

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

September/October 2023

Boozhoo everyone! The weather is starting to change and fall is quickly approaching! The children are back in school and this means that Halloween is coming up quick. We are excited to announce that we will be holding our Annual Halloween Social out at Gammondale Farm, it will be nice to see everyone come out for the family fun event! We will also be heading to Fort William Historical Park for the popular Haunted Fort Night, as well as holding a variety of virtual contests this month with the theme of Halloween. Make sure to enter your submissions for a chance to win! We will be delivering pumpkins and carving kits to families who register. Please see details on the following pages.

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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.

Important Public Health Alert: Blastomycosis

This illness can be fatal if not diagnosed and treated early.

What is Blastomycosis?

Blastomycosis is an infection caused by breathing in spores of the soil fungus *Blastomyces*. It usually begins as a lung infection. Symptoms typically take up to 3 months to develop, but may be present later. It is not spread person-to-person.

Where is it found?

The fungus that causes blastomycosis is found across Ontario, with the highest rate of infection in the north. It can grow in soil, or damp or rotting organic matter like wood or leaves. It is often found close to bodies of water, particularly in northwestern Ontario, around the shores of the Great Lakes, and along the St. Lawrence Seaway.

What are the case numbers in First Nation communities in Ontario?

The incidence of blastomycosis in Ontario may be increasing. Since 2018, over 76 cases of blastomycosis have been reported in First Nation communities in Ontario. These cases have been spread among 27 First Nations with most of these communities seeing only one case. However, an unusually large outbreak of blastomycosis was reported in a northeastern Ontario First Nation from late fall 2021 to early 2022. Approximately fifty people became sick, and five community members tragically lost their life to this illness. While large outbreaks are very rare, Indigenous Services Canada is committed to reducing the risks from blastomycosis infection by raising awareness and working with partners.

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Public Health Alert: Blastomycosis (Continued)

What should I do if I have symptoms?

Symptoms of blastomycosis may include: cough, chest pain, difficulty breathing, fever, night sweats, unexplained weight loss and extreme fatigue. Because blastomycosis usually starts in the lungs, it can be mistaken for a regular pneumonia/lung infection. A pneumonia/lung infection that doesn't get better with antibiotics may be due to other infections like blastomycosis. The best way to prevent severe blastomycosis or death, is by understanding your risk, knowing what the symptoms are, seeking medical care as early as possible, and prompt treatment. Symptoms can take up to three months or more to develop. Although most hospitalizations due to blastomycosis are seen in the late fall, suggesting people were exposed to *Blastomyces* in the spring or summer, it can be diagnosed any time of the year.

Public Health Measures

Because *Blastomyces* is a natural part of the environment, it cannot be eliminated. Soil testing is not recommended. Public Health tracks blastomycosis to identify areas where *Blastomyces* is present. Through this tracking, high risk areas can be identified and strategies to improve awareness among both residents and healthcare providers can be put into place to enable earlier diagnosis and treatment.

Personal Prevention Measures

The effectiveness of personal measures, such as masks, to prevent breathing in fungal spores is not known. However, in areas where *Blastomyces* is known to be present, the risk of infection may be reduced by not disturbing or digging up soil. This may be especially important for individuals who have medical conditions or on medicines that weaken their immune system.

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Halloween Costume Contest!

- ~ Four age categories ~
- ~ 5 winners per age category ~
- ~ Winners will receive a \$50.00 Walmart gift card ~



Age Categories

- ~ Ages 0-12 ~ Ages 13-17 ~ Ages 18-54 ~ Ages 55 and over ~

Contest Deadline - **Monday November 6, 2023**

To enter, dress up in your Halloween costume, snap a photo, send your photo to **Kayla Milani (kmilani@lacadesmillelacs.ca)**. In your email, please include your name, age and contact information. We look forward to seeing all of your awesome costumes!

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Pumpkin Carving Contest



Halloween is quickly approaching! It's time to start pulling out your decorations and start carving your pumpkins to add to your displays. We want to see your pumpkin carvings! All participants who send their photos will be entered into a participation draw. **There will be 10 participation prizes of \$50.00 Walmart Gift Cards for the first 10 names drawn.** One photo will be selected by a panel of judges for the **Grand Prize of \$150.00.** Please submit your photos to **Kayla Milani (kmilani@lacadesmillelacs.ca)** by **Monday November 6, 2023.**

Halloween Decoration Display Contest



We want to see your Halloween decoration display! Participants are asked to submit photos of their display if they wish to do so. All participants who send their photos will be entered into a participation draw. **There will be 10 participation prizes of \$50.00 Walmart Gift Cards for the first 10 names drawn.** One photo will be selected by a panel of judges for the **Grand Prize of \$150.00.** Please submit your photos to **Mike Ignace (mignace@lacadesmillelacs.ca)** by **Monday November 6, 2023.**

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Halloween Social at Gammondale Farm!

Date: Thursday October 26, 2023

Time: 5:00-8:00 PM

Location: Gammondale Farm



We are pleased to announce that we will be holding our Halloween Social at Gammondale Farm again this year! Come join us for this fun filled family event. The evening will consist of Halloween craft tables, horseback riding, visit to the animal farm, visit to the Boo Barn, hay rides, mazes and a whole lot of fun. Food and beverages will be served. Although not required, prizes will be awarded for best costumes.

Please contact **Kayla Milani** to register you and your family for this wonderful event. We hope to see you there!

Cold and flu season is upon us, please stay home if you are feeling ill. Masks are not mandatory for this event, but if you wish to wear one, please do. Hand sanitizer will be readily available.



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Pumpkin & Carving Kits Deliveries

We are pleased to announce we will be purchasing and delivering pumpkins for our members to carve from the comfort of their own home. Each family that registers will also receive a carving kit. We are asking families and individuals to contact **Kayla Milani** to register for your pumpkin delivery. Pumpkin deliveries will take place on **October 19 & 20**. Please be sure to register by **Monday October 16, 2023**.

To register your household, please send an email to Kayla, including the following:

- ~Names & ages of all participants wishing to receive a pumpkin
- ~Address & phone number for delivery



For the out of town families who wish to participate, you can submit receipts for reimbursement (one pumpkin per participant and one carving kit). Please submit receipts to Mike Ignace in order to be reimbursed. Please include the names and ages of participants as well as your address.

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Haunted Fort Night 2023



Date: Wednesday, October 25, 2023

Tour Start Times: 8:30-10:00 PM (Tours last roughly 1 hour)

For the Haunted Fort Night, Fort William Historical Park transforms from a fir trade post by day into a giant spook-house at night. The Halloween event takes visitors on eerie tours of dark, brooding Fort William where startling incidents begin to happen along the way. Visitors move from building to building encountering strange characters, where an unsettling ghostly storyline emerges. Frightening screams, piercing sounds, and unsettling bumps in the night abound. **Not recommended for children under the age of 12.**

"It seems that not all legends are lost to time. Sometimes legends are biding their time lurking in the shadows. To survive the encroaching darkness, you must evade the people of Williams Town who have been driven insane by the dark whispers coming from the shadows, all while confronting your own inner most demons. Only time will tell if you have the strength to stop a legend from becoming a reality once again..."

PLEASE NOTE: FWHP CANNOT ACCOMODATE LATE ARRIVALS, PLEASE ENSURE YOU ARRIVE 15 MINUTES EARLY!

If you and your family would like to attend this event, please contact **Mike Ignace - AHWS Coordinator** at your earliest convenience. Tickets are limited. **Participants must register by Wednesday October 4, 2023.** You will be contacted prior to October 11 with your tour time.

In recent years, we have had a number of participants register and not show up. If you cannot make it to the event, it is important to let us know as soon as possible so the tickets do not go to waste. Tickets are limited! Third party registrations will not be accepted.

VIRTUAL YOGA CLASSES

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Last year we held a series of Virtual Yoga Classes that were quite popular. We are pleased to announce that we will again be offering virtual yoga classes. We are planning on starting these classes right away in the new year. If you are interested in participating in these on-line classes, please contact **Kayla Milani** to register. You will be contacted with the start dates.

What are the health benefits of yoga?

Research suggests that yoga may:

- ~ Help improve general wellness by relieving stress, supporting good health habits, and improving mental/emotional health, sleep, and balance.
- ~ Relieve low-back pain and neck pain, and possibly pain from tension-type headaches and knee osteoarthritis.
- ~ Help people quit smoking.
- ~ Help people manage anxiety or depressive symptoms associated with difficult life situations.
- ~ Relieve menopause symptoms.
- ~ Help people with chronic diseases manage their symptoms and improve their quality of life.

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Synergy North - Financial Assistance

Synergy North has a variety of options to better manage your electricity costs. See below for details.

ONTARIO ELECTRICITY SUPPORT PROGRAM

The Ontario Electricity Support Program(OESO) helps reduce electricity for low-income households by providing a monthly on-bill credit. The amount of the credit will depend on how many people live in your house and your combined household income. You must apply to receive the credit. The program is administered by the Ontario Energy Board.

To apply, please call toll-free: 1-855-831-8151

ARREARS PROCESS

Has your account fallen behind? To avoid disconnection, it is important to contact Synergy North as soon as you receive a notice in the mail or receive a phone call from their office. Payment plans are an option for customers who have fallen behind. An Arrears Payment Plan will allow you to repay your previous debt over a period of time but current bills will need to be paid by their due date. Please contact the customer service department for more information or to see if you are eligible for an arrears payment plan. Please call: 1 (807) 343-1111

LOW INCOME CUSTOMERS

Special rules regarding arrears and help to pay your hydro bill apply if you deemed a "low income" customer. All information for who is deemed "low income" and the rules that apply can be found through the Ontario Energy Board Website. Please visit the link below.

<https://www.oeb.ca/consumer-information-and-protection/bill-assistance-programs/low-income-energy-assistance-program>

If you reside outside of Ontario, contact your energy provider or your provincial energy board for information on programs that may be of assistance to you.

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Health Connect Ontario

In 2022, The Ontario Government and Ontario Health launched a new tool that will allow Ontarians to call or chat online with a registered nurse and find the health care services and information they need all in one, easy-to-use website.

Health Connect Ontario will replace the former Telehealth Ontario, adding enhanced online tools and allowing individuals to call 811 or visit the website 24 hours a day, seven days a week to get health advice, help navigate health services and find information. This will help Ontarians avoid unnecessary visits to emergency departments and unneeded delays in accessing care, helping to preserve hospital capacity for when it is needed most so that the province can stay open.

Health Connect Ontario brings patients to a single source where they can easily:

- ~ Speak to or chat online with a registered nurse
- ~ Get help with finding a primary care provider if they don't have one
- ~ Get an initial assessment and health advice
- ~ Use a symptom assessment tool to understand their health concerns and how to access care
- ~ Get connected to mental health and addictions services
- ~ Find local health services, such as home and community care or caregiver support
- ~ Get connected to a specialized health professional if they have concerns about food and healthy eating, breastfeeding or how to quit smoking
- ~ Get general guidance through their health care journey

Health Connect Ontario and 811 are for non-urgent health care information, advice and referrals, and personal health information of people using the services is secure and protected at all times. This service will not replace 911, which should still be used for a medical emergency.

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Ojibwe Word List

Please find a list of words and phrases below, as well as links to other resources to assist you in learning the language. It is important to note that dialects differ from community to community and even from family to family.

- Aanakwad - Cloud
- Abwiy - Paddle
- Aki - Land/Earth/Moss/Country
- Akiimazina'igan - Map
- Anangoons - Stars
- Asin - Rock
- Bagwaanegamig - Tent
- Dibiki-giizis - Moon
- Giizis - Sun
- Ishkode - Fire
- Manoomin - Wild Rice
- Mishi - Firewood
- Waagaakwad - Axe
- Waasikwanenjigan - Flashlight
- Onadow - Mushroom
- Waawan - Egg
- Andawenjige - Hunts
- Andooshibe - Hunts Ducks
- Andomoozwe - Hunts Moose
- Bawa'am - Harvests Wild Rice

Here are a few links to assist you in learning the language:

<http://ojibwe.lib.umn.edu/about-ojibwe-language>

<http://www.native-languages.org/ojibwe.thm>

<http://nativetech.org/shinob/ojibwelanguage>