

THE GHAC BIIDAAJIMOWIN

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

JANUARY 2023

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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.

JANUARY CALENDAR

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

PLEASE NOTE: THE CLINIC WILL BE
OPEN ON MONDAY JANUARY 2ND 2023



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!

It is New Year's Day.

Oshki-biboon

It is in the middle of winter.

Aabita-biboon.

What's the weather like?

Aniin ezhiwebak?

It's blowing snow.

Babaamaashi-goon.

It's snowing and snowing!

Zoogipon!

There is a blizzard!

Baashkine-biiwan!

Holy moly!

Howah!

I'll get the firewood.

Nin-ga-naadinise.

It is winter.

Biboon noongom.



*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, JANUARY 4, 2023

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, JANUARY 18, 2023

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.



GHAC STAFF TOOK TIME OUT TO CREATE BLANKETS FOR THE ICC PROGRAM AT LA VERENDRYE HOSPITAL. STAY WARM PEOPLE!



GHAC holds monthly community clinics in the First Nation communities in our district. If you would like an appointment to see a primary care giver, you have 2 options.

You can contact your community clinic/office to book an appointment or you can contact GHAC @ (807) 274-3131 to book your appointment confidentially.





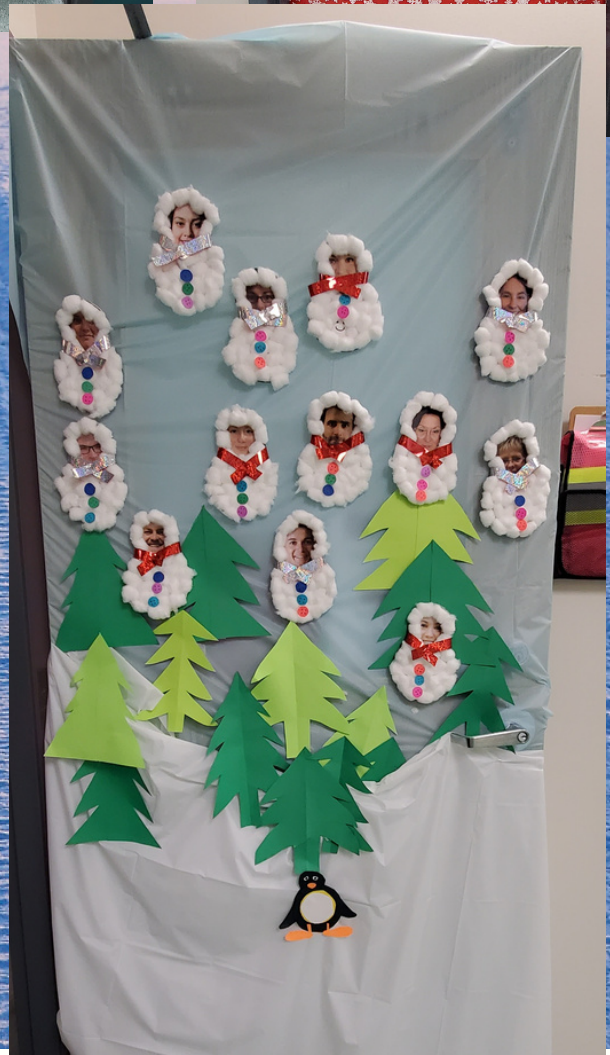
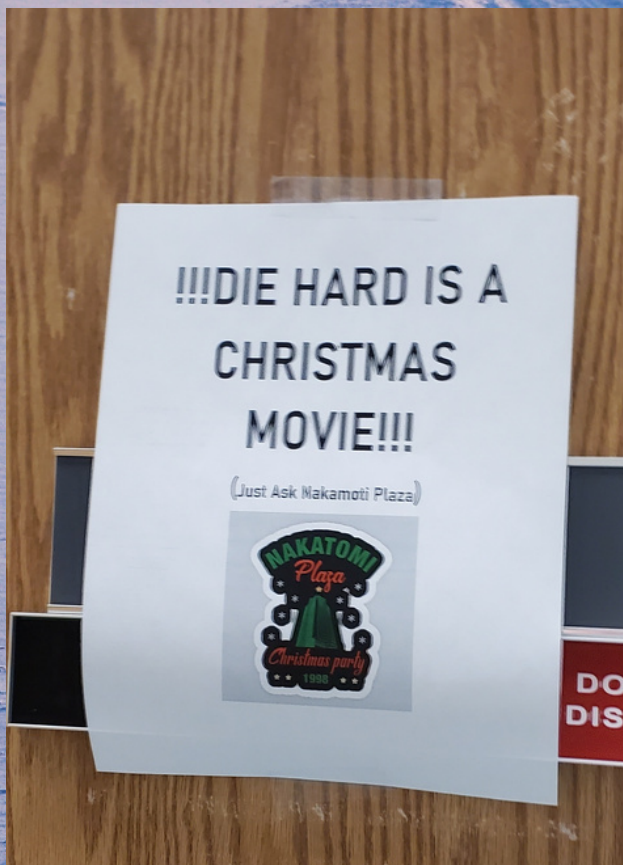
FOOD SECURITY



DEHYDRATOR WORKSHOPS
WILL BE STARTING UP AGAIN IN THE
NEW YEAR.
NEW DATES WILL BE POSTED AS SOON
AS POSSIBLE FOR REGISTRATION.
MIGWECH!
HAPPY NEW YEAR!



CHRISTMAS DECORATIONS AROUND THE CENTRE!



CHRISTMAS DECORATIONS AROUND THE CENTRE!



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

Looking for an easy-to-achieve New Years Resolution?

Here are some small changes you can make to **Go Greener** in 2023!



Use a reusable water bottle

Purchase electric instead of gas-powered

Use compostable/biodegradable one-use plates and cutlery

Collect rain

Compost!

Eat locally farmed/produced foods

Switch your lightbulbs out with LED lightbulbs

Wash your laundry in cold water instead of hot



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 & CHILD NUTRITION

#ProudToBe ACPST
#TheRight Seat

Providing Canadians with the skills and knowledge to safely transport children for over 10 years.

CPSAC

What should baby wear when it's cold?

- ✓ Thin, warm, well-fitting clothes
- ✓ Layers over top once buckled
- ✓ Hat and mitts



Avoid bulky clothing, snowsuits, and bunting bags in the car seat - save them for in the stroller.

Safety is our middle name.
www.cpsac.org

#ProudToBe ACPST
#TheRight Seat

Providing Canadians with the skills and knowledge to safely transport children for over 10 years.

CPSAC

What should a young child wear when it's cold?

- ✓ Thin, warm, well-fitting clothes
- ✓ Layers over top once buckled
- ✓ Hat and mitts



Avoid bulky clothing and snowsuits.

Safety is our middle name.
www.cpsac.org

#ProudToBe ACPST
#TheRight Seat

Providing Canadians with the skills and knowledge to safely transport children for over 10 years.

CPSAC

What should an older child wear when it's cold?

- ✓ Unzip the coat to reduce bulk under the seat belt
- ✓ Layers over top once buckled
- ✓ Hat and mitts



Avoid bulky clothing and snowsuits.

Safety is our middle name.
www.cpsac.org

For more information on
Child Passenger Safety
contact:
Robyn Dennis @ 274-3131
or rdennis@gizhac.com



FASD & CHILD NUTRITION

6-Week Live Online Mindfulness Program for Kids



Sessions will include fun and engaging activities that include:

- ✓ Mindful Movement and yoga
- ✓ Breath Awareness
- ✓ Sensory Activities
- ✓ Brain Games
- ✓ Guided Relaxations
- ✓ Heartfulness and gratitude art
- ✓ Mindfulness with animals

FREE!

Highly beneficial for kids who may struggle with

- ADHD
- Sleep Problems
- Anxiety
- FASD
- Anger Issues
- Everyday challenges

The first 50 children who register will receive two free books!

When: 6 Wednesday evenings

Dates: Wed. Jan. 11th-Wed. Feb. 15th, 2023

Times: Ages 4-8, 5:30-6:30 pm

Ages 9-12, 7:00-8:00 pm

Cost: Free! (Funding provided by Health Nexus) To Register and receive zoom link, email: healthymindfulme@gmail.com

Facilitated by: Sherry-Lynne Kirschner B.A., B. Ed., R.Y.T. and mindfulness educator

www.mindfulme.ca and

www.mindfulmarmot.com



Supported by



FASD & CHILD NUTRITION



Nobody's Perfect Parenting



Gizhewaadiziwin
Health Access Centre

Parenting program for parents with children ages 0-5

"There are no perfect parents, or perfect children, or perfect people. We can only do our best, and we all need help once in a while."

Join us to:

- Meet with other parents with children ages 0-5
- Share questions, concerns and ideas about being a parent
- Learn about child development, safety, health and behaviour
- Talk about real-life parenting experiences
- Work together with the support of a trained facilitator
- Discover ways of positive parenting

Lunch will be provided.

When & Where:

Thursdays at 1pm
from February 2, 2023
to March 2, 2023
at the Metis Hall.



For more information, or to register,
contact:

nobody's perfect

Taylor McQuaker - taylor.mcquaker@weechi.ca
Robyn Dennis - rdennis@gizhac.com





We provide the following services

- Compliance packs
- Private, one-on-one clinical medication counselling
- Compression stockings
- Wound care supplies
- Incontinence supplies (may be covered by NIHB)
- Specialize in NIHB medication and supplies coverage
- Work closely with prescribers and other health care professionals to provide multidisciplinary care
- Prescribe options for smoking cessation
- Renew/extend prescriptions for continuity of care free of charge
- Prescribe over the counter products eligible under the NIHB Optimization Program
- Naloxone kits and training (one-on-one or group presentation)

We strive to provide optimal patient care for all clients in a culturally safe and inclusive space

Please contact us if you have any questions or require services. Our pharmacy team will be happy to assist you. You can also text us at 807-271-5049.



RAINY LAKE *First Nations* PHARMACY LTD.
1460 IDLYWILD DR FORT FRANCES, ON (807) 274-3319



Find us on
Facebook



FACES AROUND THE CENTRE



**GHAC STAFF HAD THE OPPORTUNITY
TO WEAR PAJAMAS TO WORK ON
THE DAY OF OUR CHRISTMAS
PARTY! A BUNCH REALLY GOT INTO
THE SPIRIT HO HO HO !**



CANADIAN INDIGENOUS ARTISTS



SPIRIT OF THE NORTH



MOTHER AND DAUGHTER

BETTY ALBERT-LICENZ WAS ADOPTED AND RAISED BY FRENCH CANADIAN PARENTS IN NORTHERN ONTARIO. SHE SPENT TIME ON VANCOUVER ISLAND WHERE BOTH OF HER INTERESTS IN ART AND SPIRITUALITY SURFACED. DURING THE NEXT TWENTY YEARS, SHE WORKED WITH PEN AND INK, AND IMPROVED HER ARTISTIC TECHNIQUES.

CIRCUMSTANCES EVENTUALLY BROUGHT HER BACK TO HER FATHER, DISCOVERING HER BIRTHRIGHT AS A CREE. BETTY THEN BEGAN AN ART BUSINESS WITH HER FATHER CALLED "WABIMEGUIL ART STUDIO," WHICH DISTRIBUTES ART THROUGHOUT NORTH AMERICA. LIKE MANY CREE PEOPLE, DREAMS PLAY AN IMPORTANT PART OF HER LIFE AND WORK. SHE DISCOVERED THAT HER DREAM PEOPLE WERE FACELESS AND THIS IS EVIDENT IN SOME OF HER WORK. HER ART ALLOWS THE VIEWER TO EXPERIENCE TRADITION, ACTION, AND A DEEP SPIRITUALITY. HER USE OF VIBRANT ACRYLIC COLORS BEGS US TO VIEW CREATION IN A NEW WAY. THROUGH HER PAINTING, "WABIMEGUIL (WHITE FEATHER)," SHE EXPRESSES NOT ONLY HER OWN GROWTH IN SPIRITUALITY, BUT ALSO ENCOURAGES PEOPLE TO EXPERIENCE "THE PEACE," THAT SHE REPRESENTS IN HER ART.





BE KIND TO YOURSELF

LAC LA CROIX FIRST NATION MENTAL HEALTH COMMUNITY VISIT

JANUARY 17 2023

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

**APPOINTMENTS NEED TO BE BOOKED BY
3PM ON JANUARY 16TH.**

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

January 1 - Polar Bear Plunge Day

January 4 - World Braille Day

January 5 - National Bird Day

January 8 - National Bubble Bath Day

January 11 - Clean Off Your Desk Day

January 15 - Martin Luther King Jr. Day (U.S.A)

January 19 - National Popcorn Day

January 21 - National Squirrel Appreciation Day

January 21 - World Religion Day

January 23 - International Integrative Health Day

January 24 - Compliment Day

January 27 - International Holocaust Remembrance Day

January 28 - National Lego Day

January 31 - Backwards Day



RECIPE OF THE MONTH

SLOW COOKER SPLIT PEA SOUP

INGREDIENTS:

- 1 lb. dried split green peas
- 1 small onion, chopped
- 3 carrots, peeled and diced
- 2 stalks of celery, sliced
- 2 cloves garlic, chopped
- 1 - 2 cups cubed ham
- 4 cups chicken stock
- 4 sprigs fresh thyme or 1 tsp. dried
- 2 sprigs parsley + more chopped for garnish
- 1 bay leaf, optional
- salt and pepper, to taste



DIRECTIONS:

1. Place the split peas in a colander. Rinse them well and pick through for any tiny pebbles or debris
2. In the base of a slow-cooker, combine the peas, onion, carrots, celery, garlic, ham, chicken stock and 1.5 cups of water. Tie the sprigs of thyme, parsley and the bay leaf together with a piece of kitchen twine, wrapped around the bundle a couple of times, then add to the slow-cooker.
3. Cover and cook on high heat for 4-5 hours, or low heat for 8-10 hours, until the peas are tender and have split to thicken the soup. Season with salt and pepper to taste. Serve topped with chopped parsley.



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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www.instagram.com/GIZHAC



www.twitter.com/GIZHEWAADIZIWIN



www.linkedin.com/company/GIZHEWAADIZIWIN



www.tiktok.com/@gizhac

**If you would like to subscribe to GHAC News,
contact Karen at:**

Email: kpratt@gizhac.com

Phone: (807) 274-3131

