



# *The Gizhewaadiziwin Biidaajimowin*

May 2023

## **EARTH MONTH**

Staff were busy this month celebrating earth month. Staff attended several community clean-ups in April, with more to come in May. The newly formed Green Committee held several events for staff including a potluck where participants were asked to use local ingredients. A bingo card was handed out to staff with each square being a green theme.

Staff was also able to attend a water teaching session with Andrew Jourdain. Andrew talked about the importance of water and shared stories. Miigwech Andrew.

### **What's going on at GHAC?**

#### *This Issue:*

- Pg 1 - May Calendar
- Pg 2 - Anishinaabemowin
- Pg 3 & 4 - Staff Introductions
- Pg 5 - Healthy Living Food Box
- Pg 6 - No Mow May
- Pg 7 - From Our Bee-keeper
- Pg 8 - Pride Information Poster
- Pg 9 - From the Pharmacy
- Pg 10 - Big Grassy Diabetes Sharing Circle
- Pg 11 - Lac La Croix Diabetes Sharing Circle
- Pg 12 - Mitaanjigamiing Diabetes Sharing Circle
- Pg 13 - World Asthma Day
- Pg 14 - pg 21 - Asthma Triggers & Help
- Pg 22 - Canadian Indigenous Artists
- Pg 23 - Colouring Page
- Pg 24 - Healthy Recipe - Overnight Oats
- Pg 25 - Fun Holidays in May
- Pg 26 - Green Committee Naming Winner
- Pg 27 - Pg 29 Community Cleanups
- Pg 30 - Earth Day Pictures & Info
- Pg 31 - 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**



# MAY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 Lac La Croix NP Clinic	4 Naicatchew- enin NP Clinic	5	6
7	8	9 Nigigoonsi- minikaaning NP Clinic	10 Seine River NP Clinic	11 Onigaming NP Clinic	12	13
14	15	16 Couchiching NP Clinic  LAC LA CROIX DIABETES SHARING CIRCLE	17 Rainy River First Nations NP Clinic	18 Naongashii- ng NP Clinic  MISHKOSIMIN- IZIIBIING DIABETES SHARING CIRCLE/LUNCH	19	20
21	22 May Long	23 Mishkosimi- niziibiing NP Clinic	24 Mitaanjiga- miing NP Clinic	25	26	27
28	29	30	31 MITAANJIGAMING DIABETES SHARING CIRCLE/LUNCH			





# ANISHINAABEMOWIN

*The Ojibwe Language*



Blue Heron - Gichi mooshka'osi

Canada Goose - Nika

Duck - Zhiishiib

Loon - Maang

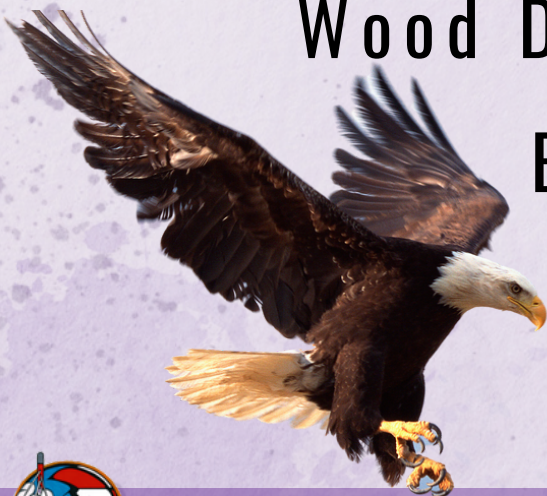
Mallard - Ininishib

Pelican - Zhashagi

Swan - Waabizii

Wood Duck - Giinigojeshib

Eagle - Migizi





# STAFF INTRODUCTIONS



Boozhoo! My name is Melanie French. I recently joined the GHAC team as the Programs Administrative Assistant. I've lived in the Rainy River District my whole life. I grew up in Emo, and currently live in Fort Frances with my Husband, youngest daughter, 3 cats, and 3 dogs. I enjoy camping, playing cards, gaming, and spending time with my family and friends. I am really enjoying working at GHAC so far, meeting all of my new co-workers, and I am excited to go out to the various communities that GHAC serves.



Boozhoo, My Name is Austin Jack and I recently joined Giizhewaadiziwin as the new Child and Youth Land Based worker. I previously worked in Big Grassy First Nation as a prevention worker. I reside in Rainy River First Nations with my son Ollie and Fiancé Kayla. Some of the things I love doing are baseball, volleyball, golf and being with my family. I am excited to be here so far. I cannot wait the opportunity to meet new people and be out in communities! MIIGWETCH





# STAFF INTRODUCTIONS



Boozhoo! My name is Susan Councillor and I am the newest member of the Health Education Team as a Health Educator. I am from Naicatchewenin First Nation and mother to 5 children and grandmother to 1. I am most passionate about sewing, creating and sharing my creations with others.

I look forward to helping and developing new relationships with communities and members in the area!

Miigwech!

Want to join us?  
Check out our website  
[gizhac.com](http://gizhac.com) and click on  
Careers!







# HEALTHY LIVING FOOD BOX PROGRAM

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

**WEDNESDAY, MAY 3, 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, MAY 17, 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**







# NO MOW MAY

As the weather starts to warm up and flowers begin to bloom, it's important to remember the important role that bees play in our ecosystem. Bees are responsible for pollinating many of the crops that we rely on for food, and without them, our food systems would be severely impacted.

That's why Gizhewaadiziwin Health Access Centre is proud to promote No Mow May, an initiative that encourages people to refrain from mowing their lawns for the entire month of May. By letting our lawns grow wild for just one month, we can create a habitat for bees and other pollinators, allowing them to thrive and do their important work.

And who better to help us promote No Mow May than our very own Mental Health Worker and beekeeper! James has been tending to our bees, ensuring that they have a safe and healthy home. Read page 7 to learn more from James.

So, this May, we encourage everyone to join us in letting our lawns grow wild and creating a welcoming habitat for bees and other pollinators. By taking this small action, we can all make a big difference in supporting the health and well-being of our planet.

**Did You Know:** The Town of Fort Frances has proclaimed May as No Mow May!





# FROM OUR BEEKEEPER

"I think the main highlight is the early spring flowers such as dandelions are often mislabeled as weeds. When it comes to pollinators, who have been hibernating most of the winter, these are some of their first sources of food.

Early access to food ensures that the colonies we keep have plenty of nutrients to produce plenty of bees who then gift us delicious natural honey. Because of the relatively short lifecycle of honey bees, and our short northern Ontario growing season, it is important to hold off on the unnecessary mowing until other plants and flowers are readily available in June.

Naturalized yards were recently illegal and could cause plenty of trouble for a home owner. As more people, and communities begin to see the importance of protecting our pollinators for global food security, we are seeing trends towards ditching the grass seed, harmful fertilizer, over watering and constant work of mowing and trimming.

Replacing grass seed with flowering cover, such as clover, creeping thyme, and other flowering plants is an easy way to beautify your yard, reduce yard work, reducing constant watering and increase your enjoyment of your home while providing seasonal food for a variety of bees, butterflies and pollinating insects."







Pride in our roots,  
diversity in our hearts



Keep an eye out at our Centre and on  
our social media for Pride Month!





DID YOU KNOW THAT  
PHARMACISTS CAN PROVIDE  
THE EDUCATION AND TOOLS  
NEEDED TO HELP YOU QUIT  
SMOKING?



### REASONS TO QUIT SMOKING:

- LOWER BLOOD PRESSURE AND HEART RATE
- SAVE MONEY
- PROTECT YOUR FAMILY
- DECREASE RISK OF HEART ATTACK, STROKE AND MULTIPLE CANCERS
- BETTER QUALITY OF LIFE

CONTACT ONE OF OUR PHARMACY TEAM MEMBERS TO  
LEARN MORE!



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







# **SHARING CIRCLE**

**Thursday May 18  
Lunch and Learn 11am-1pm  
Big Grassy Gym**

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

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







# **SHARING CIRCLE**

**Tuesday May 16  
Lunch and Learn 12pm-2pm  
Lac La Croix**

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

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







# **SHARING CIRCLE**

**Wednesday, May 31**  
**Lunch and Learn 12pm-2pm**  
**Mitaanjigamiing**

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

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





# WORLD ASTHMA DAY



**Read on to find out about  
common Asthma triggers  
and how to avoid them**





# WORLD ASTHMA DAY (CONT'D)

## TRIGGER



**Exercise** is a trigger for many people who do not have good asthma control.

## WHAT YOU CAN DO

- Make sure you have good asthma control before exercising
- Warm up slowly before you exercise and do gentle cooling down exercises afterwards.
- Keep your rescue medicine (blue puffer) close by.
- Follow your asthma action plan. If it tells you to take your rescue medicine (blue puffer) before or during exercise, take it.
- Slowly increase the amount of time you exercise. Do not push it and do more exercise than you can handle. Give yourself time to get into shape.
- Read more about Exercise and asthma.





# WORLD ASTHMA DAY (CONT'D)

## TRIGGER



You might  
breathe **cold**  
**air** outdoors  
or at an ice  
rink

## WHAT YOU CAN DO

- Drape a scarf loosely over your nose and mouth, to warm and humidify the air before you breathe it in. You could also wear a cold-weather face mask made for exercising in cold weather. You can buy a cold-weather mask at a sporting goods store.
- Try breathing through your nose; your nose can warm and humidify the air before it gets to your lower airways.
- If your doctor recommends it, take a dose of your rescue medicine (blue puffer) before you go outside.





# WORLD ASTHMA DAY (CONT'D)

## TRIGGER



## WHAT YOU CAN DO

- Stay indoors and keep windows closed.

Smog can happen anytime of the year, but it is most common from May to September.

Smog can trigger asthma symptoms right away. It can also trigger symptoms that you notice later, even the next day





# WORLD ASTHMA DAY (CONT'D)

## TRIGGER



Smoke from fireplaces, grills, wood heaters and chimineas contains many harmful chemicals. Wood smoke can cause asthma symptoms right away and make asthma worse over time.

Exhaust fumes from cars and trucks can also trigger asthma symptoms and cause long-term damage to lungs. Read more about smog.

## WHAT YOU CAN DO

- If possible, do not heat your home with wood. If you must heat with wood, follow these tips to reduce wood smoke.
- Avoid outdoor bonfires, chimineas, and other open burning.



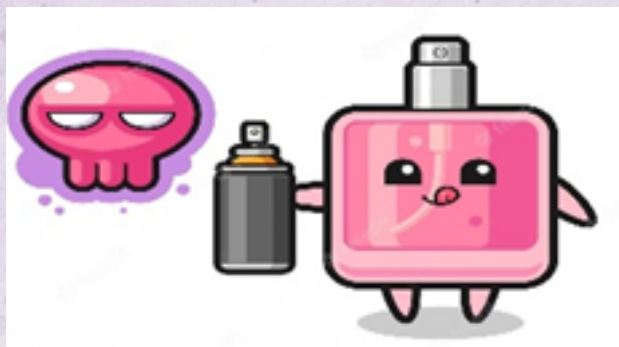


# WORLD ASTHMA DAY (CONT'D)

## TRIGGER



### Hot, Humid Air



Scents & Chemicals from perfume and cologne, fabric softener, air fresheners (and many other products) can make asthma worse.

## WHAT YOU CAN DO

- On very hot, humid days, especially days that are also smoggy, stay indoors in a clean air-conditioned place. (Make sure the place you choose has clean air – this means no tobacco smoke, no harsh fumes, etc.).

- Avoid using perfumes, and ask the people you work with and live with to avoid them as well. Make sure your soap, body lotion, shampoo, detergent, etc. are scent-free





# WORLD ASTHMA DAY (CONT'D)

## TRIGGER



Emotions like feeling stressed, laughing or crying can all make asthma worse.

Feeling anxious about getting an asthma attack can also make your asthma worse.

## WHAT YOU CAN DO

- Take your blue rescue inhaler as directed
- Try some relaxation and breathing techniques
- Ask a Certified Asthma Educator or Certified Respiratory Educator for help in dealing with anxiety about asthma.
- If you have a lot of stress and your asthma is getting worse often, see your doctor for more advice on how to cope. People who learn how to relax and control their stress can have fewer asthma symptoms
- A Certified Asthma Educator can help you understand your asthma, what to expect, and what to do if you feel symptoms coming on.
- If you know what to do if you are having breathing problems, you can feel more in control and less anxious.





# WORLD ASTHMA DAY (CONT'D)

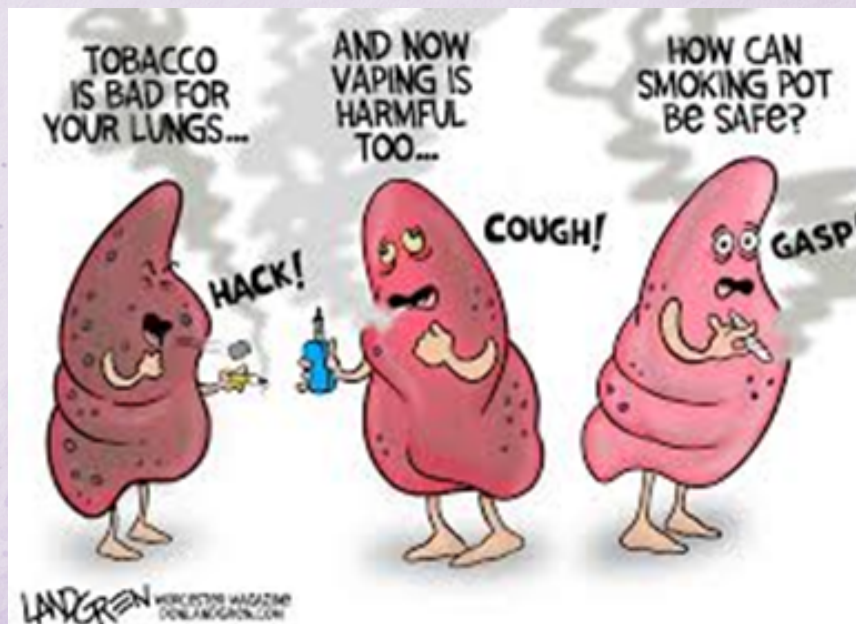
## TRIGGER



Smoking is unhealthy for everyone, but it is especially bad for people with asthma. If you have asthma and you smoke, your asthma symptoms will be much worse.

## WHAT YOU CAN DO

- If you do not smoke, that's great. Do not start smoking.
- If you do smoke, get help to quit.
- When people with asthma quit smoking, their lung function improves quickly. They can move more air in and out of their lungs. Their lung function can improve in as little as one week after quitting.
- If you have asthma and you quit smoking, you will notice benefits right away and in the long term.





# WORLD ASTHMA DAY (CONT'D)

## TRIGGER

Second-hand smoke (also called ETS) can come from cigarettes, cigars, cigarillos, pipes, and marijuana.

Third-hand smoke is the smoke that drifts into the air and gets trapped in hair, skin, fabric, carpet, furniture, walls, and toys. It builds up over time. Each time someone smokes, more smoke gets trapped in the things around them. If you are in a room or car where people usually smoke, even if they are not smoking right then, you are exposed to third-hand smoke. This means you are exposed to toxic chemicals like lead and arsenic.

## WHAT YOU CAN DO

- Second-hand and third-hand smoke can make your asthma worse.
- To avoid them, make your home and car completely smoke-free, avoid smoke at work, and stay away from smoky





# FEATURED INDIGENOUS ARTIST OF THE MONTH

## Kenojuak Ashevak



Kenojuak Ashevak was born in the outpost camp of Ikirasaq, on the southern coast of Baffin Island. Ashevak first learned traditional skills from her grandmother and began carving and drawing in her twenties. In the late 1960s Ashevak quickly gained recognition for her prints and has since become arguably the most renowned Inuit artist in the world.





# COLOURING PAGE





# Overnight Oats

## Ingredients

- 1 cup rolled oats
- 1 tbsp chia seeds
- 1/2 cup Greek yogurt
- 1 cup milk of choice
- 1 tsp vanilla extract
- 1-2 tbsp honey or maple syrup



## Directions

1. Place all ingredients into a large glass container; mixed until combined.
2. Cover and place into the refrigerator for at least 2 hours or overnight.
3. Eat with your favourite toppings including nut butter and berries.





# FUN HOLIDAYS

May 1 - Mother Goose Day

May 3 - Bike to School Day

May 6 - National Nurses Day

May 8 - No socks day

May 11 - Eat what you want day

May 13 - Frog Jumping day

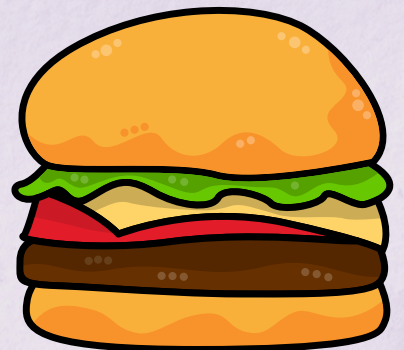
May 14 - Dance like a chicken day

May 19 - Bike to Work day

May 23 - Lucky Penny Day

May 25 - Tap Dance Day

May 28 - National Hamburger Day





**In April we held a contest for an  
Anishinaabemowin name for  
the Green Committee.  
The winner is Charla Morrisseau!**



**Miigwech from the newly named  
AKI OGICHIDAA  
(Earth Warrior) Committee!**

Charla won a prize of a reusable shopping bag, a mesh reusable produce bag, a thermal tumbler, reusable beeswax food wraps, a locally made candle, a birdseed ornament, a miniature cast iron pan for smudging, and a \$50 gift card for Rainy Lake Sports.





# COMMUNITY CLEANUPS

The Gizhewaadiziwin Health Access Centre staff have been heading out to communities volunteering to do community cleanups in honour of Aki Giizis. The start was a little later than the Aki Ogichidaa Committee had hoped due to the snowy weather, but if the teams haven't been out to your community yet, they're hoping to this month!

Miigwech to all communities and community members for embracing us!





# COMMUNITY CLEANUPS





# COMMUNITY CLEANUPS





# EARTH DAY / AKI GIIZIS



Staff were asked to wear blue or green to celebrate Earth day / Aki Giizis. A potluck using local ingredients was also held.

Miigwech to the Green Committee for organizing all the activities throughout the month.





# 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](https://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!



[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)

If you would like to subscribe to the Gizhewaadiziwin Biidaajimowin, contact us at: **Email: [feedback@gizhac.com](mailto:feedback@gizhac.com)**  
**Phone: (807) 274-3131**

