

December 2023

HAPPY HOLIDAYS

--November seems to have come and gone in the blink of the eye. Staff at Gizhewaadiziwin Health Access Centre have been busy working on programming, and we finally have all our Nurse Practitioners back.

--We have several employment opportunities available, please see page 16 for the listing, and watch our Facebook page for updates throughout the month. Gizhewaadiziwin Health Access Centre is a great place to work. We have an excellent benefit package plus wonderful cultural learning opportunities. Call us at (807) 274-3131 to ask for more details.

--We are all looking forward to a much needed Christmas Break, and hoping all our clients, patients, friends, and family have a wonderful Christmas Season.

IN THIS ISSUE:

Pg 2 - Calendar

Pg 3 - Healthy Living Food Box

Pg 4 - Pharmacy Holiday Hours

Pg 5 - Gizhewadiziwin Holiday Hours

Pg 6 - Flu Vaccine Information

Pg 7 - Food Shelf Information

Pg 8 - Mental Health 'Life' Group

Pg 9 - Craft Night Info

Pg 10 - November Diabetes Sharing Circles

Pg 11 - Moccasin making workshop

Pg 12 & 13 - Green Christmas Info

Pg 14 - Smart Snacking

Pg 15 - Alzheimer Soc. 'Forget me Not Dinner'

Pg 16 - Hello for the Holidays

Pg 17 - Employment Opportunities

Pg 18 - Fun Holidays in December

Pg 19 - Anishinaabemowin

Pg 20 - Colouring Page

Pg 21 - Canadian Indigenous Artist

Pg 22 - Recipes Fast & Easy Dips

Pg 23 - Staff & Program List

Pg 24 - See you next Month

DECEMBER OFFICE CLOSURES:

DECEMBER 25TH, 2023 - JANUARY 1ST, 2024 FOR CHRISTMAS HOLIDAYS
WE WILL RETURN JANUARY 2ND WITH REGULAR HOURS!
IF YOU HAVE AN EMERGENCY PLEASE VISIT YOUR NEAREST EMERGENCY ROOM!

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

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

DECEMBER CALENDER

Date	Where	Program	Description
Friday, Dec 1	Onigaming FN Band Office	Mental Health	Mental Health 'Life' Group (see pg 8)
Tues, Dec 5	Nigigoonsiminikaaning	Diabetes	Sharing Circle (see pg 10)
Wed, Dec 6	508 Butler Ave	Food Box	Food Box orders due today (11am- 4:30)
Wed, Dec 6	Nigigoonsiminikaaning	Clinic	Nurse Practitioner Community Visit
Thurs, Dec 7	Onigaming	Clinic	Nurse Practitioner Community Visit
Tues, Dec 12	Big Island	Clinic	Nurse Practitioner Community Visit
Tues, Dec 12	Couchiching	Diabetes	Sharing Circle (see pg 10)
Wed, Dec 13	Seine River	Clinic	Nurse Practitioner Community Visit
Thurs, Dec 14	Couchiching	Clinic	Nurse Practitioner Community Visit
Tues, Dec 19	Big Grassy	Clinic	Nurse Practitioner Community Visit
Tues, Dec 19	Big Grassy	Diabetes	Sharing Circle (see pg 10)
Wed, Dec 20	Rainy River FN	Clinic	Nurse Practitioner Community Visit
Wed, Dec 20	508 Butler Ave	Food Box	Food Box pickup today from 12–4pm (see pg 4)
Thurs, Dec 21	Mitaanjigamiing	Clinic	Nurse Practitioner Community Visit
Dec 23-Jan 1	Office Closed	All	Office/Clinic will be closed for Christmas Holidays

Follow us on Facebook for up to date events happening throughout December. If you would like to see more programs in your community, please reach out!

A list of our employees and their respective programs is listed on the next to last page.

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





Orders for the December Food Box will be due:

WEDNESDAY, DECEMBER 6TH, 2023

At the former UNFC Headstart Building, 308 Butler 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, DECEMBER 20TH, 2023

At the former UNFC Headstart Building, 308 Butler 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



Rainy Lake First Nations Pharmaca

HOURS

December 25th -CLOSED
December 26th - CLOSED
December 27th - 8:30-4:30pm
December 28th - 8:30-4:30pm
December 29th - 8:30-4:30pm
January 1st - CLOSED
January 2nd - 8:30-4:30pm







Gizhewaadiziwin

Health Access Centre

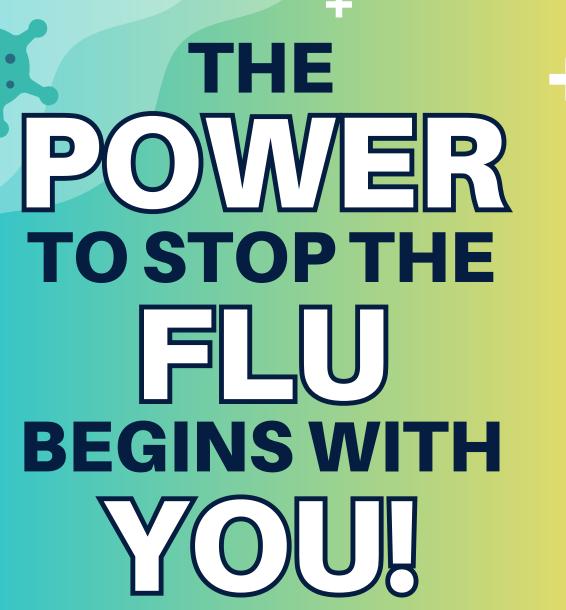


Office Cosure

For Christmas Holidays, our Office & Clinic will be CLOSED

Dec. 23rd to Jan. 1st Regular office hours will resume Jan 2nd, 2024.







PROTECT YOURSELF & OTHERS THIS FLU SEASON!
CALL 807-274-3131 TO SCHEDULE YOUR VACCINATION
TODAY. AVAILABLE FOR ALL AGES.
WALK-INS WELCOME.

Health Access Centre









FOOD SHELF

Available to all our communities









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 <u>PERSONAL HYGIENE PRODUCTS</u>

AVAILABLE FOR CLIENTS WHO ARE IN NEED AT THE

FRONT DESK.



Mental Health 'Life' Group

SUPPORT

SPIRIT

PRAYER

TRADITION

LIFE IS A JOURNEY ~ ITS COMPLICATED

VALIDATION

FRIENDSHIP

BE SEEN/HEARD

UNDERSTANDING

Come join us @ Onigaming FN Health Office Fridays starting December 8th @ 1:00 p.m.



For more information contact:
Dan or Darlene @ (807) 274-3131
Or email Dan - dloney@gizhac.com or
Darlene - dolimb-bruyere@gizhac.com





Cultural Craft Night

GIZHEWAADIZIWIN

Health Access Centre





INIEW TIME 5-7P.M UNITIL FURTHER NOTICE

Join us for Craft Nights December 5th, 12th, 19th, and returning January 9th, 2023 at Gizhewaadiziwin Health Access Centre 1460 Idylwild Drive

SHARING

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

NIGIGOONSIMINIKAANING FN Tuesday, December 5th 12-2 p.m. Lunch provided

COUCHICHING FN
Tuesday, December 12th
1-3 p.m. Snack Provided

BIG GRASSY FN
Tuesday, December 19th
1-3 p.m. Snack Provided

Lead by Dayle Connor RN Diabetes Education Program

Dan Loney, Honours Bachelor of Social Work

GIZHEWAADIZIWIN HEALTH ACCESS CENTRE | DECEMBER 2023



*

TWO DAY BASIC

MOCCASIN

MAKING WORKSHOP

5 SPOTS AVAILABLE - MUST SIGN UP CONATACT ERIN AT esmith@gizhac.com

JANUARY 17TH + 18TH | 308 BUTLER AVE | TIME 5PM-8PM





SEE YOU THERE!





ECO-WRAPPING MAGIC:

PT FOR NEWSPAPER OR OLD MAPS AS WRAPPING PAPER ALTERNATIVES. THEY ADD A UNIQUE TOUCH AND CAN BE RECYCLED OR COMPOSTED AFTER USE

REUSE WRAPPING PAPER OR GIFT BAGS FROM PREVIOUS OCCASIONS TO GIVE THEM A SECOND











TREE-MENDOUS CHOICES:

IF YOU OPT FOR A REAL CHRISTMAS

TREE, CONSIDER ONE FROM A

SUSTAINABLE SOURCE, OR CHOOSE A

POTTED TREE THAT CAN BE REPLANTED

AFTER THE HOLIDAYS.

ARTIFICIAL TREES SHOULD BE MADE TO

LAST FOR MANY YEARS TO OFFSET THEIR

INITIAL ENVIRONMENTAL IMPACT.







CHOOSE GIFTS WITH A PURPOSE, SUCH AS EXPERIENCES, MEMBERSHIPS, OR SUBSCRIPTIONS THAT PROMOTE LASTING MEMORIES OVER MATERIAL POSSESSIONS. CONSIDER GIVING HOMEMADE GIFTS OR SUPPORTING LOCAL ARTISANS TO REDUCE THE CARBON FOOTPRINT ASSOCIATED WITH SHIPPING.





SUSTAINABLE DECORATIONS:

INVEST IN DURABLE, TIMELESS
DECORATIONS THAT CAN BE USED FOR YEARS
TO COME.

GET CREATIVE WITH DIY DECORATIONS USING RECYCLED MATERIALS OR NATURAL ELEMENTS LIKE PINECONES AND BRANCHES.

Let's make this holiday season not only merry and bright but also kind to our planet.
Wishing you a joyous and eco-conscious celebration!













MINIMIZE FOOD WASTE. FREEZE LEFTOVERS FOR LATER USE OR DONATE EXCESS TO LOCAL FOOD BANKS.

CHOOSE LOCALLY SOURCED AND ORGANIC INGREDIENTS FOR YOUR FESTIVE FEAST TO SUPPORT SUSTAINABLE AGRICULTURE.











CUTLERY FOR HOLIDAY GATHERINGS. ENCOURAGE GUESTS TO BRING THEIR OWN CONTAINERS FOR LEFTOVERS TO MINIMIZE SINGLE-USE PACKAGING.

GIVE BACK TO THE EARTH:

OFFSET YOUR HOLIDAY CARBON FOOTPRINT BY SUPPORTING ENVIRONMENTAL INITIATIVES OR

CHARITIES THROUGH DONATIONS.



LOW-IMPACT TRAVEL:

IF POSSIBLE, CONSIDER CARPOOLING, USING PUBLIC TRANSPORTATION, OR CHOOSING ECO-FRIENDLY TRAVEL OPTIONS TO VISIT FAMILY AND FRIENDS.





Educate and Inspire:

Share your commitment to a greener holiday season with friends and family. Lead by example and inspire others to make sustainable choices.

SMART SNACKNG

Smart snacking means eating foods that provide fuel for getting you through your busy day. In order to do this, include foods that contain carbo- hydrates for quick energy, and protein which helps you maintain energy levels and keeps you feeling full longer.

*** Healthy fats are an important part of a healthy diet and are found in some of these

protein/carbohydrate choices:

CHOOSE A FOOD FROM THE CARBOHYDRATE COLUMN AND ONE FROM THE PROTEIN COLUMN AND CREATE YOUR OWN SMART SNACK. BE CREATIVE AND HAVE FUN!



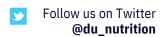


 $\begin{array}{c} {\tt STUDENT} \\ {\tt AFFAIRS} \end{array} \ \, \begin{array}{c} {\tt Student} \\ {\tt Duke} \end{array} \ \, \begin{array}{c} {\tt Health} \\ \end{array}$

Find us on Facebook

Duke Student Health

Nutrition Services



For more information visit: www.studentaffairs. duke.edu/studenthealth/ nutrition-services

CARBOHYDRATES:

Fruit

- *Apples or Apple sauce
- *Banana
- *Grapes
- *Any that you enjoy & are readily available

Dried Fruit

*Raisins, apricots, prunes, bananas, craisins, your choice.

Veggies

- *Raw: green, red or yellow peppers, carrots, cucumbers, celery, radishes just to name a few.
- *Cooked; green beans, carrots, peas, corn for example.

Grain

- *Whole grain crackers (Triscuits)
- *Oatmeal
- *Whole grain bread
- *Whole grain cereal
- *Pita chips
- *Granola
- *Granola bar preferably ones with some fiber
- *Graham crackers
- *Cereal consider mixing with dried fruit and nuts for your own trailmix.
- *Pretzels

PROTEIN:

- *Yogurt
- *Low fat Milk, flavored, regular or soy
- *Cheese
- *String cheese
- *Cottage cheese
- *Eggs, egg whites, egg beaters or egg substitutes
- *Peanut butter or other nut butters such as almond butter or soy nut butter
- *Nuts
- *Hummus mixture or garbanzo beans and oil
- *Bean based soups carbs. and protein in one *Edamame (soy beans) –
- can be found in freezer section of grocery store.
- *Beef or Chicken jerky
- *Lean sandwich fillings such as turkey, chicken, ham, roast beef



WHAT EVER YOUR SNACK CHOICES MAY BE, REMEMBER TO FUEL UP REGULARLY ABOUT EVERY 4 HOURS, AND DON'T SKIP MEALS.





DISTRICTS DE KENORA/RAINY RIVER DISTRICTS

Alzheimer Awareness Month

Forget Me Not Dinner

Help support over 1,000 people who are affected by Alzheimer disease or other forms of dementia in the Kenora/Rainy River Districts



Saturday, January 20, 2024 La Place Rendez- Vous 5:00 p.m. Cocktails

Tickets are \$60 Each (\$30 Tax Receipt or \$480 (table of 8)

To purchase tickets call 807-468-1516

Tickets also available at Northwoods Gallery & Gifts, Fort Frances

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Hello for the Holidays

Hello for the Holidays is a campaign focused on reducing Elder isolation and loneliness through the holidays.

We are inviting people of all ages to submit colouring pages or holiday messages by **December 18.**

Holiday messages will be mailed out by December 20.

Those providing submissions will be entered to win a holiday gift.

** all messages and artwork will be randomly distributed**

I'm interested in saying hello!

We're asking you to submit a colouring page, holiday drawing, or message via email, fax, or drop off to one of our office locations.

I'm interested in signing up for a message!

Please provide the name and mailing address for the person receiving a holiday message.

Please provide all artwork and registration submissions to: winterdawn.lipscombe@treaty3.ca



- Paid vacation, personal, sick (incl. kids), stat, & Christmas time off
- HOOPP pension & 100% employerpaid 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



- Office Manager
- **Cultural Coordinator (Male)**
- **FASD Child Nutrition Worker**
- **RN Clinic Lead**
- \bigcirc **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

Dec 1 - Eat a Red Apple Day

Dec 4 - Wear Brown Shoes Day

Dec 7 - National Cotton Candy Day

Dec 9 - Christmas Card Day

Dec 12 - Poinsettia Day

Dec 14 - Roast Chestnuts Day

Dec 17 - National Maple Syrup Day

Dec 20 - Go Caroling Day

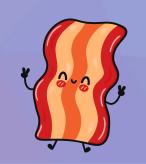
Dec 24 - National Egg Nog Day

Dec 26 - National Candy Cane Day

Dec 27 - National Fruitcake Day

Dec 28 - Card Playing Day

Dec 30 - Bacon Day





ANISHINAABEMOWIN

The Ojibway Language

IT IS WINTER - BIBOON

It is Christmas Day - Gichi-anime'igizhigad

It is New Year's Day - Animikodaadim

Snow - Goon

Skate - Zhooshkwaada'aagan

Slides down a hill - Zhooshkwajiwe

lce - Mikom(iig)

It is cold weather - Gisinaa

Snowshoe - Aagim

To ski - Zhooshkwaagime

Sled - Odaabaanaak

Snow shovel or snowblower - Weba'aagonaan

The lake/river is freezing - Gashkadin

The ice is thin - Bepagazhezi mikom



COLOURING PAGE



FEATURED INDIGENOUS ARTIST OF THE MONTH Alex Janvier

Alex Janvier was born on Cold Lake First Nations, in Northern Alberta, on February 28, 1935 of Dene Suline and Saulteaux descent. At the age of eight, he was sent to the Blue Quills Indian residential school near St. Paul, Alberta, where the principal recognized his innate artistic talent and

encouraged him in his art.

He was one of the first Canadian First
Nations artists to train in a professional
art school. Immediately after graduation,
Janvier took up an opportunity to instruct
art at the University of Alberta. In 1966, the
federal Department of Indian and Northern
Affairs commissioned him to produce 80
paintings. He helped bring together a
group of artists for the Indians of Canada
Pavilion at Expo 67, among them Norval
Morrisseau and Bill Reid. Janvier currently
runs Janvier Gallery in Cold Lake, Alberta,
with his family.







FAST & EASY RECIPES

<u>Dill Vegetable Dip</u>

INGREDIENTS:

- 1 CUP SOUR CREAM
- 1/2 CUP MAYONNAISE
- 1 TABLESPOON FINELY CHOPPED ONION
- 2 TEASPOONS DRIED PARSLEY FLAKES
- 1 TEASPOON DILL WEED
- 1 TEASPOON SEASONED SALT
- ASSORTED FRESH VEGETABLES



- COMBINE THE FIRST 6 INGREDIENTS; MIX WELL.
- SERVE WITH VEGETABLES



<u>Hot Pizza Dip</u>

INGREDIENTS:

- 1 PKG (8OZ) CREAM CHEESE, SOFTENED
- 1 TEASPOON ITALIAN SEASONING
- 1 CUP SHREDDED PART-SKIM MOZZARELLA CHEESE
- 3/4 CUP GRATED PARMESAN CHEESE
- 1 CAN (8OZ) PIZZA SAUCE
- 2 TABLESPOONS CHOPPED GREEN PEPPER

2 TABLESPOONS THINLY SLICED GREEN ONION BREADSTICKS OR TORTILLA CHIPS

INSTRUCTIONS:

- IN A BOWL, BEAT CREAM CHEESE & ITALIAN SEASONING. SPREAD IN AN UNGREASED 9" MICROWAVE-SAFE PIE PLATE.
- COMBINE MOZZARELLA & PARMESAN CHEESES, SPRINKLE HALF OVER THE CREAM CHEESE. TOP WITH THE PIZZA SAUCE, REMAINING CHEESE MIXTURE, GREEN PEPPER & ONION.
- MICROWAVE, UNCOVERED, ON HIGH FOR 2-3 MINUTES OR UNTIL CHEESE IS ALMOST MELTED, ROTATING A HALF-TURN SEVERAL TIMES. LET STAND FOR 1-2 MINUTES. SERVE WITH BREADSTICKS OR TORTILLA CHIPS.



OUR TEAM

Abigail - Medical Receptionist	James – Mental Health Worker	
Al - Maintenance	Janet - Registered Dietitian/Nutrition	
April - RN/Clinic Lead	Lead	
Ashley - Medical Records Office	Jessie – Casual Receptionist	
Assistant	John - IT/Data Management Coordinator	
Brad - Child & Youth Land-based Worker	Leah – Nurse Practitioner	
Cassandra – Human Resources Assistant	Melanie – Program Admin. Assistant	
Chelsea – Executive Assistant	Micaela - RPN Clinic Nurse	
Cherie – Health Records Clerk	Mary Jane – 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		
Dayle - R.N. Diabetes Educator	Sarah - OTN/System Navigator	
Debbie - RN Clinic Lead	Shanna – Executive Director	
Dianne - Casual Receptionist	Shauna-Leigh - Health Educator	
Donna - RPN/System Navigator	Tamara – Indigenous Care Coordinator	
Elin – RD Diabetes Educator	Tammy - Medical Receptionist	
Erin – Cultural Coordinator	Tina - Finance Manager	
Giselle – Registered Practical Nurse	Trish - RPN Clinic 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 <u>ontario.ca/page/health-card-renewal</u>
- 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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