

# The Gizhewaadiziwin Biidaajimowin



August 2023

## SUMMER TIME

Staff had a busy month of July. We've welcomed some new additions to the GHAC team, see pages 16&17 for their introduction pieces. We said good-bye to Office Manager Denise, we will sure miss her, she was instrumental in organizing our work place in the short time she was here. Miigwech Denise.

New brochures are in the process of being printed, and will be distributed in Communities in the following month. A link will be posted on our Facebook page, and on our website.

Planning has started for our 25th Anniversary Celebration. The event will take place sometime in September.

Staff is also planning Diabetes Education Fairs starting in September. We are hoping to do one in each community and will send out information once dates have been finalized.

**OUR OFFICE WILL BE CLOSED MONDAY,  
AUGUST 7TH FOR THE LONG WEEKEND!  
SORRY FOR ANY INCONVENIENCE**

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# AUGUST CALENDAR

Date	Where	Program	Description
Tues, Aug 1	Anishinaabeg of Naongashiing	Diabetes	Sharing Circle with lunch provided
Wed, Aug 2	Lac La Croix FN	Clinic	Nurse Practitioner Community Visit
Wed, Aug 2	Oscar's Bay Youth Trip	Land-Based Youth	Rainy River FN Youth
Thurs, Aug 3	Naicatchewenin FN	Clinic	Nurse Practitioner Community Visit
Thurs, Aug 3	Seine River FN	Diabetes	Sharing Circle with lunch provided
Thurs, Aug 3 & Fri, Aug 4	Gizhewaadiziwin HAC	Land-Based Youth	Fish Smoking
Tues, Aug 8	Nigigoonsiminik-aaning	Clinic	Nurse Practitioner Community Visit
Tues, Aug 8	Rainy River First Nations	Land-Based Youth	Visiting
Wed, Aug 9	Seine River FN	Clinic	Nurse Practitioner Community Visit
Wed, Aug 9, 10, 11	Nanicoost Building	Cultural	Natural Medicine Clinic (See page 15)
Wed, Aug 9	Naicatchewenin FN	Diabetes	Sharing Circle with snack provided
Wed, Aug 9	Mishkosiminiziibiing	Land-Based Youth	Visiting
Thurs, Aug 10	Onigaming FN	Clinic	Nurse Practitioner Community Visit
Thurs, Aug 10	Seine River FN	Diabetes	Creating Healthy Habits Program (Every Thursday for 6 weeks)
Fri, Aug 11	Gizhewaadiziwin HAC	Land-Based Youth	Bee Box Painting (See page 7)
Mon, Aug 14, 21st & 28th	Nigigoonsiminkaaning	Health Ed/Nutrition	Kids Kitchen
Tues, Aug 15	Couchiching FN	Clinic	Nurse Practitioner Community Visit
Tues, Aug 15	Couchiching FN	Diabetes	Sharing Circle with snack provided
Wed, Aug 16	Rainy River FN	Clinic	Nurse Practitioner Community Visit
Thurs, Aug 17	Anishinaabeg of Naongashiing	Clinic	Nurse Practitioner Community Visit
Tues, Aug 22	Mishkosiminiziibiing FN	Clinic	Nurse Practitioner Community Visit
Tues, Aug 22	Assabaska Heritage Park	Land-Based	Children's cultural Day camp (see poster on page 6)
Wed, Aug 23	Mitaanjigamiing FN	Clinic	Nurse Practitioner Community Visit
Wed, Aug 23	Rainy River FN	Land-Based Youth	Cultural Days
Thurs, Aug 24	Nigigoonsiminkaaning	Land-Based	Children's cultural day camp (see poster on page 6)
Fri, Aug 25	Point Park	Health Ed	Kid's Fun Day (info to be announced)
Sun, Aug 27	Heron Landing Golf Course	Health Education	Family Golf Day (see page 14)



# ANISHINAABEMOWIN

*The Ojibwe Language*

## SEASONS & DAYS OF THE WEEK

It is winter - Biboon

It is spring - Ziigwan

It is summer - Niibin

It is fall - Dagwaagin

Monday - Oshkigiizhigan

Tuesday - Ishkwaa-oshkigiizhigan **or**  
Niizhogiizhigan

Wednesday - Aabitawise

Thursday - Ishkwaa-aabitawise **or**  
Niiwigiizhigan

Friday - Bakwezhiganigiizhigan **or**  
Naanogiizhigan

Saturday - Maadinawegiizhigan

Sunday - Anami'egiizhigan





# HEALTHY LIVING FOOD BOX PROGRAM

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

**WEDNESDAY, AUGUST 2, 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  
for the following month.

Pick-up will be on:

**WEDNESDAY, AUGUST 16, 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**





# COMING SOON...

## CREATING HEALTHY HABITS PROGRAMMING

**\*\*A 6 WEEK WHOLISTIC, MEDICINE  
WHEEL GUIDED PROGRAM DESIGNED TO  
HELP YOU REACH YOUR HEALTH  
GOALS\*\***

- REGISTRATION IS REQUIRED
- ANYONE CAN JOIN
- MAKE HEALTHY CHANGES TO YOUR LIFE AMONGST FRIENDS
- EXPERTS WILL HELP KEEP YOU ACCOUNTABLE FOR THE DURATION OF THE PROGRAM
- GIZHEWAADIZIWIN HEALTH ACCESS CENTRE STAFF WILL COME TO YOUR COMMUNITY
- ATTENDANCE PRIZES TO BE WON

**Please contact Dayle at (807) 274-3131  
or Email [dconnor@gizhac.com](mailto:dconnor@gizhac.com) for more  
information or to register in your  
community!**







# YOUTH CULTURAL DAY CAMP

For ages 12-18.

## Activities:

- Tobacco Teachings
- Learning Anishinaabemowin
- Canoeing, Pontoon Rides, Swimming
- Beading, Tobacco Pouches and more!

## August 22nd 9:00am-7:00pm

Assabaska Ojibwe Heritage Park

Registration open to Ojibways of Onigaming,  
Mishkosiminziibiing, Naicatchewenin, Manidoo Baa Witi  
Gong & Anishinaabeg of Naongashiing members.

## August 24th 9:00am-7:00pm

Nigigoonsiminikaaning First Nation Roundhouse

Registration Open to Zhingwaako Zaaga' Igan,  
Chima'aganing, Couchiching, Nigigoonsiminikaaning  
& Mitaanjigamiing members.



**Lunch & Supper  
Provided Daily**



**GIISHKAANDAGO'IKWE**  
— HEALTH SERVICES —



**WEECHI-IT-TE-WIN**  
Family Services



**Gizhewaadiziwin**  
Health Access Centre



**For inquiries and to register,  
contact Camille:  
(807) 274-2042 EXT. 4253/  
[ctucker@fftahs.org](mailto:ctucker@fftahs.org)**





***Come "bee"  
a friend!***

Join us in painting our new bee boxes on  
August 11th, 2023 from 10 AM to 2 PM at  
the Gizhewaadizwin Health Access  
Centre located at 1460 Idylwild Drive

Lunch & supplies are provided

No Registration required, Please check-in with  
Austin or Sam at the front desk upon arrival.  
Hope to see you there!

**SPOTS ARE LIMITED**





## *Check this out.....*

The Gizhewaadiziwin Health Access Centre is excited to be a part of a pilot project with the Indigenous Primary Health Care Council to investigate the use of robotics in healthcare.

We have started to integrate the robot into the clinic and it has allowed one of our nurse practitioners to see clients in the building, even though she wasn't here. Being able to interact with the provider on the screen of the robot allows for a more personal connection than you get from a Zoom or OTN call on a computer.

When you come in for your robot appointment, it will start the same as any other appointment. You will check in at the front desk and then you will be called into the exam room where a nurse will start the appointment by checking your blood pressure, height and weight, or anything else that you would normally do at an appointment. When it is time to see your provider, you will see them on the screen of the robot, and they will see you on their screen at their desk, just as if they were there in the office with you.

We hope this exciting technology will open up access to care as we are able to bring providers on board to see our clients without them having to travel to our area.





# FEATURED INDIGENOUS ARTIST OF THE MONTH

## Allen Sapp

For the most part Allen was a self-taught artist. He is said to have worked “instinctively” with a photographic memory; painting the pictures he sees in his mind. His paintings tell a personal story, but many appreciate them for their ability to go beyond that and represent a generation of Cree people and many other prairie inhabitants of the same era. His work allows viewers to reflect upon the hardships of the past and remember friendship and family as well as a less complicated way of life. Allen’s paintings masterfully depict First Nations culture, the simple elegance of rural life, and the beauty of Saskatchewan.



# COLOURING PAGE



SUMMER *Splash!*





# Hamburger Vegetable Soup

## Ingredients

- 1/2 POUND GROUND BEEF
- 32 OZ BEEF BROTH, LOW SODIUM
- 14.5 OZ CANNED TOMATOES, DICED
- 14.5 OZ CANNED GREEN BEANS
- 1 CUP SLICED CARROTS
- 3/4 CUP CORN
- 3/4 CUP COOKED PASTA (WHOLE GRAIN)
- 1 TABLESPOON WORCHESTERSHIRE SAUCE
- 2 TABLESPOONS OF KETCHUP
- 1 TEASPOON THYME, CRUSHED
- 1/2 TEASPOON SALT



## Directions

- IN A MEDIUM SIZE SOUP POT, BROWN GROUND BEEF OVER MEDIUM HEAT
- ADD IN REMAINING INGREDIENTS
- SIMMER 30 MINUTES. ADJUST SEASONINGS AS NEEDED.

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

SERVES: 6

### NUTRITIONAL INFORMATION:

CALORIES 207, CARBS 22G, PROTEIN 13G, FAT 8G, SATURATED FAT 3G, CHOLESTEROL 26G, SODIUM 685MG, POTASSIUM 906MG, FIBER 4G, SUGAR 8G, VITAMIN A 4265IU, VITAMIN C 17.8MG, CALCIUM 66MG, IRON 2.8MG



YOU CAN SAVE A LIFE!

# NALOXONE CAN REVERSE OPIOID OVERDOSE

Ask our pharmacy team  
about getting a naloxone  
kit today. It's free, easy,  
and could mean the  
difference between life  
and death.



**AUGUST 31ST IS OVERDOSE AWARENESS DAY**



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





# FUN HOLIDAYS

August 2 - National Ice Cream Sandwich Day

August 4 - National Water Balloon Day

August 6 - Wiggle Your Toes Day

August 8 - International Cat Day

August 11 - National Kool-Aid Day

August 13 - Left Handers' Day

August 16 - National Tell A Joke Day

August 19 - National Honey Bee Awareness Day

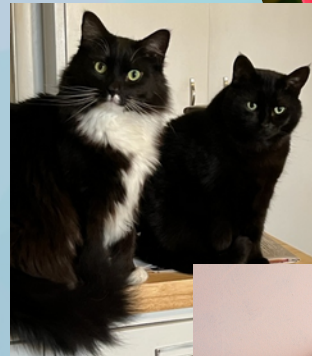
August 22 - Be An Angel Day

August 25 - Kiss and Make Up Day

August 26 - National Dog Day

August 29 - More Herbs, Less Salt Day

August 31 - National Eat Outside Day





# **Annual Family GOLF DAY**

**SUNDAY, AUGUST 27, 2023  
STARTS AT 2PM, SUPPER PROVIDED**

**COUCHICING HERON LANDING**

**SPACE IS LIMITED, PLEASE CALL 274-5678 TO  
REGISTER, THIS EVENT IS FREE AND IS PROVIDED BY  
THE GIZHEWAADIZIWN HEALTH ACCESS CENTRE**





# Natural Medicine Clinic

August 9,10,11 2023

Nanicost Gym

- Please bring tobacco and gift. Women are kindly asked to wear a ribbon skirt

To book an appointment or for more  
information contact

Brad Fyfe 807 274 3131 or  
[bfyfe@gizhac.com](mailto:bfyfe@gizhac.com)





# INTRODUCING OUR NEW STAFF!



Boozhoo, my name is Darlene Olimb-Bruyere. I am the new Mental Health Worker. We moved back to Fort Frances last year. I am excited to be a part of the awesome team at Gizhewaadiziwin Health Access Centre. I have been working with Anishinabe people for about 15 years. I have counselled Indian Residential School survivors and their families, as well as the Truth & Reconciliation Commission national and local events.



Boozhoo, I am Wilma Yerxa-Bird, and I am very pleased to work with one of our area tribal organizations serving our people and communities. I have lived in Couchiching First Nation all my life. I love to explore my cultural heritage as an important element of my life journey. I enjoy community events and cultural activities, especially our pow-wows. I like to read and learn about things that promote healthy lifestyle choices, and how knowledge of our traditional medicines and teaching play a part. I am looking forward to working with Gizhewaadiziwin Health Access Centre in my role as Indigenous Care Coordinator.





# INTRODUCING OUR NEW STAFF!



Boozhoo! My name is Erin Smith from Naicatchewenin First Nation. I recently joined Gizhewaadiziwin as the Special Projects Coordinator. I am a mother of 4 and a grandmother to 1. I enjoy travelling and shopping as well as beading and sewing (ribbon skirts) in my spare time. I love spending every minute I have with my grand daughter, she's the best thing that has happened to me. I look forward to going out to communities and meeting new people as I gather history information for GHAC. Miigwetch!



Boozhoo! My name is Jessie Schaum and I'm the Office Administrative Assistant Student this summer. I'm from Devlin but recently moved back after living in Winnipeg. In my free time I enjoy cooking and reading. I have 2 dogs at home and spend as much time outdoors with them as I can! I have been enjoying learning about the culture and being introduced to the different communities. I look forward to continuing to learn and grow with Gizhewaadiziwin!







# OUR TEAM IS GROWING

- Paid vacation, personal, sick (incl. kids), stat, & Christmas time off
- HOOPP pension & 100% employer-paid benefits
- Flexibility & lots of social and cultural activities
- Rewards and Recognition program
- Known for a healthy life/work balance

**For more info:**



**807 274-3131**



**[gizhac.com](http://gizhac.com)**

## Looking for:

- ✓ **Cultural Coordinator (Ikwe)**
- ✓ **FASD/Child Nutrition Worker**
- ✓ **RN Clinic Lead**
- ✓ **IT Support Technician**
- ✓ **Nurse Practitioner**
- ✓ **Medical Van Driver/Attendant**
- ✓ **Diabetes Foot-Care Nurse**  
*(willing to assist an RPN in acquiring the certification)*





# INFANT MASSAGE & NOBODY'S PERFECT

FASD & Child Nutrition Program put on the Infant Massage & Nobody's Perfect programs in Mishkosiminiziibiing in June. The programs are a huge success enjoyed by all who attend. If you would like to see these programs in your community please call us at (807) 274-3131.





# EMPLOYEE APPRECIATION DAY



Miigwech to John as he marks a decade of dedication and excellence as our IT/Data Management Coordinator. John has been a cornerstone of our tech support, being the very first IT professional we hired. We extend our heartfelt congratulations and gratitude for his outstanding service.



We proudly celebrated Janet's incredible 25-year journey with us as Registered Dietitian – Nutrition Lead. Since our organization's early days, Janet has played an instrumental role. Her passion for promoting health and well-being has positively impacted countless lives. Miigwech to Janet for her extraordinary service!





# EMPLOYEE APPRECIATION DAY

Staff was treated to a wonderful day of food, games, and crafting. Each employee and manager received a gift bag full of goodies. We had a wonderful bbq and cheese cake for dessert. We celebrated some huge employee milestones. We all had a wonderful day of fun. Miigwich to Amanda Caron for recording our day!





# EMPLOYEE APPRECIATION DAY





# EMPLOYEE APPRECIATION DAY





# EMPLOYEE APPRECIATION DAY





# STRATEGIC PLANNING



Our Executive Director Shanna wishing Alexandra and Matt from Mokwatch safe travels before their journeys back home. They spent the week in Fort Frances and on Agency One meeting with staff, management, the Board of Directors, and the Elder's Council to get information to help guide the organization's 2023-2025 strategic plan.





# OPEN HOUSE

Our Open House on June 26th was a huge success. Staff had tables set up around the inside and outside of the building. All of the tables had draws and swag to give away. There were games and prizes, as well as dance demonstrations. Miigwech to everyone who made our Open House a huge success, and to all who came out to see us. Miigwech to Amanda Caron for capturing our day.





# OPEN HOUSE





# OPEN HOUSE





# OPEN HOUSE





# OPEN HOUSE







# Craft Nights

**IN AUGUST ARE CANCELLED.  
SORRY FOR ANY INCONVENIENCE**





# 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!



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