

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

May 2020

We hope that everyone is doing well and staying safe! This past Easter was different for all of us with the social distancing measures put in place, due to the COVID-19 pandemic. We celebrated this holiday a little differently, and without services or family gatherings. We hope you were able to connect with your loved ones via phone or video calls.

With that being said, Mother's Day is just around the corner! Mother's Day is that special time of year when you get to celebrate your first best friend and the person you can always turn to when you need advice. Mother's Day is also a great time to show your love for all the other wonderful women in your life.

Celebrating Mother's Day During the COVID-19 Pandemic.



Usually, many of us make the journey home to give presents to our moms and attend family dinners/celebrations. Due to the pandemic, it's not possible to do that this year. This can bring on feelings of frustration, sadness and even guilt. At a time when we want the comfort of our families more than ever, it's difficult to accept that the best thing we can do is keep our distance from them. Here are some ways you can still celebrate Mother's Day!

Have Flowers Delivered

Most local florists are still open and will deliver. Surprise her with a bouquet of flowers.

Phone/Video Calls

Many of us don't live with our moms, and therefore won't be able to see them on their special day. Give your mom a phone call or schedule a video call with her. This will brighten her day. Better yet, schedule a video call with the whole family!

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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.

Celebrating Mother's Day During the COVID-19 Pandemic (Continued)

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Family Cleaning Day

Give mom some rest and time for herself. Get the rest of your household members to work together and clean the house from top to bottom. She will appreciate this greatly!

Home Made Cards

Show mom how much you love her by making her a home-made card. Home-made cards hold great sentimental value and are greatly appreciated! For card ideas, you can visit websites like: www.pinterest.com

Photo Collection

Gather memorable photos and create a slide show you can send to your mom. If you live with her, create a photo album. Recounting memories will bring back some amazing times spent together.

At Home Spa

If you live with your mom, turn your home into a resort style spa for the day. Boil water and add a few drops of eucalyptus essential oil for an at-home facial steam. Set out bath salts, a face mask and put on some nice music for your mom to enjoy. Give her a manicure/pedicure.

Breakfast in Bed & Clean Up Afterwards

Bring mom her favorite breakfast and let her relax in bed. Ensure you clean the kitchen afterwards so mom can enjoy her breakfast and not have to lift a finger afterwards. If you're celebrating away from your mom, now is the time to embrace technology. Set up a Facetime or Zoom Meeting and eat your breakfast together, apart.

No matter what you choose to do for Mother's Day, try your best to make her feel special. She will appreciate that more than anything!

CTRI

CRISIS & TRAUMA RESOURCE INSTITUTE

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If you are not
willing to learn,
no one can help you.

If you are
determined
to learn,
no one can
stop you.

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In response to the COVID-19 Pandemic, the Crisis & Trauma resource Institute has released several free on-line resources such as videos, webinars, audio exercises and much more. In addition, they are offering a free (\$119.00 value) on-line workshop titled "Anxiety - Practical Intervention Strategies. Details on this workshop can be found below. To view the other free resources offered by CTRI, please visit this link.

<https://ca.ctrinstitute.com/free-covid-19-resources/>

Anxiety - Practical Intervention Strategies



**Continuing Education
4.5 Credit Hours (CEU)**

Workshop Description

Anxiety represents our body's natural alarm system, signaling the possibility of danger. When this response rises too frequently or intensely and doesn't match actual situations of danger, it can interfere with life and cause great distress. While every person experiences anxiety, it is estimated that over a quarter of the population will experience anxiety at levels that cause distress in their lives. This workshop will explore when anxiety is adaptive and in order, compared to when it becomes disordered. Participants will learn practical and accessible strategies which can be applied to all ages, and help address the physical, emotional, cognitive, and social aspects of anxiety.

Trainer: Vicki Enns, MMFT, RMFT

To access the FREE workshop, please visit the following link: <https://ca.ctrinstitute.com/free-on-demand-workshop/>

Wellness Together Canada: Mental Health and Substance Use Support

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COVID-19 is a global public health challenge that has changed the daily lives of people around the world. During these difficult times, it is critical that Canadians be able to obtain credible information and access services to support their mental health and wellbeing.

The Ministry of Health has launched a new portal dedicated to mental wellness on-line called Wellness Together Canada. This new portal will connect Canadians to peer support workers, social workers, psychologists and other professionals for confidential chat sessions or phone calls and will make it easier to find credible information and help address mental health and substance use issues.

To access the Wellness Together Canada portal, please visit the following link:

<http://ca.portal.gs>

NEED IMMEDIATE SUPPORT?

If you are in a crisis or require immediate support, please choose from one of the crisis options below:



Youth: Text **WELLNESS** to 686868



Adults: Text **WELLNESS** to 741741

Accessing Food

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The need is great, and to preserve resources and to better allocate them to make sure that all our neighbors can access food, the RFDA has changed how hampers will be distributed during this time. To get a food hamper;

*****YOU MUST CALL 211 FOR PICKUP LOCATIONS*****

This way they can know how many people to expect at any drop off day, and can plan accordingly. The representatives will provide you with a pick-up time and location.

Utilize Grocery Delivery Services

To encourage social distancing measures, many grocery stores are now offering delivery services. You can make your orders on-line, pay by credit card, and your groceries will be delivered to your doorstep. The driver leaves the groceries on your doorstep and backs away, waiting to ensure you receive your order. It is a good idea to wipe down these items as you bring them in the house. The Real Canadian Superstore provides excellent delivery services at this time, at a very affordable cost. Utilize and support your favourite local grocery store. <https://delivery.realcanadiansuperstore.ca/>

Home Gardens: There has been a surge of interest in home gardening as a means of exercise, fresh air, and putting fresh food on the table. It's also a great way to relieve stress. You may want to consider taking up this rewarding activity that generates numerous health and financial benefits. Time to start planting

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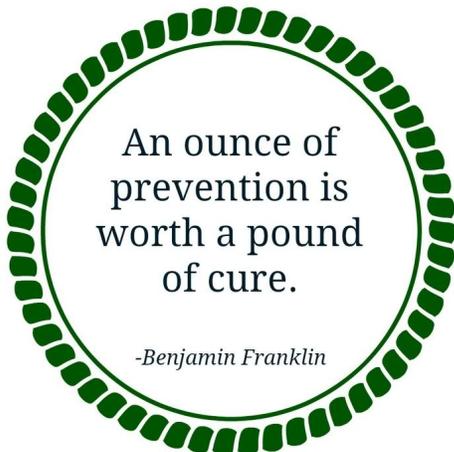
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~The Aboriginal Healthy Babies Healthy Children Program provides support to **26 Lac des Mille Lacs families with children 0-6 years of age**. Every month, clients are sent a newsletter with information pertaining to safety, health, events, and activities for young children, as well as a Walmart Gift Card to help with the costs associated with raising a little one. There is currently a wait list to get on the program.

~The Aboriginal Healthy Babies Healthy Children Program provides gift baskets for newborn community members. Please notify us of your little one's birth and we will be happy to send a gift basket.

~Throughout 2019 the Healing & Wellness Department coordinated 70 prevention-based activities/events for our Community. This number does not include events from other departments or larger community events such as Elders Gathering, Community Powwow, Afternoon With Santa, Annual Christmas Get-together Feast. Some of our largely attended events were:

March Break Mini Powwow	112 Participants
Community Easter Egg Hunt	132 Participants
Halloween Social	117 Participants

~Throughout 2019 the Family Well-being Program provided various training opportunities to the community.

Mental Health First Aid(MHFA)	22	Participants
Applied Suicide Intervention Skills Traing (ASIST)	23	Participants
Wilderness Advanced First Aid (Wafa)	5	Participants

***Please Note: Unfortunately, due to the COVID-19 Global Pandemic, community events for the next few months have been either cancelled or postponed. Stay Safe and Stay Healthy!**

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