

# “DEBIBIDON GAYE ANI-MAAJAN”

## MASHKIMOD OZHIBII'IGAADEGIN :

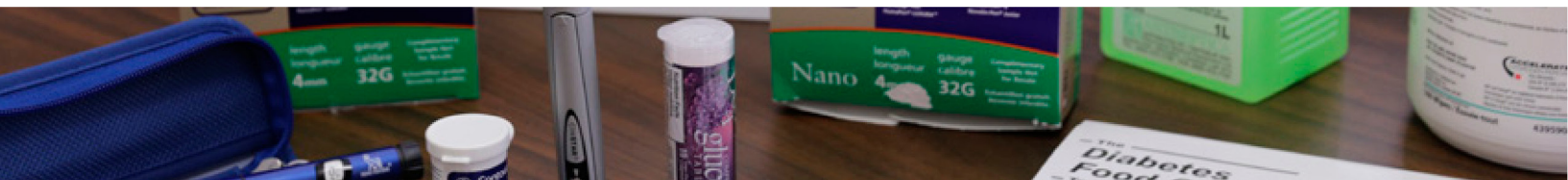
### NIIZHIN ZHIWAAPINEWIN GICHI-WAASA GIWEDINOONG NITAM AKIIWINAN OODENAAWINAN



- Naasaabii'igewin gidinoodewin gichi-maanzhisewin izhichigaadewin.
- Nibi (bezhigh mooday endaso-awiyag) apiitaadendwag mashkikiw-oda'iiminan gaye mashkikiim gemaa odoonijaanisimaan miisawaa awashime nibi odaa'atooon biinji'ayi'ing iw “debibidoon zhigo ani-maajaan” mashkimod (nawaj nibi ji-aabajitood bebiyens-miijim gemaa ji-daapinang mashkikiinsan, etc.)
- Midaaso-shi-niizho-diba'igan miijim (gaawiin banaadasinooon miijim, gaa-wizhiitaa ji-miijing miijim, mashkawiziw-miijimens (“energy bar”), naabisidoon-wiisiniwin-minikwewin, etc.)
- Mishkwiimi-ziinziibaakwad aabajichigan gaye gagweji'iwe-mazina'igaansan.
- Ji-gaating dabashiish mishkiimi-ziinziibaakwad ezhi'aakozid (ziinziibaakwad-mashkikiinsan, ziinziibaakwad mashkimodensan, editewaaboo makakoonsan)
- Zhiwaapinew-mashkikiwan (“Insulin medication”)
- Zhiwaapinew-mashkikiw-ozhibii'igan gaye zhaaboniganan (giishpin gi-noonde'aabajitooon zhiwaapinew-mashkiki)
- Zhaaboniganan-makakoons (bizhishig waasikwegin-minikwaajigan waasikwegin-biimiskonige-giba'gaans gaa-ayaawaad.
- Biiway azhiganan (ji-giizhoozided gaye ji-baasizided)
- Gizhibaaebinigan gemaa waasamoo-makakoons waasikwanenjigan, gaye dash nawaj waasamoo-makakoonsan
- Naasaabii'igewin apiitendwakin-mazina'iganan endaso-awiyag gidinoodewining (Mashkiki gaye Jiita'ang Mazina'iganan, Ontario Ogimaawiw Mino-Ayaawin Mazina'igan, Kaanada Anishinaabewiziwin-Ogimaawiw Mazine'igan, Ondaadiziwin Mazina'igan, mashkiki-mazine'iganansan, 'insurance' izhinikaade-mazine'iganan, zhooniyaawigamig mazine'igan gikenjigaadewin, gidinoode binzibiiwin gikenjigaadewin).
- Aandakiiwan aanjikoniye-biisikiganan (niizhin-niiwin endaso-awiyag gidinoodewining.
- Nawaj aabaabika'iganan, ya'ii dash gi-waakaa'igan ji-biindigeyan gemaa ji-maajibidooyan gidoodaabaan.
- Zhooniyaa (zhooniyaabikoonsan gaye zhooniyaa-mazine'igaansan).
- Nitam Nanaa'ichige-makakoons
- Mashkikiwan
- Dibenjigaadenooon oda'iimanan (giziibiiginigaans, gizon'aabide'on, ikwe-biinitwaawin-aabijichiganan, minomaagoziw-aabajigaabikoons, etc.)
- Mazina'igan gaye ozhibii'igan ji-ozhibii'iged.
- Epiitendaagwag oda'iimanan – zaka'on, wiidookaw-bimosew-aabajichiganan, detibised apabiwin, miskwii-ziinziibaakwad aabajichigan gaye zhiwaapinew-mashkiki ozhibii'iganan, oshkiinzigokaanan, wiidookaw-biizidamoowinan gaye nawaj waasamoo-makakoonsan. (AKINWAADENDAN: aanawi aanind oda'iimanan gaawiin atemagasinooon biinji-ayi'ing iw “debibidoon zhigo ani-maajaan” mashkimod, aansh naa aabajichigaadenooon endaso-giizhigh, asanjigaadenooon wenapazh ondinaman gaye biidoonan giishpin boochigo gidaa-ni-maajaam.)

### EZHIBII'IGAADEGIN:

- “Debidoon gaye ani-maajaan” mashkimod daaw-zhitooon endaso-akiwan onji endaso-awiyag gaa-noonde'ayaawaad.
- Giishpin gaa'odaapinaayan mashkiki, gaawiikaa bagidinigesian nawaj anaamiyi'ii midaaswi giizhigan ataasowinan
- Gi-miskwiimi-ziinziibaakwad gagwe-aanjisege giishpin gi-godagitooyendam. Mii sa go gichi-apiitendaagwag ji-giizhendang gi-miskwiimi-ziinziibaakwad, giishpin ayekoziyan, editegin ezhimaagwag apii bagidinaamoyan, maanaagadeyan gemaa zhishigoweyan. Giishpin gi-miskwiimi-ziinziibaakwad nawaj ezhi-ishpaamagad midaaso-shi-niiwin, giga-noonde-noosone'an Zhiwaapinewin Aakoziw-Giizhigad mazine'igan. Nawaj gikenjigaadewin, ganoozh Zhiwaapinewin Ozhibii'igewgamigoong endayan.
- Gaawiin ganawendaziin zhiwaapinewin-mashkiki biinji-ya'iiing endaayan gichi-manzhisege “debibidoon zhigo ani-maajaan” mashkimod, aansh naa dakisijiganiing noonde-atooyan zhego-niizhin dash midaaswi “Celsius” izhinikaade. Ganabaj giga-noonde-gananwendan gizhiwaapinew-mashkiki biito-mashkimading ji-noogisitoong ozaam ji-giizhideseg gemaa giga-noonde-ganawendan biinji-ya'iiing ji-ganawendang gizhaagamidew-omoodayaabik. Gaawiin dash ga-mashkawajisiwan.
- Bemisemagakin gaa'aabajigaadegin boochigo ani-maajaawyan odayaanaawaa dibaabishkojiganan epiitinigwag aapaji eshkwesing. Endaso-inoodewid “debibidoon gaye ani-maajaan” omashkimodim noonde'apiitendaagwag niimidana dibaabishkojiganan gemaa nawaj bangii. Mashkikiw-wiidookaw-aabajichiganan, aanawi dash, yi'ii detibised apabiwin gaawiin ezhi-dagwagindesinooon apiitinigwad-onji'idimagag.



**NAWAJ GIKENJIGAADENIG AANIIN WEZHIITAAYAN INAKE MISKO-AAZHIDEYAATIG GAYE DASH ODAAPINIWEYAN NAWAJ WIIDOOKAW-AABAJICHIGANAN JI-GIZHIITAAYAN APII GICHI-MAANZHISEWINAN, DAGA MAWADISHIWEN:**