

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

April 2021

Boozhoo everyone! We hope everyone enjoyed their Easter weekend, we understand that these times are hard and distancing ourselves from our loved ones, especially during the holidays, can be a challenge. We are now in the 3rd wave of the pandemic and everyone must remain diligent in combating the spread of the corona virus. It is important that we continue to follow all public health guidelines, even after being vaccinated.

CONTENTS

- Page 1 - Reduce the Spread
- Page 2 - COVID-19 Vaccine Fact Sheet
- Page 3 - Virtual Drum Night
- Page 4 - Youth Event
- Page 5 - Mental Health First Aid
- Page 6 - Support & Information Lines



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.

TAKE STEPS TO REDUCE THE SPREAD OF THE CORONAVIRUS DISEASE (COVID-19):



follow the advice of your **local public health authority**



wash your hands often with soap and water for at least 20 seconds



use an **alcohol-based hand sanitizer** containing at least 60% alcohol if soap and water are not available



try not to touch your eyes, nose or mouth



avoid close contact with people who are sick and practice physical distancing



cough and sneeze into your sleeve and not your hands



stay home as much as possible and if you need to leave the house practice **physical distancing** (approximately 2 m)

SYMPTOMS

Symptoms of COVID-19 can:

- ▶ take up to 14 days to appear after exposure to the virus
- ▶ be very mild or more serious
- ▶ vary from person to person

IF YOU HAVE SYMPTOMS



Isolate at home to avoid spreading illness to others.



Avoid visits with older adults, or those with medical conditions. They are at higher risk of developing serious illness.



Call ahead before you visit a health care professional or call your local public health authority.



If your symptoms get worse, contact your health care provider or public health authority right away and follow their instructions.

FOR INFORMATION ON COVID-19:

1-833-784-4397

canada.ca/coronavirus

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

April 2021

CONTENTS

- Page 1 - Reduce the Spread
- Page 2 - COVID-19 Vaccine Fact Sheet
- Page 3 - Virtual Drum Night
- Page 4 - Youth Event
- Page 5 - Mental Health First Aid
- Page 6 - Support & Information Lines

Mike Ignace

AHWS Coordinator

Phone: (807) 622-9835 Ext 231

mignace@lacdesmillelacs.ca

Kayla Milani

Family Well-being Worker

Phone: (807) 622-9835 Ext 259

kmilani@lacdesmillelacs.ca

COVID-19 vaccines: Get the facts

Once I receive both doses of the vaccine, can I stop wearing a mask and expand my social circle?

FACT: Even after being vaccinated, everyone must continue to follow public health measures, including minimizing in-person interactions with people from outside your immediate household, avoiding crowded places, wearing a mask, and washing your hands frequently for at least 20 seconds.

Will I develop side effects after receiving a COVID-19 vaccine?

FACT: Side effects can often be a sign of a healthy immune system building a defense to the virus. Side effects are generally non-serious and resolve on their own in a few days. Serious side effects, such as anaphylactic reactions, are rare and closely watched for. Talk to your healthcare provider if you have any concerns, or if your side effects are serious, worsen, or do not go away after a couple of days.

Is it better to wait to get the vaccine (or not get it at all) until we know for sure it's safe and effective?

FACT: All COVID-19 vaccines currently available in Canada have gone through clinical trials and been tested on tens of thousands of adult volunteers before being authorized for use. They were deemed to be safe and effective and have been licensed and authorized by Health Canada. The COVID-19 vaccines protect us against the novel coronavirus and are an important step to help us safely resume normal life.

Why are Indigenous adults among the first to be offered the vaccine in Canada?

FACT: Indigenous adults and communities are being prioritized for access to vaccines for a few reasons: they have significantly higher chances of having serious illness from COVID-19 than other Canadians; and they face higher risks for infection and serious illness, rooted in the history of colonialization and resulting systemic barriers, such as higher rates of chronic disease, reduced access to health care, and a lack of infrastructure (such as housing, water infrastructure, and medical services).

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19.

For more information, consult your healthcare provider, or visit Canada.ca/coronavirus



CONTENTS

- Page 1 - Reduce the Spread
- Page 2 - COVID-19 Vaccine Fact Sheet
- Page 3 - Virtual Drum Night
- Page 4 - Youth Event
- Page 5 - Mental Health First Aid
- Page 6 - Support & Information Lines

Virtual Community Drum Nights to Continue

We are please to announce that we will be extending the Virtual Community Drum Nights for an additional 5 week period. These evening sessions will run from 6:30-7:30 every Wednesday using a Zoom meeting space. Each week we will have a guest present to share teachings about drum, stories and songs. Many people have expressed that they miss the sound of the drum, so come on out and enjoy the healing sounds of Mother Earth's heartbeat.

- | | |
|--------------------------|----------------|
| Wednesday April 21, 2021 | • Todd Genno |
| Wednesday April 28, 2021 | • Nathan Moses |
| Wednesday May 5 2021 | • Ron Kantuski |
| Wednesday May 12 2021 | • Todd Genno |
| Wednesday May 19 2021 | • Nathan Moses |
| Wednesday May 26 2021 | • Todd Genno |

Mike Ignace

AHWS Coordinator
Phone:(807)622-9835 Ext 231
mignace@lacadesmillelacs.ca

Kayla Milani

Family Well-being Worker
Phone: (807)622-9835 Ext 259
kmilani@lacadesmillelacs.ca



To register for these sessions, please email Mike Ignace and each week you will be emailed an invite to the Zoom meeting space. Just click the link in your email at 6:30 PM on Wednesdays to join the session.

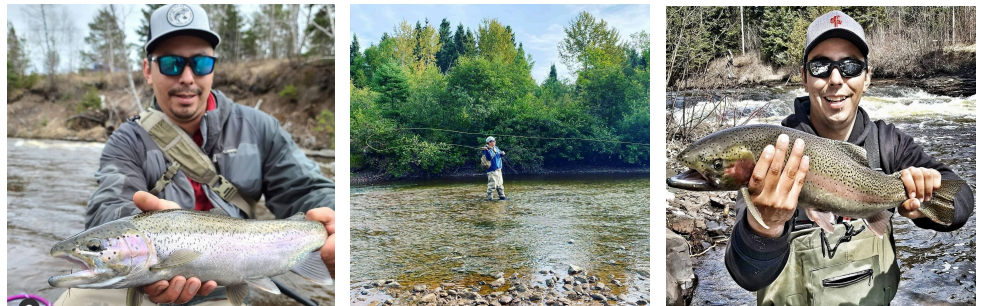
Lac des Mille Lacs First Nation Healing & Wellness Newsletter

April 2021

Fly Fishing for Beginners - Web Series

CONTENTS

- Page 1 - Reduce the Spread
- Page 2 - COVID-19 Vaccine Fact Sheet
- Page 3 - Virtual Drum Night
- Page 4 - Youth Event
- Page 5 - Mental Health First Aid
- Page 6 - Support & Information Lines



Are you a youth aged 13-29? Have you ever thought about taking up fly fishing? Well here is your chance. Join Mike Ignace on Zoom for a 4-part web Series on the basics of fly fishing. Participants who complete the 4-part series will receive a basic Fly Fishing Package.

This web series will provide with you all the basic knowledge required to learn how to fly fish. Fly fishing is an angling method that uses a light-weight lure—called an artificial fly—to catch fish. The fly is cast using a fly rod, reel, and specialized weighted line. The light weight requires casting techniques significantly different from other forms of casting. The flies may resemble natural invertebrates, bait fish, or other food organisms.

To register for this web series, please email **Mike Ignace by May 26, 2021**. Space is limited so register early! Once registered you will receive a confirmation email with links to all the zoom meetings. All meetings will be on **Wednesdays from 7:00-8:00 PM**

Session 1	June 9, 2021	Water Safety/PPE/River Etiquette
Session 2	June 16, 2021	Gear Selection & Basic Knots Fly
Session 3	June 23, 2021	Selections and Fly Tying Basics
Session 4	June 30, 2021	Casting and Fishing Techniques

***** All youth participants who complete the 4 sessions will receive a Fly Fishing Package. This package will contain a performance fly rod, an aluminum fly reel with fly line, backing and leaders pre-loaded. 12 hand tied flies in a waterproof fly box and a very durable travel case to hold everything.**

Mike Ignace

AHWS Coordinator

Phone:(807)622-9835 Ext 231

mignace@lacadesmillelacs.ca

Kayla Milani

Family Well-being Worker

Phone: (807)622-9835 Ext 259

kmilani@lacadesmillelacs.ca

CONTENTS

- Page 1 - Reduce the Spread
- Page 2 - COVID-19 Vaccine Fact Sheet
- Page 3 - Virtual Drum Night
- Page 4 - Youth Event
- Page 5 - Mental Health First Aid
- Page 6 - Support & Information Lines

Mike Ignace

AHWS Coordinator
Phone:(807)622-9835 Ext 231
mignace@lacadesmillelacs.ca

Kayla Milani

Family Well-being Worker
Phone: (807)622-9835 Ext 259
kmilani@lacadesmillelacs.ca

Mental Health First Aid Training

We are pleased to announce that we will be coordinating a 2-day Virtual Mental Health First Aid Course for the month of June. We are asking that interested participants sign up by May 31, 2021 to allow time for coordination. To sign up for this course, please email Mike Ignace at your earliest convenience.



One in three Canadians will experience a mental health problem at some point during their life. The earlier a problem is detected and treated, the better the outcome. Mental Health First Aid gives people the skills they need to provide that early help-- that is so important to recovery.

Mental Health First Aid (MHFA), is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

NEED A HELPLINE?

CONTENTS

- Page 1 - Reduce the Spread
- Page 2 - COVID-19 Vaccine Fact Sheet
- Page 3 - Virtual Drum Night
- Page 4 - Youth Event
- Page 5 - Mental Health First Aid
- Page 6 - Support & Information Lines

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

Support & Information Lines

- Kid's Help Phone - **1-888-668-6868**
- Operation Come Home - **1-800-668-4663**
- Missing Kids - **1-800-KID-TIPS**
- Assaulted Women's Helpline - **1-866-863-7868**
- Senior Safety Line - **1-866-299-1011**
- LGBT Youth Line - **1-800-268-9688**
- Talk 4 Healing - **1-855-554-HEAL**
- CMHA Crisis Line - **1-888-269-3100**
- Beendigen Native Women's Crisis Home - **(807) 346-HELP**
- Child and Youth Crisis Support Line - **1-888-269-3100**
- Telehealth Ontario - **1-866-797-0000**
- Ontario Problem Gambling Helpline - **1-888-230-3505**
- Drug & Alcohol Information Line - **1-800-565-8603**

If you are unsure of where to call, you can always give our Healing & Wellness Department a call and we will assist you in finding the help or information you are looking for.