



# The Gizhewaadiziwin Biidaajimowin

November 2023

## FALL TIME

----October was a busy month at Gizhewaadizin Health Access Centre. We celebrated our 25th Anniversary with a traditional feast. Several traditional dancers gave demonstrations, and staff were taught how to dance by the Metis. Miigwech to all who came, and all who helped out, even though it was a rainy, windy day we hope everyone had a great time.

----We welcomed a new interim Clinic Lead, Debbie Canfield, who will be with us until December. We also welcomed back our NP Danette, and our Medical Translator MJ. We are so happy to have them back.

----Staff took part in a water ceremony, and learned about why water is so important culturally, and that women are the water keepers.

### **NOVEMBER OFFICE CLOSURES:**

**MONDAY, NOVEMBER 13, 2023 -  
REMEMBRANCE DAY**

## IN THIS ISSUE:

- Pg 2 - Calendar
- Pg 3 - Anishinaabemowin
- Pg 4 - Healthy Living Food Box
- Pg 5 - Food Box Anniversary
- Pg 6 - Food Shelf Information
- Pg 7 - Craft Night Information
- Pg 8 - November Diabetes Sharing Circles
- Pg 9 - Creating Healthy Habits - Couchiching
- Pg 10 - Mental Health Counselling - Mitaanjigamiing FN
- Pg 11 - Grief & Loss Support Info
- Pg 12 - Natural Medicine Clinic Info
- Pg 13 - Elder's Group Info
- Pg 14 - All Girls Gathering Info
- Pg 15 - Employment Opportunities
- Pg 16 - Fun Holidays in September
- Pg 17 - Colouring Page
- Pg 18 - Canadian Indigenous Artist
- Pg 19 - Recipe- 3 Sisters Stew
- Pg 20 - COPD Information
- Pg 21 - Green Committee Winter Clothing Drive
- Pg 22 - Diabetes Info
- Pg 23 - Privacy Corner
- Pg 24 - Prostate Cancer Info
- Pg 25 - Water Teaching Pics
- Pg 26 - New Staff Intro
- Pg 27 - Staff & Program List
- Pg 28 - 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**

# NOVEMBER CALENDAR

Date	Where	Program	Description
Wed, Nov 1	UNFC	Diabetes	Diabetes Sharing Circle (see pg 8)
Wed, Nov 1	Metis Hall	Food Box	Food Box orders due today (11am-4:30)
Tues, Nov 7	Couchiching FN	Diabetes	Creating Healthy Habits (see page 9)
Tues, Nov 7, 14, 21 & 28	Gizhewaadiziwin Health Access Centre	Cultural	Craft nights 6-8pm (see pg 7)
Tues, Nov 7	Mitaanjigamiing FN	Mental Health	Mental Health Counselling one on one (see pg 10)
Mon, Nov 13	OFFICE CLOSED	ALL	Remembrance Day Stat
Wed, Nov 15	Metis Hall or FF Arena	Food Box	Food Box pickup today from 12-4pm (see social media for location) (see pg 4)
Nov 15, 16, 17	Nanicoast Gym	Cultural	Natural Medicine Clinic (see pg 12)
Wed, Nov 22	Rainy River FN	Diabetes	Diabetes Sharing Circle (see pg 8)
Wed, Nov 22	La Place Rendez Vous	Treaty 3	All Girls Gathering (see pg 14)
Wed, Nov 29	UNFC	Diabetes	Diabetes Sharing Circle (see pg 8)

Thank you for your patience to any disruption with our Clinic visits, we are trying to get back to our regular schedule of providers this month. We are also doing some virtual and telephone visits so we can continue servicing communities. 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 October. If you would like to see more programs in your community, please reach out!

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





# ANISHINAABEMOWIN

*The Ojibway Language*

## OJIBWAY CLANS - DODEM

**Turtle Clan - *Mak-kee-an-nuk Dodem***

**Thunderbird Clan - *Binasi Dodem***

**Loon Clan - *Maung Dodem***

**Wolf Clan - *Mah-eeng-gun Dodem***

**Marten Clan - *Waub-ez-sha-she Dodem***

**Porcupine Clan - *Gaag Dodem***

**Crane Clan - *Aji-jaak Dodem***

**Deer Clan - *Waa-wash-skay-she Dodem***

**Bear Clan - *Mukwa Dodem***

**Sturgeon Clan - *Nah'ma Dodem***

**Butterfly Clan - *Mamangwah Dodem***

**Eagle Clan - *Migazi Dodem***

There were originally 7 clans:

Loon, Crane, Fish, Bird, Bear,  
Marten, and Deer





# HEALTHY LIVING FOOD BOX PROGRAM

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

**WEDNESDAY, NOVEMBER 1ST, 2023**

At the Sunset Country Métis Hall, 714 Armit Ave. from  
**11:00 AM - 4:30 PM**

The boxes will be **\$25.00 (cash or EMT only)**

Payments can be made when ordering or at pick-up  
for the next month.

Pick-up will be on:

**WEDNESDAY, NOVEMBER 15, 2023**

At the Sunset Country Métis Hall, 714 Armit Ave. from  
**12:00 PM - 4:00 PM**

**PLEASE WATCH SOCIAL MEDIA FOR CHANGE  
OF PICK UP VENUE AS CONSTRUCTION AT THE  
METIS HALL MIGHT NOT BE FINISHED.  
ORDERING WILL STILL BE AT THE METIS HALL**

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**







# 18



## ANNIVERSARY

*The Healthy Living Food Box is celebrating 18 years of bringing you fresh fruit and vegetables.*

We have packed 80,326 boxes over the last 18 years!

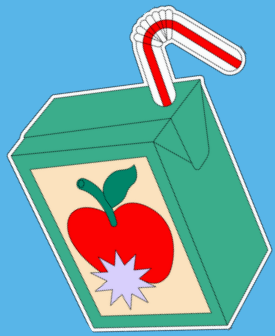
The first food boxes were packed on **November 15th, 2006**, and there were **40** boxes.

We are now packing between **450 – 550** boxes per month.

*A huge thank you to all of our community partners and volunteers! This could not be done without your support!*

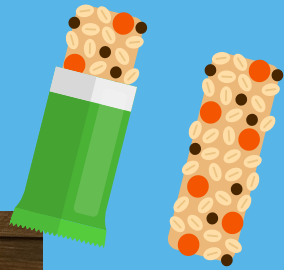






Gizhewaadiziwin

Health Access Centre



# Maada'ookii

shares something with others



## FOOD SHELF



Available to all our communities  
and clients at our reception desk.



OUR FOOD SHELF IS AVAILABLE 5 DAYS A WEEK  
8:30AM TO 4:30PM.

FOOD IS AVAILABLE TO ALL OUR COMMUNITY  
MEMBERS AND CLIENTS.

IF YOU WOULD LIKE TO PRE ORDER, OR HAVE ANY  
QUESTIONS PLEASE CALL (807) 274-3131 AND ASK  
FOR TAMMY OR ABBEY, OR EMAIL

TGAGNON@GIZHAC.COM OR ACALDER@GIZHAC.COM  
A BAG WILL BE READY FOR YOU TO PICK UP, OR LET  
US KNOW IF YOU ARE SENDING SOMEONE ELSE TO  
PICKUP FOR YOU.

WE ALSO HAVE PERSONAL HYGIENE PRODUCTS  
AVAILABLE FOR CLIENTS WHO ARE IN NEED AT THE  
FRONT DESK.





**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, November 7th, 14th, 21st & 28th 6-8pm  
at the Health Access Centre. Bring a friend!!**





# NOVEMBER SHARING CIRCLES

Gizhewaadiziwin Health Access Centre  
Diabetes Education Program invites  
you to share your Diabetes story with  
others. Snacks provided.

## UNFC

Wednesday, November 1st & 29th  
1-3 p.m.

## Rainy River First Nation

Wednesday, November 22nd  
1-3 p.m.

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





# CREATING HEALTHY HABITS PROGRAMMING

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

**Couchiching FN start date is  
November 7th.**

**Please contact Dayle at:  
(807) 274-3131**

**or Email [dconnor@gizhac.com](mailto:dconnor@gizhac.com) for  
more information or to register.**





## MENTAL HEALTH COUNSELLING

WHERE: MITAANJIGAMIING FN

WHEN: TUESDAY, NOVEMBER 7, 2023 10AM - 3PM

WHO: DAN LONEY, (H.B.S.W), & DARLENE OLIMB-BRUYERE (B.A., M.S.W., R.S.W.) WILL BE OFFERING INDIVIDUAL SESSIONS.

CONTACT: DAWN WHITECROW TO BOOK AN APPOINTMENT WITH DAN OR DARLENE.

# MENTAL HEALTH MATTERS







# COMING SOON

## GRIEF & LOSS SUPPORT GROUP

WHERE: ONIGAMING

WHEN: TO BE DETERMINED

WHO: DAN LONEY, (H.B.S.W), & DARLENE OLIMB-BRUYERE (B.A., M.S.W., R.S.W.)

CONTACT: DARLENE @ (807)274-3131 OR EMAIL  
DOLIMB-BRUYERE@GIZHAC.COM FOR MORE  
INFORMATION

*LUNCH PROVIDED*

# MENTAL HEALTH MATTERS

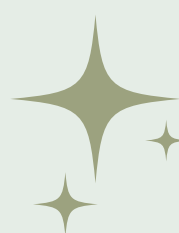




# NATURAL MEDICINE CLINIC



NOVEMBER 15,16,17 2023  
NANICOST GYM  
10AM-3PM



For More Information or To Book  
an Appointment contact  
807 274 3131  
Brad Fyfe - bfyfe@gizhac.com  
Erin Smith - esmith@gizhac.com  
MJ Kewakundo -  
mkewakundo@gizhac.com







# COMING SOON

## ELDER'S GROUP

WHERE: NIGIGOONSIMINIKAANING

WHEN: TO BE DETERMINED

WHO: DAN LONEY, (H.B.S.W), & DARLENE OLIMB-BRUYERE (B.A., M.S.W., R.S.W.)

CONTACT: DARLENE @ (807)274-3131 OR EMAIL  
DOLIMB-BRUYERE@GIZHAC.COM FOR MORE  
INFORMATION

# MENTAL HEALTH MATTERS



# All Girls Gathering

INSPIRE - CONNECT - EMPOWER

Join us for a day of:

- Motivational Speaking on Empowerment
- Live Vocal Music
- Warrior Paint
- Cultural Activities
- Traditional Women's Teachings
- Self Defense
- Door Prizes & Swag

With Cathy Fobister, David White  
And Keynote Speaker Kristen McKay!

9 am - 3 pm

Dryden - Nov 21 - The Centre

Fort Frances - Nov 22 - La Place Rendez-Vous

Kenora - Nov 23 - Perch Bay Resort

Register before November 15 with [betsy.linklater@t3ps.ca](mailto:betsy.linklater@t3ps.ca)

**OPEN TO ALL TREATY #3 YOUTH, AGED 13-18**

Chaperones required for those under 18



**GRAND COUNCIL  
TREATY #3**  
The GOVERNMENT of THE ANISHINABE NATION in TREATY #3







# 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
- Employee Rewards and Recognition program
- Known for a healthy life/work balance

## For more info:



807 274-3131



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

## Looking for:

- ✓ Office Manager
- ✓ FASD - Child Nutrition Worker
- ✓ RN Clinic Lead
- ✓ IT Support Technician
- ✓ Nurse Practitioner
- ✓ Diabetes Foot-Care Nurse  
(willing to assist an RPN in acquiring the certification)
- ✓ Casual Custodian
- ✓ Casual Medical Van Driver





# FUN HOLIDAYS

Nov 2 - Deviled Eggs Day



Nov 4 - Common Sense Day

Nov 5 - National Red Hair Day

Nov 8 - Tongue Twister Day

Nov 10 - Vanilla Cupcake Day



Nov 14 - National Pickle Day



Nov 15 - Clean Out your Fridge Day



Nov 16 - Fast Food Day

Nov 18 - Push Button Phone Day



Nov 24 - Buy Nothing Day

Nov 26 - Cake Day



Nov 30 - Computer Security Day





# COLOURING PAGE



MondayMandala.com





# FEATURED INDIGENOUS ARTIST OF THE MONTH

## Jane Ash Poitras

**Jane Ash Poitras is a Cree painter and printmaker from Canada. Her work uses the idioms of mainstream art to express the experience of Aboriginal people in Canada. She began to seek her Chipewyan roots only in early adulthood, after a Roman Catholic upbringing. She has explored the relationship of personal identity with cultural identity and the history of Native people, integrating these into her art making.**





# Three Sisters Stew

## INGREDIENTS:

- 2 TABLESPOONS OLIVE OIL
- 1 ONION MEDIUM, CHOPPED
- 3 CLOVES GARLIC MINCED
- 2 TEASPOONS GROUND CUMIN
- 2-3 TEASPOONS CHILI POWDER
- 1 TEASPOON DRIED OREGANO
- 1 TEASPOON FINE SEA SALT
- FRESHLY GROUND BLACK PEPPER TO TASTE
- PINCH OF RED PEPPER FLAKES (OPTIONAL)
- 4 CUPS CUBED SQUASH (LIKE PUMPKIN OR BUTTERNUT SQUASH)
- 1 BELL PEPPER MEDIUM, CHOPPED
- 3 SMALL TO MEDIUM ZUCCHINI, CHOPPED (ABOUT 2 CUPS)
- 1 (15-OUNCE) CAN TOMATOES, DICED WITH LIQUID (FIRE-ROASTED IS NICE)
- 1 (15-OUNCE) CAN PINTO BEANS, DRAINED AND RINSED
- 1 (15-OUNCE) CAN RED KIDNEY BEANS, DRAINED AND RINSED
- 2 CUPS CORN KERNELS FRESH OR FROZEN
- 3 TO 4 CUPS WATER
- ¼ CUP FRESH CILANTRO OR PARSLEY, FRESH, CHOPPED



## INSTRUCTIONS:

- HEAT THE OLIVE OIL IN A SOUP POT OR DUTCH OVEN. ADD THE CHOPPED ONION AND SAUTÉ OVER MEDIUM-LOW HEAT UNTIL SOFTENED AND BEGINNING TO CARAMELIZE; 3 TO 5 MINUTES. STIR IN THE GARLIC, CUMIN, CHILI POWDER, OREGANO, SALT, PEPPER, AND RED PEPPER FLAKES IF USING; CONTINUE TO SAUTÉ UNTIL THE SPICES ARE FRAGRANT, ABOUT 30 SECONDS.
- ADD THE CUBED SQUASH, BELL PEPPER, ZUCCHINI, TOMATOES, AND DRAINED BEANS TO THE POT. POUR IN 3 CUPS OF WATER AND BRING TO A SIMMER.
- COVER AND GENTLY SIMMER UNTIL THE VEGETABLES ARE TENDER; 20 TO 25 MINUTES. ADD ADDITIONAL WATER IF NEEDED. THE STEW SHOULD BE THICK AND MOIST, BUT NOT OVERLY SOUPY. IT WILL CONTINUE TO THICKEN AS IT COOLS.
- SEASON WITH SALT AND PEPPER TO TASTE. BEFORE SERVING, GARNISH WITH FRESH CILANTRO OR PARSLEY.

**NUTRITION INFORMATION: YIELD: 8 SERVING SIZE: 1**

**AMOUNT PER SERVING: CALORIES: 192 TOTAL FAT: 5G SATURATED FAT: 1G TRANS  
FAT: 0G UNSATURATED FAT: 4G CHOLESTEROL: 0MG SODIUM: 458MG  
CARBOHYDRATES: 31G FIBER: 5G SUGAR: 7G PROTEIN: 8G**





# World C.O.P.D. Day: November 15, 2023

## Breathing is Life – Act Earlier



Chronic obstructive pulmonary disease (C.O.P.D.) is a type of preventable and treatable progressive lung disease that is characterized by long-term respiratory symptoms and airflow limitation. Its main symptoms include shortness of breath and a cough, and possible chronic sputum production. It's a progressive disease that worsens over time, making everyday activities such as walking or dressing more and more difficult.

The most common cause of C.O.P.D. is tobacco smoking and other inhaled toxic particles and gasses. Other factors are Alpha-1 antitrypsin deficiency, older age, and genetics.

C.O.P.D. is second only to labor and delivery as a cause of hospital admissions and currently is one of the leading causes of death worldwide.

Early diagnosis and early intervention are now more important than ever in C.O.P.D. prevention and treatment.

Initiatives to reduce the burden of C.O.P.D., include smoking-cessation programs, fighting against both indoor and outdoor air pollution, as well as examining childhood disadvantage factors. In addition, providers can advocate for Spirometry, a cost-effective way to identify people at high risk of C.O.P.D.





The **Aki Ogichidaa Committee** is looking at **winter clothing and sustainability**, shedding light on the environmental impact of the clothing industry. Plus, we also invite you to participate in our **winter clothing drive!**

## THE ENVIRONMENTAL IMPACT

Did you know that the clothing industry significantly affects air quality and the environment? Here's a glimpse of the impact:

- **Greenhouse Gas Emissions:** The fashion industry is responsible for about 10% of global carbon emissions.
- **Chemical Pollution:** Textile production often involve harmful chemicals that can contaminate air and water sources, posing health risks.
- **Waste Generation:** Fast fashion's "throwaway culture" leads to massive amounts of clothing waste, further burdening landfills and incinerators, which release air pollutants.

## CHOOSING SUSTAINABLE WINTER CLOTHING

Here are tips for making more sustainable choices for your winter wardrobe:

- **Buy Quality Over Quantity:** Quality items last much longer.
- **Second-Hand Shopping:** Purchase second-hand extending the lifespan of clothing items.
- **Eco-Friendly Materials:** Choose materials like organic cotton, recycled polyester, or wool.
- **Repair and Maintain:** Repair and care for your winter clothing to extend its lifespan.
- **Less is More:** Use versatile pieces that can be mixed and matched to create various outfits.
- **Donate Your Gently-Used Clothing:** Donate your gently-used clothing to reduce waste!

## Winter Clothing Drive

Do you have scarves, mitts, gloves, boots, coats, snow pants, thermal wear, or any other clothing that's been sitting in your closet that could help someone else have a warmer winter? Please consider donating them to the Gizhewaadiziwin Health Access Centre so these can be distributed to those in need!

***Accepting donations until Spring thaw. Call Chelsea at 274-3131 or email [cgreig@gizhac.com](mailto:cgreig@gizhac.com) for more information.***

***Pickup will be announced when enough donations received.***





# NOVEMBER 14TH IS WORLD DIABETES DAY



**1 IN 10 PEOPLE WORLD WIDE HAVE DIABETES. OVER 90%  
HAVE TYPE 2 DIABETES. CLOSE TO HALF ARE NOT  
DIAGNOSED YET.**

**IN MANY CASES, TYPE 2 DIABETES AND ITS  
COMPLICATIONS CAN BE DELAYED OR PREVENTED BY  
ADOPTING AND MAINTAINING HEALTHY HABITS. KNOWING  
YOUR RISK AND WHAT TO DO IS IMPORTANT TO SUPPORT  
PREVENTION, EARLY DIAGNOSIS AND TREATMENT.**

**FIND OUT YOUR RISK AT:  
[WORLDDIABETESDAY.ORG/PREVENTION](http://WORLDDIABETESDAY.ORG/PREVENTION)**



Phone: 807-274-3319

email: [rlfnpharmacy@gmail.com](mailto:rlfnpharmacy@gmail.com)





# PRIVACY CORNER

## CONFIDENTIAL

At Gizhewaadiziwin Health Access Centre, we prioritize your privacy and confidentiality in accordance with the Personal Health Information Protection Act (PHIPA), which governs the handling of personal health information (PHI) in Ontario. In this month's edition of the Biidaajimowin, we will explain your specific rights as our client under the protection of PHIPA.

## KNOW YOUR RIGHTS!

**Consent:** You have the right to provide informed consent before your PHI is collected, used, or disclosed. This means that healthcare providers must obtain explicit permission from clients to access and share their health information (some stipulations may apply).

**Access:** You have the right to access your own PHI held by your healthcare provider.

**Corrections:** If you believe there is an inaccuracy in your medical records, you have the right to request a correction. If appropriate, your healthcare provider will make the necessary amendment to your records.

**Limitations:** PHI should only be collected and used for legitimate healthcare purposes. You have the right to know that your information is being used appropriately.

**Security:** Healthcare providers are required to implement security measures to protect your PHI. You have the right to expect that your data is secure.

**Transparency:** You have the right to know with whom your PHI is being shared.

**Complaints:** If you believe that your privacy rights have been violated or mishandled, you have the right to file a complaint to the Information & Privacy Commissioner of Ontario.

## 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 outline your rights as a client of GHAC! Miigwech!

For more information, visit: [www.ipc.on.ca](http://www.ipc.on.ca)







# PROSTATE CANCER



\*Prostate cancer is one of the most common cancers among men worldwide. In fact, it's the most common cancer in men over 45. It's estimated that over 1.4 million men are diagnosed with prostate cancer annually, while a further 11 or so million are living with or beyond the disease. Despite it being so widespread, prostate cancer survival rates are good when detected and treated early.

\*Prostate cancer is a common cancer among older men. Prostate cancer causes cells in the prostate gland (located just under the bladder) to multiply uncontrollably, leading to tumours that can spread to the rest of the body. While we can't pinpoint the exact cause of prostate cancer, we do know that some men are at greater risk than others. Things like age, race/ancestry, genetics, and family history are thought to be related to risk.

\*Early detection of prostate cancer can play a huge part in managing the condition.

## WHEN TO SEE YOUR DOCTOR:

- Difficulty when urinating. Discomfort or difficulty when urinating. Often this feels like a weak urine flow, the need to go more often than usual, or needing to strain while peeing.
- Trouble fully emptying the bladder. The feeling that your bladder isn't fully empty after urination. Can also take the form of 'dribbling' afterwards.
- Pain or burning when urinating. Pain, discomfort, or a burning sensation during urination. This is especially important if it happens regularly.
- Blood in urine or semen. Blood in your urine is known as hematuria. Blood in semen is called hematospermia. If either happen, book in with your doctor right way.
- Things not feeling right during sex (such as trouble getting an erection)
- Aches or pains in your hips or pelvis.

\*These symptoms can be caused by something other than prostate cancer, so a proper medical evaluation is needed.

**FOR MORE INFORMATION ON PROSTATE CANCER AND OTHER  
MEN'S HEALTH ISSUES PLEASE VISIT [HTTPS://CA.MOVEMBER.COM](https://ca.movember.com)**



# Water Teaching



Staff took part in a water teaching with Laura Horton. Afterward they had a water ceremony. Miigwech Laura for teaching us the cultural importance of water.





# Staff Introductions



Boozhoo! My name is Debbie Canfield and I am excited to be here as the Interim RN Clinic Lead. I was a nurse at LaVerendry Hospital for many years, and thought I would try something new in my retirement.



Want to join us? Look on our website [gizhac.com](http://gizhac.com) under the Careers tab. We have several full-time and casual positions open.



# OUR TEAM

Abigail - Medical Receptionist	James - Mental Health Worker
Al - Maintenance	Janet - Registered Dietitian/Nutrition Lead
April - RN/Clinic Lead	Jessie - Casual Receptionist
Ashley - Medical Records Office Assistant	John - IT/Data Management Coordinator
Brad - Cultural Coordinator	Leah - Nurse Practitioner
Cassandra - Human Resources Assistant	Melanie - Program Administration Assistant
Chelsea - Executive Assistant	Micaela - RPN Clinic Nurse
Cherie McLeod - Health Records Clerk	MJ - Ojibway Medical Translator
Cheryl - Human Resources Manager	Randi - Primary Care Asthma Program
Cheyenne - Nurse Practitioner	Ray - Maintenance
Christa - Health Educator	Rhonda - Clinical Program Manager
Christie - Indigenous Care Coordinator	Robyn - Health Educator
Dan - Mental Health Worker	Samantha K - Program Manager
Danette - Nurse Practitioner	Sam M - Child & Youth Land based Worker
Darlene - Mental Health Worker	Sarah - OTN/System Navigator
Dayle - R.N. Diabetes Educator	Shanna - Executive Director
Debbie - RN Clinic Lead	Shauna-Leigh - Health Educator
Dianne - Casual Receptionist	Tamara - Indigenous Care Coordinator
Donna - RPN/System Navigator	Tammy - Medical Receptionist
Elin - RD Diabetes Educator	Tina - Finance Manager
Erin - Cultural Coordinator	Trish - RPN Clinic Nurse
Giselle - Registered Practical Nurse	Wilma - Indigenous Care Coordinator





# 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.linkedin.com/company/GIZHEWAADIZIWIN](https://www.linkedin.com/company/GIZHEWAADIZIWIN)

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

