



# The Gizhewaadiziwin Biidaajimowin

July 2023

## SUMMER TIME

Staff had a busy month of June. Groups went to Kay-Nah-Chi-Wah-Nung for medicine walks. We learned about the different plants and what they are used for. We toured the museum and the grounds. Afterwards we had lunch at the restaurant. Miigwech Kay-Nah-Chi-Wah-Nung!

We welcomed summer administrative assistant student Jessie Schaum.

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.

Staff enjoyed staff appreciation day on June 28th. They were treated to a barbecue, and given presents. Special gifts were given to Janet (25years) and John (10years). Congrats! Stay tuned for pictures in next month's newsletter.

## What's going on at GHAC?

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

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



# JULY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5 NP VISIT LAC LA CROIX FN  FOOD BOX ORDER	6 NP VISIT NAICATCHEWENIN FN	7	8
9	10	11 NP VISIT NIGIGOONSIMINIK ANING FN	12 NP VISIT SEINE RIVER FN	13 NP VISIT ONIGAMING FN	14	15
16	17	18	19 NP VISIT RAINY RIVER FN  FOOD BOX PICK-UP	20 NP VISIT ANISHINAABEG OF NAONGASHIING	21	22
23	24	25 NP VISIT MISHKOSIMINIZIIBI ING FN	26 NP VISIT MITAANJIGAMIING FN	27 NP VISIT COUCHICHING FN	28	29
30	31					





# ANISHINAABEMOWIN

*The Ojibwe Language*

## NUMBERS - AGINDAASON(AN)

1 - bezhig

2 - niizh

3 - niswi / nisin

4 - niiwin

5 - naanan

6 - ningodwaaso

7 - niizhwaaso

9 - zhaangaso

10 - midaaso

11 to 19 all start with - midaashi - and end with the above corresponding numbers.

20 - niishtana







# HEALTHY LIVING FOOD BOX PROGRAM

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

**WEDNESDAY, JULY 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  
for the following month.

Pick-up will be on:

**WEDNESDAY, JULY 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**





# 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!**





# Parent support group

Discussion:  
benefits of having routines and  
creating cohesive rules and  
expectations for your children



## Contact for Enquiries

Robyn Dennis  
FASD and Child Nutrition  
Coordinator  
1-807-274-3131  
rdennis@gizhac.com

Wednesday,  
July 12, 2023

When

1:00pm-  
2:30pm

Onigaming

Where

Room  
TBD

FREE

Cost

Paint kits  
and  
snacks  
included







# Gizhewaadiziwin

## Health Access Centre

# WE ARE HIRING!

## Join Our Team

### POSITIONS AVAILABLE:

- Primary Health Care Nurse Practitioner
- Information Technology Support Technician
- Diabetes Foot-Care Nurse
- Medical Receptionist
- FASD-Child Nutrition Worker
- Office Manager
- Cultural Coordinator

### OTHER POSITIONS WE RECRUIT IN:

- Child and Youth Land Based Worker
- FASD/Child Nutrition Worker
- Health Educator
- Health Records Clerk
- Lifestyle and Wellness Coordinator
- Maintenance
- Medical Office Assistant
- Mental Health Worker
- Nurse Practitioner
- Ojibway Medical Translator
- OTN/System Navigator
- Physician
- Primary Care Asthma Program Coordinator
- Programs Administration Assistant
- Receptionist
- Registered Dietitian/Diabetes Educator
- Registered Practical Nurse

## APPLY NOW!



**Send Your Resume At:**

[cmcevoy@gizhac.com](mailto:cmcevoy@gizhac.com)



**For More Information:**

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





# FEATURED INDIGENOUS ARTIST OF THE MONTH

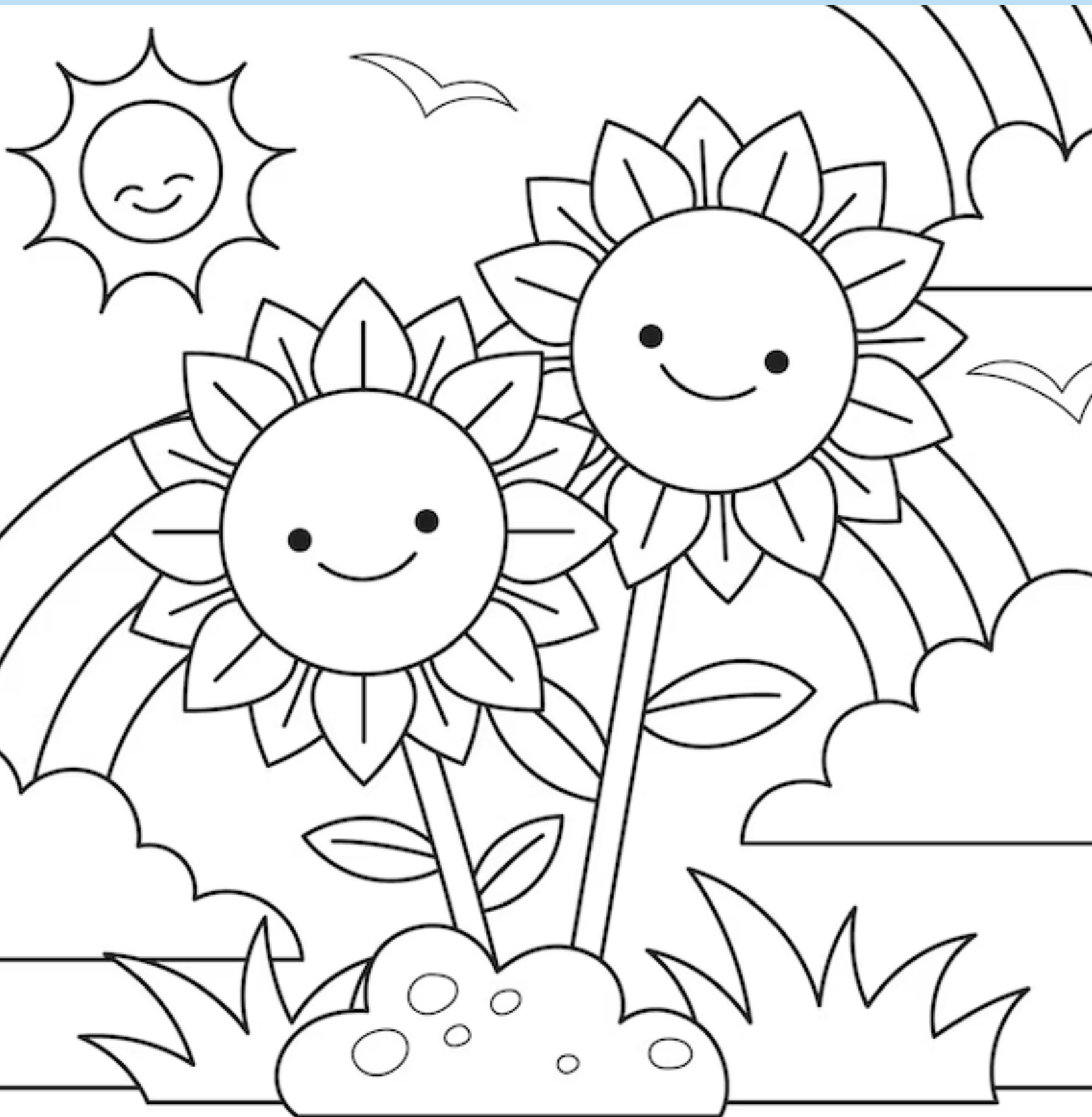
## Christie Belcourt

Christi Belcourt, Métis visual artist, activist, author. Though born in Ontario, Belcourt is from the Métis community manitow sâkahikan (Lac Ste Anne), Alberta. The vibrant colours and themes of her art reflect the interconnectedness of nature and human beings. Her art speaks to the struggle for Indigenous identity and sovereignty. Belcourt's activism focuses on Indigenous issues related to justice, education and meaningful reconciliation.





# COLOURING PAGE





# GREEK LENTIL SALAD

## Ingredients

- 1 - 19 OZ CAN (540 ML) LENTILS, RINSED & DRAINED
- 1/2 CUP (125 ML) CALAMATA OLIVES (OPTIONAL)
- 1/2 CUP (125 ML) ONION, CHOPPED
- 1 1/2 CUPS (375 ML) GRAPE TOMATOES, HALVED
- 1/2 CUP (125 ML) GREEN PEPPERS, CHOPPED
- 1 CUP CUCUMBER, DICED
- 1/4 CUP (50 ML) FETA CHEESE, CRUMBLED
- 1/4 CUP (50 ML) FRESH PARSLEY, CHOPPED
- 1/4 CUP (50 ML) CANOLA OIL
- 1/4 CUP (50 ML) LEMON JUICE
- 1 TBSP (15 ML) DRIED OREGANO



## Directions

- IN A LARGE BOWL, COMBINE LENTILS, OLIVES, ONION, TOMATOES, GREEN PEPPER, CUCUMBER, FETA CHEESE, AND PARSLEY
- IN A SMALL BOWL, WHISK CANOLA OIL, LEMON JUICE, AND OREGANO TOGETHER.
- ADD DRESSING AND PARSLEY TO LENTIL MIXTURE AND TOSS TO COAT. THIS SALAD CAN BE EATEN RIGHT AWAY OR PREPARED A DAY IN ADVANCE. FOR A QUICK MARINADE, COVER THE DRESSED SALAD AND REFRIGERATE FOR 2 HOURS BEFORE SERVING.

NUTRITIONAL INFORMATION: PER 3/4 CUP  
CALORIES 133, FAT 6G, SATURATED FAT 1G, 0G TRANS, CHOLESTEROL 4MG, SODIUM 112MG,  
CARBOHYDRATE 15G, FIBRE 3G, SUGARS 2G, PROTEIN 6G







# Did you know...

Some common medications can cause photosensitivity and skin reactions after sun exposure?

Common categories of medications include:

- Antibiotics
- Antihypertensives
- Antirheumatics
- Diuretics
- Anti-inflammatories

Talk to our pharmacist today to learn if you take any photosensitizing medications and how to manage your risk of photosensitivity.



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



# FUN HOLIDAYS

July 2 - World UFO Day



July 4 - Independence Day

July 6 - National Fried Chicken Day



July 8 - Video Games Day



July 11 - Make Your Own Sundae Day

July 15 - Be a Dork Day

July 21 - National Junk Food Day



July 25 - National Chili Dog Day

July 27 - Walk on Stilts Day

July 30 - National Cheesecake Day

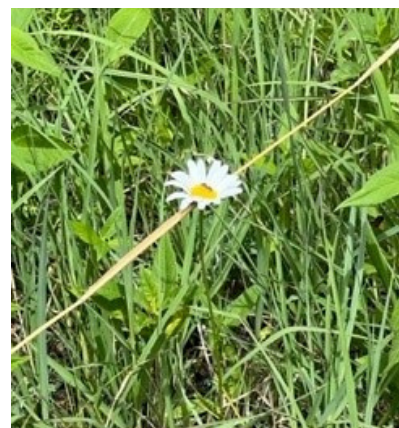




# MEDICINE WALK



Staff enjoyed a medicine walk at Kay-Nah-Chi-Wah-Nung Historical Site. 3 groups went at different times and learned about the different plants found there and what they are traditionally used for. The plant life at the site is so varied compared to elsewhere in our district. All 3 groups had fabulous weather. After the golf-cart tour, we were able to visit the museum and then had a wonderful lunch. Chi-Migweech Art & Al for having us!





# MEDICINE WALK





# MEDICINE WALK





# MEDICINE WALK





# OPEN HOUSE



Our open house on June 26th was well attended. Staff set up information booths around the inside and outside of the building. We had dance demonstrations outside with Erika Cochrane & Bryce Kejick. There was tons of food and free stuff as well as games, prizes and draws. Miigwech to all for coming and celebrating with us!

# AGENCY ONE COMMUNITY CLEAN UP

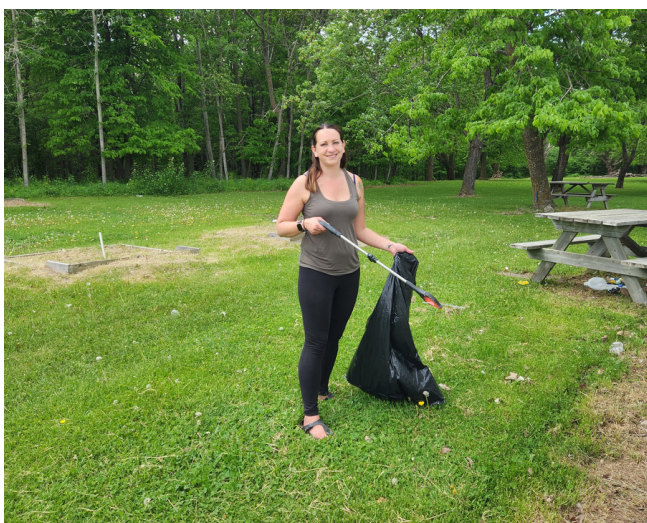


Our staff took part in the Agency One community clean-up. Several agencies took part and we collected a lot of garbage. A bbq lunch was enjoyed by everyone. Miigwech to everyone for helping clean up our community.





# AGENCY ONE COMMUNITY CLEAN UP





# JULY BERRY MOON

July is called the Berry Moon because it is when the berries start to come out. Strawberries (odeimiin) come out first usually followed by raspberries (miskomiin), blackberries (odatagaagomiin), and blueberries (miinan). In late September, cranberries (mashkiigimiin) emerge. These berries are usually the sign of summer and summer solstice. Strawberries cue many other plants to start sprouting including wild rice and sweet grass.



Stop in and take some kind words off of our bulletin board in the entry way and pass them on or keep them.







# Craft Nights

**IN JULY 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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