 274-3131.



WHAT ELSE IS NEW AT GHAC

INTERACTIVE WALKTHROUGH

You may have already noticed us promoting our new interactive walkthrough of "Work for GHAC". We have so many reasons as to why the Health Access Centre is an amazing place to work at, and it was hard to show that in our job postings alone. It's not just about working a job for money, but thoroughly enjoying what you do, who you work with, making a difference in peoples lives, finding fulfillment, and having the life-work balance we all strive for.

Find the walkthrough at www.GIZHAC.com
under Employment Opportunities

Click on various areas to navigate
through the walkthrough



Our favourite part of the walkthrough is the "Meet the Staff". Our employees really put thought into answering our two questions: "Why do you like working for GHAC" and "Why would you recommend working at GHAC to others?".

Check out this excerpt from one of the testimonials we received:

"The people we work for are the most beautiful people I know. We travel to the area First Nations for service delivery or they come here. It's a clinic. It's a travelling clinic. It has doctors. It has Nurse Practitioners. It has awesome Nurses! We provide a wide range of services and we are still growing. We work primarily with clients from the local First Nations but we also run programs to help improve the overall health of our clients. It's fun, it's challenging, and it's a rewarding experience. It is a team-oriented work environment that fosters growth and equality for all. It truly is a good place to call work."



RECIPE OF THE MONTH

Mediterranean-Inspired Power Bowl

INGREDIENTS:

Dressing:

1/3 cup Oil
3 tbsp Lemon Juice
1 tsp Oregano
1/4 tsp salt
1/4 tsp ground pepper
1 clove garlic

Bowl:

2 cups Quinoa/Barley or Brown Rice (cooked)
2 cups Grape Tomatoes (halved)
2 cups Cucumber (sliced)
1 Sweet Yellow Pepper (diced)
2 cans Salmon or Tuna (drained)
1 cup Havarti or Pan Fried Halloumi Cheese (cubed)
1/4 cup Red Onion (diced)
8 Kalamata Olives (halved and pitted)

DIRECTIONS:

1. If using Halloumi, cut halloumi into 1 cm slices. Heat non-stick pan on medium heat. Add slices of halloumi and cook for 1-2 minutes on each side until golden brown. If you don't have a non-stick pan, use oil to prevent sticking.
2. In a small bowl, whisk together oil, lemon juice, oregano, salt, pepper and garlic; set aside.
3. Divide quinoa (or other grain), tomatoes, cucumber, yellow pepper, and salmon/tuna among 4 bowls. Top with cheese, onion and olives. Drizzle with dressing.



VACCINE RECORDS

Do you have an Ontario Health Card?

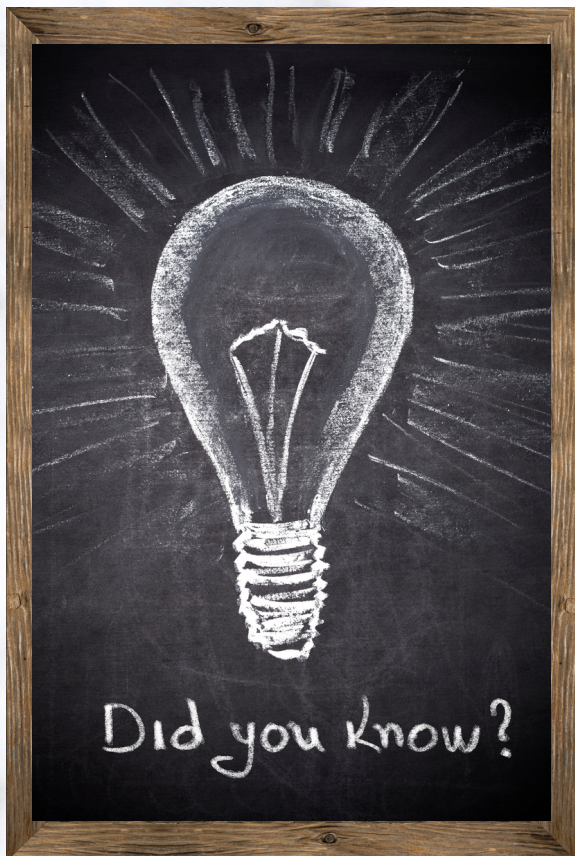
Is your postal code up to date with the Ministry of Ontario?

Have you either had all vaccinations in Ontario, or you've provided records of out-of-province vaccinations to the Northwestern Health Unit?

Do you know that the Northwestern Health Unit has a website called **ICON** where you can access your vaccine records at anytime, and see what's outstanding?

This is especially helpful if you need to provide this information to your employer or yours or your child's school!

<https://nwhu.icon.ehealthontario.ca>



Northwestern Health Unit [Return Home](#)

Verify Patient

With ☐ Health Card Number OR ☐ With Immunization ID

Verify with Health Card Number

Ontario Health Card Number Version Code [View Example](#)

Stock Control Number (SCN)

This 9 digit alpha-numeric code can be found on the back of your Health Card. [View Example](#).

This Health Card Number belongs to:

☐ Me ☐ A Dependant

Patient First Name

Patient Last Name

Sex ☐ Male ☐ Female ☐ Other

Date of Birth (YYYY-MM-DD)

Postal Code

[Verify Patient](#)

[Return to top of page](#)

Verify Patient with Immunization ID

Ontario Immunization ID

[Learn more about the Ontario Immunization ID and where it can be found.](#)

[Verify ID](#)

[Return to top of page](#)



INTERNATIONAL WOMEN'S DAY



- 8TH MARCH -
NINDIKWEW

I AM A WOMAN

**We're proud to have so many wonderful,
talented, caring, dynamic, and strong women on
our GHAC Team**





MARCH IS NUTRITION MONTH



Fish, beans,
eggs, milk,
yogurt,
cheese, tofu,
meat



Plenty
non-starchy
vegetables



Whole wheat
bread, oats,
brown rice,
peas, sweet
potato, corn



Avocado, nuts,
seeds, olives
and their oils

BUILD A BALANCED PLATE



FRUIT • • •
• • • • •
WATER



1/2

VEGETABLES

LEAN
PROTEIN

HEALTHY
CARBS

1/4

1/4



MARCH 2022 PHARMACY APPRECIATION MONTH



Join us this March to celebrate Pharmacy Appreciation Month (PAM), the annual national campaign that shines a spotlight on all things pharmacy. PAM is an important opportunity to reflect on and acknowledge the extraordinary efforts and contributions of pharmacy professionals to Canada's health-care system.

Pharmacies have remained open and accessible to their patients, and team members have showed up each day ready to care for, support, educate and guide their communities through the many challenges of the pandemic.

Over the past 2 years, pharmacists have truly embraced their role in public health, expanding their practices to fill critical gaps in care exposed by the pandemic. In addition, their responsibilities are also expanding in areas like mental health and fighting the opioid crisis

Quick facts:

- Pharmacists can assist with many health conditions, not just medications.
- There are more than 45,000 pharmacists and 9,900 pharmacy technicians in Canada, working in over 11,000 pharmacies.
- Pharmacists consistently rank as one of the most trusted professions in Canada and Canadians see their pharmacist more often than any other health-care professional.
- Every week pharmacists see about 10 million patients across the country.



Phone: (807) 274-3319

email:rlfnpharmacy@gmail.com





HEALTHY LIVING FOOD BOX PROGRAM

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

WEDNESDAY, MARCH 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, MARCH 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**





Natural Medicine Clinic

March 16 & 17, 2022

Gizhewaadiziwin Health Access Centre

(Clinic takes place at 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)



FUN HOLIDAYS

March 2022

March has so many fun and unique holidays! Below are a few of our favourites.

Celebrating any of these? Make sure to take a photo and tag us on your social media!

March 1 • World Compliment Day & Plan a Solo Vacation Day

March 3 • National Soup It Forward Day

March 4 • National Day of Unplugging

March 9 • National No Smoking Day

March 14 • Napping Day

March 17 • Absolutely Incredible Kid Day

March 19 • Let's Laugh Day

March 20 • World Storytelling Day

March 21 • Common Courtesy Day

March 23 • Puppy Day

March 25 • Waffle Day

March 26 • Make Up Your Own Holiday Day

March 30 • Take a Walk in the Park Day



SEE YOU NEXT MONTH!

Have an appointment coming up with us? Don't forget to make sure your OHIP card is still valid!

Cards can be renewed on the ServiceOntario website, or you can visit 922 Scott Street, Fort Frances.



Are you following us on our social media channels?

We're on Facebook as GIZHAC

www.facebook.com/Gizhac

We're on Instagram as GIZHAC

www.instagram.com/GIZHAC

We're on LinkedIn as Gzhewaadiziwin Health Access Centre

www.linkedin.com/company/6807760

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

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