

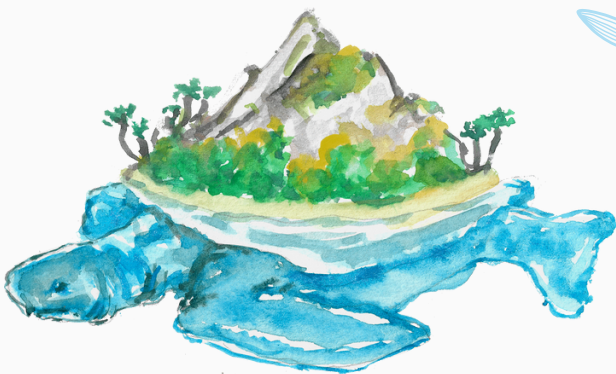


The Gizhewaadiziwin Biidaa jimowin

April 2023 Earth Month

April 22nd is Earth Day, but we're honouring the environment for the entire month of April.

Land, water and nature are gifts and we need to work together to take care of them for our next seven generations.



What's going on at Gizhewaadiziwin?

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- Pg 21 - See You Next Month!

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

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

APRIL CALENDAR

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

03

04

05

Food Box
Order

NP Visit -
Lac La
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06

NP Visit -
Naicatche
wenin

07

Good
Friday -
Office
Closed

08

09

Easter
Sunday

10

Easter
Monday -
Office
Closed

11

NP Visit -
Nigigoonsi
minikaanin
g

12

NP Visit -
Onigaming

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14

15

16

17

18

NP Visit -
Couchichin
g

19

Food Box
Pickup

NP Visit -
Rainy
River First
Nations

20

NP Visit -
Anishinaab
eg of
Naongashii
ng

21

22
Earth Day

23

24

25

NP Visit -
Mishkosimi
niziibiing

26

NP Visit -
Mitaanjiga
ming

Natural
Medicine
Clinic

27

Natural
Medicine
Clinic

28

Natural
Medicine
Clinic

29

30

PLEASE NOTE:

The Office will be closed Friday, April 7th and Monday, April 10th for the Easter holiday.





ANISHINAABEMOWIN

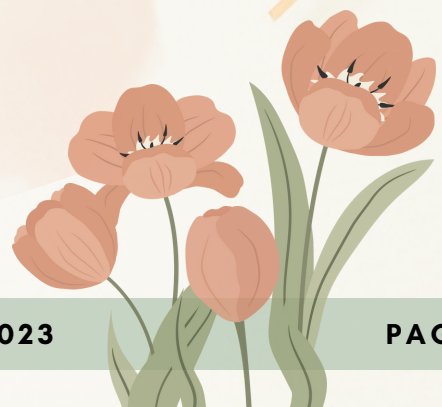
The Ojibwe Language



Boozhoo! If you want to learn some Ojibwe we are happy to teach you some words and phrases. Here are some seasonal translations that you can practice with a friend!

Miigwech!

April	Niki giizis
Sun is shining warmly	Gizhaate
Nest	Wazon
Butterfly	Memengwaa
Robin	Gwiishkwa'e
Carrot	Okaadaak
Plant	Gitigaan
Rabbit	Waabooz
Tree	Mitig
River	Ziibi



COMMUNITY CLINICS

GHAC holds monthly community clinics in the 10
Indigenous communities we serve.

If you would like an appointment to see a primary
caregiver, you have two options:

You can contact your Community Health Representative to
book an appointment

OR

You can contact GHAC @ (807) 274-3131 to book your
appointment confidentially.



PAP-A-PALOOZA 2023

This April, our clinic is joining more than 20 others across Northwestern Ontario to increase cervical cancer screening rates!

We are inviting all individuals with a cervix between the ages of 25 and 69 who have ever been sexually active to participate in Pap-A-Palooza! This means making an appointment to get up to date with your cervical cancer screening.

You should have a pap test done every 3 years

Ready to join? Call our clinic to make your appointment:
274-3131

Find out more about Pap-A-Palooza by visiting:
<https://tbrhsc.net/pap-a-palooza/>





HEALTHY LIVING FOOD BOX PROGRAM

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

WEDNESDAY, APRIL 5, 2023

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, APRIL 19, 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**



NATURAL MEDICINE CLINIC

The Gizhewaadiziwin Health Access Centre is proud to facilitate our Natural Medicine Clinic with Kathy Bird and Carla Bird.

This month's clinic will take place from April 26 - 28, 2023 at the Nanicost Gym.

To book your appointment, contact either Pamela Johnson, Mary Jane Kewakundo, or Brad Fyfe at 274-3131.

Asema & gifts are required and a skirt is recommended.



Beginning April 1, 2023 the
807 area code will begin

10-DIGIT CALLING



Using the 10-digits
(example 807-123-4567)
will start to become **mandatory** on May 31, 2023
for cellular phones.

Landlines will need to adopt this by early 2024.

For more information, visit:

<https://www.tbaytel.net/Support/FAQ/home-phone-10-digit-dialing-when-should-residents-and-businesses-start-using-807-for-local-calls>



SATURDAY, APRIL 22ND IS EARTH DAY!

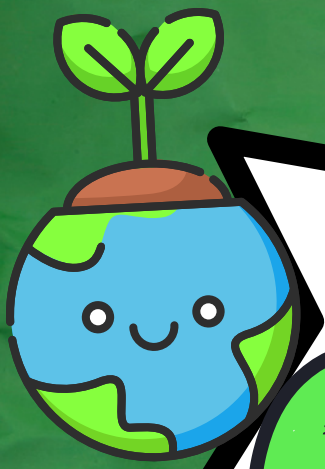
The theme for Earth Day 2023 is "Restore Our Earth", which emphasizes the need for action to repair the damage that has been done to the planet and create a more sustainable future.

Indigenous people have a unique perspective on the environment and have been practicing sustainable living for thousands of years. Incorporating traditional ecological knowledge and practices can help us move towards a more sustainable future.

There are many things that we can do to reduce our impact on the environment, such as reducing waste, conserving energy, using environmentally friendly products, and supporting sustainable practices.

Earth Day is a reminder that we all have a responsibility to protect the planet and ensure that it remains healthy for future generations. By taking small actions in our daily lives and advocating for change at a larger scale, we can make a positive impact on the environment.





GHAC IS GOING **GREEN!**



Our most recently-formed committee is having a contest – just in time for Earth Month!

We are looking for an Anishinaabemowin name for our Green Committee that aligns with the committee mission to reduce our organization's carbon footprint and to advance Gizhewaadiziwin Health Access Centre into a role model agency for green efforts.



**ENTER FOR A CHANCE TO
WIN A \$50 GIFT CARD FOR
RAINY LAKE SPORTS,
ALONG WITH A PRIZE
BUNDLE OF LOCAL,
REUSABLE PRODUCTS.**

**SUBMISSIONS MUST BE
IN NO LATER THAN
APRIL 24, 2023. AND
CAN BE SENT TO:
CGREIG@GIZHAC.COM**





SHARING CIRCLE

**Gizhewaadiziwin Health Access Centre
Diabetes Education Program invites you to share
your Diabetes story with others**

**Thursday, 27 April
Rainy River First Nations Band Office
130-330 pm**

**Lead by Dayle Connor RN Diabetes Education Program and
Dan Loney, Honors Bachelor of Social Work**





Onigaming

Nobody's Perfect Parenting Course

for parents with
children age 0-5



Dates: April 6, 2023 - April 13, 2023
April 20, 2023 - April 27, 2023
May 4, 2023 - May 11, 2023

Time: 12pm - 2:30pm

Location: Council Chambers at Ojibways of
Onigaming First Nation

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

More Information:



rdennis@gizhac.com



807-274-3131



Gizhewaadiziwin
Health Access Centre



CAREERS

**WE WILL BE ATTENDING CAREER FAIRS THIS
MONTH!**

Confederation College, Fort Frances

April 5th

12:00-3:00pm

&

Rainy River First Nations

April 18th

12:00-6:00pm

*If you have a career fair and would like us to attend,
please contact Cheryl or Cassandra at 807-274-3131!
We would love to come and share with you the exciting
careers you can have at
Gizhewaadiziwin Health Access Centre!*

Also check out www.gizhac.com/careers



Welcome Spring

The season of spring cleaning is upon us! As we start to clean out our closets and homes don't forget to clean out your medicine cabinets!

Rainy Lake First Nations Pharmacy would like to remind everyone how important it is to rid homes of unused or expired prescription and over-the-counter medications sitting in your medicine cabinets, nightstands, or kitchen cabinets. Make your home a safer place by bringing your unused or expired medications to your pharmacy for disposal. Do not throw them in the garbage or flush them down the toilet which can contaminate our natural resources.

If you have any questions our would like to arrange for medication disposal, please contact one of our pharmacy team members.



Phone: 807-274-3319

email: rlfnpharmacy@gmail.com

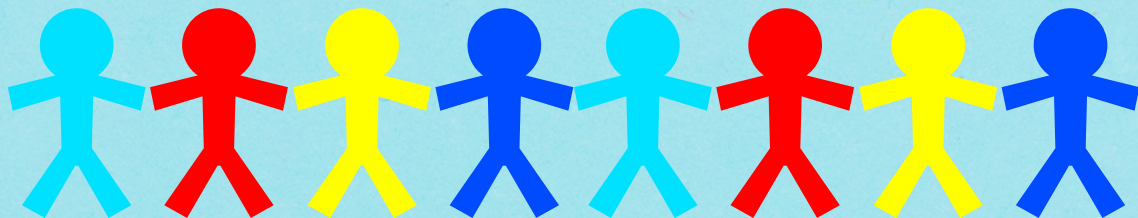


AUTISM AWARENESS MONTH

World Autism Month is recognized globally every April to raise awareness and promote acceptance of Autism Spectrum Disorder (ASD). In Canada, organizations, communities, and individuals come together to educate the public about autism, celebrate neurodiversity, and support individuals and families affected by ASD.

As a society, we can all work towards creating a more inclusive and accepting environment for individuals with ASD. This can include supporting and advocating for inclusive education and employment opportunities, promoting accessible community spaces, and recognizing and respecting the unique strengths and abilities of individuals with ASD.

Whether you have autism, love someone who does or are looking to support a diverse, accepting and kind community – let's stand together and pledge our support to make a world of difference by helping all people with autism reach their full potential.



To learn more about how you can get involved, visit <https://www.autismspeaks.org/world-autism-awareness-day>



STAFF RECOGNITION



We are thrilled to announce that FASD & Child Nutrition Coordinator Robyn Dennis and RPN/Health Systems Navigator Donna Heyens have recently become certified BLS (Basic Life Support) and First Aid instructors!

The certification process involved intensive training and assessments to ensure that our instructors have the skills and knowledge necessary to teach BLS and First Aid courses effectively. This is a significant achievement for our team and we are incredibly proud of them for taking on this challenge and succeeding in their certification. Their hard work and commitment to enhancing their skills will undoubtedly benefit our community for years to come.

Congratulations and chi-miigwech Robyn & Donna!!



PRIVACY CORNER

Privacy is a fundamental right of every Ontarian. In order to protect this right, Ontario public institutions are required by law to protect your personal health information (PHI), and to follow strict rules when collecting, using and disclosing your personal information.

Under the Personal Health Information Protection Act (PHIPA) a health information custodian must obtain your consent to the collection, use and disclosure of your personal health information.

Did You Know?

Medical records are kept on file for as long as you remain with our organization! You have the right to access your personal health information provided that it is dedicated primarily to the individual requesting it (some legal exceptions apply). For more information on GHAC's Release of Information policies and procedures, you may contact our Health Records department, or our Privacy Officer.

Resources:

For more information on Ontario's guidelines and laws surrounding your personal health information, please visit:

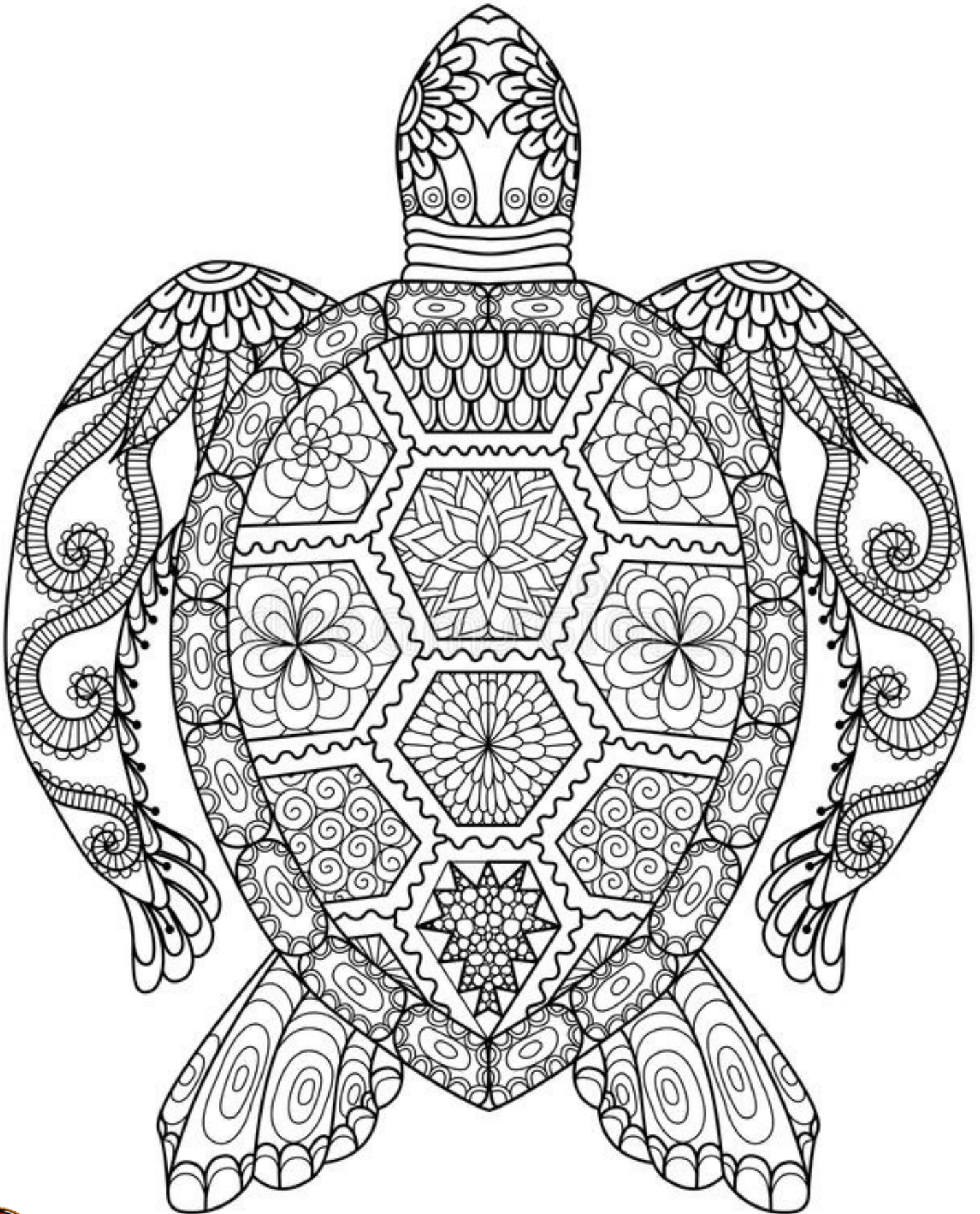
<https://www.ipc.on.ca>

For a comprehensive look at PHIPA, please visit:

<https://www.ipc.on.ca/wp-content/uploads/Resources/hguide-e.pdf>



COLOURING



CANADIAN INDIGENOUS ARTISTS

PATRICK HUNTER



Patrick Hunter is a 2Spirit Ojibwe artist, graphic designer and award-winning entrepreneur from Red Lake, Ontario. Patrick paints what he sees through a spiritual lens; he believes that a better world can be created through art, so future generations can see themselves reflected and represented in mainstream culture.

To date, Patrick has collaborated with various organizations such as eBay Canada, RBC & BMO Banks, CBC, Rogers, Global Affairs Canada, among many others.



Learn more about Patrick at www.patrickhunter.ca



FUN HOLIDAYS

Check out some of April's other fun holidays and awareness days!
Celebrating any of these? Make sure to take a photo and tag us
on your social media!

April 5 - Read a Road Map Day

April 7 - Walk to Work Day

April 10 - Siblings Day

April 11 - Be Kind to Lawyers Day

April 13 - Scrabble Day

April 14 - International Moment of Laughter Day

April 16 - Eggs Benedict Day

April 17 - Haiku Poetry Day

April 23 - Take a Chance Day

April 27 - Take Our Daughters and Sons to Work Day

April 30 - Honesty Day



RECIPE OF THE MONTH

Black Bean Tomato Chili

Ingredients:

- 2 tbsp olive oil
- 1 large onion, chopped
- 1 medium green pepper, chopped
- 3 garlic cloves, minced
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- 1 tsp chili powder
- 1/4 tsp pepper
- 3 cans (14.5 oz each) diced tomatoes
- 2 cans (15 oz each) black beans (rinsed)
- 1 cup orange juice

Directions:

1. In a large pot, heat oil over medium-high heat. Add onion and green pepper; cook and stir 8-10 minutes or until tender. Add garlic and seasonings; cook 1 minute longer.
2. Stir in remaining ingredients; bring to a boil. Reduce heat; simmer, covered, 20-25 minutes to allow flavours to blend, stirring occasionally.



SEE YOU NEXT MONTH!

APPOINTMENT REMINDERS

- Bring in your OHIP card. If expired, go to your nearest Service Ontario site or renew at ontario.ca/page/health-card-renewal
- If you have a Status or Metis card, please bring it in. It's OK if it's expired and this is used only to update your chart.
- And always make sure we have your current contact information including your address and phone number!



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