

# Lac des Mille Lacs First Nation Healing & Wellness

# Newsletter

November 2018

From the Halloween Pumpkin Carving Party and Halloween Social at Gammondale Farm to the ever so scary Haunted Fort Night Tours, the month of October was filled with opportunities to get out with the family and enjoy fun-filled, family-friendly events. Below you will find pictures from some of the October events. Please see the following pages for details on upcoming events. We would like to remind everyone to call ahead and register for any events they wish to attend so we can make sure we have enough refreshments and materials on hand. If you have registered for an event but cannot attend, please call and let us know.

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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.



## UPCOMING EVENTS

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If you are interested in attending any of these events, please contact:

#### Mike Ignace

AHWS Coordinator

Phone: (807)622-9835 Ext 231

m.ignace@tbaytel.net

#### Ernie May

Family Well-being Worker

Phone: (807)622-9835 Ext 257

erniemay@tbaytel.net

### Community Bowling



**Date:** Sunday November 18, 2018

**Time:** 12:00-2:00 PM

**Location:** Mario's Bowl (Thunder Bay)

Come join us for a fun-filled afternoon of bowling with the Community. Pizza and beverages will be served, while you enjoy two hours of all you can bowl. Please contact **Ernie May - Family Well-being Worker** to register for this event.

### Community Drum Night

We would like to remind everyone that the Healing & Wellness Department has partnered with Kanachihih Treatment Centre and will be offering regular drum teaching workshops. These sessions will include teachings about the drum, learning songs and their meanings, and a whole lot of practice!



Our next scheduled drum teaching workshops are scheduled for:

**Wednesday November 14, 2018 6:00-9:00 PM**

**Wednesday November 28, 2018 6:00-9:00 PM**

If you are interested in attending, please contact **Ernie May - Family Well-being Worker**

## REMEMBRANCE DAY 2018

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REMEMBRANCE  
DAY



On Remembrance Day we remember and honour those who have fought to defend our freedoms. Chi Miigwetch for your sacrifice. You will never be forgotten.

### CEREMONIES IN THUNDER BAY

#### Fort William First Nation Remembrance Day Ceremony

Location: Mount McKay Cenotaph

Date: November 11, 2018

Time: 10:20 A.M.

#### Waverly Park Ceremony

Location: Waverly Park Cenotaph (349 Waverly St.)

Date: November 11, 2018

Time: 10:20 A.M.

#### Fort William Gardens Ceremony

Location: Fort William Gardens (901 Miles St.)

Date: November 11, 2018

Time: 10:20 AM

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

## SEASONAL AFFECTIVE DISORDER

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### Links/Resources

[www.mayoclinic.org](http://www.mayoclinic.org)  
[www.cmha.ca](http://www.cmha.ca)  
[www.mooddisorders.ca](http://www.mooddisorders.ca)  
[www.tbdhu.com](http://www.tbdhu.com)  
[www.tbrhsc.net](http://www.tbrhsc.net)  
[www.healthsciencesscentre.ca](http://www.healthsciencesscentre.ca)  
[www.oafc.on.ca](http://www.oafc.on.ca)

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.

## SMOKE ALARM SAFETY

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### Links/Resources

[www.gosafety.ca](http://www.gosafety.ca)  
[www.canadianfiresafety.com](http://www.canadianfiresafety.com)  
[www.superior-safety.ca](http://www.superior-safety.ca)  
[www.firesafety.ca](http://www.firesafety.ca)  
[www.tbpffa.com](http://www.tbpffa.com)



*Working*  
**SMOKE ALARMS  
SAVE LIVES**

**Change Your Clock, Change Your Battery**

*"Dedicated To Life Safety"*

Smoke alarms are required on every level of your home and outside all sleeping areas, it's the law. Thunder Bay Fire Rescue also strongly recommends installing smoke alarms inside sleeping areas. Only a working smoke alarm can provide you with the early warning needed to safely escape a fire.

Test your smoke alarms every month.

Replace the batteries in your smoke alarms at least once a year. A good time to remember to do this is when we switch our time back one hour in the fall!

Replace all smoke alarms  
(hardwired and battery operated) every 10 years.

Clean your smoke alarms with a  
soft bristle attachment from your vacuum.

Remember that only working smoke alarms  
can save your life!

## NEED A HELPLINE?

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### Links/Resources

[www.talk4healing.com](http://www.talk4healing.com)  
[www.cmha.ca](http://www.cmha.ca)  
[www.beendigen.com](http://www.beendigen.com)  
[www.thunderbaypolice.ca](http://www.thunderbaypolice.ca)  
[www.crimestoppers.ca](http://www.crimestoppers.ca)  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)  
[www.tbsasa.org](http://www.tbsasa.org)  
[www.fayepeterson.org](http://www.fayepeterson.org)  
[www.alphacourt.ca](http://www.alphacourt.ca)  
[www.tbrhsc.net](http://www.tbrhsc.net)

### Support & Information Lines

Kids Help Phone - [1-888-668-6868](tel:1-888-668-6868)

Operation Come Home - [1-800-668-4663](tel:1-800-668-4663)

Missing Kids - [1-800-KID-TIPS](tel:1-800-KID-TIPS)

Assaulted Women's Helpline - [1-866-863-7868](tel:1-866-863-7868)

Senior Safety Line - [1-866-299-1011](tel:1-866-299-1011)

LGBT Youth Line - [1-800-268-9688](tel:1-800-268-9688)

Talk 4 Healing - [1-855-554-HEAL](tel:1-855-554-HEAL)

CMHA Crisis Line - [1-888-269-3100](tel:1-888-269-3100)

Beendigen Native Women's Crisis Home - [\(807\) 346-HELP](tel:807-346-HELP)

Child and Youth Crisis Support Line - [1-888-269-3100](tel:1-888-269-3100)

Telehealth Ontario - [1-866-797-0000](tel:1-866-797-0000)

Ontario Problem Gambling Helpline - [1-888-230-3505](tel:1-888-230-3505)

Drug & Alcohol Information Line - [1-800-565-8603](tel: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.

## November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Sewing Spirits 6:00-9:00 PM	2	3
4	5	6	7	8 Sewing Spirits 6:00-9:00 PM	9	10
11 Remembrance Day	12	13	14 Community Drum Night 6:00-9:00 PM	15 Sewing Spirits 6:00-9:00 PM	16	17
18 Community Bowling 12:00-2:00 PM	19	20	21	22 Sewing Spirits 6:00-9:00 PM	23	24
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