

THE GHAC BIIDAAJIMOWIN

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

AUGUST 2022

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BIRCH BASKETS

Elder Don Jones took out our staff and students to pick birch bark and also taught how to make birch bark baskets and feather holders. See more photos from this on pages 3 - 5.



GIZHEWAADIZIWIN
Health Access Centre

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.

AUGUST CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	01 Civic Holiday	02	03 NP Clinic - Big Grassy	04 NP Clinic - Mitaanjigamiing	05	06
07	08	09 NP Clinic - Rainy River First Nations	10 NP Clinic - Nigigoonsiminika- aning	11 NP Clinic - Naicatchewenin	12	13
14	15	16	17 NP Clinic - Lac La Croix	18 NP Clinic - Onigaming	19	20
21	22	23	24 NP Clinic - Seine River	25 NP Clinic - Big Island	26	27
28	29	30	31 NP Clinic - Big Grassy			

PLEASE NOTE:

The Office will be closed Monday, August 1 for the Civic Holiday

Interested in other events? Keep an eye on our Facebook, Instagram, LinkedIn and Twitter



ANISHINAABEMOWIN

The Ojibwe Language

Boozhoo! If you want to learn some Ojibwe we are happy to teach you some phrases. Here are some translations you can practice with a friend!

Miigwech!

Tina: **N gwenawi doodamin**
We have nothing to do

Pam: **Aan'sh ezhichigeyeg?**
What are you doing?

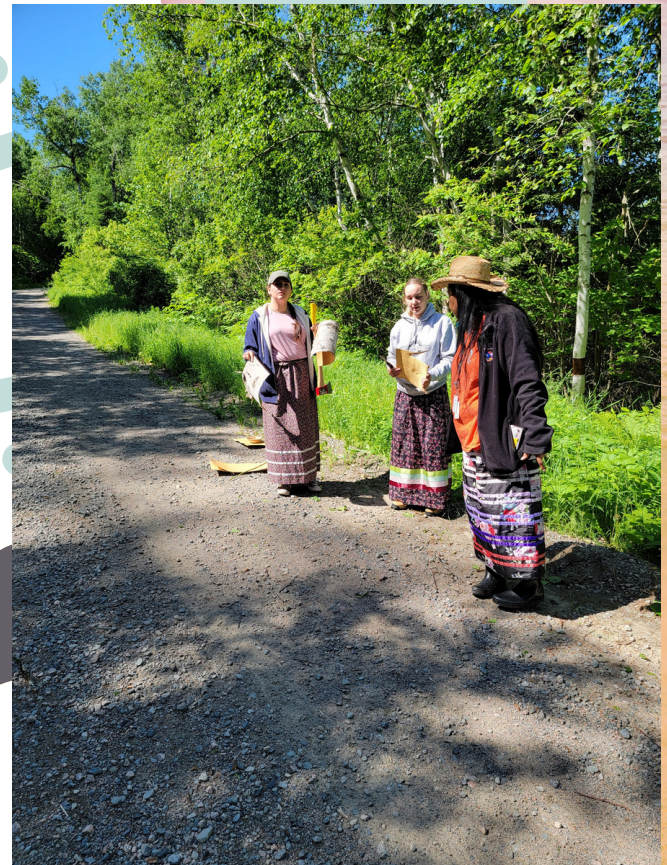
Tina: **Gaawiin gegoo.**
Nothing.
Ni michi ganawaabandaamin gaa mazinaateseg.
We're just watching TV.

Pam: **Gi daa gii ando gwaashkwe bijigemin.**
We should go fishing.

Tina: **Haaw.**
Okay.



BIRCH BARK WITH ELDER DON







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





HEALTHY LIVING FOOD BOX PROGRAM

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

WEDNESDAY, AUGUST 3, 2022

At the Sunset Country Métis Hall, 714 Armit Ave. from
11:00 AM - 4:30 PM

The boxes will be **\$25.00 (cash only)**

Payments can be made when ordering or at pick-up

Pick-up will be on:

WEDNESDAY, AUGUST 17, 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**



GOLF TOURNAMENT

This summer, our GHAC staff and students were given golf memberships for both of our local Indigenous-owned golf courses.

This June, many of our staff and Board members got together for the GHAC Annual Golf Tournament.

The weather was perfect and fun was had by all!



KIDS SPRING ART CONTEST

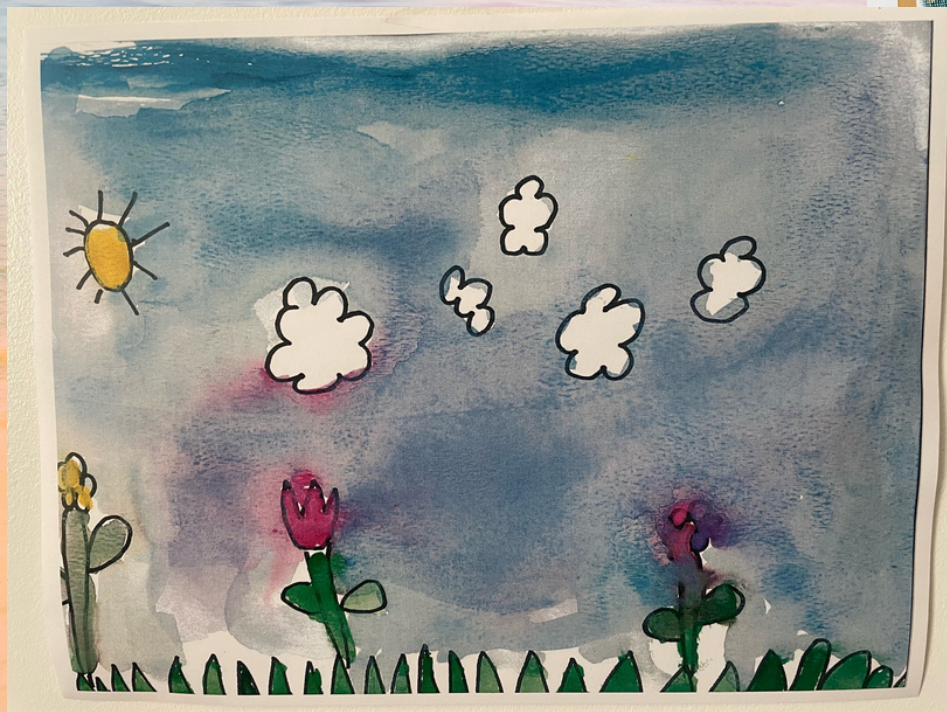
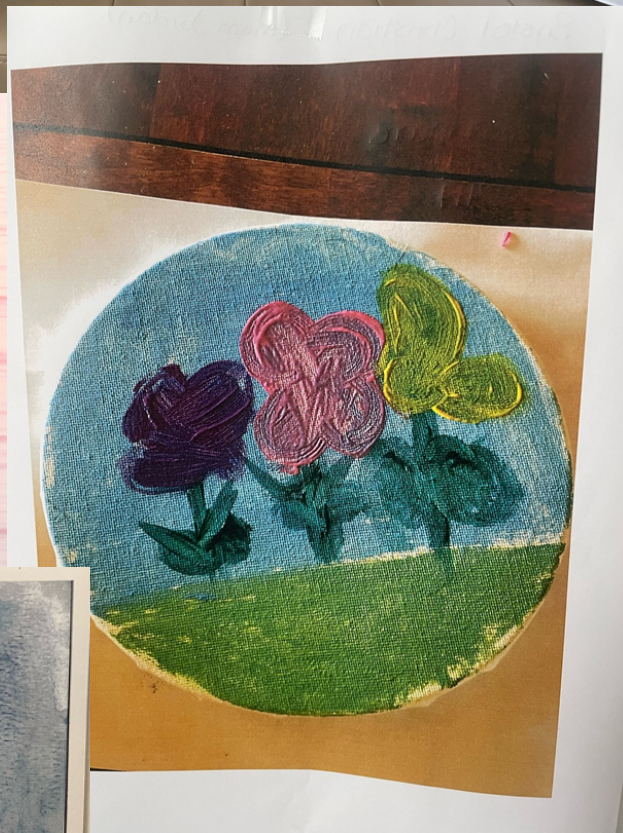
Our FASD and Child Nutrition Program Coordinator, Robyn, held a Kids Spring Art Contest! Children up to 12 years old were invited to submit artwork that represented the words Gitige - Gardening, and Mino Wiisini - Healthy Eating.

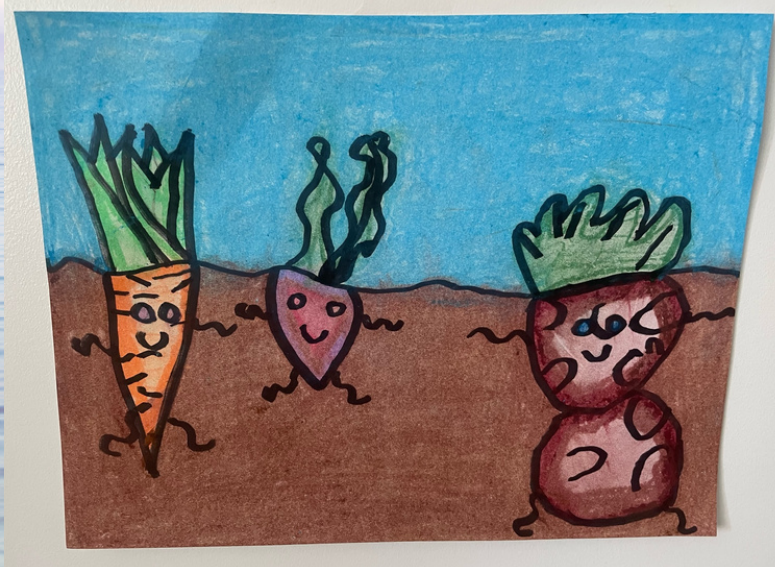
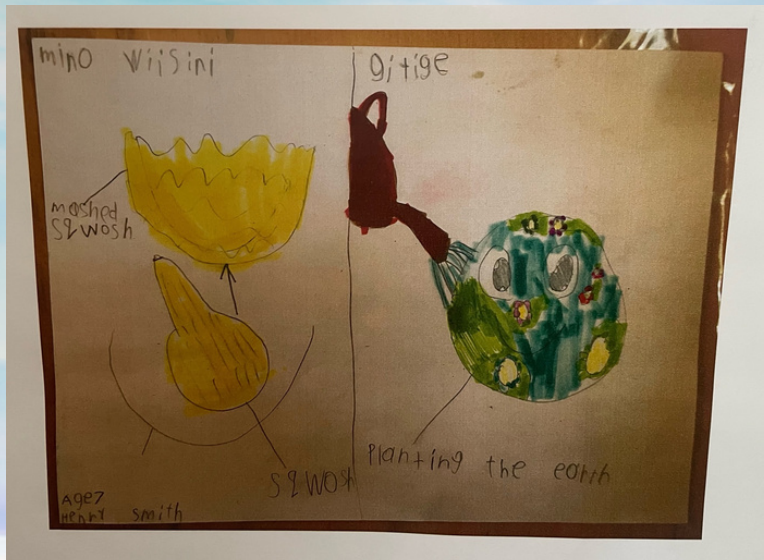


Here's one of our winners! Way to go Henry! Great work :)

Check out the next two pages for some of our submissions! Also make sure to stop by the Centre where we currently have all the artwork proudly on display in the entrance.







NEW FACES AROUND

THE CENTRE



Boozhoo! My name is Katelyn and I am one of the students working in the Health Education department this summer. I am excited to return to GHAC again for my second summer as a Health Ed student. I am from Couchiching First Nation and have lived in Fort Frances my whole life. Currently, I am going into my fourth year of the Bachelor of Health Sciences program at Queen's University in Kingston. When I'm not working, I enjoy beading, watching crime shows, and spending time with my pets.

Boozhoo! My name is Alex, I am from Couchiching First Nation and I live in Fort Frances. I am a Health Education Student at Gizhewaadiziwin Health Access Centre. I started at GHAC in May of 2022. I am currently taking the Native Child and Family Services program through Confederation College, with plans to go to University to obtain my Bachelors Degree and Honours in Social Work. Some things I enjoy doing in my spare time are fishing, golfing, reading, and visiting with my friends and family. I am looking forward to the many opportunities I will have throughout my placement at GHAC this summer.





Hi, My name is Sam and I am the Health Education Assistant/Medical Office Receptionist at Gizhewaadiziwin. I am currently a student, and will remain as a casual until I finish my final year of school. After school I am going to pursue a career in the Mental Health field. I live in Fort Frances with my husband, and our 4-year-old son named Cash! In our spare time we like to watch movies, go for rides, and travel. I love the atmosphere, and the people here at GHAC – that's what makes me enjoy coming to work every day. I look forward to seeing some familiar faces, and meeting some new ones. Miigwetch!

Hey Everyone, I am Connie and have recently joined the Gizhewaadiziwin Health Access Centre Team.

I will be working between both GHAC, as well as the La Verendrye Hospital, where my role will be Indigenous Care Coordinator.

I am a resident member of Couchiching First Nation and have a strong background working with Indigenous people.

I look forward to opportunities to help our people with their hospital experience. If you or a loved one is in need of some assistance in leaving in-hospital care... I am here to help 😊





Boozhoo Nijjii!

My name is Karen Pratt and I am very pleased to come on board at the Gizhewaadiziwin Health Access Centre as Programs Administrative Assistant! I am looking forward to lots of interaction with the Community and being a part of a healthy initiative. I was born many moons ago in Yellowknife NWT and am proud to be Dene First Nation.

My joys in life are family, the outdoors and travel. Some of my most pleasurable moments have been hiking, swimming or just soaking up the sun surrounded by my children, dogs and partner, Moe. I look forward to getting to know you!

**WORK
WITH
US**

We have a lot of other new faces starting with the Centre soon! Keep an eye out for our September newsletter! Also, if you or anyone else you know may be interested in joining Team GHAC, check out www.gizhac.com/careers as well as follow us on our social media channels where we share any new postings!



DID YOU KNOW ABOUT...

OUR BEE BOXES?

Our Mental Health Worker, James, has been bzzzzy beekeeping!

As one of the prizes for the Spring Art Contest (pages 9-11), James taught the winners about beekeeping and had them help decorate the boxes. Check out the pictures on the next page!

Recruiting Parker, our Lifestyle and Wellness Coordinator, to help out!
Great job Parker!





INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES

This day to highlight Indigenous peoples from all over the world is promoted by the United Nations and it takes place on August 9th.

On our social medias (see page 18 for links) we'll be sharing promotional materials from the United Nations on this day. This year they are focusing on "The Role of Indigenous Women in the Preservation and Transmission of Traditional Knowledge."

They are also hosting a virtual commemoration on August 9th from 8-9:30am CST which all are welcome to join.

<https://www.un.org/development/desa/indigenouspeoples/international-day-of-the-worlds-indigenous-peoples-2022.html>

2022 VIRTUAL COMMEMORATION

International Day of the World's Indigenous Peoples

"THE ROLE OF INDIGENOUS WOMEN IN THE PRESERVATION
AND TRANSMISSION OF TRADITIONAL KNOWLEDGE"

📅 9 AUG 2022

🕒 9-10:30 AM EST

📺 VIA ZOOM



Department of
Economic and
Social Affairs



SCAN TO REGISTER



FROM THE PHARMACY



Sunscreen or Bug Spray? Which do you apply first?



Did you know it makes a difference?! If applied together the insect repellent can decrease the effectiveness of the sunscreen making it easier to get burnt. Furthermore, sunscreen increases the absorption of the chemical DEET (which is the most common and effective insect repellent) into the skin potentially increasing its toxicity or chance of side effects such as disorientation, skin rashes and low blood pressure— especially in children.

These issues can become worse if the application directions of the products are not followed properly. Sunscreen should be applied generously every few hours while bug spray should be applied sparingly and less frequently. This means if you reapply sunscreen, you do not necessarily need to reapply the bug spray as well.

What to do...

- Use **separate** products for sunscreen and bug spray. Avoid combination products.
- Apply sunscreen **FIRST!!!**
- Wait at least **20 minutes** before applying bug spray
- Follow package directions for proper use

Contact one of our pharmacy team members if you have any questions!



Phone: 807-274-3319

email: rlfnpharmacy@gmail.com



REWARDS & RECOGNITION

Our Human Resources Manager, Cheryl, created a Rewards & Recognition program for GHAC. Management and Staff alike anonymously nominate one of their peers that have exemplified at least one of the Seven Grandfather Teachings. Those nominees are given a certificate thanking them for their service, and are entered in for weekly, monthly, and quarterly draws for gift cards. Staff have always been going above and beyond so the nominations have been flowing in!



FUN HOLIDAYS

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

August 1 - Spider-Man Day

August 2 - Colouring Book Day

August 3 - International Friendship Day

August 6 - Play Outside Day

August 8 - Happiness Happens Day AND The Date to Create Day

August 12 - International Youth Day

August 15 - Best Friends Day

August 19 - World Humanitarian Day

August 20 - International Geocaching Day

August 21 - International Self-Care Day

August 28 - Weed Out Hate Day

August 29 - More Herbs, Less Salt Day

August 30 - Holistic Pet Day



Save the Date

**SEPTEMBER
30 2022**

**National Day for Truth
and Reconciliation**

GHAC has teamed up with local organizations to host an all day event on the National Day for Truth and Reconciliation. Please keep an eye on ours and our partners social medias for further information.

Details of the event coming soon!

If interested in being added as a partner, please contact
Sam at 274-3131.

Partnering

Organizations:

- United Native Friendship Centre
- Seven Generations Education Institute
- Canadian Mental Health Association - Fort Frances
- Giishkaandago'lkwe Health Services
- Treaty Three Police
- Shooneyaa Wa-Biitong
- Ontario Provincial Police
- Agency One First Nation Lands



INFANT BONNETS

We are making

Infant Bonnets

to donate to our Welcome Baby Bags for new mothers that are being put together by our Indigenous Care Coordination Program.

We are looking for ten volunteers to join us in making these.

Dates: August 24, 2022 & August 25, 2022

Time: 6pm-8pm

Place: Gizhewaadiziwin Health Access Centre

To register please email:
rdennis@gizhac.com



Gizhewaadiziwin
Health Access Centre



A great way to meet some new people, and do something that will mean a lot to a new mother!

Make sure to register as a volunteer by emailing Robyn at rdennis@gizhac.com



SOCIAL MEDIA GIVEAWAYS



**We've collected items
for giveaways for those
that follow us on our
social media.**

Make sure to enter our Instagram giveaway and Facebook giveaway by August 10th. Bonus ballots on the Facebook giveaway for those that follow us on LinkedIn!

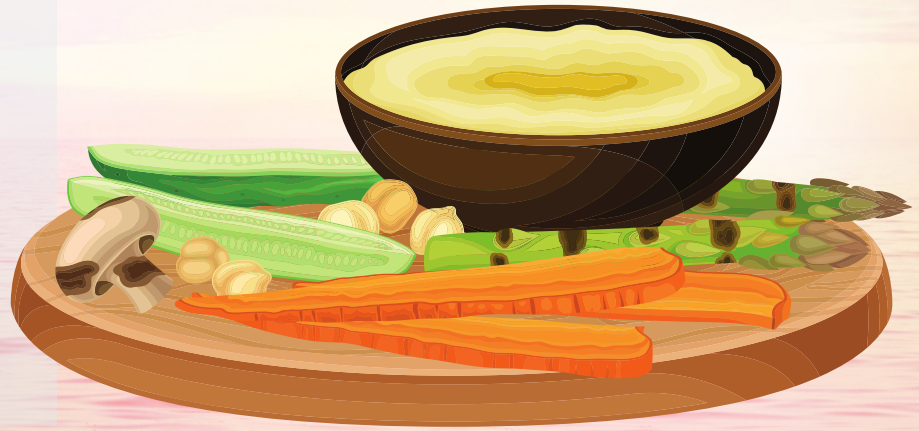


RECIPE OF THE MONTH

H u m m u s

INGREDIENTS:

- 1 can (19oz/540 mL) Chickpeas, rinsed and drained
- 5 tbsp Canola Oil
- 1/4 cup Lemon Juice
- 1 Garlic Clove, minced
- 1 tsp Ground Pepper
- 1/2 tsp Salt



DIRECTIONS:

1. In a food processor, add chickpeas, garlic and lemon juice.
2. Blend in canola oil, pepper and salt.
3. Process until smooth.
4. Place in a serving dish.

Recipe from Diabetes Canada: www.diabetes.ca



If you're trying to figure out what to do with some of your Food Box items, sliced up vegetables taste great when paired up with hummus!



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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