

GHAC NEWSLETTER

Gizhewaadiziwin Health Access Centre

OCTOBER 2021

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FAMILY FUN GOLF DAY

HERON LANDING/ KITCHEN CREEK

GHAC hosted a two day family golf at Heron Landing and Kitchen Creek Golf Course. Families enjoy a great day of fun on and off the course. Supper was provided. Great prizes and draws took place with awesome packages.

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.

OCTOBER COMMUNITY VISITS

NURSE PRACTITIONER SCHEDULE:

Rainy River First Nations: Oct 5

Mitaanjigaming: Oct 6

Nigigoonsiminikaaning: Oct 7

Lac La Croix: Oct 12

Naicatchewenin: Oct 14

Onigaming: Oct 19

Big Island: Oct 21

Seine River: Oct 27

Big Grassy: Oct 28

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



FAMILY GOLF DAY



FAMILY GOLF DAY



Family Golf Day was at Kitchen Creek Golf Course on Sept. 19th. We had a great turnout and the rain managed to hold off until everyone was done golfing. Supper was included and lots of great prizes! The Health ed program would like to thank all the families for participating and we hope to see you again next year!!



STAFF GOLF DAY



GHAC has a Golf Day at Kitchen Creek Golf Course on Sept 25th. We had a great turnout and the weather was great . Lunch was included and lots of great prizes! Thank you to all the participants!!



STAFF GOLF DAY



NATIONAL DAY FOR TRUTH AND RECONCILIATION

When is the National Day for Truth and Reconciliation?



The National Day for Truth and Reconciliation is a statutory holiday for employees in the federal government and federally regulated workplaces in Canada on September 30th.

The day is intended to educate and remind Canadians about the history of residential schools, honour the victims and celebrate the survivors.

About the National Day for Truth and Reconciliation

In June 2021, a bill creating a statutory holiday to commemorate the tragic legacy of residential schools in Canada received royal assent after passing unanimously in the Senate.

The bill creates a statutory holiday for employees in the federal government and federally regulated workplaces.

Canadian Heritage Minister Steven Guilbeault says the objective is to create a chance for Canadians to learn about and reflect on a dark chapter in their country's history and to commemorate the survivors, their families and their communities, as called for by the Truth and Reconciliation Commission and Indigenous leaders.

Over the course of more than 100 years, some 150,000 Indigenous children were ripped from their families and forced to attend church-run residential schools, where many suffered physical and sexual abuse, malnutrition and neglect. More than 4,000 are believed to have died.



COLOURING PAGE



EVERY CHILD MATTERS



FAREWELL HONORING JACKIE DEBENEDET



On September 24, we all met at La Place Rendezvous to celebrate 23 years of dedication to Gishewaadiziwin Health Access Centre to wish Jackie all the best in her future endeavors. We will all miss you Jackie!!





HEALTHY LIVING FOOD BOX PROGRAM

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

WEDNESDAY, OCTOBER 6, 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, OCTOBER 20, 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**





WALK A MILE IN HER SHOES

Friday, October 8, 2021 12PM-3PM

Inviting you to “walk a mile for her”. In Support of domestic violence awareness and for the lives lost, the survivors and the ones who are still struggling with Domestic Violence. We’re calling all community members, service providers, Ontario Provincial Police, Treaty 3 Police, Paramedics, Fire Fighters Nurses etc. to walk a mile and show their support. Open to all ages, everyone is welcome! Starting at the Rainy Lake Square on Scott St. Please dress appropriately for the weather.

Contact:

Alyssa Strachan-RSSW

P: 807-456-2500

E: strachan-aly99@hotmail.com

Covid-19 Guidelines apply (face masks, social distancing etc). If covid-19 prevents gathering in person, we will postpone to another date. Follow our Facebook event for information.

Please contact Alyssa Strachan to donate, volunteer or participate! If you have shoes you'd like to donate for men to wear please contact Alyssa or drop off with Deb Emes at the UNFC.



Find it **before** you feel it.

Book a mammogram today.

Regular mammograms save
lives by finding breast cancer
early – when it's most treatable.

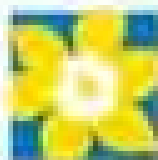
THE THING-A-MA-BOOB SHOWS
AVERAGE SIZE LUMP FOUND BY:

regular mammograms

first mammogram

physical exam by a
healthcare professional

checking your breasts



Canadian
Cancer
Society

Société
canadienne
du cancer



Breast cancer in Canada



Breast cancer develops in the cells of the breast tissue. When these cells change or no longer behave normally, they may lead to benign tumours (non-cancerous). In some cases, the changes may cause malignant breast tumours (cancerous).

The data^{1,2}

It is the **2nd MOST COMMON** cancer in Canada

1 IN 8 WOMEN
will be diagnosed with breast cancer in their lifetime

About **27,400 women** will have been diagnosed with breast cancer in 2020

In **WOMEN**, breast cancer is the **#1 CANCER**

83% of cases occur in **WOMEN AGED 50+**

Risk factors include*



AGING



FAMILY HISTORY



BRCA GENE MUTATION



REPRODUCTIVE STATUS (E.G. LATE MENOPAUSE)



HORMONE EXPOSURES (E.G. ESTROGEN)



ALCOHOL INTAKE



OVERWEIGHT OR OBESITY (AFTER MENOPAUSE)



PHYSICAL INACTIVITY

* For more information, please visit: <https://data.prevent.cancer.ca/current>

Screening and detection^{2,3}



of female breast cancer cases are diagnosed **EARLY IN THEIR DEVELOPMENT, at STAGE I and II**

The **PROBABILITY OF SURVIVING** breast cancer **AT LEAST 5 YEARS AFTER DIAGNOSIS** is about



Screening for breast cancer **WITH MAMMOGRAPHY EVERY 2-3 YEARS** is recommended for **AVERAGE-RISK WOMEN AGED 50 TO 74**

The screening guidelines above are available from the Canadian Task Force on Preventive Health Care.

Note: Statistics for lifetime probability, stage and survival exclude Quebec. Stage statistics include individuals aged 18 to 74 years at diagnosis and survival statistics include individuals aged 15 to 94 years at diagnosis. Unlinked statistics include all stages combined.

LEARN MORE ABOUT BREAST CANCER:

VISIT Canada.ca and **SEARCH** "breast cancer"

LIKE US @HealthyCans

FOLLOW US @GovCanHealth

MORE
www.cancer.ca/en/cancer-information/cancer-type/breast/breast-cancer/
www.bccr.ca www.cbcr.ca

SOURCES:

1. Brenner DR, Wei HK, Demers AA, Ellison LF, Lobozzo C, Shaw A, et al. Projected estimates of cancer in Canada in 2020. CMAJ. 2020 March 2;192:E193-205. Available at: <https://doi.org/10.1503/cmaj.101292>
2. Canadian Cancer Statistics Advisory Committee. Canadian Cancer Statistics 2019. Toronto, ON: Canadian Cancer Society; 2019. Available at: cancer.ca/Canadian-Cancer-Statistics-2019-EN
3. Canadian Cancer Statistics Advisory Committee. Canadian Cancer Statistics 2018. Toronto, ON: Canadian Cancer Society; 2018. Available at: cancer.ca/Canadian-Cancer-Statistics-2018-EN



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

OVEN-FRIED PARMESAN CHICKEN DRUMSTICKS

INGREDIENTS:

- 2 eggs, beaten
- 1/4 cup milk
- 3/4 grated Parmesan cheese
- 3/4 c fine dry bread crumbs
- 2 teaspoons dried oregano, crushed
- 1 teaspoon paprika
- 1/4 teaspoon black pepper
- 16 chicken drumsticks, skinned
- 1/4 cup butter, melted
- snipped fresh oregano
- lemon wedges



DIRECTIONS:

1. Preheat oven to 375 degrees F. Grease two large shallow baking pans; set aside. In a small bowl combine Parmesan cheese, bread crumbs, oregano, paprika, and pepper.
2. Dip chicken drumsticks into egg mixture; coat with crumb mixture. Arrange drumsticks in prepared baking pan, making sure pieces do not touch. Drizzle with melted butter.
3. Bake, uncovered, for 45 to 55 minutes or until chicken is tender and no longer pink (180 degrees F for drumsticks). Do not turn chicken pieces during baking. if desired, sprinkle with fresh oregano and serve with lemon wedges.



LANGUAGE PAGE



COMMUNICATION WITH EACH OTHER

CHERIE & PAM

Pam

Anniin Izhichigewin?
What are you doing?

Cherie

Niwiisin
I am eating.

Cherie

Nigagwe nitaa anishinaabem
I'm trying to learn native language.

Pam

Giminotaagozi gi-anishinaabemowin
You sound good speaking the language



CLOSING PAGE

NOTICE

**GHAC WILL BE CLOSED:
MONDAY, OCTOBER 4, 2021 FOR TREATY SIGNING DAY
AND MONDAY, OCTOBER 11, 2021 FOR THANKSGIVING.
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

