

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

June 2018

Spring and warmer weather are finally here! That means it's time to get outside and enjoy the outdoors! In an effort to promote healthy active lifestyles, Lac des Mille Lacs First Nation's Healing & Wellness Department put together five community events during the month of May. We have a number of events planned for the month of June, please see the details on the following pages.

CONTENTS

Page 1 - Introduction

Page 2 - Upcoming Events

Page 3 - Upcoming Events

Page 4 - Workshops

Page 5 - Parenting

Page 6 - Smoking Cessation

Page 7 - Bullying

Page 8 - Elder Abuse

Page 9 - Crisis or Emergency

Page 10 - June Calendar of Events



Three symbols make up the Aboriginal Healing and Wellness Strategy logo. The turtle represents Turtle Island. This is Mother Earth. The people are holding hands. This means they will help each other with their problems.

They are standing in a circle. This is the circle of life. The people are our friends, families and strangers — people who need our help or who are helping us.



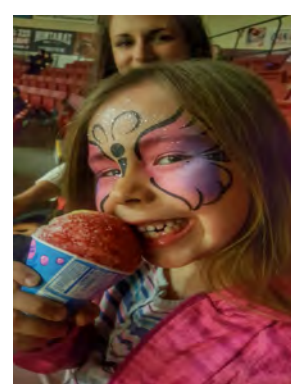
(BBQ & Hike Excursion - Centennial Park)



(Community BBQ)



(Mothers Day Spa Party)



Lakehead Shrine Circus

Newsletter

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UPCOMING EVENTS

CONTENTS

- Page 1 - Introduction
- Page 2 - Upcoming Events
- Page 3 - Upcoming Events
- Page 4 - Workshops
- Page 5 - Parenting
- Page 6 - Smoking Cessation
- Page 7 - Bullying
- Page 8 - Elder Abuse
- Page 9 - Crisis or Emergency
- Page 10 - June Calander of Events

If you are interested in attending any of these events, please contact:

Mike Ignace
AHWS Coordinator
Phone: (807)622-9835 Ext 231
m.ignace@tbaytel.net

Ernie May
Family Well-being Worker
Phone: (807)622-9835 Ext 257
erniemay@tbaytel.net

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On the eW` VFriday of every month (May-September) come down to the Administration Office for a BBQ lunch! This provides a great opportunity to meet the staff and ask any questions you may have STagf bchYdS_ _ [YadeWUW It also brings our community together! Agd eW` V BBQ is scheduled for 8dVSH g` W*1 S' #* from 12:00 - 2:00 PM. Hope to see you there! Please contact **Ernie May - Family Well-being Worker**, and let him know you will be attending! 5a_ Wa[geXadsome sun and SWWUageBBQž

8SfZWje6Sk? [[8leZ6Wilk

8SfZWje6Sk[eSUWWdSf[a` Za` ad` YXSfZWdS` VUWWdSf` Y XSfZWZaaV bSfW S` Ta` Vd S` V fZW[XgWUWdXSfZW [eaUWZi WdWbWdW fa S` ` ag` UW W [TWZae[Yagd 3` ` gS` 8SfZWje6Sk 7hWf a` g` WS% S' #*ž ThW8SfZWje of Lac des Mille Lacs First Nation are invited fa Ua_ Vagf XdS Xg` ŽX`W VSk aXXeZ[Ya` TWgf[Xg`>SUW? [TW`SUž I W i [TW` WWSf EShS` ` WdihWdWd Sf #'," 3? /7EFfi bSU g` UZW YSdgb S` V ZWV agf a` fa fZWS] W FZWV [TW bdl WSi SdWXdZV% SdWf /ZShWffii S`WV The wWYZ [station will close Sf &'" B? . A BBQ dinner will be provided and winners will be announced at 5:00 PM.

Please call **Mike Ignace - AHWS Coordinator**, at your earliest convenience to register. Spots for this event are limited, register early!

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CONTENTS

- Page 1 - Introduction**
- Page 2 - Upcoming Events**
- Page 3 - Upcoming Events**
- Page 4 - Workshops**
- Page 5 - Parenting**
- Page 6 - Smoking Cessation**
- Page 7 - Bullying**
- Page 8 - Elder Abuse**
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BBQ & HIKING EXCURSIONS

Being physically active can improve your quality of life! As a way to promote healthy active lifestyles, we will be going on regular hiking excursions at some of Thunder Bay's finest hiking trails. Some of the planned hiking spots include: the Cascades, Trowbridge Falls, Kakabeka Falls, Eagle Canyon, Centennial Park, and Silver Falls. We will meet at 10:00 AM and head out for 2-3 hours of hiking on these amazing trails. Hiking will be followed by a delicious BBQ lunch!

Sunday June 10, 2018 - Silver Falls Provincial Park

For additional information or to sign you and your family up for these hiking excursions, please contact **Ernie May - Family Well-being Worker**

COMMUNITY DRUM NIGHT

We are excited to announce that we will be having Community Drum Nights once a month. These sessions will include teachings about the drum, learning songs and their meanings, and a whole lot of practice. The first session will be held at Kanachihih Treatment Centre on Wednesday June 27, 2018. The event is scheduled to start at 6:00 PM and run until 9:00 PM with light snacks and beverages provided. If you are interested in attending, please contact **Ernie May - Family Well-being Worker**.

WORKSHOPS

CONTENTS

- Page 1 - Introduction
- Page 2 - Upcoming Events
- Page 3 - Upcoming Events
- Page 4 - Workshops
- Page 5 - Parenting
- Page 6 - Smoking Cessation
- Page 7 - Bullying
- Page 8 - Elder Abuse
- Page 9 - Crisis or Emergency
- Page 10 - June Calendar of Events

**To register for this workshop
please contact:**

Ernie May

Family Well-being Worker

Phone(807)622-9836 Ext 257

erniemay@tbaytel.net

MEDICINE WHEEL TEACHINGS & PIZZA MAKING



On Tuesday June 26, 2018 there will be a Medicine Wheel Teachings workshop held at the Lac des Mille Lacs First Nation Administration Office. The workshop is scheduled to run from 6:00 - 9:00 PM. The Medicine Wheel is the representation of all things connected within the circle of life. It is told that there are over 100 relevant traditional teachings that go along with the Medicine Wheel. We will also be working together and making pizzas throughout the duration of the workshop. We hope you can make it!

If you would like to participate in this workshop, please contact **Ernie May - Family Well-being Worker**.

PARENTING

OUR KIDS COUNT

Our Kids Count (OKC) is a community-based program that works with families whose children are 6 and under. At present, OKC offers programs at fZM Westfort Family Resource Centre (Hope Christian Reformed Church) located at 1315 Crawford Avenue (Phone 346-6863) and fZM new McKenzie Street Site located at 704 McKenzie Street.

PROGRAMS OFFERED

Community Kitchens - Share in menu planning and cooking with your peers and take home meals for your family.

Young Parents - This program provides an opportunity for young pre-natal and post-natal parents, who are generally under the age of 21, to get together and share ideas and learn new skills. They are supported by the Young Parents Program Coordinator

Parenting Support - All of the programs offered under parenting support are led by trained group leaders. Learn about subjects such as your child's development; positive discipline; building your child's self-esteem and taking time for yourself.

Free child care is provided while the parent is participating in the Our Kids Count Programs.

For more information on Our Kids Count's programs and services, please visit their website at: www.ourkidscount.ca

CONTENTS

- Page 1 - Introduction**
- Page 2 - Upcoming Events**
- Page 3 - Upcoming Events**
- Page 4 - Workshops**
- Page 5 - Parenting**
- Page 6 - Smoking Cessation**
- Page 7 - Bullying**
- Page 8 - Elder Abuse**
- Page 9 - Crisis & Emergency**
- Page 10 - June Calendar of Events**

Links/Resources

www.childrenscentre.ca
www.ourkidscount.ca
www.tbdhu.com
www.thunderbay.ca
www.beendigen.com
www.themothersprogram.ca
www.northernbabylinks.ca
www.yourbeststart.ca
www.onwa.ca

SMOKING CESSATION

CONTENTS

- Page 1 - Introduction
- Page 2 - Upcoming Events
- Page 3 - Upcoming Events
- Page 4 - Workshops
- Page 5 - Parenting
- Page 6 - Smoking Cessation
- Page 7 - Bullying
- Page 8 - Elder Abuse
- Page 9 - Crisis or Emergency
- Page 10 - June Calendar of Events

If you are ready to quit, contact:

Mike Ignace
AHWS Coordinator
(807)622-9835 Ext 231
m.ignace@tbaytel.net

Links/Resources

www.nwquit.ca
www.tobacchowise.com
www.smokershelpline.ca
www.tbdhu.com
www.cancer.ca
www.smoke-free.ca
www.leavethepackbehind.org
www.fnha.ca
www.quitnow.ca

THE BENEFITS OF QUITTING

No matter how long you have been smoking, your health will improve when you quit and your body will start to repair itself. You will see some changes right away and then others as time goes on.

After your last cigarette:

After 20 minutes - Your blood pressure and pulse rate return to normal.

After 8 Hours - Your oxygen levels are back to normal and your chance of having a heart attack decrease.

After 24 Hours - Your lungs begin to clear out the mucus.

After 48 Hours - You are nicotine free and your sense of taste and smell returns to normal.

After 1 Year - Your risk of having a heart attack is cut in half.

After 10 Years - Your risk of dying from lung cancer is cut in half.

After 10-15 Years - Your risk of coronary heart disease is the same as someone who has never smoked.

If you are interested in quitting smoking, please contact **Mike Ignace** at the Administration Office. Our Healing & Wellness Department has tools (Books, audio CD's and Nicotine Replacement Therapy) to help you quit!

BULLYING

CONTENTS

- Page 1 - Introduction**
- Page 2 - Upcoming Events**
- Page 3 - Upcoming Events**
- Page 4 - Workshops**
- Page 5 - Parenting**
- Page 6 - Smoking Cessation**
- Page 7 - Bullying**
- Page 8 - Elder Abuse**
- Page 9 - Crisis or Emergency**
- Page 10 - June Calendar of Events**

Links/Resources

www.stopabully.ca
www.getcybersafe.gc.ca
www.kidshelpphone.ca
www.newyouth.ca
www.heresthedeal.ca
www.kidsnowcanada.ca
www.erasebullying.ca
www.bullyingcanada.ca
www.preynet.ca
www.redcross.ca

WARNING SIGNS

There are many warning signs that may indicate that someone is affected by bullying—either being bullied or bullying others. Recognizing the warning signs is an important first step in taking action against bullying. Not all children who are bullied or are bullying others, ask for help. It is important to talk with children who show signs of being bullied or bullying others. These warning signs can also point to other issues or problems, such as depression or substance abuse. Talking to the child can help identify the root of the problem.



SIGNS A CHILD IS BEING BULLIED

Some signs that may point to a bullying problem are:

- Unexplainable injuries.
- Lost or destroyed belongings.
- Frequent headaches or stomach aches, feeling sick or faking illness.
- Changes in eating habits, like suddenly skipping meals or binge eating.
- Difficulty sleeping or frequent nightmares.
- Declining grades, loss of interest towards school.
- Sudden loss of friends or avoidance of social situations.
- Feelings of helplessness or decreased self-esteem.
- Self-destructive behaviours such as running away from home.
- Harming themselves or talking about suicide.

ELDER ABUSE

CONTENTS

- Page 1 - Introduction**
- Page 2 - Upcoming Events**
- Page 3 - Upcoming Events**
- Page 4 - Workshops**
- Page 5 - Parenting**
- Page 6 - Smoking Cessation**
- Page 7 - Bullying**
- Page 8 - Elder Abuse**
- Page 9 - Crisis or Emergency**
- Page 10 - June Calendar of Events**

Links/Resources

www.elderabuseontario.com
www.thunderbaypolice.ca
www.northwesthealthline.ca
www.cnpea.ca
www.ohrc.on.ca
www.ahf.ca
www.yourlegalrights.on.ca
www.nicenet.ca
www.alzheimer.ca

WHAT IS ELDER ABUSE?

Elder Abuse is defined by the World Health Organization as “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person.”

Elder abuse often occurs when there is an imbalance of control. The abuser either limits or takes control over the rights and freedoms of the senior. The abuse/violence is used to intimidate, humiliate, coerce, frighten or simply to make the senior feel powerless.

**Get Help
Now**

Call the Seniors Safety Line
1-866-299-1011

Free to call
Confidential
24 hours a day
7 days a week



The Senior Safety Line provides contact and referral information for local agencies across the province that can assist in cases of elder abuse. Trained counsellors also provide safety planning and supportive counseling for older adults who are being abused or at-risk of abuse. Family members and service providers can also call for information about community services.

CRISIS & EMERGENCY

CONTENTS

Page 1 - Introduction
Page 2 - Upcoming Events
Page 3 - Upcoming Events
Page 4 - Workshops
Page 5 - Parenting
Page 6 - Smoking Cessation
Page 7 - Bullying
Page 8 - Elder Abuse
Page 9 - Crisis or Emergency
Page 10 - June Calendar of Events

Links/Resources

www.talk4healing.com
www.cmha.ca
www.beendigen.com
www.thunderbaypolice.ca
www.crimestoppers.ca
www.kidshelpphone.ca
www.tbsasa.org
www.fayepeterson.org
www.alphacourt.ca
www.tbrhsc.net

ARE YOU IN A CRISIS?

If you are experiencing a mental health or addictions related crisis:

- Contact your doctor.
- Go to the nearest hospital
- Call a crisis line
- Call 911 or Telehealth Ontario



PHONE LINES

Talk 4 Healing - 1 855 554 HEAL

CMHA Crisis Line - 1 888 269 3100

Beendigen Native Women's Crisis Home - (807) 346 HELP

Kids Help Phone - 1 800 668 6868

Child and Youth Crisis Support Line - 1 888 269 3100

Telehealth Ontario - 1 866 797 0000

June 2018						
◀ May						July ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 MENTAL HEALTH FIRST AID
3 MENTAL HEALTH FIRST AID	4	5	6	7	8 BBQ at Administration Office	9
10 BBQ + HIKE Silver Falls	11	12	13	14	15 POWWOW	16 POWWOW
17 POWWOW	18	19	20	21	22	23 FATHERS DAY FISHING TRIP Savanne River Resort
24	25	26 Medicine Wheel Teachings & Pizza Makng	27 Community Drum Night	28	29	30