

The Gizhewaadiziwin Biidaajimowin

September 2023

BACK TO SCHOOL

*Staff had a busy month of August. We said good-bye to our Clinic Lead April who is off to further her education. Good luck April, we will miss you. We also said good-bye to our student Jessie, it was a pleasure having you here.

*Newsletters will be sent out in paper format to all the communities starting in September.

*All current staff have been trained in CPR. Miigwech to Donna & Robyn for the training, we sure appreciate all your hard work.

*In partnership with UNFC & Weechi-it-te-win we held a summer fun day at the Point Park. Lots of fun was had by everyone and the weather co-operated.

*Our Cultural Coordinators held a birchbark winnowing basket making event with Don Jones, Miigwech Don!

*Our Health Ed team held a family golf day at Heron Landing.

*We want to wish all the students a great school year, be safe and also remember to have fun!

**OUR OFFICE WILL BE CLOSED MONDAY,
SEPTEMBER 4TH FOR THE LONG WEEKEND!
SORRY FOR ANY INCONVENIENCE**

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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

SEPTEMBER CALENDAR

Date	Where	Program	Description
Mon, Sept 4	OFFICE CLOSED	ALL	Gizhewaadiziwin Health Access Centre will be closed today for Labour Day
Tues, Sept 5 & Thurs, Sept 7	Mitaanjigamiing FN	Land Based & Cultural	Wild Rice Harvesting (See pg 8)
Wed, Sept 6	Metis Hall	Food Box	Food Box orders due today (11am-4:30)
Thurs, Sept 7	Lac La Croix FN	Clinic	NP Virtual/Telephone Visit
Tues, Sept 12	Nigigoonsiminikaaning	Clinic	NP Virtual/Telephone Visit
Tues, Sept 12, 19, & 26	Gizhewaadiziwin Health Access Centre	Cultural	Craft nights 6-8pm (see pg 9)
Wed, Sept 13	Seine River	Clinic	NP Virtual/Telephone Visit
Tues, Sept 14	Metis Hall	Diabetes	Diabetes Sharing Circle (see pg 10)
Tues, Sept 19	Onigaming FN	Clinic	Nurse Practitioner Community Visit
Wed, Sept 20	Rainy River FN	Clinic	Nurse Practitioner Community Visit
Wed, Sept 20	Metis Hall	Food Box	Food Box order pickup (12-4pm)
Thurs, Sept 21	Anishinaabeg of Naongashiing	Clinic	Nurse Practitioner Community Visit
Fri, Sept 22	Naicatchewenin	Clinic	Nurse Practitioner Community Visit
Tues, Sept 26	Mishkosiminiziibiing FN	Clinic	Nurse Practitioner Community Visit
Tues, Sept 26	Mishkosiminiziibiing FN	Asthma Education	Stop in during the NP Visit to see Randi
Wed, Sept 27	Mitaanjigamiing FN	Clinic	Nurse Practitioner Community Visit
Wed, Sept 27	UNFC	Diabetes	Diabetes Sharing Circle (see pg 11)
Thurs, Sept 28	Couchiching FN	Clinic	Nurse Practitioner Community Visit
Sept 25-30	Various	Truth & Reconciliation	Various Events all week (see pg 6 & 7)

We apologize in advance to any disruption with our Clinic visits, we are short of providers this month. We are doing some virtual and telephone visits so we can continue servicing communities this month. If you have any questions or concerns please call the appointment desk at (807) 274-3131. Miigwech

Follow us on Facebook for up to date events happening throughout September.

For more information on any of our programs, please call us at (807)274-3131



ANISHINAABEMOWIN

The Ojibwe Language

BACK TO SCHOOL

School - Gikino'amaadiiwigamig(oon)

Library - Agindaasoowigamig

Teacher - Gekinoo'amaaged

School book - Gikinoo'amaadii-mazina'igan

Student - Gikinoo'amawaagan

Pencil/Pen - Ozhibii'iganaak

Desk - Ozhibii'ige-adoopowin

Computer - Mazinaabikiwebinigan

Scissors - Moozhwaagan

Backpack - Bimiwanaan





HEALTHY LIVING FOOD BOX PROGRAM

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

WEDNESDAY, SEPTEMBER 6, 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, SEPTEMBER 20, 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**





THURSDAY, OCTOBER 12TH, 2023

SAVE *the* DATE

*Celebrating 25 years of primary health care service delivery for
the Indigenous people of the Southern Treaty Three territory*

Drum:

Giishkaandago'ikwe Health Services

Emcee:

Don Jones

**Everyone is welcome
to join us for
Truth and Reconciliation
events during
the week of
September 25-30, 2023!**



Remembering the Children

This day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Wearing orange shirts is an Indigenous-led grassroots commemorative way to raise awareness and ensures “Every Child Matters”. Commemoration of the history and ongoing impacts of residential schools is a significant way to foster reconciliation.

**Participate in our
Week’s Activities!**

We welcome everyone to join us in the week of family events and activities (community walk, fish fry, cultural teachings) to remember and learn about the history and legacy of residential schools.

A schedule of events is attached!

**Display our Poster
and Signage!**

In the spirit of unity and demonstrating commitment towards truth, reconciliation, and our Indigenous histories, we would love if you could help by displaying our upcoming poster(s) and signage.

**Join the Planning
Committee!**

If you are passionate about making a difference in the planning process we’d love to hear from you!

Contact Samantha Korzinski at:

skorzinski@gizhac.com or (807) 274-3131.



The National Day for Truth and Reconciliation
September 25th – 30th, 2023

CALENDER OF EVENTS



Robert Horton's Teachings &
Blanket Ceremony
Orange T-Shirt Beading

MONDAY: 1pm - 7pm

LOCATION: Nanicost Gym, Agency One First Nations

Receive a t-shirt and orange shirt beading kits!

Tobacco Teachings &
Making Tobacco Pouches

TUESDAY: 4pm - 7pm

LOCATION: Seven Generations Education Institute - Making
Space Room - Agency One First Nations

Receive tobacco teachings & make your own tobacco pouch!

Banner Making for the Walk

WEDNESDAY: 4pm - 7pm

LOCATION: United Native Friendship Centre (UNFC)
Outdoor Space, 516 Portage Ave, Fort Frances

Design your own Banner ~ Supplies provided to decorate!

Sweetgrass Teachings and
Hair Braiding

THURSDAY: 4pm - 7pm

LOCATION: Nanicost Gym, Agency One First Nations

Learn from the Sweetgrass Teachings - Supplies provided
to braid your own sweet grass!

Every Child Matters -
Community Awareness Walk
Fish Fry Luncheon

FRIDAY: 10am - 3pm

LOCATION: Start at the Sorting Gap Marina to the
Nanicost Grounds, Agency One First Nations

Following the walk, will be opening remarks at the
Residential School Monument with a fish fry luncheon!
Lunch will include food for kids 😊

Mental Health Supports onsite, agency booths & displays!

Sunrise Ceremony,
Breakfast & Commemoration

SATURDAY: 7am - 11am

LOCATION: Residential School Monument at the Nanicost
Grounds, Agency One First Nations

Sunrise Ceremony, Breakfast, Songs, Healing Dance and
Commemorative Presentation!



Manoominikedaa

*Wild Rice Harvesting
Mitaanjigamiing F.N
Sept 5 & 7 2023*

*Sept 5. At the MFN Beach 10am. If
you require transportation please be
at the Dock at 9:45
Lunch and Drinks to be provided.*

*Please bring your own Ricing Sticks
and dress appropriately*



*Sept 7. Powwow grounds at
10am. We will be roasting and
finishing the rice.
Lunch and Drinks to be
provided.*



FOR MORE INFORMATION PLEASE CONTACT
BRAD FYFE @ 807-274-3131, BFYFE@GIZHAC.COM
KEIRA SINGLETON @ 807 2741043





GIZHEWAADIZIWIN
Health Access Centre

GHAC Cultural Craft Night

**We have supplies, or bring
your current project to work
on. Hope to see you there!**



**Join us for Craft Night at
Gizhewaadiziwin Health Access Centre
1460 Idylwild Drive**

**Tuesday, September 12th, 19th & 26th 6-8pm at
the Health Access Centre. Bring a friend!!**



SHARING CIRCLE

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

**Thursday, September 14th
10:00 am - 12pm**

**Call Kristen at Metis Nation of Ontario (807)274-1386
Ext:306 for details**

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





SHARING CIRCLE

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

Wednesday September 27th

1-3pm

At the UNFC

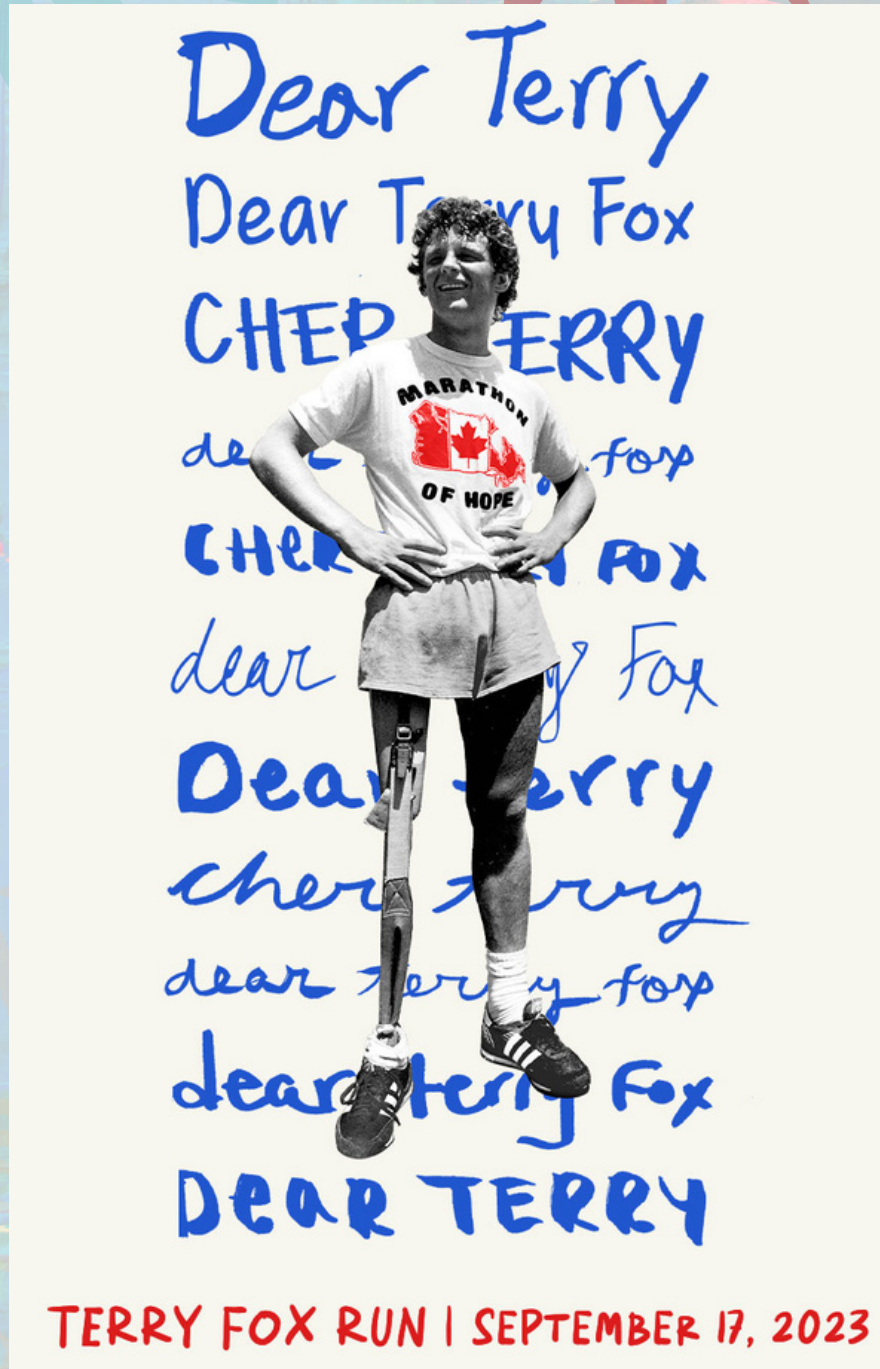
In the Hall

**Lead by: Dayle Connor RN Diabetes Education Program
&**

Darlene Olimb-Bruyere, Masters of Social Work



Terry Fox Run



Gizhewaadiziwin Health Access Centre employees have registered a team in the upcoming Terry Fox Run. We hope you consider joining our team or donating for this great cause at <https://run.terryfox.ca/team/ghac>



SAVE THE DATE

Nigigoonisiminikaaning
October 17

DIABETES HEALTH FAIR

Learn about diabetes and ways
to improve your health



SAVE THE DATE

Naicatchewenin
October 11

DIABETES HEALTH FAIR

Learn about diabetes and ways
to improve your health



FETAL ALCOHOL SPECTRUM DISORDER (FASD)

BIRTH MOTHERS SUPPORT GROUP

Do you Care for your Child with FASD/Potential FASD?

Join the Ontario FASD Support Group for Birth Mothers. Gather with other mothers to discuss the unique challenges and opportunities to being a birth parent. Our goal is to decrease stigma and increase a sense of community. This is a peer led group with support from those experienced in FASD.

HELD VIRTUALLY

Monthly sessions that will explore life with FASD including stigma, grief and loss, family/self care and building strengths.



RESERVE YOUR SPOT!

REGISTRATION DEADLINE: SEPTEMBER 29, 2023



NorWest Community
Health Centres
Centres de santé
communautaire NorWest



BIRTH MOTHERS SUPPORT GROUP - RESERVE YOUR SPOT
EVERY 3RD WEDNESDAY OF EACH MONTH STARTING OCTOBER
18 ON ZOOM FROM 1-2:30PM EST (12-1:30 CST)
FOR MORE INFORMATION PLEASE CONTACT KAREN HUBER AT
(519) 741-1121 OR EMAIL K.HUBER@SUNBEAMCOMMUNITY.CA
REGISTRATION DEADLINE IS FRIDAY, SEPTEMBER 29, 2023



FUN HOLIDAYS

Sept 1 - No rhyme or reason day



Sept 4 - Eat an extra dessert day

Sept 7 - Acorn squash day



Sept 9 - International Soduko day

Sept 12 - Video Games day



Sept 16 - Guacamole day

Sept 19 - Talk like a pirate day

Sept 22 - Hobbit Day



Sept 25 - Comic Book day

Sept 28 - Ask a stupid question day



COLOURING PAGE



FEATURED INDIGENOUS ARTIST OF THE MONTH

Bill Reid

BILL REID (1920-1998) WAS AN ACCLAIMED MASTER GOLDSMITH, CARVER, SCULPTOR, WRITER, BROADCASTER, MENTOR AND ACTIVIST. REID WAS BORN IN VICTORIA, BC TO A HAIDA MOTHER AND AN AMERICAN FATHER WITH SCOTTISH GERMAN ROOTS, AND ONLY BEGAN EXPLORING HIS HAIDA ROOTS AT THE AGE OF 23. THE BILL REID GALLERY OF NORTHWEST COAST ART WAS CREATED IN 2008 TO HONOUR HIS LEGACY AND CELEBRATE THE DIVERSE INDIGENOUS CULTURES OF THE NORTHWEST COAST. BILL REID INFUSED HAIDA TRADITIONS WITH HIS OWN MODERNIST AESTHETIC TO CREATE BOTH EXQUISITELY SMALL AS WELL AS MONUMENTAL WORK THAT CAPTURED THE PUBLIC'S IMAGINATION, AND INTRODUCED A TIMELESS VOCABULARY TO THE MODERN WORLD.



Mythic Messengers, Bill Reid (1984)
Photo by Kenji Nagai



One Pot Chicken & Vegetables

Ingredients

- 1 LB (450G) SKINLESS, BONELESS CHICKEN BREAST, CUT INTO 1-INCH PIECES
- 2 ZUCCHINI, SLICED
- 2 RED BELL PEPPERS, CHOPPED INTO CHUNKS
- 1 BROCCOLI CROWN, BROKEN INTO FLORETS
- 1/2 ONION, SLICED
- 1/4 TEASPOON SALT AND PEPPER
- 2 TABLESPOONS OLIVE OIL
- 2 TABLESPOONS CAJUN SEASONING
- 1/4 CUP (60ML) LOW-SODIUM CHICKEN BROTH
- 1 TABLESPOON FRESH CHOPPED PARSLEY, FOR GARNISH
- 1/2 TEASPOON RED CHILI PEPPER FLAKES, OPTIONAL



Directions

- 1. TO MAKE THE CHICKEN BITES AND VEGETABLE SKILLET: IN A LARGE BOWL ADD THE CHICKEN BREAST CUBES AND SEASON WITH SALT AND PEPPER. ADD 1 TABLESPOON OLIVE OIL AND CAJUN SEASONING AND TOSS UNTIL COATED.
- 2. HEAT A LARGE SKILLET OVER MEDIUM HEAT WITH 1 TABLESPOON OLIVE OIL. ADD SEASONED CHICKEN BITES AND COOK FOR ABOUT 5-7 MINUTES UNTIL THE CHICKEN IS COOKED THROUGH. REMOVE TO A PLATE AND SET ASIDE
- 3. IN THE SAME SKILLET, STIR FRY THE ONION (ADD A LITTLE OLIVE OIL IF NEEDED) FOR 2 MINUTES, THEN ADD BROCCOLI, ZUCCHINI, AND BELL PEPPER. SEASON WITH CAJUN SEASONING AND COOK ON MEDIUM UNTIL VEGETABLES ARE CRISP-TENDER.
- 4. DEGLAZE WITH CHICKEN STOCK, THEN ADD THE COOKED CHICKEN BITES BACK TO THE SKILLET AND MIX TO COMBINE. GARNISH WITH RED CHILI PEPPER FLAKES AND FRESH PARSLEY IF DESIRED AND SERVE THE CHICKEN BITES AND VEGETABLES IMMEDIATELY. ENJOY!



GUIDELINES FOR DRINKING FLUIDS TO STAY HYDRATED

Trusted advice from dietitians.

www.dietitians.ca

Fluids come from the beverages you drink and the foods that you eat. How much fluid you need every day depends on your age, gender and activity level. Hot and humid weather can increase your needs.

To keep your body hydrated, aim for a fluid intake of about:

- 3 L (12 cups) for men 19 years old and over each day
- 2.2 L (9 cups) for women 19 years old and over each day.

Fluids include water and other beverages such as milk, juice, broth or soups, coffee and tea. Water is one of the best fluid choices, but it is a myth that you need 8 cups a day to stay healthy.

Fluid helps you stay healthy and energized. It also:

- controls your body temperature
- aids digestion
- carries nutrients around your body
- cushions organs and joints
- gets rid of waste
- keeps your bowels regular



Your body loses water by sweating, breathing and getting rid of waste. If you lose more fluid than you take in you can get dehydrated.



GUIDELINES FOR DRINKING FLUIDS TO

STAY HYDRATED CONTINUED

Signs of mild hydration:

- thirst
- dry lips and mouth
- flushed skin
- tiredness
- irritability
- headache
- dizziness
- fainting
- low blood pressure
- increase in heart rate
- dark, strong smelling urine

Signs of severe dehydration:

- blue lips
- blotchy skin
- confusion
- lack of energy
- cold hands and feet
- rapid breathing
- high fever
- unconsciousness.

You can become dehydrated even before signs appear. Therefore, it is important to drink fluids regularly, even before you feel thirsty.

Tip: If your urine is light yellow and clear it usually means that you are getting enough to drink. Dark yellow, strong smelling urine is a sign of dehydration.

Steps You Can Take to stay hydrated:

- Drink a glass of water when you wake up each morning or before you go to bed.
- Keep a fresh glass of water by your desk or on hand where you work.
- Carry a container of water with you throughout the day.
- Drink a glass of water before eating your meals.
- Make sure you have a drink with each meal such as a glass of low fat milk, soy beverage or water.
- Don't ignore thirst. Drink water or another healthy drink when you feel thirsty



Did You Know ?

As of January 2023, Ontario pharmacies became able to treat and prescribe medications for the following ailments:

- Hay fever
- Oral thrush
- Pink eye
- Dermatitis
- Menstrual cramps
- Acid reflux
- Hemorrhoids
- Cold sores
- Impetigo
- Insect bites and hives
- Tick bites
- Sprains and strains
- Urinary tract infections

If you're suffering from one of these ailments, check with your Pharmacist to see if this is something they can help you with



GIZHEWAADIZIWIN
Health Access Centre

COMING SOON TO YOUR COMMUNITY... 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 for more
information or to register in your
community!**





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



Looking for:

- ✓ Casual Medical Receptionist
- ✓ Casual Custodian
- ✓ Primary Health Care Nurse Practitioner
- ✓ RN Clinic Lead
- ✓ IT Support Technician
- ✓ Office Manager
- ✓ Casual Medical Van Driver
- ✓ Diabetes Foot-Care Nurse

(willing to assist an RPN in acquiring the certification)



Staff Introductions



My name is Tamara Gibbins from Anishinaabeg of Naongashiing First Nation. I am one of the new Indigenous Care Coordinators. I have been an RPN for 10 years as of August of this year, and have been in the health field for that long working in a variety of different roles. I love to spend time with my family going to powwows, dancing jingle dress and going to the beach with my son and fur baby. If I am not powwowing, you will catch me spending my days on the golf course. I look forward to working with GHAC and the First Nation communities it services!



Erin Smith will be starting September 11th as the new Cultural Coordinator. She is currently employed with us as the Special Projects Coordinator.



Back to school tips!



It's back to school time! Time to get all the supplies needed to start the year off right! But we aren't talking about backpacks and lunch kits. If your child requires medication, you will need to get those supplies ready too. Here are a few tips to help get your child's medications school ready:

- Review when and how to use medications for your child. For devices such as EpiPen or inhalers, review instructions and check expiration dates!
- Ensure there are refills on your child's medication. You will find this information on the prescription label or if you are unsure call your pharmacy and they help. In some cases, the pharmacist can extend medications, or communicate with your doctor to get a refill.
- Speak with your child's teacher about leaving medication at the school for them to use if needed. We can provide you with extra devices or medication packaged separately with a prescription label. This way the instructions are clear.

If you have any questions, please reach out to one of our pharmacy team members.



Phone: 807-274-3319

email: rlfnpharmacy@gmail.com



PRIVACY CORNER

CONFIDENTIAL

At the Gizhewaadiziwin Health Access Centre, we understand the importance of patient-centered care. One crucial aspect of this approach is informed consent, a fundamental principle that empowers you, our valued patients, to make informed decisions about your healthcare.

What Is Informed Consent?

Informed consent is a cornerstone of ethical healthcare practice. It is a process where healthcare providers respect your autonomy and ensure you have all the necessary information to make decisions about your treatment and/or care.

This process involves:

1. **Information Sharing:** Your provider will explain your diagnosis, treatment options, potential risks, benefits, and alternatives in a clear and understandable manner.
2. **Voluntary Decision-Making:** You have the right to accept or decline any treatment or intervention based on your understanding of the information provided. Your choice should be free from coercion or pressure.
3. **Capacity:** Healthcare providers assess your capacity to make decisions. They ensure you have the cognitive and emotional ability to understand the information presented.
4. **Consent Documentation:** In most cases, your consent will be documented in writing, signifying your agreement to proceed with a particular course of treatment.

(continued on next page)



Why Is Informed Consent Important?

1. **Respect for Autonomy:** Informed consent respects your autonomy and individuality. It recognizes that you are the ultimate decision-maker in your healthcare journey.
2. **Shared Decision-Making:** It fosters collaboration between you and your healthcare team. Together, you can make choices that align with your values and preferences.
3. **Enhanced Trust:** Informed consent builds trust between you and your healthcare provider. Knowing that your decisions are respected and supported strengthens the patient-provider relationship.
4. **Legal and Ethical Obligation:** In Ontario, healthcare professionals are legally and ethically obligated to obtain informed consent before any treatment or procedure.

Your Role In Informed Consent

At GHAC, we encourage you to actively engage in your healthcare by:

- Asking questions to clarify any doubts.
- Expressing your concerns, preferences & values.
- Seeking a second opinion if needed.
- Taking your time to make decisions.

Your active participation ensures that the informed consent process truly reflects your wishes and promotes the best possible outcomes for your health.

Remember, informed consent is about respecting you as a unique individual with the right to make decisions about your healthcare. Your voice matters, and together, we can achieve the highest standards of care!

See You Next Month!

We are committed to protecting your privacy and ensuring the confidentiality of your PHI. If you have any questions, concerns, or would like to learn more about our privacy practices, please reach out to our Privacy Officer, Shanna Weir. Tune in next month where we will go over exceptions to confidentiality & your rights as a client of GHAC!

For more information, visit: www.ipc.on.ca



DOLLY PARTON'S IMAGINATION LIBRARY REGISTRATION FORM



Enroll your child today!

Research has shown that reading aloud to children from an early age will promote their literacy skills, language development, and love of learning and reading, and give them the biggest boost toward a successful education they will ever get. Now, reading regularly to your preschool child will be easier than ever! By enrolling in Dolly Parton's Imagination Library, your child (age 0 to five years) will receive a **FREE book every month**, mailed directly to your home. With these free, age-appropriate books, you and your child will experience the joy of reading together, and you'll be creating a special bond with your child that will last a lifetime. **It all begins with you.**

Child's Last Name:	Child's First Name:	
Child's birthday (MM/DD/20YY)	Gender:	
Address:	City:	Postal Code:
Phone Number:	Email Address:	
Authorized Parent/Guardian's Last Name	Authorized Parent/Guardian's First Name:	

PRIVACY CLAUSE: I hereby explicitly consent to allow the Dollywood Foundation, Inc. to use the information provided herein for the purposes of participating in Dolly Parton's Imagination Library book gifting program. To measure the benefits of this program we may create data sets with the information provided herein and share them with research and educational advancement partners. You agree to review our full Terms & Conditions and Privacy Policy by visiting imaginationlibrary.com. By signing and submitting this form you expressly consent to the terms set forth herein.

Authorized Adult Signature: _____



**Nishnawbe
Aski Nation**

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Enrolling your child is easy!

Simply fill out the above form and mail to:

**Nishnawbe Aski Nation,
Early Years Department
100 Back Street Unit 200
Thunder Bay, ON P7J 1L2
1-800-465-9952**

Tiffany Sullivan 807-625-4918 tsullivan@nan.ca
Or enroll online at: www.imaginationlibrary.ca



BACKPACKS FOR KIDS

Staff with donated school supplies and backpacks for the Backpack for Kids Program.



BEE BOX PAINTING

A huge MIIGWECH to everyone who joined us on August 18th to paint bee boxes and learn about the wonderful world of bees! Your enthusiasm and creativity made this event truly special.



♥ Our Child and Youth Land-Based program did an amazing job hosting this event, bringing us all together to connect with nature and promote environmental awareness. ♥ Special shoutout to the Health Education program for providing a delicious lunch that kept us energized and fueled for our painting adventure. ♥ And a big round of applause for our knowledgeable beekeeper, James, who shared his expertise and passion about these incredible pollinators. Your insights were truly fascinating!

SUMMER FUN DAY

On Friday, August 25th, Gizhewaadiziwin Health Access Centre joined forces with Weechi-it-te-win Family Services and the United Native Friendship Centre to host a Summer Fun Day at the Point Park. Over 500 attendees throughout the day enjoyed tubing, swimming, bouncy castles, kayaks, paddleboards, the beach and quality family time together. The local Salvation Army provided whole fruits for the day. Miigwech to all who attended and/or helped out.

- Over 400 hamburgers and 250 hot dogs served.
- 150 fruit and veggie cups served.
- over 350 ice creams served by Lou's Sweet Treats.
- 65 tube riders with Sunset Water Sports.



SUMMER FUN DAY

CONTINUED



SUMMER FUN DAY

CONTINUED



SUMMER FUN DAY

CONTINUED



SUMMER FUN DAY CONTINUED



FIRST AID

Staff enjoyed learning and practicing First Aid with Robyn & Donna. Miigwech for teaching us all to be prepared in an emergency.



FIRST AID



OVERDOSE AWARENESS WALK

Several local agencies held an Overdose Awareness Walk in memory of Chauncey Grover on August 31st.

The opening ceremony and walk started at the Couchiching FN Multi-use building and ended at Seven Oaks. After the walk lunch was provided. Several guest speakers spoke afterwards, and there was naloxone training afterwards. Chi Miigwech to all who supported this event for such an important issue.



OVERDOSE AWARENESS WALK CONTINUED



OVERDOSE AWARENESS WALK CONTINUED



FAMILY GOLF DAY

The Annual Family Golf Day on Sunday, August 27th was a huge success. It was a beautiful day had by everyone, even the bears provided some entertainment.



FAMILY GOLF DAY



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!



www.facebook.com/GIZHAC



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