



GIZHEWAADIZIWIN
Health Access Centre

The Gizhewaadiziwin Biidaajimowin

January 2024

HAPPY NEW YEAR

Hello to 2024! We at Gizhewaadiziwin Health Access Centre hope everyone had a safe and fun Holiday Season!

December was a busy month here with lots of Christmas activities. Staff decorated their office doors, and took part in team building activities. We had a pajama day, an ugly sweater day, a 'Fry' day, and even had a hot chocolate and dip day.

We said good-bye to our student, Shawn, and our interim Clinic Lead, Debbie. We wish them all the best, and will surely miss them. We welcomed our new Office Manager, Dan DeGagne just before Christmas. Welcome aboard Dan.

Our team has been making blankets for hospital patients, and new babies for the Indigenous Care Coordinator Program.

Check out all our activities we have planned for January! Its going to be a great year!

IN THIS ISSUE:

- Pg 2 - Calendar
- Pg 3 - Healthy Living Food Box
- Pg 4 - Food Box online ordering Info
- Pg 5 - Full Moon Ceremony
- Pg 6 - Sharing Circles
- Pg 7 - Healthy Habits Info (Couchiching)
- Pg 8 - Diabetes Health Fairs
- Pg 9 - Mental Health 'Life' Group
- Pg 10 - Women's Wellness Workshop
- Pg 11 - Craft Night Info
- Pg 12 - Careers
- Pg 13 - Employee Recognition
- Pg 14 - Employee Intro's & Goodbyes
- Pg 15 - Pulmonary Rehab Info
- Pg 16 - Food Shelf Info
- Pg 17 - From the Pharmacy
- Pg 18 - Flu Vaccine Info
- Pg 19 - Fun Holidays in January
- Pg 20 - Anishinaabemowin
- Pg 21 - Colouring Page
- Pg 22 - Canadian Indigenous Artist
- Pg 23&24 - Indoor Gardening
- Pg 25 - Healthy Recipe - Oatmeal Cookies
- Pg 26&27 - Food Storage Guidelines
- 28 - Christmas Happenings
- 29 - Our Team
- 31 - 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

JANUARY CALENDAR

Date	Where	Program	Description
Tuesdays	GHAC	Cultural	Craft nights (see pg 11)
Wed, Jan 10	UNFC	Diabetes	Sharing Circle (see pg 6)
Wed, Jan 10	Lac La Croix	Clinic	Nurse Practitioner Community Visit
Thurs, Jan 11	Naicatchewenin	Clinic	Nurse Practitioner Community Visit
Thurs, Jan 11	Onigaming	Mental Health	'Life' Group start date (see pg 9)
Thurs, Jan 11	Nigigoonsiminkaaning	Diabetes	Sharing Circle (see pg 6)
Tues, Jan 16	Nigigoonsiminkaaning	Clinic	Nurse Practitioner Community Visit
Wed, Jan 17	Seine River	Clinic	Nurse Practitioner Community Visit
Wed, Jan 17	308 Butler Ave	Food Box	Food Box pickup (see page 3)
Thurs, Jan 18	Onigaming	Clinic	Nurse Practitioner Community Visit
Thurs, Jan 18	Big Grassy	Diabetes	Sharing Circle (see pg 6)
Tues, Jan 23	Rainy River FN	Clinic	Nurse Practitioner Community Visit
Tues, Jan 23	Big Grassy	Diabetes	Diabetes Health Fair (see pg 8)
Wed, Jan 24	Big Island	Clinic	Nurse Practitioner Community Visit
Thurs, Jan 25	Couchiching	Clinic	Nurse Practitioner Community Visit
Thurs, Jan 25	GHAC	Cultural	Full Moon Ceremony (see pg 5)
Tues, Jan 30	Mitaanjigamiing	Clinic	Nurse Practitioner Community Visit
Wed, Jan 31	Big Grassy	Clinic	Nurse Practitioner Community Visit
Wed, Jan 31	Mitaanjigamiing	Diabetes	Diabetes Health Fair (see pg 8)
Thurs, Feb 1	Couchiching	Diabetes	Creating Healthy Habits (see pg 7)
Sat, Feb 10	La Place Rendezvous	All	Women's Wellness Workshop (see pg 10)

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





HEALTHY LIVING FOOD BOX PROGRAM

Orders for the December Food Box will be due:

WEDNESDAY, JANUARY 3, 2024

**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, JANUARY 17TH, 2024

**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**



Food Box Ordering

New Option to Order Food Box

Starting January 17th 2024 for the February Healthy Living Food Box

We are adding an online registration option for food box. People using this option need to pay with EMT. The link: **<https://forms.gle/2a548DyEk9WqV1CV7>** will be posted along with the QR Code monthly on our Facebook page and in the newsletter. This link and QR Code will not change.

Both EMT and online registration must be sent by the First Wednesday of the month or your order will be cancelled.

We will continue to offer payment with cash.

People can order on pick up day (every 3rd Wednesday) for the upcoming month

Orders can be dropped off the 1st Wednesday of the Month at Gizhewaadiziwin Health Access Centre

1460 Idywild Drive between
9 am – 4 pm

Any questions please call:
(807) 274-3131





Gizhewaadiziwin
Health Access Centre

**The Gizhewaadiziwin Health Access
Centre is honoured to host
FULL MOON CEREMONY.**

**All First Nations, Inuit and Metis
population residing in the Rainy River
District are welcome to attend.**

**Please contact Erin Smith, Cultural Coordinator or
MJ Kewakundo - to RSVP (807) 274-3131**

WHEN:

January 25, 2024

5:30pm - 7:30pm

WHERE:

Gizhewaadiziwin Health Access Centre

FEATURING

ELDER: Kathy Jack



JANUARY SHARING CIRCLES

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

UNFC

**Wednesday, January 10th
1-3 p.m. Snack Provided**

NIGIGOONSIMINIKAANING FN

**Thursday, January 11th
12-2 p.m. Lunch provided**

BIG GRASSY FN

**Thursday, January 18th
1-3 p.m. Snack Provided**

**Contact the CHR in your community to request a sharing circle,
or to confirm date & time.**

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



COUCHICHIING FN START **DATE IS THURSDAY,**

FEBRUARY 1ST, 2024

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!**





Gizhewaadiziwin
Health Access Centre

DIABETES HEALTH FAIR

Learn ways to improve
your health

Learn how to prevent or
manage diabetes

Light lunch and door
prizes

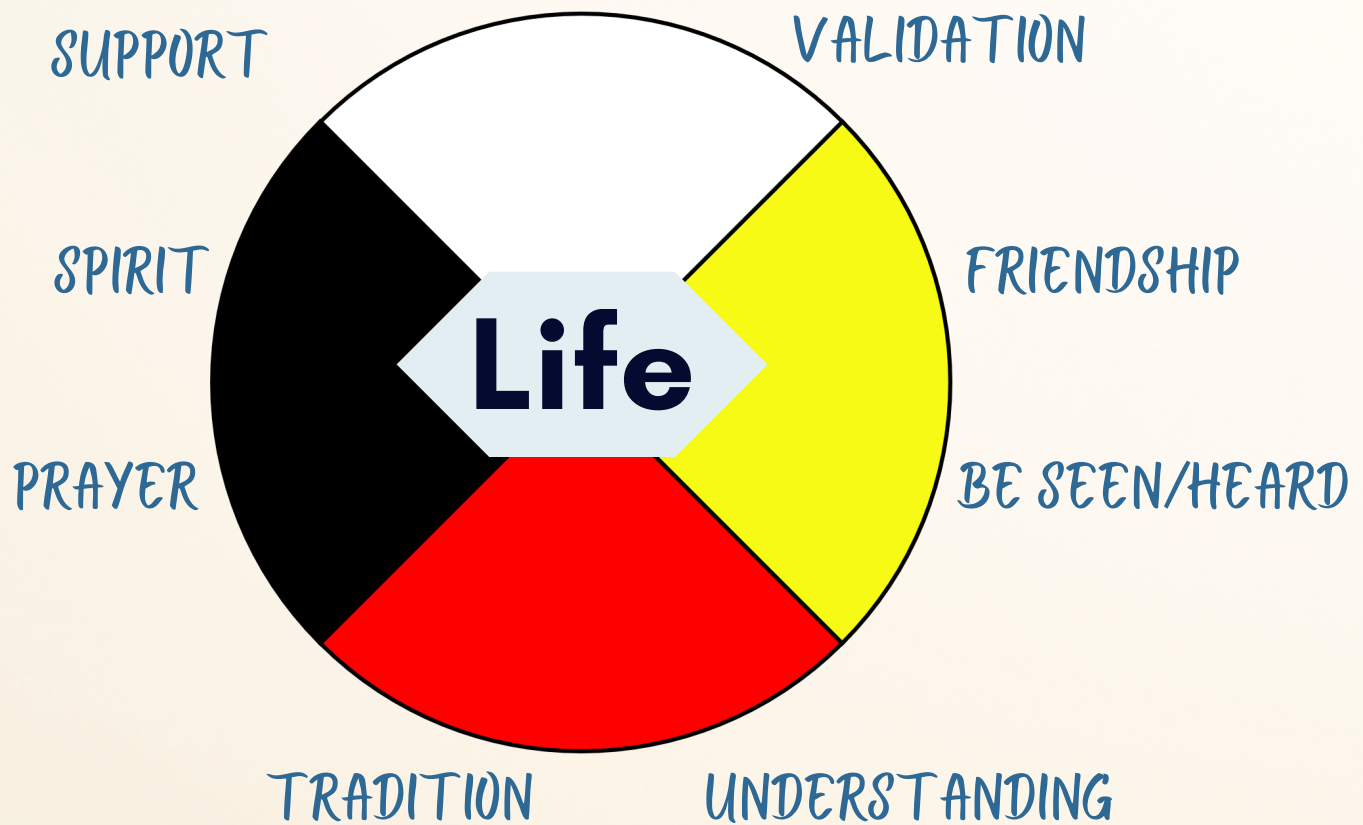
**JANUARY 23 | 11-1
BIG GRASSY COMMUNITY HALL**

**JANUARY 31 | 11-1
MITAANJIGAMIING MULTIUSE**



Mental Health 'Life' Group

LIFE IS A JOURNEY ~ IT'S COMPLICATED



Come join us @ Onigaming FN Health Office
Thursdays in January beginning the 11th @
1:00 p.m.

Gizhewaadiziwin
Health Access Centre

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

inform indulge inspire

LA VERENDRYE GENERAL HOSPITAL AUXILIARY FUNDRAISER

SATURDAY

FEB

10

TWENTY 24

9 - 4

LA PLACE RENDEZ-VOUS

Lunch Provided

Choice of sessions: Ranging from mental health to physical well-being to personal development delivered by experts in each field.

TICKETS: \$75

(Tax receipt for \$40)

Buy tickets at the Hospital Gift Shop
or by calling Janice 271-3665

WOMEN'S WELLNESS WORKSHOP

SPONSORED BY

SHOPPERS
DRUG MART



AAZHOGAN



NAVIGATING STRESS

CANADIAN MENTAL HEALTH ASSOC.

Stress - the good, the bad + tips on coping

MOVEMENT IS MEDICINE

DEE O'SULLIVAN, TRU NORTH YOGA

Tips + benefits of incorporating movement into your day

EATING WELL FOR HEALTH

MICHELLE WALKER, HEALTH AND LIFE COACH

Balanced meals + blood sugar control

FINANCIAL WELLNESS

REBECCA WEBB, CIBC

Balancing current demands with future goals

mindfulness

Choose four of the sessions listed.

I HAVE TO GO

ASHLEY CUMMING, NURSE PRACTITIONER

Addressing urinary concerns

DETOX YOUR LIFE

SUE HATFIELD

More natural products, fewer chemicals

TRAINING FOR LIFE

IAN MCKAY, REFLEXION

Exercise, nutritional needs + supplementation
for changing bodies

BUILD RESILIENCE IN CHALLENGING TIMES

JAMES WOODS, GIZHEWAADIZIWIN HEALTH ACCESS CENTRE

Strengthening connections between
mindfulness + resiliency





GIZHEWAADIZIWIN
Health Access Centre

Cultural Craft Night



**NEW TIME
5-7P.M
UNTIL FURTHER
NOTICE**

**Join us for Craft Nights Tuesday evenings,
starting Tuesday, January 9th, 2024 at
Gizhewaadiziwin Health Access Centre
1460 Idylwild Drive**



EMBRACE THE NEW YEAR WITH A NEW CAREER OPPORTUNITY

PERKS

- 3 weeks paid vacation increasing with tenure
- Personal days
- Paid sick time
- Stat holidays
- HOOPP pension
- 100% employer-paid benefits
- Lots of social and cultural activities
- Employee Rewards and Recognition program
- Known for an ideal life/work balance



GIZHEWAADIZIWIN
Health Access Centre

**FOR MORE INFORMATION AND
TO SEE OUR CURRENT
AVAILABLE JOB POSTING
PLEASE VISIT OUR WEBSITE:**

WWW.GIZHAC.COM/CAREERS



careers@gizhac.com



807 274-3131



Employee Recognition

**WISDOM
LOVE
RESPECT
BRAVERY
HONESTY
HUMILITY
TRUTH**



REPRESENTING ALL OF THE SEVEN GRANDFATHER TEACHINGS WHEN INTERACTING WITH CLIENTS AND COWORKERS, EMPLOYEES ARE NOMINATED BY THEIR CO-WORKERS. THE NOMINATED EMPLOYEES ARE ENTERED INTO WEEKLY, MONTHLY, AND QUARTERLY DRAWS WITH THE WINNERS GETTING GIFT CARDS.



New Employee Introductions



BOOZHOO! MY NAME IS DAN DEGAGNE. I RECENTLY JOINED THE GIZHEWAADIZIWIN TEAM AS THE OFFICE MANAGER. I LIVE IN FORT FRANCES WITH MY FIANCÉ CANDACE AND OUR DAUGHTERS ISABEL AND PRESLEY. I ENJOY TIME OUTDOORS HUNTING AND FISHING AS WELL AS COOKING ANYTHING ON THE BARBEQUE AND MY BLACKSTONE WITH MY FAMILY AND FRIENDS. GIZHEWAADIZIWIN HAS BEEN EXCELLENT SO FAR AND LOOKING FORWARD TO MANY MORE YEARS HERE.

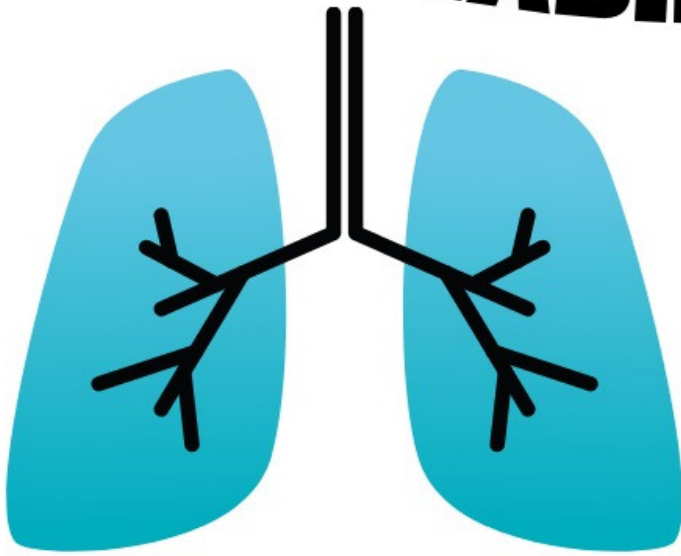
Farewells



DEBBIE & SHAWN ARE OFF ON NEW ADVENTURES. GOOD LUCK TO YOU BOTH AND THANK YOU FOR BEING A PART OF THE GIZHEWAADIZIWIN TEAM. WE WILL MISS YOU!



PULMONARY REHABILITATION



What is Pulmonary Rehabilitation?

Pulmonary rehabilitation is a program of education and exercise to increase awareness about your lungs and your disease. You will learn to achieve exercise with less shortness of breath. The skills and knowledge learned in the program will help you feel better and manage your chronic lung disease. You'll become stronger by increasing your level of fitness. Exercising your lungs and your muscles helps you be more active so you can do the things you enjoy with your loved ones. Pulmonary rehabilitation may even decrease the need for hospital visits.

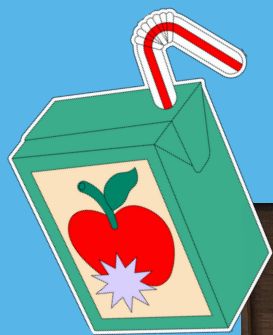
Pulmonary rehabilitation is recommended for patients with lung disease who experience shortness of breath frequently. If you are interested in this program talk to your healthcare provider or Respiratory Therapist Randi Fulford





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.



ACHIEVABLE GOALS FOR 2024 FROM RAINY LAKE FIRST NATIONS PHARMACY



Be organized



Drink more water



Get up early



Practice selfcare



Exercise regularly



Limit screen
time



Be open to
new ideas
and
experiences



Read often

Eat
healthy



Be motivated





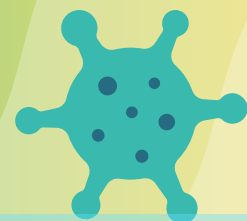
THE POWER TO STOP THE FLU BEGINS WITH YOU!



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



Gizhewaadiziwin
Health Access Centre



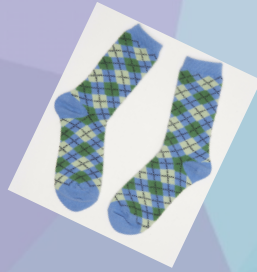
FUN HOLIDAYS

Jan 3 - Festival of Sleep Day



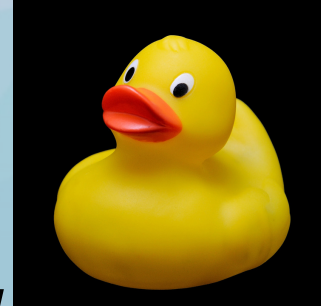
Jan 6 - Bean Day

Jan 9 - Argyle Day



Jan 11 - Milk Day

Jan 13 - Rubber Duckie Day



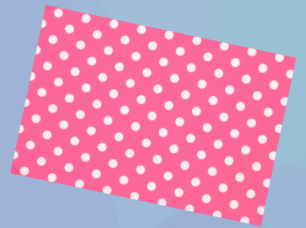
Jan 14 - Dress up your Pet Day



Jan 19 - Popcorn Day



Jan 22 - Polka Dot Day



Jan 23 - Pie Day



Jan 25 - Fish Taco Day



Jan 27 - Chocolate Cake Day

Jan 29 - Puzzle Day



Jan 31 - Inspire Your Heart with Art Day



ANISHINAABEMOWIN

The Ojibway Language

MONTHS / MOONS

January: Manidoo-giizis, Bijibibooni-giizis

February: Gaa-dakwaasiged giizis

March: Migiziwi-giizis

April: Niki-giizis

May: Maango-giizis

June: Ode'imini-giizis, Zaagibagaawi-giizis

July: Miskomini-giizis, Ishkaninjiiwi-giizis

August: Miini-giizis, Aditemini-giizis

September: Manoomini-giizis

October: Binaakwe-giizis

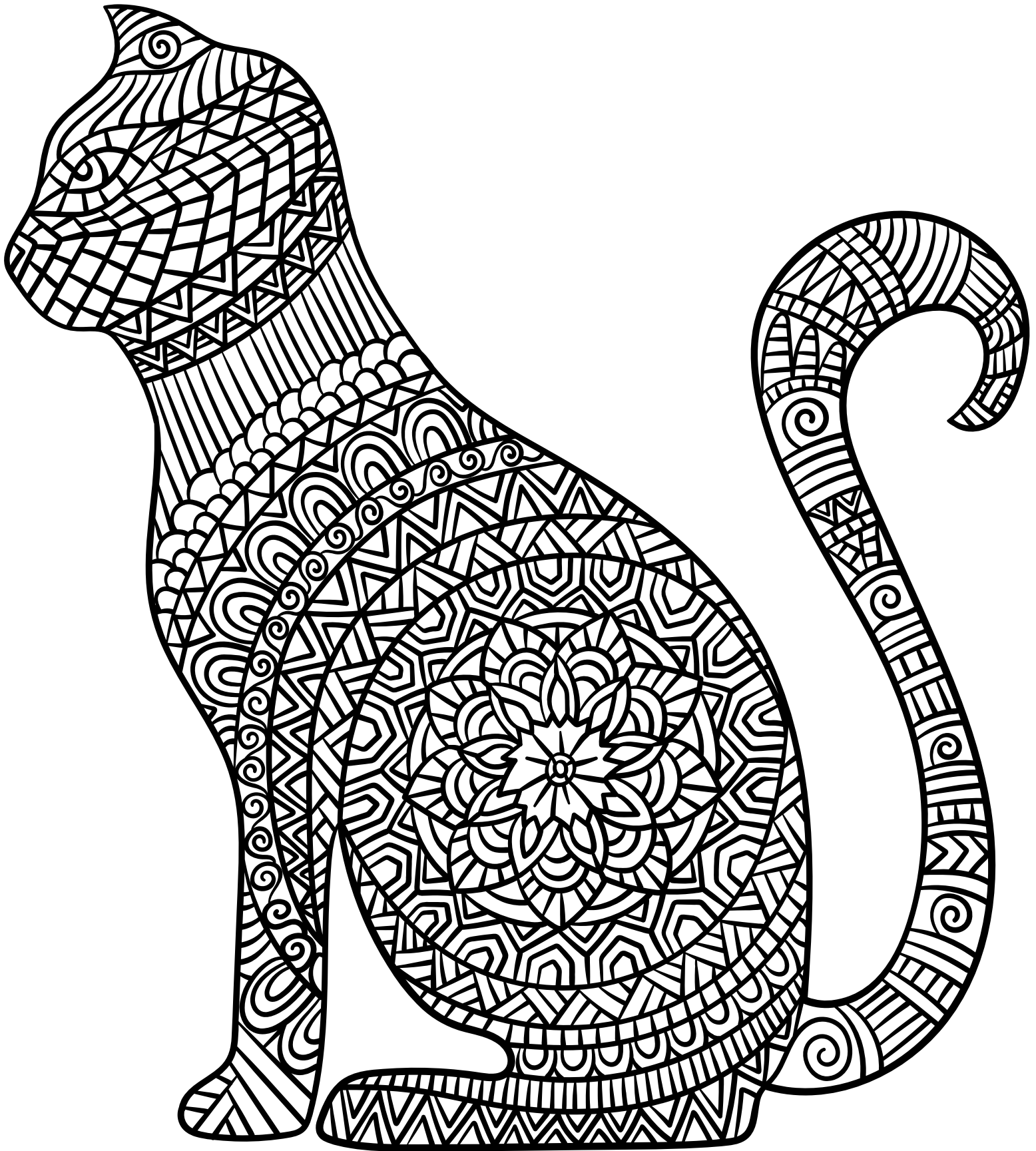
November: Gashkadino-giizis

December: Gichi-anama'egiizhigani-giizis,

Makozhegiizhigani-giizis



COLOURING PAGE



FEATURED INDIGENOUS ARTIST OF THE MONTH Storm Angecone

Storm Angecone is an Indigenous artist from Treaty Three Territory (Lac Seul, First Nation), born and raised in Winnipeg, Manitoba. Many of her work includes animals and birds as representations of herself or those close to her. Over the past few years her artwork is included throughout Winnipeg from murals to light-boxes. Storm continues to practice her art through painting, digital art and practicing beadwork.

Some of Storm's artwork can be found in the Gizhewaadiziwin Health Access Centre's Clinic waiting room.





SALAD GARDEN



AKI OGICHIDAA COMMITTEE PRESENTS

Hello Green Thumbs!

Welcome to the Aki Ogichidaa Committee's step-by-step guide for creating a thriving indoor salad and food garden on a budget.

STEP 1: CHOOSE THE RIGHT PLANTS

- Opt for cold-hardy, indoor-friendly plants like lettuce, spinach, kale, and herbs such as basil and cilantro. These plants thrive in **cooler temperatures.**

STEP 2: GATHER BUDGET-FRIENDLY SUPPLIES

- Utilize recycled containers, egg cartons, or old plastic containers as seed starters.
- Shop for seeds locally to keep costs down.

STEP 3: CREATE A DIY INDOOR GARDEN

- Use old shelves, pallets, or wooden crates to build vertical gardens, maximizing limited space.
- Hang grow lights above your plants to supplement natural light, especially during the shorter winter days.





STEP 4: HOMEMADE COMPOST

- Create nutrient-rich compost by recycling kitchen scraps like fruit peels and coffee grounds.
- Use this compost to enrich the soil for your indoor garden.

STEP 5: WATERING WISDOM

- Collect rainwater in buckets for watering your plants.
- Water your plants early in the day to prevent mold and mildew.

Step 6: Thrift Store Finds

- Check out local thrift stores for affordable gardening tools and containers.

STEP 7: SUMMER SUNSHINE

- Move containers outdoors during warmer months to take advantage of natural sunlight.
- Group plants strategically to provide shade for those that prefer cooler conditions.

STEP 8: HARVESTING AND ENJOYING

- Harvest your greens when they reach maturity and enjoy fresh, homegrown salads.
- Happy Gardening!**



FAST & EASY RECIPES

Healthy Oatmeal Cookies

INGREDIENTS:

- 2 CUPS ROLLED OATS
- $\frac{3}{4}$ CUP ALMOND FLOUR
- 1 $\frac{1}{2}$ TSP. BAKING POWDER
- 1 TSP. CINNAMON
- $\frac{1}{4}$ TSP. SEA SALT
- $\frac{1}{2}$ CUP MAPLE SYRUP (OR NATURAL SUGAR-FREE MAPLE SYRUP)
- $\frac{1}{3}$ CUP COCONUT OIL (MELTED)
- 1 LARGE EGG (AT ROOM TEMPERATURE)
- 1 TSP. VANILLA EXTRACT
- $\frac{1}{2}$ CUP RAISINS



INSTRUCTIONS:

- PREHEAT OVEN TO 350F.
- MIX THE DRY INGREDIENTS. IN A LARGE BOWL, STIR TOGETHER THE ROLLED OATS, ALMOND FLOUR, BAKING POWDER, CINNAMON, AND SEA SALT.
- MIX THE WET INGREDIENTS. IN A SMALL BOWL, WHISK TOGETHER THE MAPLE SYRUP, MELTED COCONUT OIL, EGG, AND VANILLA EXTRACT.
- COMBINE. POUR THE LIQUID INGREDIENTS INTO THE DRY INGREDIENTS. STIR UNTIL COMBINED. FOLD IN THE RAISINS.
- SCOOP. USE A MEDIUM COOKIE SCOOP TO SCOOP THE COOKIE DOUGH ONTO A BAKING SHEET LINED WITH PARCHMENT PAPER. FLATTEN EACH SCOOP SLIGHTLY (THEY WILL NOT SPREAD MUCH WHEN BAKING).
- BAKE. PLACE THE HEALTHY OATMEAL RAISIN COOKIES IN THE OVEN, FOR 11-13 MINUTES OR UNTIL THE EDGES ARE STARTING TO TURN GOLDEN BROWN. COOL COMPLETELY IN THE PAN TO FIRM UP.

RECIPE VARIATIONS

- CHOCOLATE CHIP – REPLACE THE RAISINS WITH DARK CHOCOLATE CHIPS TO MAKE HEALTHY OATMEAL CHOCOLATE CHIP COOKIES.
- PEANUT BUTTER – ADD $\frac{1}{2}$ CUP OF SMOOTH OR CRUNCHY PEANUT BUTTER TO THE COOKIE DOUGH.
- BANANA – FOR HEALTHY BANANA OATMEAL COOKIES, OMIT THE EGG AND USE $\frac{1}{4}$ CUP OF MASHED BANANA (1 RIPE BANANA) INSTEAD.

STORAGE INSTRUCTIONS

- STORE: KEEP THE COOKIES IN AN AIRTIGHT CONTAINER AT ROOM TEMPERATURE FOR UP TO 5 DAYS.
- FREEZE: COOL COMPLETELY, THEN STORE IN A ZIP LOCK BAG OR CONTAINER IN THE FREEZER FOR UP TO 3 MONTHS. YOU CAN ALSO FREEZE BALLS OF COOKIE DOUGH ON A PARCHMENT LINED BAKING SHEET, THEN TRANSFER TO A FREEZER BAG AND BAKE FRESH LATER.



FOOD SAFETY

COLD STORAGE GUIDELINES

For refrigerators and freezers

Use these time limit guidelines to help keep refrigerated and frozen food safe to eat.

	Refrigerator 4°C (40°F)	Freezer -18°C (0°F)
Fresh Meat		
Beef—steaks, roasts	2-4 days	10-12 months
Pork—chops, roasts	2-4 days	8-12 months
Lamb—chops, roasts	2-4 days	8-12 months
Veal roasts	3-4 days	8-12 months
Ground meat	1-2 days	2-3 months
Fresh Poultry		
Chicken, turkey—whole	2-3 days	1 year
Chicken, turkey—pieces	2-3 days	6 months
Fresh Fish		
Lean fish (such as cod, flounder)	3-4 days	6 months
Fatty fish (such as salmon)	3-4 days	6 months
Shellfish (clams, crab, lobster)	12-24 hours	2-4 months
Scallops, shrimp, cooked shellfish	1-2 days	2-4 months
Ham		
Canned ham	6-9 months	Don't Freeze
Ham, fully cooked (half and slices)	3-4 days	2-3 months
Bacon and Sausage		
Bacon	1 week	1 month
Sausage, raw (pork, beef, turkey)	1-2 days	1-2 months
Pre-cooked, smoked links or patties	1 week	1-2 months
Leftovers		
Cooked meat, stews, egg or vegetable dishes	3-4 days	2-3 months
Gravy and meat broth	1-2 days	2-3 months
Cooked poultry and fish	3-4 days	4-6 months
Soups	2-3 days	4 months
Hot Dogs and Lunch Meats		
Hot dogs	2 weeks	1-2 months
opened	1 week	
Lunch meats	2 weeks	1-2 months
opened	3-5 days	1-2 months
Deli Foods		
Deli meats	3-4 days	2-3 months
Store-prepared or homemade salads	3-5 days	Do not Freeze



FOOD SAFETY CONTINUED

Refrigerator
4°C (40°F)

Freezer
-18°C (0°F)

TV Dinners / Frozen Casseroles		
Keep frozen until ready to serve		3-4 months
Eggs		
Fresh—in shell	3-4 weeks	Do not freeze
out of shell	2-4 days	4 months
Hardcooked	1 week	Does not freeze well
Egg substitutes	10 days	Do not freeze
opened	3 days	1 year
Dairy Products		
Milk	Check best before date	6 weeks
opened	3 days	
Cottage cheese	Check best before date	Does not freeze well
opened	3 days	
Yogurt	Check best before date	1-2 months
opened	3 days	
Butter—salted	8 weeks	1 year
unsalted		3 months
opened	3 weeks	Do not freeze
Cheese		
soft	1 week	Does not freeze well
semi-soft	2-3 weeks	8 weeks
firm	5 weeks	3 months
hard	10 months	Up to a year
processed	Several months	3 months
opened	3-4 weeks	Do not freeze
Commercial Mayonnaise		
(Refrigerate after opening)	2 months	Do not freeze
Vegetables		
Beans, green or waxed	5 days	8 months
Carrots	2 weeks	10-12 months
Celery	2 weeks	10-12 months
Lettuce, leaf	3-7 days	Do not freeze
Lettuce, iceberg	1-2 weeks	Do not freeze
Spinach	2-4 days	10-12 months
Squash, summer	1 week	10-12 months
Squash, winter	2 weeks	10-12 months
Tomatoes	Not recommended	2 months



christmas Happenings!



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 – Child & Youth Land-based Worker	Leah – Nurse Practitioner
Cassandra – Human Resources Assistant	Melanie – Program Admin. Assistant
OPEN – 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
Daniel – Office Manager	OPEN – Child & Youth Land based Worker
Danette – Nurse Practitioner	Sarah – OTN/System Navigator
Darlene – Mental Health Worker	Shanna – Executive Director
Dayle – R.N. Diabetes Educator	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
- 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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www.instagram.com/GIZHAC



www.linkedin.com/company/GIZHEWAADIZIWIN

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

