

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

October/November 2022

Boozhoo everyone! The days are becoming shorter, the air is cooler, the leaves have changed color and are beginning to fall, Halloween is just around the corner. We are excited to announce that we will be able to have our Halloween Social out at Gammondale Farm as it will be an outside event! We are also holding a variety of virtual contests this month with the theme of Halloween, so 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.

Contents

- Page 1 - Blastomycosis
- Page 2 - Blastomycosis (Con't)
- Page 3 - Halloween Contests
- Page 4 - Halloween Contests
- Page 5 - Halloween Social
- Page 6 - Pumpkins & Carving Kits
- Page 7 - Remembrance Day
- Page 8 - Virtual Yoga Classes
- Page 9 - Seasonal Affective Disorder



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.

Public Health Alert: Blastomycosis

What is Blastomycosis?

Blastomycosis is an infection caused by breathing in spores of the soil fungus *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, 62 cases of blastomycosis have been reported in First Nation communities in Ontario. These cases have been spread among 21 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.

Continued on next page...

Contents

- Page 1 - Blastomycosis
- Page 2 - Blastomycosis (Con't)
- Page 3 - Halloween Contests
- Page 4 - Halloween Contests
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Mike Ignace

AHWS Coordinator

Phone: (807)622-9835 Ext 231

mignace@lacadesmillelacs.ca

Kayla Milani

Family Wellbeing Worker

Phone: (807)622-9835 Ext 259

kmilani@lacadesmillelacs.ca

Public Health Alert: Blastomycosis (Continued)

How will I know if I have blastomycosis?

Symptoms of blastomycosis include:

- ~ A cough that won't go away
- ~ Difficulty breathing
- ~ Chest pain
- ~ Fever or night sweats
- ~ Unexplained weight loss
- ~ Extreme fatigue

Blastomycosis is treatable. Mild blastomycosis can often be treated at home. However, if left untreated, the infection can become more severe, require hospitalization or even cause death. About half of people who become infected have no signs of illness and do not need treatment to recover.

What should I do if I have symptoms?

The symptoms of blastomycosis may be confused with other health conditions. If you have any of the symptoms that are listed, even if you had them for a while, please see a health care provider as soon as possible and let them know that you are worried about blastomycosis.

Because blastomyces is a natural part of the environment, it cannot be eliminated. 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 at risk and healthcare providers can be put in place.

Early diagnosis and treatment is the best way to prevent serious harm or death.

Contents

- Page 1 - Blastomycosis
- Page 2 - Blastomycosis (Con't)
- Page 3 - Halloween Contests
- Page 4 - Halloween Contests
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HALLOWEEN CONTESTS

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 - **Thursday November 3, 2022**

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!

Contents

- Page 1 - Blastomycosis
- Page 2 - Blastomycosis (Con't)
- Page 3 - Halloween Contests
- Page 4 - Halloween Contests
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HALLOWEEN CONTESTS (Continued)

Pumpkin Carving Contest



Participants are asked to submit photos of their completed pumpkins 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 **Thursday November 3, 2022.**

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 **Thursday November 3, 2022.**

Contents

- Page 1 - Blastomycosis
- Page 2 - Blastomycosis (Con't)
- Page 3 - Halloween Contests
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Halloween Social at Gammondale Farm!

Date: Thursday October 20, 2022

Time: 5:00-9:00 PM

Location: Gammondale Farm



As we will be outside, we will be able to hold our Halloween Social at Gammondale Farm this year! Due to the COVID-19 pandemic it has been a couple of years since we have been able to have this family favorite event.

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 **Mike Ignace - AHWS Coordinator** to register you and your family for this wonderful event.

~ It is currently cold and flu season, 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 ~

Contents

- Page 1 - Blastomycosis
- Page 2 - Blastomycosis (Con't)
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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 24th, and 25th so please register by 3:00 PM on October 21st to allow time for coordination of deliveries.**

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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Remembrance Day - November 11, 2022



CEREMONIES TYPICALLY HELD IN THUNDER BAY

Fort William First Nation Remembrance Day Ceremony

Location: Mount McKay Cenotaph

Waverly Park Ceremony

Location: Waverly Park Cenotaph (349 Waverly St.)

Fort William Gardens Ceremony

Location: Fort William Gardens (901 Miles St.)

Our First Nation lays 2 wreaths at the Mount McKay Cenotaph and participates in the ceremony at that location.

We will announce the time and locations of the local ceremonies on our community website when that information becomes available.

VIRTUAL YOGA CLASSES

Contents

- Page 1 - Blastomycosis
- Page 2 - Blastomycosis (Con't)
- Page 3 - Halloween Contests
- Page 4 - Halloween Contests
- Page 5 - Halloween Social
- Page 6 - Pumpkins & Carving Kits
- Page 7 - Remembrance Day
- Page 8 - Virtual Yoga Classes
- Page 9 - Seasonal Affective Disorder



We are pleased to announce that we will offering virtual yoga classes in the near future. If you are interested in participating in these on-line classes, please contact **Kayla Milani** to register. We are planning on starting these classes right away in the new year. We will provide each participant with their own yoga mat for these classes.

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 who wish to lose weight
- ~ Help people quit smoking.
- ~ Help people manage anxiety.
- ~ Relieve menopause symptoms.
- ~ Help people with chronic diseases manage their symptoms and improve their quality of life.

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SEASONAL AFFECTIVE DISORDER

Contents

- Page 1 - Blastomycosis
- Page 2 - Blastomycosis (Con't)
- Page 3 - Halloween Contests
- Page 4 - Halloween Contests
- Page 5 - Halloween Social
- Page 6 - Pumpkins & Carving Kits
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Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. Less often, SAD causes depression in the spring or early summer.

SIGNS AND SYMPTOMS

In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer. Less commonly, people with the opposite pattern have symptoms that begin in spring or summer. In either case, symptoms may start out mild and become more severe as the season progresses. Signs and symptoms of SAD may include:

Feeling depressed most of the day, nearly every day

Losing interest in activities you once enjoyed

Having low energy

Having problems with sleeping

Experiencing changes in your appetite or weight

Feeling sluggish or agitated

Having difficulty concentrating

Feeling hopeless, worthless or guilty

Having frequent thoughts of death or suicide

WHEN TO SEE A DOCTOR

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't get motivated to do activities you normally enjoy, see your doctor. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or may have thoughts about suicide.