

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

Nov/Dec 2020

Boozhoo everyone! We hope that you are all staying safe and continuing to take all precautions necessary to protect yourselves and those around you from the spread of the novel coronavirus. COVID-19 is a serious health threat, and the situation is evolving daily. The risk varies between and within communities, but given the number of cases in Canada, the risk to Canadians is considered high. Currently, the daily number of Covid-19 cases continues to rise across Canada. We all must do our part to help minimize the spread of the virus and flatten the curve. Remember to wash your hands often, wear a mask, stay a minimum of 6 feet away from others, take care of your health, minimize trips to the stores, and do not attend social gatherings.

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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.

Staying Healthy During Covid-19



During these challenging times, it is important to take care of your health to avoid getting sick. Luckily, there are many ways to keep your immune system strong! Here are our top five suggestions:

- ~ Engage in regular physical activity. This not only lowers the risk of chronic diseases, it also lowers the risk of respiratory illnesses.
- ~ Strengthen your immune system by eating a variety of nutritious foods. Follow the recommendations in Canada's Food Guide, consume more vegetables and fruits and limit highly processed foods.
- ~ Stay hydrated by drinking plenty of water and avoiding sugar-sweetened beverages.
- ~ Establish a regular sleep routine. Sufficient, good-quality sleep is key to keeping your immune system strong, and has proven mental health benefits.
- ~ Stay healthy by getting your flu shot!

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Christmas Tree Decorating Contest

We are pleased to announce we will be holding a Virtual Christmas Tree Decorating Contest to help get everyone in the Christmas spirit. With Covid-19 restrictions in place, we will not be able to gather for Christmas as we normally do. This contest is open to all Band and Community Members. There will be 10 participation draw prizes of \$100 Walmart Gift Cards. Winners will be announced in January 2021.



How to Enter

Simply decorate your Christmas tree and send a photo to Mike Ignace to enter the contest. (mignace@lacdesmillelacs.ca)

One photo per household.

Include names and ages of everyone in the household, as well as your contact information

Entries must be received by Christmas Day.

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COVID-19 Benefits & Services

Canada Recovery Sickness Benefit (CRSB)

The Canada Recovery Sickness Benefit (CRSB) gives income support to employed and self-employed individuals who are unable to work because they are sick or need to self-isolate due to COVID-19, or have an underlying health condition that puts them at greater risk of getting COVID-19. The CRSB is administered by the Canada Revenue Agency (CRA).

If you are eligible for the CRSB, you can receive \$500 (\$450 after taxes withheld) for a 1-week period.

If your situation continues past 1 week, you will need to apply again. You may apply up to a total of 2 weeks between September 27, 2020 and September 25, 2021. <https://www.canada.ca/en/revenue-agency/services/benefits/recovery-sickness-benefit.html>

Canada Recovery Caregiving Benefit (CRCB)

The Canada Recovery Caregiving Benefit (CRCB) gives income support to employed and self-employed individuals who are unable to work because they must care for their child under 12 years old or a family member who needs supervised care. This applies if their school, regular program or facility is closed or unavailable to them due to COVID-19, or because they are sick, self-isolating, or at risk of serious health complications due to COVID-19. The CRCB is administered by the Canada Revenue Agency (CRA).

If you are eligible for the CRCB, your household can receive \$500 (\$450 after taxes withheld) for each 1-week period.

If your situation continues past 1 week, you will need to apply again. You may apply up to a total of 26 weeks between September 27, 2020 and September 25, 2021. <https://www.canada.ca/en/revenue-agency/services/benefits/recovery-caregiving-benefit.html>

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Where to Access Food

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We have reached out to the Regional Food Distribution Association and have been assured that there is currently plenty of food to go around. If you are interested in obtaining a food hamper from the RFDA, **you must call 211 or visit www.211north.ca to register** and get your name on their lists. Upon registration, you will be matched with a convenient distribution location. Be prepared to encounter conventional food bank protocols; current COVID-19 safety measures, identification, proof of family members, habitation, and income source.



The Ontario Native Women's Association (ONWA) continues to respond and adapt to the unique needs of our communities through their Community Coordination Approach.

Part of this Approach includes a provincial initiative that delivers "Drop and GoBAGS" to support community members in their time of need, utilizing a physical distance approach. There are various themed GoBAGS available, each designed with a specific need in mind. GoBAGS themes include:

- ~Food
- ~Family
- ~Fresh Fridays
- ~Cleaning Kits
- ~Moontime
- ~Personal Protective Equipment
- ~Traditional Medicine



Request a GoBAG
INTERESTED IN RECEIVING A GoBAG?

Call ONWA's Centralized Intake at 807-623-3442 or
Toll Free at 1-800-667-0816

Please be advised that quantities may be limited. Request will be filled in the order received.

Summer Contests - Winners Announced

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Over the summer months, we held a number of online contests as a way to promote healthy at home lifestyles. All winners have been contacted and mailed their prizes. Please see below for a list of winners.

Summer Scavenger Hunt(Adult)

Participation Draw - Elissa Chung
Participation Draw - Layla Chicago-Warren
Participation Draw - Timothy Peters
Participation Draw - Louis Sawdo
Participation Draw - Jordan Milani

Summer Scavenger Hunt (Child)

Participation Draw - Jasper Ignace
Participation Draw - Nicolas Cyrette
Participation Draw - Natalie McGinnis
Participation Draw - Marek Chicago-Warren
Participation Draw - Kaius Lowder

Summer Scavenger Hunt (Any Age)

Participation Draw - Reid Aho
Participation Draw - Lucius Sawdo
Participation Draw - Phoebe Kemp
Participation Draw - Hope Milani
Participation Draw - Clarice Charlton

Summer Art Contest(Adult)

Grand Prize - Thomas Charlton
Participation Draw - Bruce Barber
Participation Draw - Dawn Aho
Participation Draw - John Sawdo
Participation Draw - Lucretia Chicago
Participation Draw - Shannon Hoos-Lyon

Summer Art Contest (Child)

Participation Draw - Kaius McDermid
Participation Draw - Zoey Lowder
Participation Draw - Riyah Kemp
Participation Draw - Willow Ignace
Participation Draw - Hunter Kreiger

Summer Art Contest (Any Age)

Participation Draw - Shyann May
Participation Draw - Kari Fugere
Participation Draw - Jasmine Swazey
Participation Draw - Lawrence Ignace
Participation Draw - Stephanie Bergman

We would like to thank everyone who submitted their art! All entries were beautiful representations of the summer season! Entries are available on the picture gallery of the community website www.lacadesmillelacsfirstnation.ca

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Artwork Callout - Native Women's Association of Canada

Help us showcase your creation!

Indigenous art takes many forms. Whether it's artwork, jewellery, a craft, an item that can be used as a gift, something for the home or a piece of clothing, if it's been handcrafted by an Indigenous woman or gender-diverse person in Canada, NWAC wants to see your work of art. We're looking for Indigenous art created by First Nations, Métis and Inuit women and gender-diverse artists for our new office, the Social and Cultural Innovation Centre. We are also looking for unique, one-of-a-kind creations to sell through our online store.



CALLING ALL JEWELLRY MAKERS!

NWAC is issuing a call-out to Indigenous women and gender-diverse people who are jewelry makers. We want to purchase your original jewelry for resale on our on-line boutique.

By purchasing wholesale, we hope to help emerging artists and craft makers establish - and grow - their audiences.

Please send photos and the price of your items to: nwacstore@nwac.ca

 Native Women's Association of Canada
L'Association des femmes autochtones du Canada



CALLING ALL MOCCASIN AND INDIGENOUS FOOTWEAR MAKERS!

NNWAC is issuing a call-out to Indigenous women and gender-diverse people who are moccasin and Indigenous footwear makers. We want to purchase your original footwear for resale on our on-line boutique.

By purchasing wholesale, we hope to help emerging artists and craft makers establish - and grow - their audiences.

Please send photos and the price of your items to: nwacstore@nwac.ca

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