

GHAC NEWSLETTER

JUNE 2022

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

THIS ISSUE

- June Calendar - 1
- Anishinaabemowin - 2
- Bannock Making 101 - 3
- Food Box - 5
- National Indigenous Peoples Day - 7
- Indigenous Care Coordination Program - 8
- Car Seat Clinic - 9
- Infant Massage Course - 10
- National Health & Fitness Day - 11
- Pride Month - 12
- Button & Banner Making - 13
- From The Pharmacy - 14
- FASD Youth Peer Group
- Virtual Game Night - 15
- Fun Holidays - 16
- Recipe of the Month - 17
- Closing Page - 18



BANNOCK MAKING 101

We hosted students from the Northern Ontario School of Medicine from May - June. Our Ojibwe Medical Translator taught them how to make bannock, and they did a great job! See photos and find the how-to video on page 3!

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.



JUNE CALENDAR

SUN

MON

TUE

WED

THU

FRI

SAT

01

NP Clinic - Seine
River

02

03

04

05

06

07

08

NP Clinic - Big
Grassy

09

NP Clinic -
Mitaanjigamiing

10

11

12

13

14

NP Clinic - Rainy
River First Nations

15

16

NP Clinic -
Naicatchewenin

17

18

19

Father's Day

20

21

22

NP Clinic - Lac La
Croix

23

NP Clinic -
Onigaming

24

25

26

27

28

29

30

PLEASE NOTE:

The Office will be closed Tuesday, June 21st for National Indigenous Peoples Day.

Communities not listed for NP Clinics above are being rescheduled. Please don't hesitate to call 274-3131 for updates.



ANISHINAABEMOWIN

The Ojibwe Language

Boozhoo! If you want to learn some Ojibwe we are happy to teach you a few words. Here are some translations you can practice.

Miigwech!

Agaaming	Across the river or lake
Wiigwaasi jiimaan	Birchbark canoe
Jiimaan	Canoe
Bida anaa	Catches fish in a net
Biidaanakwan	Clouds are coming
Bakobiise	Falls into the water
Gizhii jiwan	The river flows fast
Boodawe	Builds a fire
Noopimiing	In the forest
Giizhigaate	Moon is shining
Onigamiing	Portage
Gozaabii	Sinks in the water



BANNOCK MAKING 101

MJ, our Ojibwe Medical Translator, showed our Northern Ontario School of Medicine Students how to make bannock!

Interested in making your own? Follow along with MJ on her how-to video:

<https://www.facebook.com/Gizhac/videos/879871885830137>







HEALTHY LIVING FOOD BOX PROGRAM

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

WEDNESDAY, JUNE 1, 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, JUNE 15, 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**



Due to increasing food costs, we are raising our prices

**STARTING JULY THE
HEALTHY LIVING FOOD
BOX WILL COST \$25**

We will still honour outstanding gift certificates



Gizhewaadiziwin
Health Access Centre



NATIONAL INDIGENOUS PEOPLES DAY

JUNE 21

June 21st is National Indigenous Peoples Day!
It's a day to celebrate and highlight Indigenous cultures, heritage and contributions.



The Indigenous people in the Rainy River District are predominantly Ojibwe and Metis. Being part of Gizhewaadiziwin Health Access Centre means being able to learn about and engage in our local Indigenous culture, and we're proud to be able to serve these amazing and beautiful people.

June 21st is also the summer solstice. National Indigenous Peoples Day was chosen to align with this date, as "...many Indigenous people and communities have celebrated their culture and heritage on or near this day due to the significance of the solstice being the longest day of the year."

Make sure to take the opportunity to check out any local and virtual events happening for National Indigenous Peoples Day!

<https://www.rcaanc-cirnac.gc.ca/eng/1100100013718/1534874583157>



DID YOU KNOW ABOUT...

...THE INDIGENOUS CARE COORDINATION PROGRAM

The Indigenous Care Coordination Program was put in place to address the needs and improve the experiences of our Indigenous clients in the hospital. The program staffs two Indigenous Care Coordinators who work primarily out of La Verendrye Hospital. They work with the client, hospital and community to provide client-centered care.

Services the Indigenous Care Coordinator provides may include (but not limited to) the following:

- Visiting with the client;
- Speaking to the client in their first language, or coordinating for someone to come in who can speak the language;
- Arranging for cultural needs, such as smudging, traditional medicines, offering tobacco;
- Arranging for Elders, Traditional Healers, or others whose visits and knowledge would be a benefit to the client;
- Advocating for the client;
- Arranging for transition out of the hospital to home;
- Arranging for out-of-hospital follow-up and support.

For more information on this program, contact **Christie Brown**, Indigenous Care Coordinator

La Verendrye Hospital

Mon, Tue, Thur 8:30-4:30, Fri 8:30-4:00

274-3266 x4915

Gizhewaadiziwin Health Access Centre

Wed 8:30-4:30

274-3131 x312



Make sure to register for the upcoming **Car Seat Clinic!**

This is an extremely valuable service that is great for new and expecting parents as well as those that just want to make sure they're being as safe as possible.

Hurry up before spots are gone!

Car Seat Clinic

Fort Frances, ON

Sunday June 19th
11:00-2:00
240 First Street E.
West side of building.

SCAN THIS QR CODE
TO REGISTER!



KENDRA-RAINY RIVER DISTRICTS
Child & Family
SERVICES



Gizhewaadiziwin
Health Access Centre



FREESWAG
FOR ALL
REGISTRANTS
UPON
DEPARTURE



In celebration of June 7th being the International Day of Infant Massage and Nurturing Touch, we are happy to announce that we will begin offering the IAIM Infant Massage Course to parents and their infants ages 0-12 months.

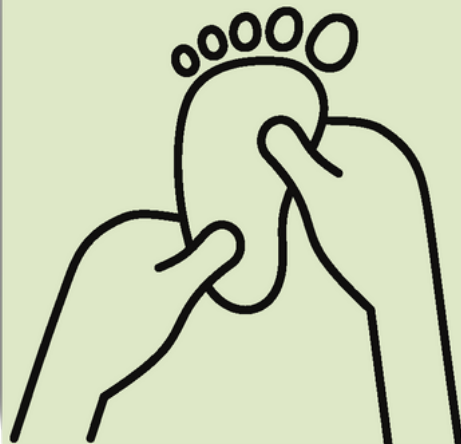
The first course will be offered mid-September at the Metis Hall in Fort Frances. Please feel free to contact Robyn Dennis or Barb Kabel at 274-3131 with questions or to secure your spot for the fall classes or to book a course in your community.



Gizhewaadiziwin
Health Access Centre

IS NOW OFFERING THE IAIM
Infant Massage
Course

Classes run once a week for five consecutive weeks to teach a full body massage routine, the benefits of individual strokes, and ways to promote communication with your infant. Available to parents and their infants 0- 12 months of age.



**For more information
please contact:
Robyn Dennis or Barb Kabel
Phone: 274-3131
Email: rdennis@gizhac.com**



NATIONAL HEALTH & FITNESS DAY

JUNE 4

From <https://www.nhfdcan.ca/>

"Join us for National Health and Fitness Day on June 4, and #LetsMoveCanada!

As winter slides into spring, bringing warmer weather across the country, it's the perfect time to get active!

The pandemic of the past few years has limited our options when it comes to activity, but it's also been a vital reminder about the importance of exercise for our physical and mental wellbeing. Whatever your age, regular movement has a profound positive impact on mood, sleep, memory, concentration, anxiety, depression, and much more.

That's why National Health and Fitness Day is here. To help Canadians get active, get healthy, and feel better. The first Saturday in June—June 4 this year—is the actual day, but we're inviting Canadians to move from May 30 to June 5, to create momentum around movement for a whole week, and ultimately, for the whole year!

Share your activities

That's where you come in. We're looking for leaders and influencers to help get the message out.

Our request is simple: between May 30 and June 5, share a photo or short video on social media of yourself being active. Tell your friends and followers that June 4 is National Health and Fitness Day and invite them to get active themselves. Don't hesitate to share this letter with your friends. Your activities can go a long way to inspire other Canadians to get up and get moving!

Use the hashtag #LetsMoveCanada / #BougeonsCanada, and we'll share your post on our social channels too, to reach even more Canadians."



JUNE IS PRIDE MONTH



We're passionate about serving our clientele and know that LGBTQ2S+ is a social determinant of health. Our staff are taking training through Rainbow Health Ontario ensuring that accessing our programs is equitable and services provided are safe no matter your gender identity or sexual preference.

If you or someone you know is LGBTQ2S+ and are wanting resources, www.borderlandpride.org/ has a very comprehensive resource page.

Please also join our neighbours, Seven Generations Education Institute, along with Borderland Pride for the annual Pride flag raising.

Date: June 6, 2022

Time: 10:30am

Place: Seven Generations Education Institute



Celebrate loud
and proud for
Pride 2022

Button & Banner Making

Tuesday June 7th, 2022
3pm-7pm

Express yourself and show your Pride! Take part in a workshop at the United Native Friendship Centre to make your very own buttons and banners for use in the Pride parade or elsewhere.

@ 427 Mowat Ave-Enter at Central Ave
Snacks provided, SEE YOU THERE!!



Gizhewaadiziwin
Health Access Centre



FROM THE PHARMACY

Our pharmacy is striving to be a:



Please speak to us

about any personal requests or important health information so
we can provide a comfortable pharmacy experience for you.



RAINY LAKE *First Nations* PHARMACY LTD.

1460 IDLYWILD DR FORT FRANCES, ON

(807) 274-3319



FASD Youth Peer Group
Youth 12–18 years old with FASD or
Suspected FASD

Virtual Game Night



Tuesday, June 7th from 6:30–7:30pm CST

connect from home with a computer, tablet or
smartphone & internet

If you have any questions, or would like to receive the
Zoom link please email fasdworker@fireflynw.ca



FUN HOLIDAYS

June 2022

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

June 1 - Say Something Nice Day

June 3 - World Bicycle Day

June 4 - National Trails Day

June 5 - National Veggie Burger Day

June 9 - Donald Duck Day

June 10 - Iced Tea Day

June 11 - Corn on the Cob Day

June 15 - Nature Photography Day

June 17 - Eat Your Vegetables Day

June 18 - International Picnic Day

June 21 - Daylight Appreciation Day

June 24 - Take Your Dog to Work Day (we recommend asking your boss first)

June 30 - Meteor Watch Day



RECIPE OF THE MONTH

Wild Rice, Bean and Veggie Salad

INGREDIENTS:

SALAD INGREDIENTS

- 3 cups cooked wild rice
- 1 can black beans, drained
- 1/4 cup finely chopped onions or 2 stalks of chopped green onions
- 1/2 English cucumber, diced
- 1/2 cup chopped celery
- 1 chopped bell pepper

DRESSING INGREDIENTS

- Italian salad dressing **OR:**
- 1/4 cup light olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp balsamic vinegar
- 1/2 tsp to 1 tsp honey



DIRECTIONS:

1. Combine all salad ingredients in a bowl.
2. If you're using Italian dressing, drizzle over ingredients. If you're making your own:
3. Combine dressing ingredients and whisk and drizzle over salad.

Recipe from the Indigenous Diabetes Health Circle



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.



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