

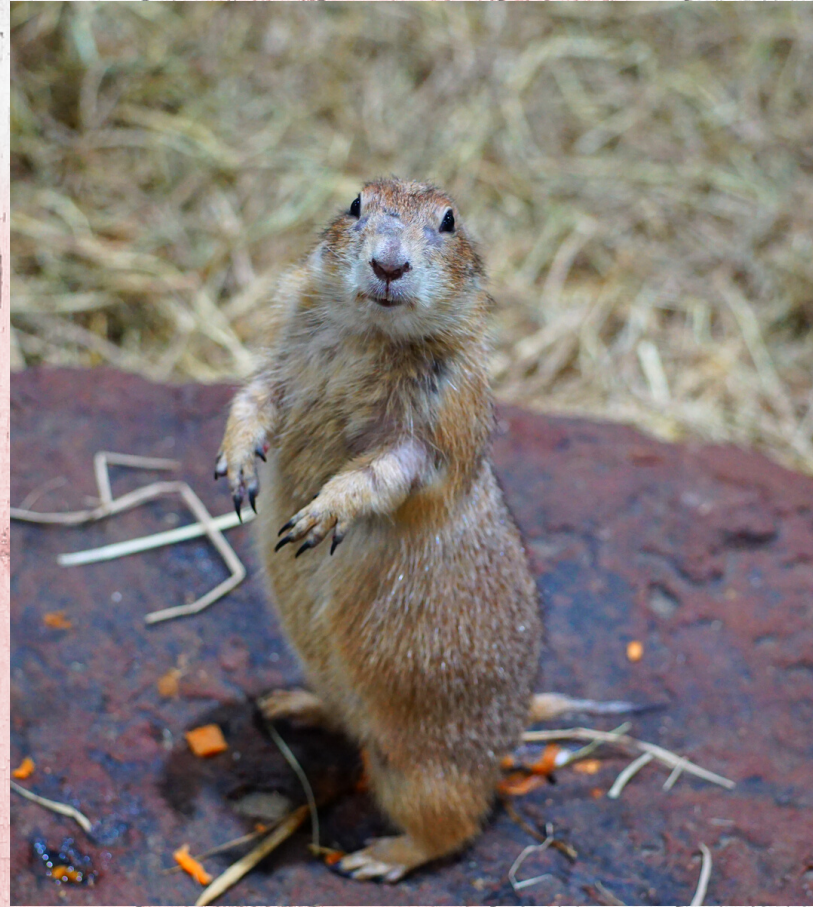
# THE GHAC BIIDAAJIMOWIN

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

**FEBRUARY 2023**

## THIS ISSUE

February Calendar - 1  
Anishinaabemowin - 2  
Food Box - 3-4  
GHAC Staff Training & Recognition - 5  
ICC Program - 6-7  
GHAC Food Cupboard - 8  
Community Clinics - 9  
GHAC Feature Program - 10  
Green Committee - 11  
FASD & Child Nutrition - 12-15  
Food Security - 16  
Health Education - 17 - 19  
Rainy Lake First Nations Pharmacy - 20  
New Faces Around The Centre - 21  
Canadian Indigenous Artists- 22  
Mental Health Community Visits - 23  
Cultural Craft Nights - 24-25  
Fun Holidays - 26  
Recipe of the Month - 27  
Closing Page - 28



WHEN NOTHING GOES RIGHT, GO LEFT.



**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.



# FEBRUARY CALENDAR

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

PLEASE NOTE: THE CLINIC WILL BE CLOSED ON MONDAY FEBRUARY 20TH 2023 FOR FAMILY DAY!





# 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!

I am amazed by you.

Gimaamakaadenimin.

You're beautiful/handsome.

Gidoonizhish.

Eat with me.

Wiidoopamishin.

Kiss me.

Ojiimishin.

I love you.

Gizhawenimin.

I want to marry you.

Giwiwiidigemin.

Holy moly!

Howah!

Of course!

Miinange!

I think the world of you.

Wiinge gigichiinenimin.





*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, FEBRUARY 1, 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, FEBRUARY 15, 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**

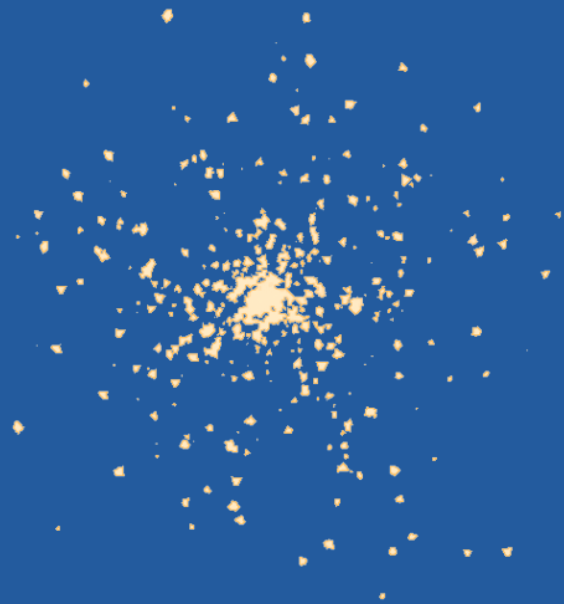




# GHAC STAFF TRAINING & RECOGNITION



**GISELLE IS ONE OF THE FANTASTIC STAFF WE HAVE WORKING IN THE CLINIC. IN DECEMBER, SHE WROTE AND PASSED THE RPN LICENSE EXAM. WOOHOO!!! GISELLE IS NOW A REGISTERED PRACTICAL NURSE. EXCELLENT EFFORT !**





# 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 FOOD CUPBOARD

OUR COMMUNITY CUPBOARD HAS A NEW LOCATION, NEW STOCK, AND  
A NEW ANISHINAABEMOWIN NAME!!!

A BIG CONGRATULATIONS TO CRYSTAL SMITH. CRYSTAL SUBMITTED  
"MAADA'OOKII" WHICH MEANS TO DISTRIBUTE GIFTS, SHARES  
SOMETHING WITH OTHERS. WE THINK IT FITS PERFECTLY. A SIGN WILL  
BE MADE AND PLACED HERE WITH THE CHOSEN NAME.

FOOD WILL BE STOCKED HERE FOR ANYONE WHO IS IN NEED. PICTURED  
HERE IS PARKER AND TAMMY WHO HELPED SUPPLY THE SHELF FOR IT'S  
UNVEILING!

WE HAD SO MANY SUBMISSIONS FROM PEOPLE OF ALL AGES  
INCLUDING A GRADE 7&8 NATIVE LANGUAGE CLASS! HERE ARE SOME  
OF THE OTHER NAMES SUBMITTED WHICH DESERVE EQUAL  
RECOGNITION:

MAADA'OOKII

MIIJIDAA

KOOKUM'S PANTRY

ZHAWENIM

WIISININ ADAASOWIN

WEECHI NIIJII ADAASOWIN

OODENA BEMAADIZIJIG MIIJIM DESAABAN

GIWIIDOOKAWAANAANIG OWIIJIIWAAGANANAG

NINDINEMAGINIDAG WIISINIYAG ADAASOWIN

KOKUM DIBAAJIMOWINAN

MIIZH MIIJIM ANDAWENDAMOOG

INAWEMAAGAN DESAABAN

MIIGWECH!!!





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.



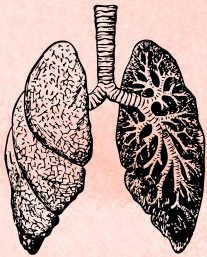




**Gizhewaadiziwin**  
Health Access Centre

1460 Idylwild Drive  
Box 686  
Fort Frances, ON P9A 3M9

Phone: (807) 274-3131  
Admin Fax: (807) 274-6280  
Clinic Fax: (833) 479-0721



# ASTHMA EDUCATION PROGRAM

*When you can't breathe, nothing else matters*

**AT YOUR  
APPOINTMENT...**

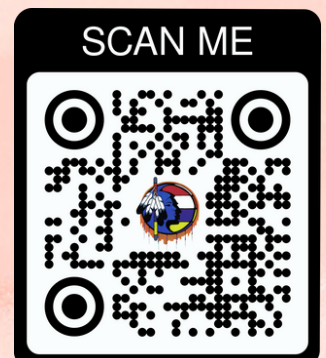
You'll be provided with information on the physiology of asthma and effects of a chronic disease on the lungs, types of medications and how they'll aid in helping you control and manage your asthma, inhaler, and arochamber technique.

**ASTHMA IS DIAGNOSED WITH...**  
A Spirometry test. This is at no cost to you.

**WE WORK CLOSELY WITH...**  
Your health care provider to determine your diagnosis and a treatment plan that will work well for you.

**No referral is required! Anyone that meets our mandate for service can access this program.**

**Call Randi, Primary  
Care Asthma  
Program  
Coordinator, R.R.T.  
to make an  
appointment at  
274-3131**





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

## Why not try Meat-Free Monday?

Plant-based diets aren't just gaining popularity because they're good for you, but they're good for the environment too! Here are some fast facts about increasing your plant-based food consumption:

Eating meat only 3x a week reduces risk of heart disease, cancer and strokes

A plant-based diet may help prevent Type 2 Diabetes

Eating plant-based supports your immune system

Many plants are high in fiber and may improve your gut health

Plant-based diets reduce your carbon footprint

For more facts check out

<https://meatfreemondays.com/facts-and-figures/>

### Sources:

- <https://davidssuzuki.org/living-green/fifteen-top-tips-for-everyday-sustainable-living/>
- <https://meatfreemondays.com/facts-and-figures/>
- <https://www.everydayhealth.com/diet-nutrition/scientific-benefits-following-plant-based-diet/>
- <https://www.mdanderson.org/publications/focused-on-health/5-benefits-of-a-plant-based-diet.h20-1592991.html>



## Here are some sources of plant-based protein:

- WILD RICE
- BEANS
- LENTILS
- GREEN PEAS
- QUINOA
- SOY MILK
- TOFU
- OATS AND OATMEAL
- NUTS, NUT BUTTERS AND OTHER SEEDS
- VEGETABLES INCLUDING BROCCOLI, SPINACH, POTATOES, SWEET POTATOES, ASPARAGUS
- HEMP SEEDS

## Breakfast Ideas:

- Cereal and fruit
- Overnight oats
- Smoothie
- Oatmeal with fruit and nuts
- Homemade muffin and berries
- Toast with peanut butter
- Fruit salad with seeds

## Lunch & Dinner Ideas:

- Chickpea or Black Bean Burgers
- Lentil and Vegetable Soup
- Vegetable & Bean Chili
- Corn Chowder
- Wild Rice Soup
- Baked Potato with Beans, Salsa and Avocados
- Pasta with Tomato Sauce and Mushrooms
- Avocado and Bean Salad Wraps
- Burritos with Rice and Black Beans
- Sweet Potato Quesadillas
- Stir-fry with Peanut Sauce
- Rice Bowls with Ginger, Diced Carrots, Cucumber and Soya Sauce
- Vegetable Lasagna





# 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](http://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](http://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](http://www.cpsac.org)

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





# SEINE RIVER



Gizhewaadiziwin  
Health Access Centre

## 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 ABOUT THE COURSE PLEASE CONTACT:

**ROBYN DENNIS**

CERTIFIED INFANT MASSAGE INSTRUCTOR  
GIZHEWAADIZIWIN HEALTH ACCESS CENTRE  
RDENNIS@GIZHAC.COM  
(807) 274-3131



TO REGISTER PLEASE  
CONTACT:

FRANCES KABATAY  
FRAN.KABATAY@BELLNET.CA  
OR (807) 861-4444

Course dates:  
Tuesday, March 21, 2023  
Tuesday, March 28, 2023  
Wednesday, April 5, 2023  
Tuesday, April 11, 2023  
Tuesday, April 18, 2023

Time: 11:00am  
Location: Seine River Gym





# **FASD & CHILD NUTRITION**

**To Book an Infant  
Massage Course in Your  
Community, Please  
Contact Robyn :  
Robyn Dennis @ 274-3131  
Ext. 311 or  
[rdennis@gizhac.com](mailto:rdennis@gizhac.com)**





# Infant Massage Course

with Certified Infant Massage  
Instructor Robyn Dennis

**LOCATION:**  
**UNFC**

**ABINOOJII GAMIG  
(821 MCIRVINE ROAD)**

**TIME: 10:00-11:00**

**DATES:**

**FRIDAY, APRIL 14, 2023**  
**FRIDAY, APRIL 21, 2023**  
**FRIDAY, APRIL 28, 2023**  
**FRIDAY, MAY 5, 2023**  
**FRIDAY, MAY 12, 2023**

**TO REGISTER PLEASE  
CONTACT DORY PETERSON  
AT 274-7244 OR  
PRENATAL2@UNFC.ORG**

**SPACE IS LIMITED TO TEN  
PARTICIPANTS**



Gizhewaadiziwin  
Health Access Centre







# FOOD SECURITY



DEHYDRATOR WORKSHOPS  
WILL BE STARTING UP AGAIN IN  
FEBRUARY.

NEW DATES WILL BE POSTED AS SOON  
AS COMFIRMED FOR REGISTRATION.

POSTERS WILL BE SENT TO  
COMMUNITY FOR SIGN UP.

MIIGWECH!





# HEALTH EDUCATION PROGRAM



## WINTER BIBOON CARNIVAL



**FREE**

FOOD - PRIZES - DOG SLEDDING - FIRE - SKATING  
SMOOSH BOARD RACES - SNOWSHOEING - JAM CAN CURLING

**MONDAY, FEBRUARY 20, 2023**      **11AM TO 3PM**  
**FAMILY DAY!**

**COUCHICHING RECREATION CENTRE**

PRE-REGISTER FOR DOG SLEDDING USING OUR GOOGLE FORM:  
[bit.ly/3DiMHnN](https://bit.ly/3DiMHnN)

*BRING YOUR OWN* (with icons of a sled and snowshoes)



## SCAVENGER HUNT

### At Rocky Inlet

**Family Fun Day!**

---

**Feb 19th**      Snow Shoe Scavenger Hunt  
**11-1 PM**      Hot Dog Roast/ Smores  
                         Participation Prizes

---

Please bring a cell phone for safety and photos

More information Contact:  
Jill Calder (807) 271-1571



Gizhewaadiziwin  
Health Access Centre



rainy lake nordic  
ski club







**Wear Red** to raise awareness  
about women's heart health

On February 13th the Gizhewaadiziwin Health Access Centre will be lit RED in support of women and their families who've been affected by heart disease.

Join us on February 13th and wear RED!

Visit [WearRedCanada.ca](https://WearRedCanada.ca) for details!



# #HERHEARTMATTERS

For more information and resources, visit:

[WEARREDCANADA.CA](https://WEARREDCANADA.CA)



CANADIAN WOMEN'S  
HEART HEALTH CENTRE

NATIONAL  
ALLIANCE





# HEALTH EDUCATION PROGRAM



**Wear Red** to raise awareness  
about women's heart health

## #HERHEARTMATTERS



Join us for a **Lunch and Learn**

**Topic:** Women's Heart Health

**When:** February 13, 2023

**Time:** 11:30-12:30

**Where:** Fort Frances Senior Centre

**Lunch Provided**

*Fort Frances*  
**Family Health Team**  
of the Fort Frances Community Clinic



**Gizhewaadiziwin**  
Health Access Centre





# Experiencing any of the following?



Allergies



Oral thrush



Eye infections



Dysmenorrhea



Sprains & strains



Urinary tract infections



Insect bites



Select types of skin rash



Tick bites



Acid reflux



Hemorrhoids



Cold sores



Impetigo

## Book an appointment with the pharmacist today!

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





# NEW FACES AROUND THE CENTRE



**WE ARE PLEASED TO WELCOME DAYLE CONNOR TO GIZAHEWAADIZIWIN HEALTH ACCESS CENTRE!**

**"I HAVE BEEN A NURSE SINCE 2016 AND HAVE EXPERIENCE IN THE ER, ACUTE CARE AND LONG TERM CARE SETTINGS. I ALSO HAVE EXTENSIVE CHRONIC DISEASE MANAGEMENT EXPERIENCE AND A PASSION FOR HELPING OTHERS. I AM EXCITED TO EMBARK ON A NEW JOURNEY TO THE AREAS OF PREVENTION AND MANAGEMENT, AND HOPE TO MAKE A DIFFERENCE TO HELP OTHERS BE IN THEIR BEST OF HEALTH."**



**BOOZHOO! MY NAME IS SAM, AND I AM A SSW STUDENT FROM NAICATCHEWENIN. THIS IS CURRENTLY MY LAST SEMESTER OF MY PROGRAM; I AM DOING MY PLACEMENT WITH THE HEALTH EDUCATION TEAM, AND WILL ALSO BE SHADOWING THE MENTAL HEALTH WORKERS. IN MY SPARE TIME, I LIKE TO READ, TRAVEL OR HANG OUT WITH MY SON AND HUSBAND. WE ALSO LOVE GOING TO CONCERTS AND HOCKEY GAMES. I LOVE GIZHEWAADIZIWIN BECAUSE THEY ARE VERY INCLUSIVE TO ALL MEMBERS IN OUR AREA, AND HAVE ALL THE TOOLS TO HELP SAID MEMBERS WITH WHATEVER THEY MAY NEED. THE WORKPLACE ENVIRONMENT IS REALLY WARM AND INVITING SO IT MAKES WORK NOT SEEM LIKE WORK. I LOOK FORWARD TO MEETING NEW FACES AND SEEING FAMILIAR ONES! MIIGWETCH.**





# CANADIAN INDIGENOUS ARTISTS



**BIRDS IN A CHERRY TREE**



**BOY WITH FISH**

## **NORVAL MORRISSEAU**

**AN ANISHINAABE, HE WAS BORN MARCH 14, 1932 ON THE SAND POINT OJIBWAY RESERVE NEAR BEARDMORE, ONTARIO. SOME SOURCES QUOTE HIM AS SAYING THAT HE WAS BORN IN FORT WILLIAM, NOW A PART OF THUNDER BAY, ONTARIO. HIS FULL NAME IS JEAN-BAPTISTE NORMAN HENRY MORRISSEAU. HE RECEIVED THE NAME COPPER THUNDERBIRD AT THE AGE OF 19 DURING A RENAMING CEREMONY. NORVAL WAS VERY SICK AND THE POWERFUL NEW NAME WAS TO GIVE HIM NEW ENERGY AND LIFE.**

**HE RECOVERED AFTER THE CEREMONY AND FROM THEN ON ALWAYS SIGNED HIS WORKS WITH HIS NEW NAME. JACK POLLOCK, A TORONTO ART DEALER, HELPED EXPOSE MORRISSEAU'S ART TO A WIDER AUDIENCE IN THE 1960'S. STRUCK BY THE DISCOVERY OF MORRISSEAU'S ART, HE IMMEDIATELY ORGANIZED AN EXHIBITION OF HIS WORK AT HIS TORONTO GALLERY. ONE OF MORRISSEAU'S EARLY COMMISSIONS WAS FOR A LARGE MURAL IN THE INDIANS OF CANADA PAVILLON AT EXPO 67, A REVOLUTIONARY EXHIBIT VOICING THE DISSATISFACTION OF THE FIRST NATIONS PEOPLE OF CANADA WITH THEIR SOCIAL AND POLITICAL SITUATION. IN 1978, HE WAS MADE A MEMBER OF THE ORDER OF CANADA.**







BE KIND TO YOURSELF

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

**FEBRUARY 9TH 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 FEBRUARY 8TH .  
APPOINTMENTS ARE LIMITED.**







**GIZHEWAADIZIWIN**  
Health Access Centre

# GHAC Cultural Craft Night



**Please join us for Craft  
Night at GHAC.  
Tuesdays - February 14th,  
21st and 28th 6-8pm at  
the Health Access Centre.  
Bring a friend!!**





# GHAC Cultural Craft Night





# FUN HOLIDAYS

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

February 1 - National Freedom Day

February 2 - Groundhog Day

February 4 - World Cancer Day

February 6 - Pay a Compliment Day

February 11 - International Day of Women and Girls in Science

February 14 - Valentine's Day

February 17 - President's Day

February 21 - International Mother Language Day

February 22 - Be Humble Day

February 23 - National Banana Bread day

February 24 - National Tortilla Chip Day

February 26 - National Pistachio Day

February 27 - International Polar Bear Day





# RECIPE OF THE MONTH

## TURKEY BURGERS

### INGREDIENTS:

- 1-1.5 lb. ground turkey (93% lean)
- 2 tbsp. Italian breadcrumbs or oats
- 1 egg
- 3/4 tsp. salt
- 1/4 tsp. black pepper
- 1 tsp. minced garlic
- 1 tbsp. Worcestershire sauce
- 1 tbsp. Dijon mustard
- 2 tbsp. fresh parsley chopped
- 2 tbsp. olive oil for frying
- Assorted toppings such as lettuce, tomato, avocado, and red onion

### DIRECTIONS:

1. In a medium bowl, mix together all the ingredients except for the oil.
2. With wet hands for easier handling, form the mixture into 4 - 1/2 thick patties.
3. Heat the oil in a large skillet over medium heat.
4. Add the patties and cook until golden brown and cooked through, about 5 minutes per side.
5. Place burgers on a bun or lettuce, add toppings as desired, then serve!





# 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.**



**[www.facebook.com/GIZHAC](https://www.facebook.com/GIZHAC)**



**[www.instagram.com/GIZHAC](https://www.instagram.com/GIZHAC)**



**[www.twitter.com/GIZHEWAADIZIWIN](https://www.twitter.com/GIZHEWAADIZIWIN)**



**[www.linkedin.com/company/GIZHEWAADIZIWIN](https://www.linkedin.com/company/GIZHEWAADIZIWIN)**



**[www.tiktok.com/@gizhac](https://www.tiktok.com/@gizhac)**

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

**Email: [kpratt@gizhac.com](mailto:kpratt@gizhac.com)**

**Phone: (807) 274-3131**

