

GHAC NEWSLETTER

APRIL 2022

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

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FOOD SECURITY

Our staff are back at it visiting our local communities.

Recently, some of the GHAC staff went out to the Couchiching Rec Centre and made 277 bags of food for families including non-perishables.

Roughly 900 food bags were distributed throughout communities this year for Food Security.

The Gizhewaadiziwin Health Access Centre is dedicated to providing equal access to quality health care for all Indigenous people within the Rainy River District. Our services include culturally appropriate primary health care delivered through our clinic and community outreach services.



APRIL CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
03	04	05 Diabetes Visit - Big Grassy	06 Food Box Order NP Visit - Seine River	07 NP Visit - Big Island Diabetes Visit - Seine River	08	09
10	11	12 Community Kitchen - Nigigoonsiminikaa ning	13 NP Visit - Big Grassy	14 NP Visit - Mitaanjigaming	15 Good Friday - Office Closed	16
17 Easter Sunday	18 Easter Monday - Office Closed	19 NP Visit - Rainy River First Nations	20 Food Box Pickup NP Visit - Nigigoonsiminikaa ning	21 NP Visit - Naicatchewenin Diabetes Visit - Big Grassy	22 Earth Day	23
24	25	26 Diabetes Visit - Lac La Croix	27 NP Visit - Lac La Croix	28 NP Visit - Onigaming	29	30

PLEASE NOTE:

The Office will be closed Friday, April 15th and Monday, April 18th for the Easter holiday.



ANISHINAABEMOWIN

The Ojibway Language



April	Niki giizis
Bread	Bakwezhigan
Cookie	Bakwezhiganens
Milk	Dodooshaabo
Butter or Margarine	Dodooshaaboobimide
Cereal	Gizhebaamiijim
Meat	Wiiyaas
Groceries	Miijiman



EMPLOYMENT

Our Human Resources/Office Manager, Cheryl, recruiting at the Opportunities Northwest Job Fair, March 31st in Thunder Bay.

We are actively recruiting for new staff, including for Nurses and Mental Health Workers. If you or someone you know are interested in an organization that promotes a healthy Life-Work Balance, make sure to check out our website at www.gizhac.com to see our opportunities.

TESTIMONIAL FROM ONE OF OUR NURSES



"My favourite thing about working at GHAC is the people I work with. We have a great bunch of Nurse Practitioners and wonderful Doctors and Nurses. We have many other programs that we work alongside with. Our Diabetes Educators and Health Educators are very resourceful and we utilize their services all the time. I enjoy the Cultural trainings we are supported with. Each Spring and every Fall we have ceremonies and we learn new teachings from the Elders all the time. I have learned so very much about the culture of our clients we support that I never knew before working at GHAC"



THE ASTHMA EDUCATION PROGRAM

One of the programs and services that Gizhewaadiziwin Health Access Centre offers to our clients is the Asthma Education Program. Since it's the Spring and we'll all be getting outside into the warmer, fresh air, what better time to talk about breathing?

The program is ran by Randi, Primary care Asthma Program Coordinator, R.R.T., and she sees clients for not just Asthma, but Chronic Obstructive Pulmonary Disease (COPD) and Smoking Cessation as well. No referrals are needed!

For an initial appointment in the program, clients can expect a medication review, a symptom review, going over common triggers, and doing a Spirometry test.

Randi is also looking ahead and planning to put together a Fitness for Breath program. This is a respiratory exercise program designed for people with COPD to improve their breathing and fitness.

Not sure if you can have better control of your lung health? Give Randi a call at 274-3131.



EARTH DAY

A p r i l 2 2 , 2 0 2 2

Tips To Be Kinder To Our Earth

...not just on Earth Day, but all year round

1. Use your reusable water bottle
2. Bring your reusable shopping bags in
3. Grab a garbage bag and a friend and do some cleaning up in your neighbourhood
4. Plant trees
5. Eat locally sourced foods
6. Recycle as much as you can
7. Carpool or bike
8. Shower instead of bathe
9. Reduce how much meat you eat
10. Unplug your devices when you're not using them
11. Reuse what you can
12. Try refurbishing/crafting with some of the knickknacks around your home
13. Donate or sell your belongings you no longer need
14. Compost what you can
15. Grow your own food





HEALTHY LIVING FOOD BOX PROGRAM

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

WEDNESDAY, APRIL 6, 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, APRIL 20, 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**





The season of spring cleaning is upon us! As we start to clean out our closets and homes don't forget to clean out your medicine cabinets!

Rainy Lake First Nations Pharmacy would like to remind everyone how important it is to rid homes of unused or expired prescription and over-the-counter medications sitting in your medicine cabinets, nightstands, or kitchen cabinets. Make your home a safer place by bringing your unused or expired medications to your pharmacy for disposal. Do not throw them in the garbage or flush them down the toilet which can contaminate our natural resources.

If you have any questions our would like to arrange for medication disposal, please contact one of our pharmacy team members.



Phone: 807-274-3319

email: rlfnpharmacy@gmail.com



RECIPE OF THE MONTH

Corn, Blueberry & Wild Rice Salad

INGREDIENTS:

- 6 ears sweet corn, husked (or 1 1/2 cups frozen corn)
- 1 jalapeno pepper, seeded and finely chopped
- 1 cup fresh blueberries
- 4 tbsp lime juice
- 1 cup cooked wild rice
- 4 tbsp olive oil
- 1 small cucumber, finely diced
- 2 tbsp honey or maple syrup
- 1/4 cup red onion finely chopped
- 1/2 tsp ground cumin
- 1/4 cup fresh cilantro chopped
- 1/2 tsp salt



DIRECTIONS:

1. In a large pot, bring salted water to a boil.
2. Add corn. Cook covered for 5 minutes, or until tender.
3. (If using cobs) when cool enough to handle, cut corn from cobs.
4. In a serving bowl, combine corn, blueberries, cucumber, red onion, cilantro, wild rice, and jalapeno.
5. For dressing: in a screw-top jar, combine lime juice, oil, honey or syrup, cumin and 1/2 tsp salt. Shake well to combine.
6. Add to salad and toss.
7. Cover the salad and refrigerate overnight or up to 24 hours.



FUN HOLIDAYS

April 2022

**Check out some of April's other Fun Holidays and Awareness Days!
Celebrating any of these? Make sure to take a photo and tag us on
your social media!**

April 1 • Fun at Work Day

April 5 • National Wildlife Week

April 6 • National Walking Day

April 7 • World Health Day

April 10 • Siblings Day

April 11 • National Pet Day

April 12 • Grilled Cheese Day

April 13 • Scrabble Day

April 15 • National Laundry Day

April 19 • Wear Pajamas to Work Day

April 23 • Take a Chance Day

April 25 • Every Kid Healthy Week

April 28 • Stop Food Waste Day

April 30 • National Adopt a Shelter Pet Day



CHILI COOKOFF

The GHAC staff held a Chili Cookoff competition. There were 4 teams of 3 people each, and staff voted on the best. It was a blast!



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 Gishewaadiziwin Health Access Centre

www.linkedin.com/company/6807760

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