

GHAC NEWSLETTER

Gizhewaadiziwin Health Access Centre

NOVEMBER 2021

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TRUTH AND RECONCILIATION SEPTEMBER 30

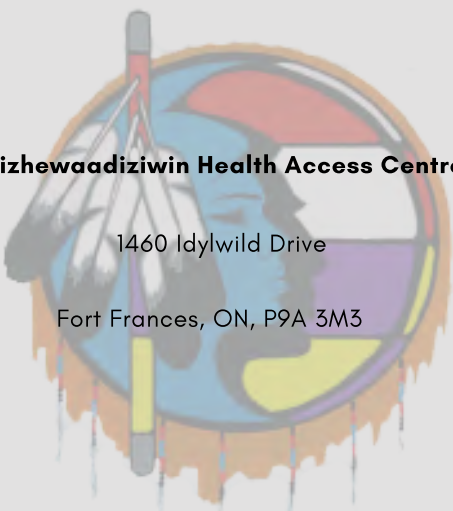
The ceremony was opened by elder Shirley Atwell. We walked to honor the children. The walk began at the New Beginning Church and ended at the memorial on Couchiching with the hand drummers: Sean Councillor, Darryl Medicine, Nathaniel Councillor, Gloria Green and Rhyse Mandamin. GHAC partnered with Couchiching Fire Department, Treaty Three Police, Fort Frances Lakers, New Beginnings Church, United Native Friendship Centre and Sunset Country Metis for the Truth and Reconciliation Day gathering. Teachings were done by Brian Smith: Regalia, Gloria Green: Ribbon skirts, Andrew Jourdain: Pow wow and smudging, Darryl Medicine and Carl Paypom: dream catchers. Catering was done by Patty Bruyere. Buddy Loyie and Shirley Atwell shared in their stories of being survivors of the Residential School. Special thanks goes out to all that participated in the event. Miigwech!!

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



NOVEMBER COMMUNITY VISITS

NURSE PRACTITIONER SCHEDULE:

Rainy River First Nations: November 2

Mitaanjigaming: November 3

Nigigoonsiminikaaning: November 4

Onigaming: November 10

Lac La Croix: November 17

Naicatchewenin: November 18

Seine River: November 24

Big Island: November 25

DIETICIAN 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**



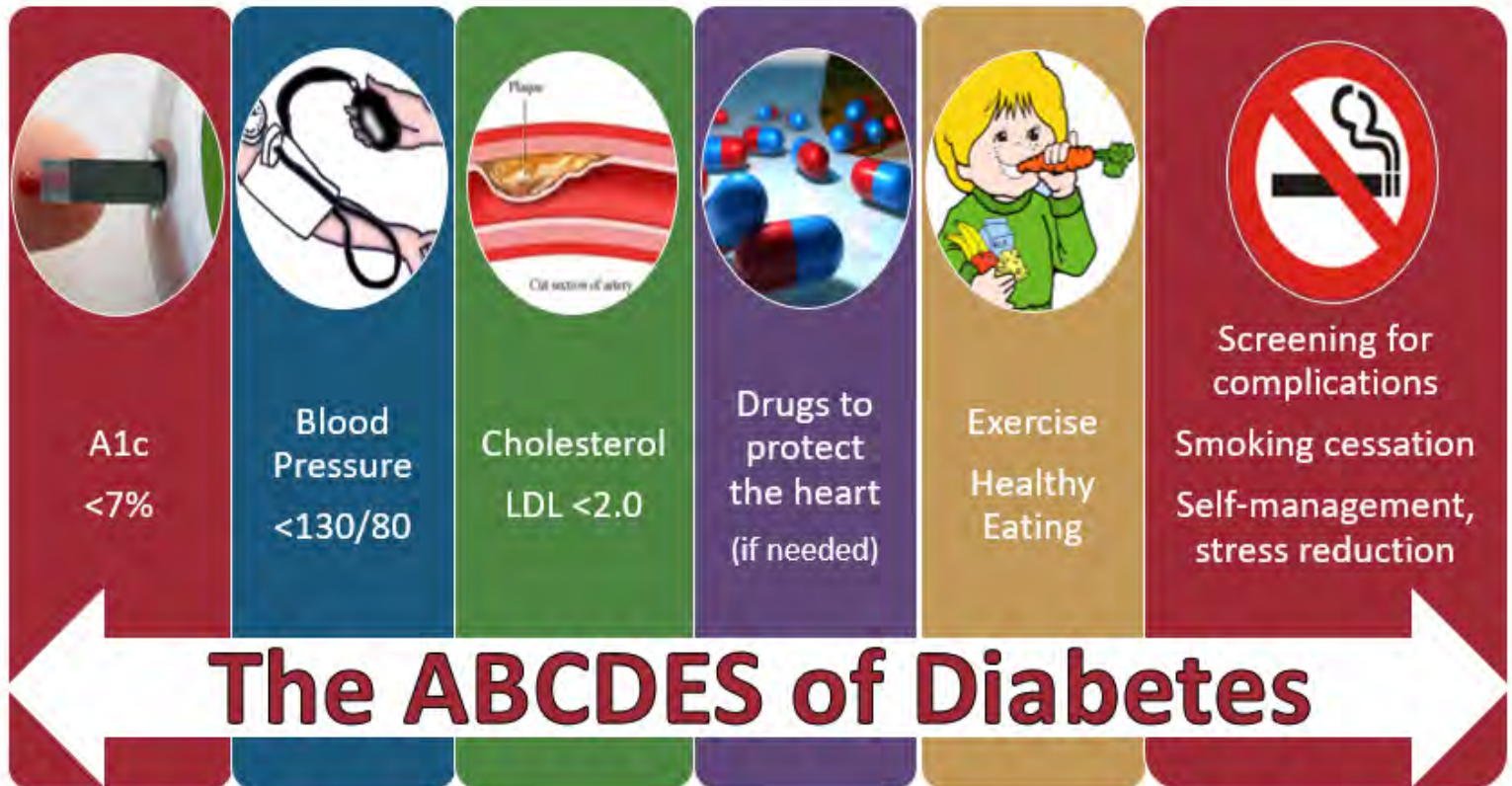
NOSM



DR. SARITA VERMA TRAVELLED ACROSS THE NORTH
HOLDING MEETINGS WITH NOSM'S PARTNERS TO
DISCUSS HELPING NOSM IN BECOMING THE FIRST STAND
ALONE MEDICAL UNIVERSITY IN CANADA.



DIABETES AWARENESS MONTH



**MANAGE YOUR DIABETES BETTER BY FOLLOWING
THE ABCDES OF DIABETES.**

**IF YOU LIKE TO SPEAK TO ELIN OUR DIABETES EDUCATOR OR WANT
TO QUIT SMOKING, PLEASE CALL THE OFFICE AT 274 3131**





HEALTHY LIVING FOOD BOX PROGRAM

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

WEDNESDAY, NOVEMBER 3, 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, NOVEMBER 17, 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**



STAFF UPDATE



My name is Robyn Dennis and I am very excited to be joining the Gizhewaadiziwin Health Access Centre team in the FASD and Child Nutrition Position.

I attended both Trent University and The University of Winnipeg and have a 4 year B.A. Degree. The last 15 years I worked at Community Living Fort Frances and District as their Clinical Access Coordinator.

I was born and raised in Fort Frances and now live in Alberton Township with my husband Tyson, my son Blase (9), and my daughter Jasper (7), and our two dogs. I spend most of my spare time outdoors fishing, gardening, hiking with the family or working on building projects around our home. I also enjoy being creative and spending time crafting.

I look forward to working with this team and in my first week have already felt very welcomed into your work community!



Boozhoo! Hello! My name is Sarah Hoskins (AKA: New Janda) and I am your new Medical Office Assistant here at GHAC. I'm from Emo originally, but have lived in both Thunder Bay and Oshawa; I've been living in Fort Frances for 7 years now. Previously, I have worked as a Ward Clerk on St Andrews ward at LVGH; a Pharmacy Assistant/Prescription Delivery Driver at Pharmasave; a PSA at Bearskin Airlines; and before that I bartended. I've taken Medical Terminology and Pharmacology through Loyalist College, which has been a fantastic stepping stone that led me here to all you beautiful people!

Outside of work, I spend most of my time with my husband Cody and 2 sons (Nash, 4 ½ and Kaid, 2). A house full of boys definitely keeps me on my toes! In addition to spending time with my friends and family, I also enjoy documentaries of the crime variety; podcasts; crafting/crocheting; and collecting vintage furniture and knickknacks.

I'm super excited to be a part of the GHAC team and learn the inner workings of our clinic. I'm looking forward to streamlining our EMR system, and providing assistance wherever possible! See you all around the office!

Miigwech!




FALL CEREMONY

GHAC celebrated Fall Ceremony on October 26th Elder Doris Caribou blessed our sacred items, Elders Council Members Cheryl Mooki Morrison and Gilbert Smith also attended. Sacred items and building was blessed and cedar ties refreshed. Traditional meal was prepared by Patti Bruyere and enjoyed by all!



FALL CEREMONY





What you need to know about Urinary Tract Infections

What is UTI?: A urinary tract infection (UTI) is a common bacterial infection of the urinary tract (bladder, kidneys, urethra). It is more common in women but can also happen in men.

Signs you may have a UTI: Strong, persistent urge to urinate, burning feeling when urinating, urine that appears cloudy or tinged pink/red, passing small frequent amounts of urine.

Things that put you more at risk of a UTI: Female anatomy, menopause, catheter use, recent urinary procedure, suppressed immune system, diabetes.

How to prevent UTI's: Drink plenty of water, keep blood sugar within target range, females should empty bladder soon after intercourse.

How to treat a UTI: Most UTI's are treated with antibiotics that need to be prescribed by a doctor. There are things you can do to ease discomfort until antibiotics can be prescribed/start working. Drink lots of water, avoid drinks that irritate the bladder (coffee, alcohol, soft drinks) apply a heating pad/hot water bottle.

Contact our pharmacy team if you have any questions about UTI's or any other health topic!



Phone: (807) 274-3319

email: rlnpharmacy@gmail.com





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)

COLD AND FLU
SEASON

FLU SHOTS COMING
SOON

Please call to book an appointment at
274-3131



Truth and Reconciliation Thank you

to all who helped and supported with this event

We would like to say

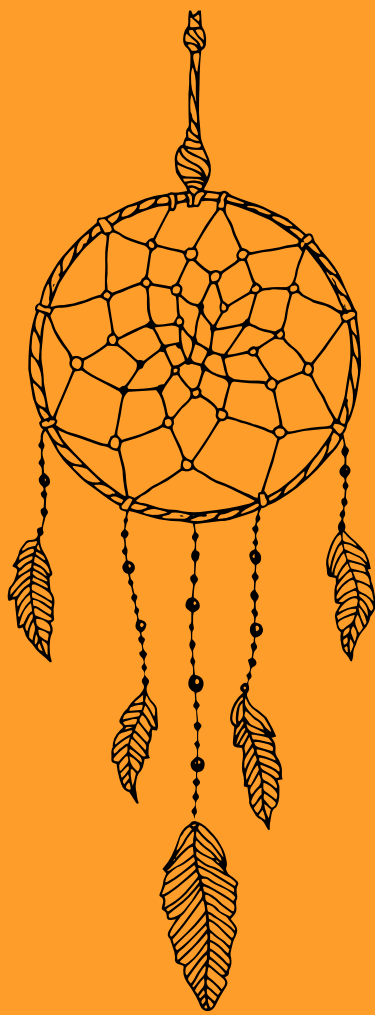
- *Couchiching Fire Department*
- *Treaty Three Police*
- *Fort Frances Lakers*
- *New Beginnings Church*



Gizhewaadiziwin
Health Access Centre

Métis Nation
of Ontario 

Shirley Atwell
Andrew Jourdain
Gloria Green
Buddy Loyie
Sean Councillor
Nathaniel Councillor
George Councillor
Rhyese Mandamin
Darrell Medicine
Carl Paypom
Brian Smith
Patty Bruyere
Bridget Hayes and The
Binesiwaq centre for Wellness



Truth and Reconciliation



HONEY BALSAMIC FRUIT SALAD

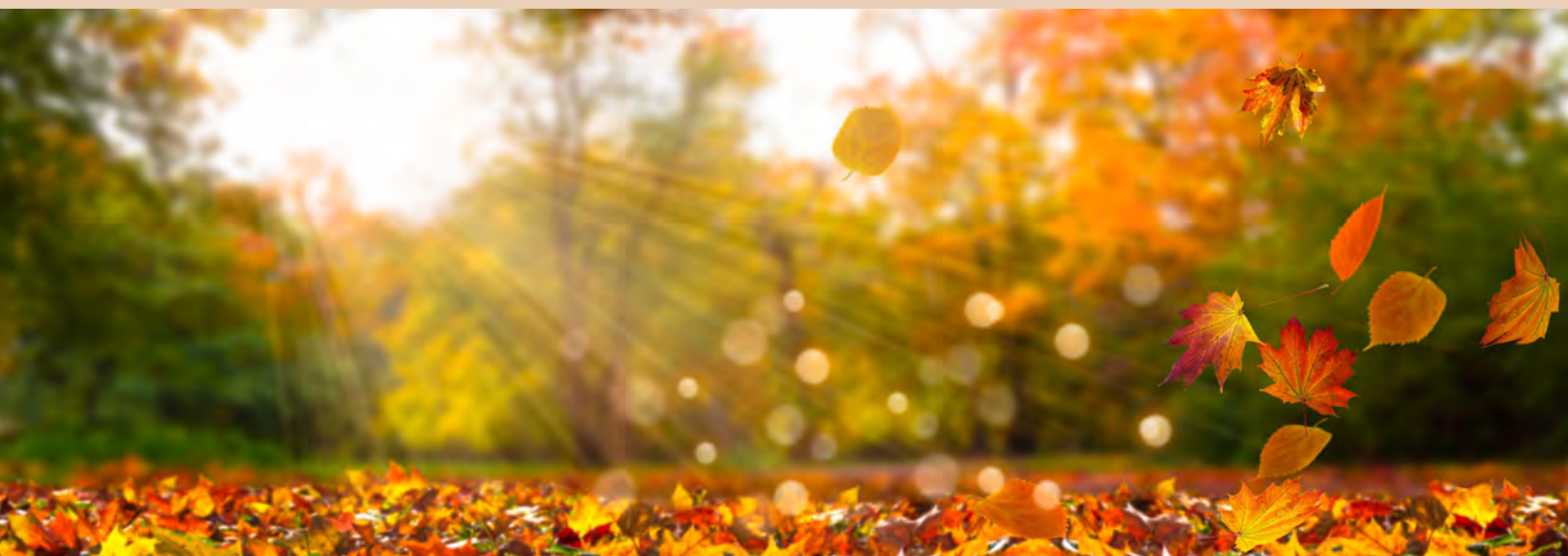
INGREDIENTS:

1 pink or red grapefruit, peeled, sectioned, and seeded
1 cup thinly slices, cored red and/or green-skin pear
2 kiwifruit, peeled and coarsely chopped
3 tablespoons white or regular balsamic vinegar
1 tablespoon honey



DIRECTIONS:

1. Combine grapefruit sections, pear, and kiwifruit in a medium bowl
2. Whisk together balsamic vinegar and honey in a small bowl. Pour enough dressing to lightly coat the fruit (there may be leftover dressing but it can be refrigerated for up to one week and used as a salad dressing or on chicken.



LANGUAGE PAGE



WEATHER TERMS

Aabawaa	It is warm, mild
Zaagate	It is partly sunny
Niiskaadad	It is nasty, be bad weather
Waawaate	There are northern lights
Anangakaa	It is a starry night
Awan	It is foggy
Mizhakwad	It is clear (absence of clouds)
Biiwan	There is drifting snow
Awanibiisaa	It is misty



CLOSING PAGE



Notice
GHAC will be closed:
Thursday, November 11 for Remembrance Day.
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

