

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

March 2021

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. Although vaccines have begun to be administered in Canada, it will be a while before everyone can receive their vaccinations. It is important that we continue to follow all public health guidelines to slow the spread of the virus. Canada Revenue Agency has released the "Covid-19 Benefits Finder" and "CRA and Covid-19 Benefits, Credits, and Financial Support" web pages to assist with finding financial support. Please visit the links below.

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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.

The Covid-19 Benefits Finder

<https://www.canada.ca/en/services/benefits/covid19-emergency-benefits.html>

The Covid-19 Benefits Finder is a tool that can help Canadians and businesses facing hardship as a result of the global COVID-19 outbreak, such as: rent and mortgage support for qualifying organizations affected by COVID-19. The tool is used to assist in finding financial support and services for individuals, businesses, and industries affected by the COVID-19 outbreak.

CRA and COVID-19 Benefits, Credits, and Financial Support

<https://www.canada.ca/en/revenue-agency/campaigns/covid-19-update/covid-19-benefits-credits-support-payments.html>

The Canada Revenue Agency (CRA) has announced three (3) NEW Income Support Measures for Canadians who are NOT eligible for Employment Insurance (EI) and are unable to work due to Covid-19. To qualify for these temporary measures you must: (1) be a resident of Canada, (2) be at least 15 years old, and, (3) have a valid Social Insurance Number.

CRA Outreach Support Centre

1-877-355-2657

TTY: 1-833-719-2657

If you do not have internet access, or require help accessing Service Canada's benefits and services, please call the number above to speak with a representative.

Representatives are available to assist from 8:30 am to 4:00 pm Monday to Friday

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Ontario - Supports for People

Learn what financial support is available in addition to Employment Insurance and other relief from the federal government's COVID-19 Economic Response Plan during COVID-19.

Please visit the following link:

<https://www.ontario.ca/page/covid-19-support-people>

Financial Help for Basic Needs

If you are in a crisis or emergency situation, need help paying for food and housing, and are not already on Ontario Works or Ontario Disability Support Program (ODSP), you can apply for COVID-19 emergency assistance.

You can obtain more information and apply at the following link.

<https://www.ontario.ca/page/apply-emergency-assistance>

Help For Electricity Bills - Low-income Energy Assistance Program (LEAP)

Through LEAP, low-income customers who are in arrears and may be facing disconnection can get direct support to pay bills and ensure electricity and natural gas services are not disconnected.

If you are behind on your bill and may face having your service disconnected, you could qualify for up to:

\$500 for electricity bills (\$600 if your home is heated electrically)

\$500 for natural gas bills

Contact your electricity and/or natural gas utility to apply.

COVID-19 - Energy Assistance Program (CEAP)

Ontario is providing \$9 million to help residential customers who are struggling to pay their energy bills as a result of COVID-19. Starting in January 2021, available credit amounts increased and more families became eligible to access funding.

Residential customers may be eligible for up to \$750 towards their overdue electricity and natural gas bills.

Contact your electricity and/or natural gas utility to apply.



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Kayla Milani

Family Well-being Worker

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Ontario - Supports for People (cont)

Support for seniors and people with disabilities (PWD)

Ontario community support program

If you are a low-income senior or a person with a disability (PWD) in need, such as those in supportive housing environments or community-based independent living programs, you can get:

- ~Paid or subsidized delivery of meals
- ~Delivery of medicine and other necessities

Covid-19 Community Support - <https://www.ontariocommunitysupport.ca>

If you can't request service using the internet, or you require service in a language other than English or French, call:

211 on any phone
Toll-free: 1-877-330-3213
Toll-free TTY: 1-888-340-1001

Ontario Caregiver Helpline

Provides caregivers with a one-stop resource for information and support, including a 24/7 helpline.

Call 1-833-416-2273

Covid-19 Community Support Association

Helping isolated, low-income seniors and people with disabilities and chronic medical conditions across Ontario get meals, groceries, medicine and other essentials to stay safe at home during COVID-19. OCSA is working with Meals on Wheels organizations and other partners across the province to deliver the following services to vulnerable seniors without family or community support.

Meals on Wheels - Delivery of nutritious meals accompanied by a safety check
Essential Supplies - Delivery of supplies such as groceries or medication

For more information, please visit:

<https://www.ontariocommunitysupport.ca/#ServicesAvailable>

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Virtual Community Drum Nights

We are pleased to announce that we will be holding Virtual Community Drum Nights for a 5 week period beginning March 24, 2021. 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 March 24, 2021	-	Nathan Moses
Wednesday March 31, 2021	-	Todd Genno
Wednesday April 7, 2021	-	Ron Kanutski
Wednesday April 14, 2021	-	Nathan Moses
Wednesday April 21, 2021	-	Todd Genno

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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.

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Spring Art Contest

We are holding a Spring Artwork Contest to promote healthy lifestyles at home. This contest will have 4 age categories and is open to all Band and Community Members. The theme of the contest will be "Spring"

Children's Category	0-12 Years
Youth Category	13-17 Years
Adult	18-54 Years
Elder	55+

Interested children and youth are being asked to draw, paint or color a picture of what spring means to you. Take a photo of your finished product and email it to Mike Ignace with the required information. All children and youth who submit an entry will be entered into a participation draw. **Participation Draws (for each / all categories) will be as follows:**

1st Name Drawn	\$50.00 Walmart Gift Card
2nd Name Drawn	\$50.00 Walmart Gift Card
3rd Name Drawn	\$50.00 Walmart Gift Card
4th Name Drawn	\$50.00 Walmart Gift Card

Adults and Elders are asked to submit one original scenic photograph that captures "Spring". Please email your photograph to Mike Ignace along with the required information. All participants who enter the contest will be entered into a participation draw. Prizes are as above but will include a: **Grand Prize (Adult & Elders Categories) - \$250.00 in Walmart Gift Cards**

RULES

We will only accept one submission per participant. All drawings, paintings, colorings, and photos must be originals and must be deemed appropriate. The theme is "Spring". Late submissions will not be accepted. Photos may be edited but must maintain a natural appearance.

SUBMITTING YOUR ARTWORK

Submit artwork to: mignace@lacadesmillelacs.ca

Include in your email: Participant Name, Age, Address, Contact Information

Deadline: Friday April 16, 2021

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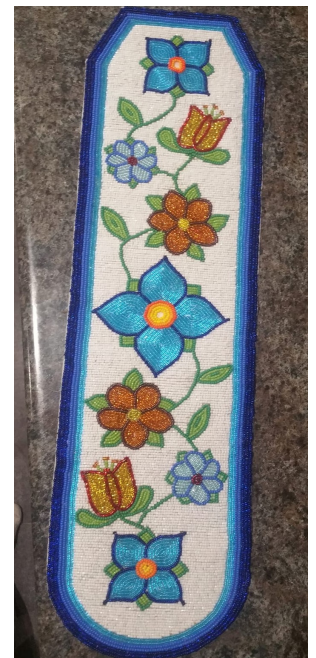
Family Well-being Worker

Phone: (807)622-9835 Ext 259

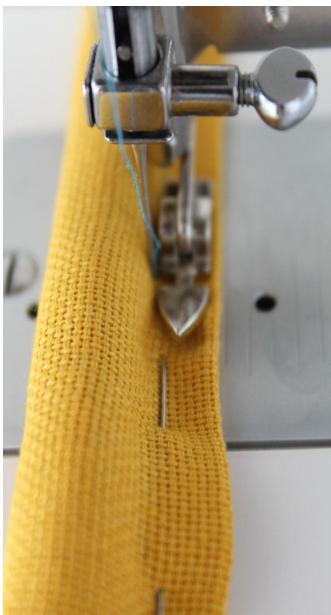
kmilani@lacdesmillelacs.ca

Beading Challenge

Our community has some very talented beaders and we would like to showcase your work on our community website. The Beading Challenge is open to all band and community members of Lac des Mille Lacs First Nation who are 13 years of age or older. To enter, design and complete a new beading project. Email a picture of your beading project to **Kayla Milani by Friday April 16, 2021** for a chance to win one of 5 participation prizes. Names of all participants will be entered into a participation draw and **5 names will be drawn for prizes of \$100.00 PC Gift Cards**. When submitting your artwork, please include your full name, age, and contact information.



Sewing Challenge



The Sewing Challenge is open to all band and community members of Lac des Mille Lacs First Nation who are 13 years of age or older. To enter, design and complete a new sewing project. Projects ideas include but not limited to blankets, regalia, moccasins, etc. Email a picture of your sewing project to **Kayla Milani by Friday April 16, 2021** for a chance to win one of 5 participation prizes. Names of all participants will be entered into a participation draw and **5 names will be drawn for prizes of \$100.00 PC Gift Cards**. When submitting your artwork, please include your full name, age, and contact information.

Contests - Winners Announced

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

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Pumpkin Carving Contest

Grand Prize- Kari Fugere
Aria Sous
Bruce Barber
Harlee Nephin
Hunter Krieger
Jasper Ignace
Josh Krieger
Kiaus McDermid
Kenny Kuurila
Reid Aho
Zoey Lowder

Halloween Costume Contest

Ember Ignace
Indy Ajayi
Jax Childs
Marcel Chicago-Warren
Hope Nephin
Josh Olsen
Kurt Murphy
Tyler Tenniscoe
Lindsay Whalen
Chantal Drappo
Barb Osadec
Victoria Barber

Calendar Contest

Dawn Aho
Sarah Scherer
Stacy McDermid
Shannon Lyon
Jordan Milani
Dylan Billey
Stacey Miller
Danika DeRoy
John Sawdo
Layla Billey
Erik Halvorsen
Laura Ewing

Christmas Tree Contest

Victoria Barber
Theresa Shebobman
Tamara Schooley
Stacy McDermid
Shyann May
Melissa Nevela
Keith Swazey
Jason Susin
Jasmine Swazey
Jackie Peters
Emilien Deroy

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We would like to thank everyone who submitted their art for these contests! All entries were wonderful. Entries can be viewed on the picture gallery of the community website www.lacadesmillelacsfirstnation.ca

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WHERE TO GET FOOD IN THUNDER BAY

Food Banks – Northward

Gathering Table Food Cupboard

228 Pearl Street, 345-6898

- Second and fourth Sunday of the month, 11:30am - 12:15pm

Thunder Bay Indigenous Friendship Centre

401 Cumberland Street North, 345-5840

- Third Tuesday of the month, 1:30 - 3:30pm
- By appointment only

Elevate NWO

102-106 - Cumberland St N, 345-1516

- For active clients, phone for details
- Available every Wednesday

Current River Churches Food Cupboard

361 Hodder Ave, Unit C, 344-3391

- Every second Tuesday 8:30 - 11:30am
- Register via 211

Salvation Army Food Bank

545 North Cumberland Street, 345-7319

- Every Thursday, 11:00am – 2:00pm
- Register via 211

Affordable Fresh Produce

Good Food Box via Northwestern

Ontario Women's Centre

73 N. Cumberland St. #101, 345 - 7802

- A monthly program for people who want to buy quality, fresh produce at a lower price than the grocery store, delivered to their neighborhood.

- Order Deadlines & Pick-Up Dates 2021:

Mar: Order by Mar 15th, P/U 24th

Community Food Market via Roots to

Harvest & NorWest CHC

Held @ Limbrick Resource Center, 97

Limbrick Place, 285 0189

- Every Tuesday from 1:00 - 4:00pm
- Fruits & vegetables at wholesale cost
- NorWest CHC has offered some clients "greens prescriptions" for food purchases at the market; call NorWest's Registered Dietitian 626 8484.

For more information

Call 211

Pamphlet created January 2021 by
Thunder Bay & Area Food Strategy

Additional Food Banks

Students

Lakehead University Food Bank

955 Oliver Road, UC-2014B, 343-8850

foodbank@lusu.ca

- Email to schedule a pick-up on Wednesday or Friday, 2:00 – 3:00pm
- Lakehead University students only; allowed one package per week

Confederation College Food Bank, SUCCI Office

Shuniah Rm 160, 475-6226

- Call or register online for pick up Monday to Friday, 11:00am - 3:00pm
- Confederation College students only

Rural

Rural Cupboard Food Bank

19 Holland Rd, Conmee Community Complex, 285-0836

- For rural residents outside of Thunder Bay west to Upsala and South to Pigeon River only
- Must show I.D. of each family member, social insurance number, and verification of address
- Open every third Wednesday 9:00 – 11:00am

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Free Daily Meals

Southward

Shelter House Soup Kitchen

420 George Street, 623-8182

- Breakfast, lunch and dinner served daily to clients
- Daily take-out lunch 1:30 - 2:30pm and dinner 7:00 - 8:00pm available to the public

Salvation Army Soup Van

- Dinner meal provided daily @ Minnesota Park 6:00 – 6:30pm

Grace Place

235 Simpson Street, 473-3538

- Meals for shelter residents only

Hope for Change Community Group

- Provides weekend snacks, soup, etc.
- Saturday's 3:00 – 5:00pm @ Blake Funeral Home

Northward

St. Andrew's Dew Drop Inn

292 Red River Road, 345-0481

- Open to the public daily
- Take home lunch 9:00am – 3:30pm
- Hot meal 12:30 – 3:30pm

Free Daily Meals

Northward (cont'd)

Salvation Army Soup Van

- Dinner meal provided daily @ Wilson Park 7:00 – 7:30pm

Urban Abbey/The Habit

308 Red River Rd, 633 3052

- Open to the public
- Lunch Monday to Friday 12:30pm
- Dinner Saturday 5:30pm

Hope for Change Community Group

- Provides weekend snacks, soup, etc.
- Sunday's 3:00 – 5:00pm @ Parking Lot across On Deck

Food Banks - Southward

Thunder Bay Food Bank

129 Miles Street East, 626-9231

- Every second Friday 9:00 - 11:00am
- Register via 211

Family Giving Centre @ St. Thomas Anglican Church

1400 South Edward Street, 623-3608

- Every second Friday 10:00 - 11:30am
- Register via 211

Food Banks – Southward (cont'd)

Redwood Park Food Bank @ New Hope Church

532 North Edward St West, 577-3463

- First & third Thursday 12:30 -2:30pm
- Register via 211

The Losier Centre @ Thunder Bay Methodist Church

920 Sprague Street 622-7686

- Emergency food available from the storage container (just off Christina)

The Gathering Place

239 Amelia Street West, 623-8184

- Every second Tuesday 10:00am - 1:00pm
- Register via 211

PACE

510 Victoria Ave. E., 343-4760

- Emergency food hampers available
- Contact for more info.

St. Agnes - St. Vincent de Paul Society

1019 Brown Street, 475-7489

- Every second Friday 9:00 – 10:30am
- Register via 211