

# The Gizhewaadiziwin Biidaajimowin



October 2023

## FALL TIME

\*Staff had a busy month of September. We welcomed new student Shawn Masakeyash, and said good-bye to Youth Land-Based worker, Austin Jack. We will miss you Austin.

\*Several staff had a great time golfing in our annual staff tournament on Sept.10th, it was a beautiful day.

\*Staff all chipped in to process 350 lbs of rice on Friday, Sept. 15th. Miigwech to all who helped out.

\*The Truth & Reconciliation Awareness walk was a huge success despite the rain. Activities lasted all week with each evening having a teaching and an activity. The week started with flag raisings at both the Town of Fort Frances, and at the Residential School Monument, and ended on Saturday with a Sunrise Ceremony at the Monument. Over 17 different organizations in our area came together to plan the events. Huge shout out to all who helped plan, donated, volunteered, and/or participated. Hope to see you all next year!

### **OCTOBER OFFICE CLOSURES:**

**MONDAY, OCT 2 - T&R STAT**

**TUESDAY, OCT 3 - TREATY SIGNING DAY**

**MONDAY, OCT 9 - THANKSGIVING DAY**

**THURSDAY, OCT 12 - 25TH ANNIVERSARY CELEBRATION**

**FRIDAY, OCT 13 - STAFF DAY**

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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**

# OCTOBER CALENDAR

Date	Where	Program	Description
Mon, Oct 2	OFFICE CLOSED	ALL	Closed today for Truth & Reconciliation Day
Tues, Oct 3	OFFICE CLOSED	ALL	Closed today for Treaty Day
Wed, Oct 4	Metis Hall	Food Box	Food Box orders due today (11am-4:30)
Wed, Oct 4	Mishkosiminiziibiing FN	Diabetes	Diabetes Sharing Circle (see pg 11)
Mon, Oct 9	OFFICE CLOSED	ALL	Happy Thanksgiving
Tues, Oct 10,17,& 24	Gizhewaadiziwin Health Access Centre	Cultural	Craft nights 6-8pm (see pg 6)
Tues, Oct 10	Mitaanjigaming FN	Diabetes	Creating Health Habits (see pg 13)
Wed, Oct 11	Naicatchewenin FN	Diabetes	Diabetes Health Fair (see pg 12)
Thurs, Oct 12	Gizhewaadiziwin Health Access Centre	ALL	25th Anniversary Celebration (see pg 5)
Fri, Oct 13	Staff Engagement Day	ALL	Office closed for Staff Engagement
Tues, Oct 17	Nigigoonsiminkaaning	Diabetes	Diabetes Health Fair (see pg 12)
Wed, Oct 18	Memorial Sports Centre	Food Box	Food Box order pickup (12-4pm)

Thank you for your patience 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. 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 Ojibwe Language*

## IT IS FALL-DAGWAAGIN

Leaves turn colour - Aditebagaa

Deer - Waawaashkeshi(wag)

Duck - Zhiishiib(ag)

Moose - Mooz(oog)

Bear - Makwa

Partridge - Bine

Turkey - Mizise

Hunts - Andawenjige

Gun - Baashkizigan

Knife - Mookomaan

Antler - Eshkan(ag)

Snares - Agoodoo

Firewood - Mishi

Dried Meat - Gaaskiiwag(oon)





# HEALTHY LIVING FOODBOX

Due to the construction work  
being done outside the Metis Hall  
We have moved the location for  
pickup On Oct 18th to the  
Memorial Sports Center atrium.

Pickup will be from 12:00 to  
4:00pm

All pickups to be no later than  
4:00

Sorry for any inconvenience,  
If you have any questions please  
contact GHAC 274-3131



You are invited to:  
**Gizhewaadiziwin  
Health Access  
Centre's**

**25<sup>th</sup>  
ANNIVERSARY**

**CELEBRATION**  
**THURSDAY, OCTOBER 12TH**  
**10:00 A.M. TO 4:00 P.M.**

**DRUM:**

GIISHKAANDAGO'IKWE HEALTH SERVICES

**EMCEE:**

DON JONES

SPEAKERS | TRADITIONAL FEAST | GIVEAWAYS  
VENDORS | CELEBRATION OF OJIBWE & METIS CULTURE  
Please bring asema, but it will be provided if needed

1460 Idylwild Drive, Fort Frances  
For more information call (807)274-3131





**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, October 10th, 17th & 24th 6-8pm at the  
Health Access Centre. Bring a friend!!**



PINK OCTOBER

# BREAST CANCER

awareness month

1 in 8

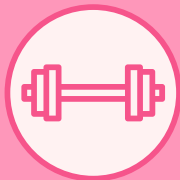


women will develop breast cancer in her lifetime.

reduce your risk:



annual  
mammogram



regular  
exercise



limit  
alcoholic  
beverages



self exam



quit  
smoking

*early detection saves lives  
let's bring awareness to breast cancer prevention*

LEARN THE SYMPTOMS &  
SCHEDULE YOUR  
CHECK-UP TODAY:  
807-274-3131

FOR MORE INFO:  
**CANCER.CA/EN/CANCER-  
-INFORMATION/CANCER-  
TYPES/BREAST**



**October is Breast Cancer Awareness Month**  
**Please see the below event taking place at**  
**Riverside Healthcare in Fort Frances**

OCTOBER IS BREAST CANCER AWARENESS MONTH

# MAMMOGRAPHY BLITZ

***WOMEN 40+ ARE  
ELIGIBLE WALK-IN  
MAMMOGRAMS AND  
BREAST EXAMS***

**OCTOBER 11, 2023 3:00P.M. - 7:00 P.M.**

**"YOU CAN'T PUT TOO MUCH PRESSURE  
ON GOOD BREAST HEALTH"**



**For more information on breast and other  
cancers visit: [cancer.ca](https://cancer.ca) or Call toll-free at  
**1-888-939-3333** or email at  
**[info@cancer.ca](mailto:info@cancer.ca)****



# SIGNS & SYMPTOMS OF BREAST CANCER

Breast cancer may not cause any signs or symptoms in its early stages. Signs and symptoms often appear when the tumour grows large enough to be felt as a lump in the breast or when the cancer spreads to surrounding tissues and organs. Other health conditions can cause the same symptoms as breast cancer.

Ductal carcinoma most common symptom is a firm or hard lump that feels very different from the rest of the breast. It may feel like it is attached to the skin or the surrounding breast tissue. The lump doesn't get smaller or come and go with your period. It may be tender, but it's usually not painful. (Pain is more often a symptom of a non-cancerous condition).

Lobular carcinoma often does not form a lump. It feels more like the tissue in the breast is getting thicker or harder.



# SIGNS & SYMPTOMS OF BREAST CANCER

Other symptoms of ductal and lobular breast cancer include:

- a lump in the armpit (called the axilla)
- changes in the shape or size of the breast
- changes to the nipple, such as a nipple that suddenly starts to point inward (called an inverted nipple)
- discharge that comes out of the nipple without squeezing it or that has blood in it

Late signs and symptoms occur as the cancer grows larger or spreads to other parts of the body, including other organs.

Late symptoms of breast cancer include:

- bone pain
- weight loss
- nausea
- loss of appetite
- jaundice
- shortness of breath
- cough
- headache
- double vision
- muscle weakness



# **OCTOBER SHARING CIRCLES**

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

**Mishkosiminiziibiing First Nation  
Wednesday, October 4th  
10:00 am - 12pm**

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



# **OCTOBER** Diabetes Health Fairs

**Naicatchewenin  
October 11**

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**Nigigoonsiminkaaning  
October 17th**

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**Learn about diabetes and ways to  
improve your health**



# CREATING HEALTHY HABITS PROGRAMMING

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

**Mitaanjigaming start date is  
October 10th.**

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

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





# NAICATCHEWENIN FITNESS CLASS & INFO SESSION

*when : Thursdays September 28th-Nov 2*

*Where: Naicatchewenin Seniors Centre*

*Time: 11:15-12:00*

Please wear loose clothing

light snacks will be provided



Gizhewaadiziwin  
Health Access Centre





Gizhewaadiziwin  
Health Access Centre

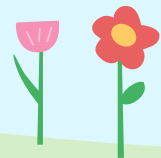
**COMING IN  
NOVEMBER**

**LAND BASED &  
DIABETES PROGRAM  
YOUTH FUN & GAMES  
DAYS**

PRIZES

SNACKS

GIVEAWAYS



**DATES AND LOCATIONS TO BE  
DETERMINED  
CONTACT SAM M. FOR MORE  
INFORMATION AND TO REGISTER!**

Please contact Sam Moyer at (807) 274-3131  
or email [scouncillor@gizhac.com](mailto:scouncillor@gizhac.com)





# 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**
- ✓ **Casual Medical Receptionist**



# FUN HOLIDAYS

Oct 1 - International Coffee Day

Oct 4 - National Taco Day

Oct 6 - World Smile Day

Oct 8 - National Chess Day

Oct 15 - National Grouch Day

Oct 16 - World Singing Day

Oct 20 - International Sloth Day

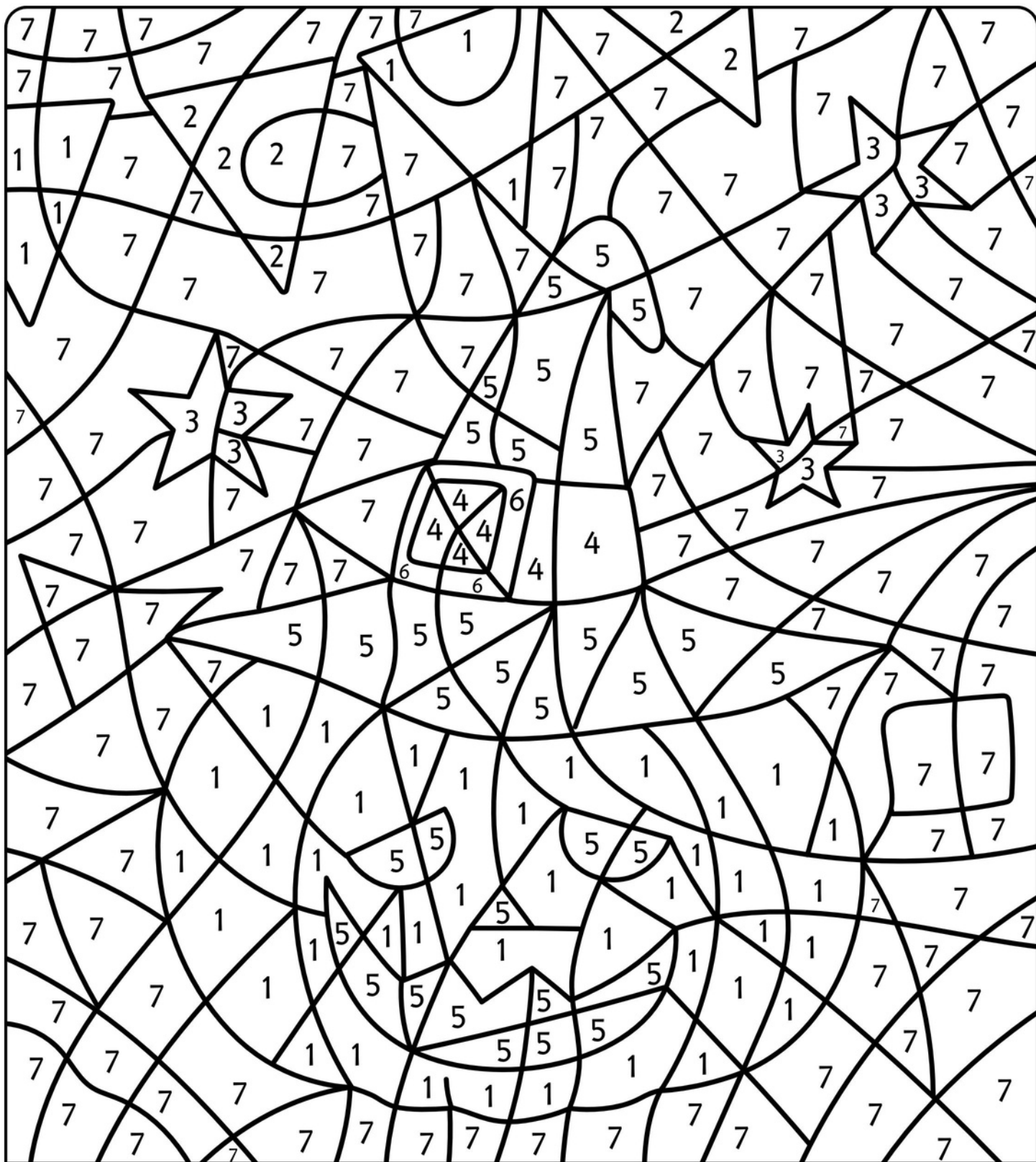
Oct 24 - National Bologna Day

Oct 27 - National Black Cat Day

Oct 30 - National Candy Corn Day

Oct 31 - Halloween





1=Orange    4=Brown    7=Green  
 2=Purple    5=Black  
 3=Yellow    6=Gray



# FEATURED INDIGENOUS ARTIST OF THE MONTH **FREDA DIESING**

**FREDA DIESING, HAIDA ARTIST (BORN 2 JUNE 1925 IN PRINCE RUPERT, BC; DIED THERE 3 DECEMBER 2002). DIESING WAS BEST KNOWN FOR HER CONTRIBUTIONS TO REVIVING TRADITIONAL HAIDA ART FORMS, INCLUDING WOOD CARVING, MASK CARVING AND TOTEM CARVING. SHE WAS ONE OF THE FEW WOMEN CARVERS WHO MASTERED THE MEDIUM, AND WAS PARTLY RESPONSIBLE FOR BRINGING THE STYLE TO AN INTERNATIONAL AUDIENCE. DIESING WORKED TO ENSURE THE STYLE AND TRADITION OF HAIDA ART WAS PASSED ON TO NEW GENERATIONS.**



*ic Art Gallery*



# Easy Loaded Baked Omelet Muffins

## Ingredients

- 3 SLICES OF BACON, CHOPPED
- 2 CUPS FINELY CHOPPED BROCCOLI
- 4 SCALLIONS, SLICED
- 8 LARGE EGGS
- 1 CUP SHREDDED CHEDDAR CHEESE
- 1/2 CUP LOW-FAT MILK
- 1/2 TEASPOON SALT
- 1/2 TEASPOON GROUND PEPPER



## Directions

- PREHEAT OVEN TO 325 DEGREES F. COAT A 12-CUP MUFFIN TIN WITH COOKING SPRAY.
- COOK BACON IN A LARGE SKILLET OVER MEDIUM HEAT UNTIL CRISP, 4 TO 5 MINUTES. REMOVE WITH A SLOTTED SPOON TO A PAPER TOWEL-LINED PLATE, LEAVING THE BACON FAT IN THE PAN. ADD BROCCOLI AND SCALLIONS AND COOK, STIRRING, UNTIL SOFT, ABOUT 5 MINUTES. REMOVE FROM HEAT AND LET COOL FOR 5 MINUTES.
- MEANWHILE, WHISK EGGS, CHEESE, MILK, SALT AND PEPPER IN A LARGE BOWL. STIR IN THE BACON AND BROCCOLI MIXTURE. DIVIDE THE EGG MIXTURE AMONG THE PREPARED MUFFIN CUPS.
- BAKE UNTIL FIRM TO THE TOUCH, 25 TO 30 MINUTES. LET STAND FOR 5 MINUTES BEFORE REMOVING FROM THE MUFFIN TIN.

To make ahead: Wrap omelets individually in plastic wrap and refrigerate for up to 3 days or freeze for up to 1 month. To reheat, thaw, if necessary, and remove plastic wrap. Wrap in a paper towel and microwave each omelet on High for 20 to 30 seconds.



# TEETHING NECKLACES

When your baby is in pain from teething, you want to help ease that pain, but not every teething product is safe.

Products with strings, beads, ribbons and chains that tie around your baby's neck, are attached to a crib or clipped to clothing can cause serious injury or death. They can twist tightly around the neck, even when your baby is sleeping.

Your baby can also strangle if their necklace catches on a piece of furniture or a hook.


Teething necklaces and chewing beads can break, and your baby can choke on the small pieces.

#DRKIMSKIDS

## ANATOMY OF AN AMBER TEETHING NECKLACE

### STRANGULATION HAZARD

If the quick-release clasp fails or doesn't exist at all...  
That's a fatal risk you don't want to take.



### CHOKING HAZARD

If the necklace breaks, these beads are 100% going into your baby's mouth.

### FALSE CLAIMS

There is NO scientific research that backs up ANY health benefits from these necklaces.



The Aki Ogichidaa Committee is here to shine a spotlight on the critical issue of air quality and the positive impact of green transportation choices.



## CLEARING THE AIR

As stewards of the Earth, it's our responsibility to address the challenges that affect our environment. One significant concern we face is air quality. Pollution from vehicles is a major contributor to poor air quality, and it's time we take action.



### The Power of Carpooling

Carpooling is a simple yet effective way to reduce the number of vehicles on the road. By sharing rides, we not only reduce our carbon footprint but also save money on gas and maintenance. Consider joining a carpool or starting one with colleagues and friends.

### Pedal for a Greener World

Cycling is not only an eco-friendly mode of transportation but also a great way to stay active and healthy. Make a conscious choice to bike to work or for short trips whenever possible. It's a win-win for both your health and the environment.

### Improving Air Quality

Clean air is essential for the well-being of all living creatures. Here are some ways you can contribute to improving air quality:

**Regular Vehicle Maintenance:** Ensure your vehicle is well-maintained to minimize emissions.

**Support Electric Vehicles (EVs):** Consider switching to an electric vehicle or hybrid to significantly reduce your carbon footprint.

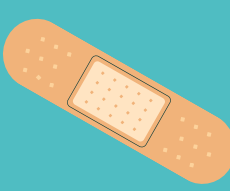
**Advocate for Green Initiatives:** Support local policies and initiatives that promote cleaner transportation options and reduce air pollution.






## Rainy Lake First Nations Pharmacy

### Reasons to Get Your Flu Shot

- 
- 1 The Flu can cause serious illness.
  - 2 The Flu virus changes every year. Protection from last year may not be effective this year.
  - 3 The Flu vaccine not only protects you but others around you.
  - 4 It's easy. It's safe. It's effective.



**Ask our pharmacy team  
today about getting  
your flu shot!**

Phone: 807-274-3319 email: [rlfnpharmacy@gmail.com](mailto:rlfnpharmacy@gmail.com)

# 8 Tips for a Savvy Grocery Shopper

1

## Plan your meals ahead of time!

Make a list of 3-5 meals and make a grocery list for those recipes. Most importantly, try to stick to your list as best as you can! When you have all your meals planned out for the week, you are more likely to only buy those specific food items from your list.



2

## Stay organized in the kitchen!

Keep your pantry, fridge, and cupboards organized. Review what you have in the kitchen before going to the grocery store so that you know what you already have in stock. Try to brainstorm meal ideas that use the foods you already have.



3

## Avoid grocery shopping when hungry!

When you have an empty stomach you may be more tempted to buy food items not on your grocery list, this may add up and cause you to go over budget! If you are hungry, have a smart snack before going grocery shopping. For example have a carbohydrate (crackers, fruit) with a protein (nuts, cheese, peanut butter)



4

## Explore all fruit and vegetable options!

Produce tends to be less expensive when in season. Frozen and canned fruits and vegetables can be just as nutritious as fresh/ Aim to choose frozen and canned items with little to no added sodium, sugar, or saturated fat. Stock up when on sale. Try keeping 1-2 kinds of frozen fruits and vegetables on hand for quick and easy meal or snack prep.



5

## Try meals with plant-based proteins!

Plant-based proteins such as black beans, kidney beans, and baked beans are usually much more affordable than animal proteins. They are also a source of fiber! Try including beans in 1-2 meals per week.



6

## Look at best before and expiry dates!

When possible select the longest best before and expiry dates so that you have more time to consume them and avoid waste! **Best-before dates** tell you how long an unopened product will keep its flavour and nutritional value, it does not indicate food has spoiled or gone bad. It **CAN** still be eaten once the date has past. Whereas foods with **expiry dates**, typically milk and meat, should **NOT** be eaten past the expiry date. Use your best judgement.



7

## Get familiar with the grocery store layout!

The perimeter of the grocery store tends to have produce, meat, fish, cheese, and milk. The inside aisles also have nutritious food options such as grain products (rice, pasta), whole grains, nuts, seeds, beans, and peanut butter.



8

## Compare the cost of similar foods using the UNIT PRICE!

The unit price tells you the cost per 100g or other unit of weight or volume. It can typically be found on the price tag. Make sure you are comparing the same AMOUNT of food.

Cereal	Unit Price per 100g
Brand A	\$0.76/100 g
Brand B	\$1.00/100 g
Brand A is the best price	



Are you a **First Nations, Inuit, or Métis person who has accessed care** at TBRHSC or **who has supported a family member or friend** at the hospital?

Thunder Bay Regional Health Sciences Centre (TBRHSC) wants to better understand and begin to address anti-Indigenous racism at the hospital.

We are an Indigenous team, co-led by Dr. Miranda Lesperance, Dr. Janet Smylie, & Dr. Sophie Roher. We would like to hear from you about your experiences at TBRHSC through a one-on-one interview.

Your interview will be confidential and contribute to recommendations for positive change at TBRHSC.



Well Living House

Participation is always voluntary and confidential.  
A \$100 honorarium will be provided.

**For more information**

Call/text: (807) 708-9549

OR email:

Maggie.Powless-Lynes@unityhealth.to



Thunder Bay Regional  
Health Sciences  
Centre

*Research Ethics Board approval for this project was waived because it is a quality improvement project.*

Funded by the Government of Ontario

# 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 outline the exceptions to confidentiality that you should be aware of.

## EXCEPTIONS TO CONFIDENTIALITY

**Mandatory Reporting:** PHIPA mandates the reporting of certain health conditions to public health authorities. This includes reporting communicable diseases to prevent their spread.

**Risk of Harm:** Healthcare providers have a duty to disclose your health information if there is a concern about your safety or the safety of others. This disclosure is done with your best interests in mind.

**Legal Obligations:** Under certain circumstances, PHIPA permits the disclosure of your health information to comply with legal obligations, such as responding to a court order or participating in a legal event.

**Consent:** Your health information can be shared with your explicit consent. You have the right to specify you can access your information, including other healthcare providers or family members.

The GHAC team is trained to uphold strict confidentiality standards, ensuring that your PHI is handled with the utmost care and respect in accordance with PHIPA regulations. Your trust and confidence in the services that we provide is crucial and we are dedicated to providing you with the highest level of care while respecting your privacy.

**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)**



# TERRY FOX WALK/RUN

On September 17th, several staff from Gizhewaadiziwin Health Access Centre took part in the Terry Fox Run. Staff raised \$285, surpassing the \$200 goal we set. Not every staff member who participated is shown below. Miigwech to all who donated and/or took part.



## Congratulations

to the Gizhewaadiziwin Health Access Centre team members  
who were the winners in their nominated categories at the  
Indigenous Primary Health Care Council Employee  
Recognition Ceremony

### *Staff Recognition*

CHRISTIE BROWN  
INDIGENOUS CARE COORDINATOR

### *Recognition of Innovative IT Practices in 2022*

JOHN PAYNE  
IT/DATA MANAGEMENT COORDINATOR

### *2022 Award of Excellence: Outstanding Leader*

SHANNA WEIR  
EXECUTIVE DIRECTOR



# PROCESSING WILD RICE

Staff all worked together to process 350 lbs of wild rice last month. It was a very fun but exhausting day. Very interesting process for those who had never seen it done.



# TRUTH & RECONCILIATION AWARENESS WALK



# TRUTH & RECONCILIATION WEEK ACTIVITIES



# TRUTH & RECONCILIATION WEEK ACTIVITIES



# TRUTH & RECONCILIATION SUNRISE CEREMONY



# 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)

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**Phone: (807) 274-3131**

