

# THE GHAC BIIDAAJIMOWIN

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

**DECEMBER 2022**

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**GIZHEWAADIZIWIN**  
Health Access Centre

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



# DECEMBER CALENDAR

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

**PLEASE NOTE:**  
The Office will be closed for Christmas Holidays starting Friday December 23 ,  
returning Monday January 2.





# 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!

The lake/river is freezing.

Gashkadin.

The ice is thick.

Gipagadin.

The ice is thin.

Bepagazhezi mikom.

Don't walk on the ice.

Gego bimaadagaakoken.

It's extremely cold.

Gichi-gisinaa. Wiisagi-gisinaa.

It is Christmas Day.

Gichi-anami'egiizhigan.

Holy moly!

Yooohoo!

What season is it?

Aaniin enakiiwinagaak?

It is winter.

Biboon.





*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 November Healthy Living Food Box will be due:

**WEDNESDAY, DECEMBER 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 or Etransfer)**  
Payments can be made when ordering or at pick-up

Pick-up will be on:

**WEDNESDAY, DECEMBER 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**





# INDIGENOUS CARE COORDINATORS PROGRAM

## ICC Services

### \*not limited to

- Assistance for in-hospital patients to ensure understanding of what is happening and what to expect to enhance patient's experience
- Patient advocacy-do you have questions, concerns?
- In-hospital face to face visiting
- Coordinate language translator per patient need/request
- Ensure cultural requests for smudging, medicines & tobacco for ceremony per patient request
- Coordinate elders, healers & other like knowledge keepers per patient request
- Coordinate with CHN, CHR, Health Directors etc., at community band levels
- Assist our Metis population
- Assistance in transition and discharge planning from hospital to home, by ensuring calls and arrangements are happening
- \*ICC cannot pay for transportation arrangements
- Aid with palliative encounters



Gizhewaadiziwin  
Health Access Centre  
1460 Idylwild Drive  
PO Box 686  
Fort Frances, ON P9A 3M9

## Indigenous Care Coordinator Program

The Indigenous Care Coordination Program was put in place to address the needs and to improve the in- hospital experiences of our Indigenous, Metis people. Our Indigenous Care Coordinators (ICC) work primarily out of LaVerendrye Hospital in Fort Frances. We work with hospital staff and community program people to address the needs of in-hospital clients & discharge planning.

## ICC

## Indigenous Care Coordinators

Christie Brown  
GHAC: 807-274-3131 ext. 234  
Email: cbrown@gizhac.com

Connie Calder  
GHAC: 807-274-3131 ext. 234  
Email: ccalder@gizhac.com

La Verendrye Hospital  
807-274-3266 ext. 4195

**Mon. - Thur., 8:30a.m.-4:30p.m.  
& Friday 8:30a.m.- 4:00p.m.**

GHAC website  
<http://www.gizhac.com>





# INDIGENOUS CARE COORDINATORS PROGRAM

ICC are part of the circle of care team. Provides a range of health and mental health navigation, advocacy, discharge planning and support services to Indigenous peoples.

Staff are committed to improving the health and mental health outcomes of Indigenous peoples by providing culturally appropriate and safe care, as well as assisting patients with health system navigation.

At this time ICC workers are not available for client assistance while waiting in emergency department and cannot fast track your wait. We can provide you with a contact number to reach the Emergency Nursing Supervisor should you, or a loved one, feel like you are not being considered fairly.

ICC can also help you file complaints if you feel that something has occurred where you or your loved one has not been treated with the respect and consideration while in the emergency department, or while you were an in-patient.

ICC will not share patient information through telephone calls, texts or social media platforms. We can direct you to those you need to speak to.



**GOAL:** to improve equitable access to care for Indigenous patients. To support their return home through discharge planning; and to support community based services that are culturally appropriate and safe.





# **Rainy Lake First Nations Pharmacy Holiday Hours**

**FRI December 23<sup>rd</sup> : CLOSED**

**MON December 26<sup>th</sup>: CLOSED**

**TUES December 27<sup>th</sup>: 8:30-4:30pm**

**WED December 28<sup>th</sup>: 8:30-4:30pm**

**THUR December 29<sup>th</sup>: 8:30-4:30pm**

**FRI December 30<sup>th</sup>: 8:30-4:30pm**

**MON January 2<sup>nd</sup> – CLOSED**

**TUES January 3<sup>rd</sup>: 8:30 – 4:30pm**

**Wishing Everyone a Very Merry  
Christmas and Healthy and Happy New  
Year!**

**Miigwech and Thank you!**







# FOOD SECURITY

## DEHYDRATOR WORKSHOP

DEC 7TH & 8TH

11-2:30

BIG ISLAND COMMUNITY HALL

LUNCH WILL BE PROVIDED FOR

REGISTRANTS

PLEASE CALL COURTNEY

488-0000

SPACES ARE LIMITED





# GETTING READY FOR CHRISTMAS AROUND THE CENTRE! CLINIC WAITING AREA...





# GETTING READY FOR CHRISTMAS AROUND THE CENTRE! FRONT DESK/RECEPTION AREA....





# THE NEW GREEN COMMITTEE AT GHAC IS PROMOTING AWARENESS AND EDUCATION TO HELP OUR ENVIROMENT AND CLIMATE!



## Recyclable Items



**PLASTIC CONTAINERS**  
(with necks only)



**CARTONS &  
JUICE BOXES**



**EMPTY AEROSOL  
CANS**



**ALUMINUM CANS**



**CEREAL BOXES**



**CARDBOARD BOXES  
(FLATTENED)**



**CLEAN PIZZA BOXES**

**Recycling is  
great, but also  
consider  
reusing when  
able!**



**TIN/STEEL CANS**



**PAPER  
(BROWN BAGS,  
HIGH-GRADE PAPER)**



**JUNK MAIL**



**MAGAZINES  
& NEWSPAPERS**





# FASD AND CHILD NUTRITION PROGRAM

## Ways to support your loved ones who are pregnant or trying to get pregnant during the holiday season

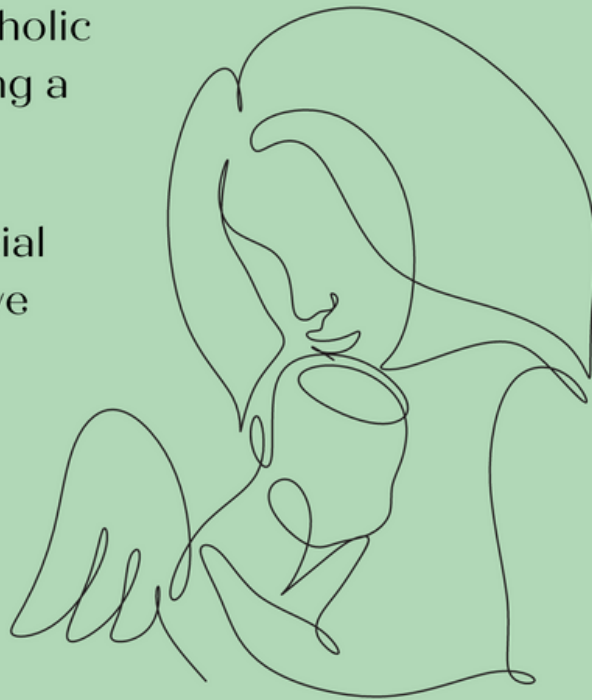
Choose to take a pause or cut down on your own alcohol use to show your support

Bring your own non alcoholic beverages to social events you attend

Offer plenty of non alcoholic beverages when hosting a gathering

Take part in and plan social events that do not involve alcohol

Ask them for specific details on what you can do to help reduce the stress in their life



If someone refuses an alcoholic beverage you offer DO NOT ask them why or pressure them to drink. There are many reasons why people choose not to drink, including being pregnant or trying to get pregnant.



Many women are more likely to avoid alcohol during pregnancy if their loved ones support them to do so.





# ROCK YOUR MOCS!



Rock your mocs is an annual week-long campaign starting November 13 that promotes cultural pride by encouraging Indigenous peoples to share their stories through posting photos of their moccasins.





# MOVEMBER



**GHAC staff supported men's mental health in November with a little moustache making contest to help promote awareness and have some fun.**





# NATIONAL ADDICTIONS AWARENESS WEEK

GHAC staff participated in the walk from the BHS building on King's Hwy to the new RAAM clinic, to fight the stigma of addiction, in honour of National Addictions Awareness Week. This event was held in partnership between Giishkaandago'lkwe Health Services, Gizhewaadiziwin Health Access Centre, Riverside Health Care, Canadian Mental Health Association, Northwestern Health Unit, and St. Joseph's Care Group.





# NEW FACES AROUND THE CENTRE



**BOOZHOO!. MY NAME IS TRISH AND I HAVE RECENTLY JOINED THE GHAC TEAM AS THE NEW MEDICAL OFFICE ASSISTANT. I HAVE WORKED IN HEALTH CARE LOCALLY FOR 11 YEARS AND I AM LOOKING FORWARD TO MY NEW POSITION HERE. I LIVE IN FORT FRANCES WITH MY CHILDREN CALLEIGH AND CHASE, AND MY FIANCE GREG. I LOVE TO PLAY GOLF, FISH, AND SPEND TIME WITH FAMILY. I AM ENJOYING THE WELCOMING WORK ENVIRONMENT SO FAR AND LOOK FORWARD TO SEEING FAMILIAR FACES FROM THE COMMUNITY, AS WELL AS MEETING NEW ONES : )**





# CANADIAN INDIGENOUS ARTISTS



**POWWOW DANCER 1978**

**DAPHNE ODJIG, GRANDMOTHER OF CANADIAN NATIVE ART, PAINTED LONG BEFORE THERE WAS SUCH A THING AS A CONTEMPORARY NATIVE ART MOVEMENT ON EITHER SIDE OF THE 49TH PARALLEL.**

**DAPHNE WAS BORN IN 1919 OF OJIBWA/ENGLISH PARENTS, ON THE WIKWEMIKONG RESERVE ON MANITOULIN ISLAND. HER MOTHER WAS AN ENGLISH WAR BRIDE. HER FATHER COULD TRACE HIS ANCESTORS THROUGH THE ODAWA/POTAWATOMI TRIBES.**

**SHE HAD ALWAYS SHOWN AN INTEREST IN ART - ENCOURAGED FIRST BY HER GRANDFATHER WHO WAS A STONE CARVER - BUT FOR YEARS HER IMAGES WERE INFLUENCED BY AN ECLECTIC GROUP OF MODERN EUROPEAN PAINTERS. HER WORK HAS ADDRESSED ISSUES OF COLONIZATION, THE DISPLACEMENT OF INDIGENOUS PEOPLES, AND THE STATUS OF INDIGENOUS WOMEN AND CHILDREN, BRINGING INDIGENOUS POLITICAL ISSUES TO THE FOREFRONT OF CONTEMPORARY ART PRACTICES AND THEORY. SHE IS THE WINNER OF THE 2007 GOVERNOR GENERAL'S AWARDS IN VISUAL AND MEDIA ARTS.**







**BE KIND TO YOURSELF**

# **NAICATCHEWENIN FIRST NATION MENTAL HEALTH COMMUNITY VISIT**

**DECEMBER 8TH 2022**

**PLEASE PHONE (807)274-3131 TO BOOK  
YOUR APPOINTMENT WITH DAN, GHAC'S  
MENTAL HEALTH WORKER.**

**APPOINTMENTS NEED TO BE BOOKED BY  
3PM ON DECEMBER 7TH.**

**APPOINTMENTS ARE LIMITED.**







**NATURAL MEDICINE CLINIC**  
**JANUARY 25TH, 26TH, 27TH**  
**2023**

**GIZHEWAADIZIWIN HEALTH ACCESS CENTRE IS  
PROUD TO FACILITATE THIS CLINIC @ NANICOST GYM  
KATHY BIRD AND CARLA BIRD WILL BE ACCEPTING  
APPOINTMENTS.**

**TO BOOK AN APPOINTMENT  
PLEASE CALL: PAMELA JOHNSON, MARY JANE  
KEWAKUNDO OR BRAD FYFE @ 274-3131  
(CASEMA AND GIFTS ARE REQUIRED AND A SKIRT IS  
RECOMMENDED)**



**Gizhewaadiziwin**  
Health Access Centre





**GIZHEWAADIZIWIN**  
Health Access Centre

# GHAC Cultural Craft Night



**Please join us for Craft  
Night at GHAC.  
Starting Tuesday,  
January 10th 6-8pm at  
the Health Access  
Centre. Bring a friend!!**





# FUN HOLIDAYS

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

December 1 - World AIDS Day

December 5 - Day of the Ninja

December 9 - Christmas Card Day

December 12 - Gingerbread House Day

December 13 - St. Lucia's Day ( Festival of Lights)

December 18 - Hanukkah begins

December 21 - Winter Solstice

December 23 - Festivus

December 24 - Eggnog Day

December 24 - Christmas Eve

December 25 - Christmas Day

December 26 - Boxing Day

December 31 - New Year's Eve





# RECIPE OF THE MONTH

## CHICKEN AND WILD RICE CASSEROLE

### INGREDIENTS:

- 1 cup wild rice
- 1 small onion
- 1 cup brown or cremini mushrooms, sliced
- 1 lb. chicken breasts, boneless skinless cubed
- 1 tbsp. olive oil
- 1/2 tsp dried basil
- 1/4 tsp. dried thyme
- Pepper & salt to taste
- 1 can Cream of Mushroom soup
- 1/3 cup sour cream
- 2 tbsp. chicken broth
- 1 cup cheddar cheese shredded and divided

Wild rice can be substituted for any kind of cooked rice. This casserole must rest 10 minutes to thicken up.



### DIRECTIONS:

1. Preheat oven to 375 degrees Fahrenheit.
2. Line a 9 x 13 baking dish with heavy duty foil or parchment paper.
3. Cook your rice according to directions.
4. Cook onion and mushrooms in a saucepan over medium heat until slightly softened.
5. While the rice is cooking, toss chicken with basil, thyme and salt & pepper to taste. Brown chicken over medium heat in a skillet until all sides are browned and chicken is almost cooked through.
6. Combine the cooked rice and browned chicken with mushroom soup, sour cream, chicken broth, and 1/2 cup of cheddar cheese. Toss well to combine.
7. Spread into the prepared pan and cover with foil paper. Bake 20 minutes.
8. Remove foil and top with remaining cheese. Bake an additional 5-7 minutes or until bubbly and the cheese is melted.
9. Rest for 10 minutes before serving.





# 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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