

# THE GHAC BIIDAAJIMOWIN

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

**SEPTEMBER 2022**

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**GIZHEWAADIZIWIN**  
Health Access Centre



## EVERY CHILD MATTERS

Make sure to see what GHAC and our partners have planned for the National Day for Truth and Reconciliation on September 30th. Find the event details on page 5.

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.



# SEPTEMBER CALENDAR

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

## PLEASE NOTE:

The Office will be closed for both Monday, September 5th and Friday, September 30th.

Make sure to join us September 30th for the National Day for Truth and Reconciliation. Check out our [Facebook](#) for more details!



# 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!**

**Firewood**

**Mishi**

**Cuts firewood**

**Manise**

**Wild rice**

**Manoomin**

**Harvests wild rice**

**Monoominike**

**Ice**

**Mikom**

**Drying rack for meat or fish**

**Agwaawaanaak**

**Goes to school**

**Gikino amaagozi**

**Goes moosehunting**

**Andomoozwe**





*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*



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# HEALTHY LIVING FOOD BOX PROGRAM

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

**WEDNESDAY, SEPTEMBER 7, 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, SEPTEMBER 21, 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**







# NATIONAL DAY FOR TRUTH AND RECONCILIATION

Join us on September 30th as we remember the history of residential schools, honour the ones that did not make it home, and celebrate the survivors.

9:00 AM - 12:00 PM

Awareness Walk

12:00 PM - 2:00 PM

Lunch and Speakers

2:00 PM - 10:00 PM

Powwow

A fish fry supper will be provided at 5 PM

A limited number of orange shirts and grab-and-go lunches will be provided

Check out the Facebook event page for more information





# INFANT BONNET MAKING

Staff and volunteers got together to make infant bonnets for new moms receiving our Welcome Baby Bags; these are being put together by our Indigenous Care Coordination program.

Thanks to everyone who helped!





# FAMILY HEALTH AND SAFETY SUMMER WRAP UP

In partnership with the Northwestern Health Unit, GHAC assisted in throwing a Family Health and Safety Summer Wrap Up.

Though the weather ended things early, it was still a great event!





# **FAMILY HEALTH AND SAFETY SUMMER WRAP UP (CONT'D)**



**Thanks to all who  
came out!  
Here's Parker  
assisting the  
lucky winners of  
the kayak which  
was one of the  
prizes from the**

**Summer Wrap Up. Hope to see everyone at  
our next event!**





# #RedShoesRock

Red Shoes Rock is an incredible grassroots movement that has gained international recognition. The idea behind Red Shoes Rock is simple: wear red shoes at FASD events to bring attention to this disability.

Red shoes became a symbol for FASD awareness after Canadian educator and advocate, RJ Formanek, wore red shoes on an international stage to talk about FASD. For him, wearing red shoes are a symbol of power and strength.

The Red Shoes Rock movement started in 2013 and grew as more community members got involved to increase visibility. Dedicated to making a positive impact on the world, the organizers continue to collaborate with organizations and communities around the world.

This FASD Month, wear red shoes and help bring attention to FASD. Don't have red shoes? No worries! Add a red shirt or pants to your outfit instead. Be sure to share on social media using the hashtag #RedShoesRock.

FASD will not CHANGE until

**i C.A.R.E.**

**Compassion • Acceptance  
Recognition • Education**



Learn more about Fetal Alcohol Spectrum Disorders @ [www.RedShoesRock.com](http://www.RedShoesRock.com)

"Red shoes were critical to my narrative, they were the key to it all. They were all about being different... They spoke of speed, of freedom of thought and being different, and red running shoes with the power suit sent a message out there to the world."  
- RJ Formanek



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# NEW FACES AROUND THE CENTRE



I'm the new medical receptionist here at the health access center, I am truly enjoying my time here and getting to know everyone and what roles they have. I love the atmosphere that surrounds me here everyone is so welcoming and helpful. I'm originally from Atikokan and moved to Fort Frances 13 years ago. I am a cat lover, (some may have seen me driving around with one of them he's usually on my dash bird watching) I also love to camp hunt and fish. I have two (adult) kids Tylor and Nicole and as well, my husband and I are foster parents.



Hello, my name is Ashley Sisco. I am a Medical Receptionist at Gizhewaadiziwin Health Access Centre.

I've been working here for just about a month, it's been so much fun getting to know all my co-workers and I have gotten to be involved in cool activities. I look forward to participating in so many great events and cultural teachings. Some things I enjoy doing when I'm not at work are spending time with my 3 children, kayaking, music/concerts, camping, fishing, snowmobiling and dirt track racing.





# TERRY FOX RUN



## **Fort Frances Terry Fox Run**

**When:** Sunday, September 18

**Where:** Sorting Gap Marina

**Registration:** 1:00pm

**Start Time:** 2:00pm

Further details can be found at

<https://run.terryfox.ca/3429>

**Not running? There are other ways to help! Become a volunteer or sponsor a local runner. Find out more at**

[www.terryfox.org](http://www.terryfox.org)





# FROM THE PHARMACY

## Back to school tips!



It's back to school time! Time to get all the supplies needed to start the year off right! But we aren't talking about backpacks and lunch kits. If your child requires medication, you will need to get those supplies ready too. Here are a few tips to help get your child's medications school ready:

- Review when and how to use medications for your child. For devices such as EpiPen or inhalers, review instructions and check expiration dates!
- Ensure there are refills on your child's medication. You will find this information on the prescription label or if you are unsure call your pharmacy and they can help. In some cases, the pharmacist can extend medications, or communicate with your doctor to get a refill.
- Speak with your child's teacher about leaving medication at the school for them to use if needed. We can provide you with extra devices or medication packaged separately with a prescription label. This way the instructions are clear.

If you have any questions, please reach out to one of our pharmacy team members.



Phone: 807-274-3319

email: [rlfnpharmacy@gmail.com](mailto:rlfnpharmacy@gmail.com)





# 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!**

September 6 - Read a Book Day

September 9 - Teddy Bear Day

September 10 - Swap Ideas Day

September 11 - Hug Your Hound Day

September 13 - Positive Thinking Day

September 16 - Collect Rocks Day

September 17 - National Cleanup Day

September 19 - International Talk Like a Pirate Day

September 25 - Comic Book Day

September 28 - Good Neighbour Day





# RECIPE OF THE MONTH

## Breakfast Cookies

### INGREDIENTS:

- 1 cup mashed bananas
- 1/3 cup creamy almond butter
- 1/4 cup pure maple syrup
- 1 large egg
- 2 tsp vanilla extract
- 1 cup oat flour
- 1/2 tsp ground cinnamon
- 1/2 tsp baking soda
- 1/2 tsp sea salt
- 1 1/4 cups old fashioned oats
- 1/4 cup raisins
- 1/4 cup chocolate chips
- Flaky sea salt

### DIRECTIONS:

1. Preheat oven to 350 degrees Fahrenheit. Line a large baking sheet with parchment paper or a silpat baking mat. Set aside.
2. In a large bowl, combine the mashed bananas, nut butter, maple syrup, egg, and vanilla. Stir until smooth.
3. Add the oat flour, cinnamon, baking soda and salt. Stir until just combined. Stir in the oats, dried fruit and chocolate chips.
4. Let the dough sit for about 5-10 minutes so the oats can soak into the mixture a little.
5. Scoop the dough onto prepared baking sheets, about 2 tbsps per cookie.
6. Bake the cookies for 10-14 minutes or until they're set, but still soft.
7. Remove the cookies from the oven and sprinkle with flaky sea salt, if desired. Cool on the baking sheet for 5 minutes and then transfer to a cooling rack to cool completely.





# 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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