

THE GHAC BIIDAAJIMOWIN

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

MARCH 2023

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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.

NO MATTER HOW LONG YOU HAVE
TRAVELED IN THE WRONG
DIRECTION, YOU CAN ALWAYS
TURN AROUND.



GIZHEWAADIZIWIN
Health Access Centre

MARCH 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 -
Nigigoonsiminika-
aning

15

NP Clinic - Rainy
River
Healthy Living
Food Box Pickup

16

NP Clinic - Big
Island

17

18

19

20

21

NP Clinic -
Couchiching

22

NP Clinic -
Mitaanjigamiing

23

24

25

26

27

28

NP Clinic - Big
Grassy

29

30

31

**PLEASE NOTE: DAYLIGHT SAVING TIME
IS MARCH 12TH@2 AM. PLEASE MOVE
YOUR CLOCKS FORWARD 1 HOUR!**



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!

Are you able to speak Ojibwe?

Ginitaa anishinaabem ina?

Not very well.

Gaawiin aapiji danishinaabemosii.

I'm trying to learn the language now.

Noongom ningagwe nitaa anishinaabem.

That's what I'm doing too.

Mii gosha geniin edoodamaan.

That's good.

Mii'i gwayak.

Speak slowly to me.

Bekaa ganoonishin.

That way I'll understand.

Mii'i dash ge izhi nisidotamaan.

Thank you.

Miigwech.



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, MARCH 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, MARCH 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**



GIZHEWAADIZIWIN STAFF RECOGNITION

The Gizhewaadiziwin Health Access Centre staff had to say goodbye to Karen, our Programs Administrative Assistant, who retired in February.

Karen has been an awesome team member and was also the face behind the newsletter.

Miigwech Karen, for all you did for us!



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/ MAADA'OOKII

The differences between:

Maada'ookii

Our food cupboard

What is Maada'ookii?

Non-perishable food options.

Who is it for?

Individuals and families in need.

When does it run?

During Gizhewaadiziwin Health Access Centre business hours (Mon-Thur 8:30-4:30, Fri 8:30-4).

What's the cost?

Free

How to order/pickup?

Ask the front Medical Receptionists or pre-order at 274-3131.

Pickup at the Health Access Centre at 1460 Idylwild Drive.

Healthy Living Food Box

Our monthly Food Box program

What is the Food Box?

A box full of fresh vegetables and fruits.

Who is it for?

Anyone can order a food box.

When does it run?

Orders must be in by the first Wednesday of the month, pickup is the third Wednesday of the month.

What's the cost?

\$25

How to order/pickup?

Order the first Wednesday of the month at the Sunset Country Métis Hall from 11-4:30 or call 274-3131.

Pickup the third Wednesday at Sunset Country Métis Hall from 12-4. Cash payment, however may call 274-3131 to coordinate etransfer..



GIZHEWAADIZIWIN
Health Access Centre



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.



Appointment reminders



- Bring in your OHIP health card (if expired, make sure to renew on the ServiceOntario website or visit your nearest ServiceOntario branch).
- If you have one, bring in your Status or Metis card. These are fine if expired and are used to update charts.
- Wear a medical 3-ply mask. If you do not have one, one will be provided for you. Miigwech!
- Make sure to give the Medical Receptionists your updated demographic information (phone number and address).



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://davidsuzuki.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

#ProudToBeACPST
#TheRightSeat

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

#ProudToBeACPST
#TheRightSeat

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

#ProudToBeACPST
#TheRightSeat

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



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

BIG GRASSY



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:
RACHAEL @ 271-6330

Course dates:
Wednesday, May 24, 2023
Tuesday, June 6, 2023
Tuesday, June 13, 2023
Tuesday, June 20, 2023
Tuesday, June 27, 2023

Time: 11am-12pm
Location: Resource Centre



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**



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**



Gzhewaadiziwin
Health Access Centre



FOOD SECURITY



DEHYDRATING AND FOOD SMOKER WORKSHOP

Nigigoonsiminikaaning First Nation
Health Building

March 2nd 11:00-1:30

March 3rd 10:00-Noon

Must attend both days

Lunch will be provided the 1st day

PLEASE REGISTER WITH HEALTH
RECEPTION 481-2559 WE HAVE 10 SPOTS AVAILABLE



Gizhewaadiziwin
Health Access Centre



HEALTH EDUCATION PROGRAM

**CHECK OUT
WHAT OUR
HEALTH
EDUCATORS
HAVE BEEN
UP TO THIS
MONTH**



HEALTH EDUCATION PROGRAM



PHARMACY APPRECIATION MONTH

MARCH 2023

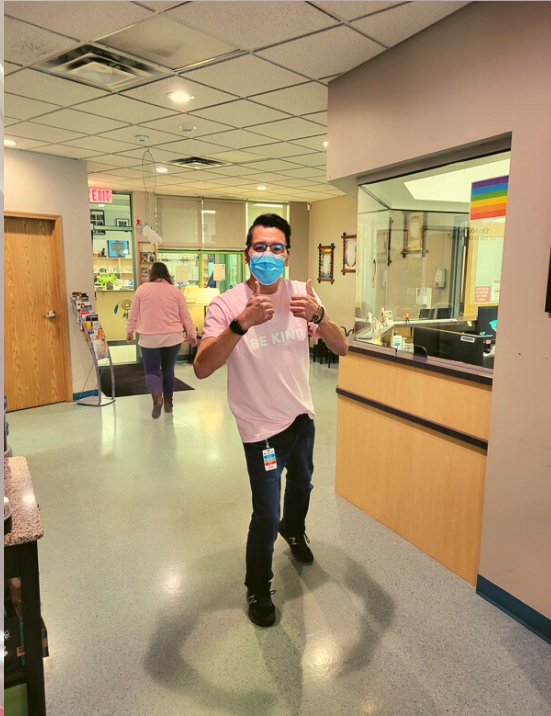


Care when and where you need it. Pharmacy teams are expanding their roll and improving access to care in our community. Come see what our team can do for you.



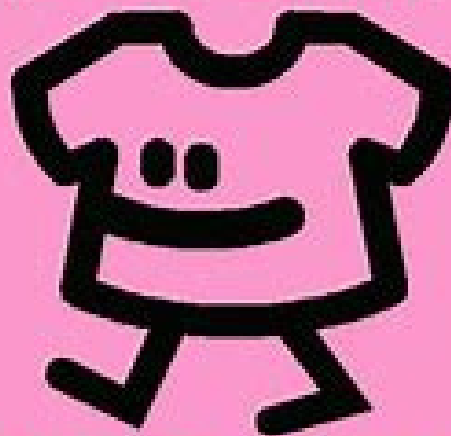
RAINY LAKE *First Nations* PHARMACY LTD.
1460 IDLYWILD DR FORT FRANCES, ON (807) 274-3319

FACES AROUND THE CENTRE



FEBRUARY 22 WAS PINK SHIRT DAY. GIZHEWAADIZIWIN STAFF PUT ON THE PINK IN SUPPORT OF THE DAY, TO RAISE AWARENESS AND STAND UP AGAINST BULLYING! WE CAUGHT UP WITH A FEW STAFF; RAY, SHAUNA-LEIGH AND TINA.

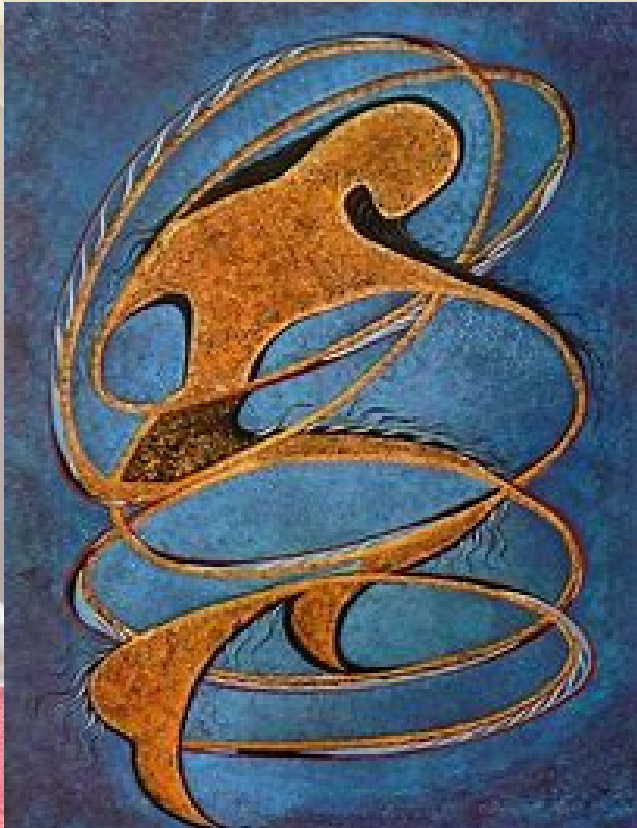
WEAR PINK



STOP BULLYING



CANADIAN INDIGENOUS ARTISTS



HOOP DANCER

EDDY "DOC" COBINESS, OJIBWE (ANISHINAABE) ARTIST (BORN JULY 17 1933 IN WARROAD, MINNESOTA, U.S.; DIED JANUARY 1 1996 IN WINNIPEG, MB). HE WAS A FOUNDING AND EMINENT MEMBER OF PROFESSIONAL NATIVE INDIAN ARTISTS INC., KNOWN WIDELY AS THE INDIAN GROUP OF SEVEN. COBINESS'S ARTWORK WAS FEATURED IN MANY PROMINENT COLLECTIONS, INCLUDING THOSE OF QUEEN ELIZABETH II, FORMER PRIME MINISTER JEAN CHRETIEN AND ACADEMY AWARD-WINNING ACTOR CHARLETON HESTON. INFLUENCED BY PABLO PICASSO, COBINESS WORKED IN MANY MEDIUMS, INCLUDING INK, WATERCOLOUR, OIL AND ACRYLIC, AND HIS STYLIZED BRUSH STROKES WERE REFERRED TO AS "FLOWING." COBINESS'S ARTWORK OFTEN DEPICTED ANIMALS AND THE NATURAL WORLD.



REFLECTIONS





BE KIND TO YOURSELF

**NAICATCHEWENIN FIRST NATION
MENTAL HEALTH COMMUNITY
VISIT**

MARCH 8TH 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 MARCH 7TH .
APPOINTMENTS ARE LIMITED.**



THE 7 PILLARS OF SELF-CARE

EACH METHOD OF SELF-CARE FITS INTO ONE OF THE SEVEN PILLARS.

- **Mental** - Engage in activities that stimulate your mind. Read, tinker, or practice mindfulness.
- **Emotional** - Find a healthy way to manage your emotions. Journal, talk to a friend or therapist, go for a hike, or do whatever works to help calm your emotions.
- **Physical** - Take care of your body through exercise, healthy eating, and adequate sleep. This can have great benefit to our mental and emotional health.
- **Environmental** - It's important to feel good about your space, and to care for it as a way of caring for yourself. Make your bed, water your plants, or fix that squeaky door that has been on your mind.
- **Spiritual** - Everyone experiences spirituality differently, through religion, nature, or meditation. Find a way to connect with a higher power or sense of purpose.
- **Recreational** - Engage in activities that bring you pleasure, joy, and relaxation. Play on a sports team, do a craft, build something, or try a new hobby. It is a way to reduce stress, improve mood, and boost overall well-being.
- **Social** - Maintain healthy relationships and social connections. Meet up with friends, join a club or group, or volunteer.





GIZHEWAADIZIWIN
Health Access Centre

GHAC Cultural Craft Night

**Please call Pam to register @
274-3131 Ext. 247**



**Join us for Craft Night at
GHAC.**

**Tuesday, March 7th, 21st
& 28th 6-8pm at the
Health Access Centre.
Bring a friend!!**



**The Gizhewaadiziwin Health Access
Centre is honoured to host
FULL MOON CEREMONY.**

**All First Nations, Inuit and Metis
population residing in the Rainy River
District are welcome to attend.**

**Please contact Pamela Johnson - Cultural
Coordinator - to RSVP (807) 274-3131 Ext. 147**

WHEN:

March 6th, 2023

5:30pm - 7:30pm

WHERE:

Gizhewaadiziwin Health Access Centre

FEATURING

ELDER: Mooki Morrison



NATURAL MEDICINE CLINIC

APRIL 26TH, 27TH, 28TH

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

***ASEMA AND GIFTS ARE REQUIRED AND A SKIRT IS
RECOMMENDED***



Gizhewaadiziwin
Health Access Centre



HOLIDAYS AND AWARENESS DAYS

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

March 1 - National Peanut Butter Lover's Day

March 3 - World Wildlife Day

March 8 - International Women's Day

March 9 - National Meatball Day

March 12 - Daylight Saving Time

March 15 - Ides Of March

March 16 - Freedom of Information Day

March 17 - St. Patrick's Day

March 20 - Equinox Earth Day/ First Day of Spring

March 21 - International Day of Forests

March 22 - World Water Day

March 24 - World Tuberculosis Day

March 30 - Take a Walk in the Park Day



RECIPE OF THE MONTH

MODERN TUNA CASSEROLE

INGREDIENTS:

- 3 tbsp. butter divided
- 4 medium carrots, chopped
- 1 medium onion, chopped
- 1 medium sweet red pepper, chopped
- 1 cup slice baby portobello mushrooms
- 2 cans (5 ounces each) albacore tuna in water, drained and flaked
- 2 cups fresh baby spinach
- 1 cup frozen peas
- 3 cups uncooked spiral pasta
- 1 tbsp all-purpose flour
- 2/3 cup reduced-sodium chicken broth
- 1/3 cup half -and -half cream
- 1/2 cup shredded parmesan cheese
- 3/4 tsp salt
- 1/4 tsp pepper



DIRECTIONS:

1. In a large skillet, heat 1 tbsp. butter over medium high heat. Add carrots, onion, red pepper and mushrooms. Cook and stir until tender, 8-10 minutes. Add tuna, spinach and peas; cook until spinach is just wilted, 2-3 minutes.
2. Meanwhile, cook pasta according to package directions for al dente. Drain pasta, reserving 1 cup pasta water. In a large bowl, place pasta and tuna mixture; toss to combine. Wipe skillet clean.
3. In the same skillet, melt remaining butter over medium heat. Stir in flour until smooth; gradually whisk in broth and cream. Bring to a boil, stirring constantly; cook and stir until thickened, 1-2 minutes, adding reserved pasta water if needed. Stir in cheese, salt and pepper. Pour over pasta; toss to coat. ENJOY!



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

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Email: feedback@gizhac.com

Phone: (807) 274-3131

