

Boozhoo everyone! We hope you are all doing well and are ready to start enjoying the warming temperatures, lengthening days, and the Spring sunshine that we have all missed dearly. Easter is just around the corner! All children aged 0-12 have been mailed a gift for Easter this year. *****Note: If it has not arrived, please be patient as sometimes the mail can be delayed. It is important to notify the administration office of any births and address changes so we can update our files and ensure that everyone is included.**

On the following pages, please find information on a Spring Photo Contest, Beaded Lanyard Demonstration, Spring Art Contest, Bowling Passes, Yoga Program, Home Maintenance Tips, Homeowner Grants/Rebates/Credits, Addictions & Youth Virtual Workshop, Mental Health Supports, and our Ojibwe Word List.

Contents

- Page 1 - Spring Photo Contest
- Page 2 - Beaded Lanyard Demonstration
- Page 3 - Spring Art Contest
- Page 4 - Bowling / Yoga
- Page 5 - Home Maintenance Tips
- Page 6 - ShowMeTheGreen.ca
- Page 7 - ShowMeTheGreen.ca
- Page 8 - Workshop - Addictions & Youth
- Page 9 - Mental Health Support
- Page 10 - Ojibwe Word List



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.

Spring Photo Contest



Open to all Band and Community Members aged 16+

The snow is melting and Spring is on its way. The sun shines brighter, the days get longer and the weather gets warmer each day. Surrounding yourself with nature can be beneficial to your mental health, help you lower stress, improve attention and lift your mood. Next time you are out enjoying the great outdoors, bring along your phone or camera and capture a photo of your favorite spring sightings.

How to enter

- ~ Take a picture that captures the season of "Spring".
- ~ Send your picture to Kayla Milani (kmilani@lacdesmillelacs.ca)
- ~ Include a brief description of your image
- ~ Include your name, and address.
- ~ Deadline for submissions is **Wednesday May 31, 2023**

Prizes will be awarded through a participation draw. All participants will be entered into the draw and 10 names will be drawn to receive prizes of \$50.00 Walmart Gift Cards.

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

April 2023

Contents

- Page 1 - Spring Photo Contest
- Page 2 - Beaded Lanyard Demonstration
- Page 3 - Spring Art Contest
- Page 4 - Bowling / Yoga
- Page 5 - Home Maintenance Tips
- Page 6 - ShowMeTheGreen.ca
- Page 7 - ShowMeTheGreen.ca
- Page 8 - Workshop - Addictions & Youth
- Page 9 - Mental Health Support
- Page 10 - Ojibwe Word List

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

Peyote Stitch Beaded Lanyard Virtual Demonstration

Door Prize Draws!!!



Have you ever wondered how to craft a beaded lanyard? Join us for a virtual demonstration by Barb Osadec showing how she creates these beautiful works of art using the peyote stitch. The presentation will cover how to plan, start and complete your very own beaded lanyard. Following the demonstration, we will be drawing 3 names at random from the attendance list to receive one of three beaded lanyards.

Date: Wednesday April 26, 2023

Time: 7:00 PM (EST)

Door Prizes: 3 x Beaded Lanyards

To register for this virtual presentation, please email Mike Ignace. Once registered, you will be emailed the link to participate in the Zoom presentation.

Contents

- Page 1 - Spring Photo Contest
- Page 2 - Beaded Lanyard Demonstration
- Page 3 - Spring Art Contest
- Page 4 - Bowling / Yoga
- Page 5 - Home Maintenance Tips
- Page 6 - ShowMeTheGreen.ca
- Page 7 - ShowMeTheGreen.ca
- Page 8 - Workshop - Addictions & Youth
- Page 9 - Mental Health Support
- Page 10 - Ojibwe Word List

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

Spring Art Contest



The Family Well-being Program is holding a Children's Spring Artwork Contest! This contest will be open to all Band & Community Members 0-15 years of age. There will be 3 age categories. Five names from each age category will be drawn to receive \$50.00 Walmart Gift Cards. The theme of this contest is "Spring".

Age categories are as follows:

0-4 Years old

5-9 Years old

10-15 Years old

Interested children and youth are being asked to draw, paint, sculpt or color a picture of what the season of Spring means to you. Take a photo of your finished product and email it to Kayla Milani with the required information.

SUBMITTING YOUR ARTWORK

Submit artwork to: kmilani@lacadesmillelacs.ca

Include participant's name age and address.

Deadline: **Friday May 26, 2023**

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

April 2023

Contents

- Page 1 - Spring Photo Contest
- Page 2 - Beaded Lanyard Demonstration
- Page 3 - Spring Art Contest
- Page 4 - Bowling / Yoga
- Page 5 - Home Maintenance Tips
- Page 6 - ShowMeTheGreen.ca
- Page 7 - ShowMeTheGreen.ca
- Page 8 - Workshop - Addictions & Youth
- Page 9 - Mental Health Support
- Page 10 - Ojibwe Word List

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

Mario's Bowl Passes



We are pleased to announce that we will be providing members with "2-Hour All You Can Bowl" passes to Mario's Bowl through the Community Wellness Worker Program. **Please contact Mike Ignace to register for your tickets.** There will be a limit of 1 ticket per person. When registering, please have the names of all participants. We will be distributing these passes in the first week of May. **Please register by April 28, 2023**

Virtual Yoga Program Extended

In January, we announced we were starting an 8 week virtual yoga program where participants could follow along from the comfort of their own home. We are pleased to announce that the program has become quite popular and we will be extending it an additional 6 weeks.

If you are interested in joining these sessions, please contact Kayla Milani at your earliest convenience. The link to the zoom meeting space will be emailed to you.

Scheduled Sessions (7:00 PM EST)

Thursday April 6, 2023

Thursday April 13, 2023

Thursday May 4, 2023

Thursday May 11, 2023

Thursday May 18, 2023

Thursday May 25, 2023

Spring Home Maintenance Tips

Spring is the time year when we give our homes the once over and assess any damage, figure out what needs to be done, and schedule the work so our homes are in tip-top shape by the end of fall.



Whether you own or rent your home, it is important to ensure that we are doing all we can to maximize the quality and safety of our homes. If you rent your home, touch base with your landlord about spring maintenance. Remember, it's not just about protecting the property, it's also about ensuring the safety of you and your family!

Below, we have provided a list of some of the things to pay attention to in the Spring.

- ~ Replace furnace filters.
- ~ Test and dust all smoke and carbon monoxide detectors.
- ~ Clean debris out of eavestroughs and downspouts.
- ~ Inspect and clean exhaust fans. (kitchen, bathroom)
- ~ Inspect foundation for cracks and leaks.
- ~ Ensure sump pumps are operational.
- ~ Inspect caulking around doors and windows. Replace if needed.
- ~ Inspect all fire extinguishers. Replace if needed.
- ~ Inspect and clean ductwork.
- ~ Inspect and clean dryer air vent.
- ~ Inspect for damage from insects and rodents.
- ~ Inspect roof for damaged areas.
- ~ Before the grass pops up, check yard for sharp or dangerous objects.

Please keep in mind that this list only includes some maintenance tips.

Contents

Page 1 - Spring Photo Contest
Page 2 - Beaded Lanyard Demonstration
Page 3 - Spring Art Contest
Page 4 - Bowling / Yoga
Page 5 - Home Maintenance Tips
Page 6 - ShowMeTheGreen.ca
Page 7 - ShowMeTheGreen.ca
Page 8 - Workshop - Addictions & Youth
Page 9 - Mental Health Support
Page 10 - Ojibwe Word List

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

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

April 2023

ShowMeTheGreen.ca

Canadian Government Homeowners Grants & Rebates

ShowMeTheGreen's mission is to make it easy to find the government grants that are available to homeowners. More and more Canadians are looking for ways to help the environment while making their homes more energy and water efficient. If we can all save some money at the same time, why not?

ShowMeTheGreen.ca is all about helping you:

- ~ Find government grants and rebates
- ~ Find "Green" deals offered by companies
- ~ Share your experiences

Where does the information come from?

Government websites. We regularly search through dozens of government websites and pull out information on grant and rebate programs. We do the work, so you don't have to! Browse around our site and find out how much money you can save.

Renovation Grants

Energy Rebates

Seniors Homeowner Grants

First Time Home Buyer Grants Down-Payment

Assistance Provincial Grants

Federal Grants

First Time Home Buyer

Grants for Disabled Homeowners Home

Energy Audits

AND MORE.....

Visit www.ShowMeTheGreen.ca for more information. You will have to answer a few questions about your income, age, and location. The website will then show you all of the grants and rebates that you might be eligible for. On the following page, we have included just a few of the many grants and rebates available to homeowners, and those looking to make their first purchase.

Contents

- Page 1 - Spring Photo Contest
- Page 2 - Beaded Lanyard Demonstration
- Page 3 - Spring Art Contest
- Page 4 - Bowling / Yoga
- Page 5 - Home Maintenance Tips
- Page 6 - ShowMeTheGreen.ca
- Page 7 - ShowMeTheGreen.ca
- Page 8 - Workshop - Addictions & Youth
- Page 9 - Mental Health Support
- Page 10 - Ojibwe Word List

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

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

April 2023

Contents

- Page 1 - Spring Photo Contest
- Page 2 - Beaded Lanyard Demonstration
- Page 3 - Spring Art Contest
- Page 4 - Bowling / Yoga
- Page 5 - Home Maintenance Tips
- Page 6 - ShowMeTheGreen.ca
- Page 7 - ShowMeTheGreen.ca
- Page 8 - Workshop - Addictions & Youth
- Page 9 - Mental Health Support
- Page 10 - Ojibwe Word List

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

ShowMeTheGreen.ca (Con't)

Here are just a few examples of credits, rebates, and grants that can be found utilizing the www.ShowMeTheGreen.ca website.

First-Time Home Buyers' Tax Credit

The First-Time Home Buyers Tax Credit is a non-refundable tax credit that aims to help recover closing costs such as legal expenses, inspections, and land transfer taxes for first-time home buyers.

<https://showmethegreen.ca/home/home-improvement/first-time-home-buyers-tax-credit/>

GST-HST New Housing Rebate

Get part of the GST or HST back when you build or buy a new house, or substantially renovate your house.

<https://showmethegreen.ca/home/home-improvement/gst-hst-new-housing-rebate/>

Low-Income Seniors High Water Bill Credit Program

Low income Seniors may apply for high water bill credit program. The eligible amount of the credit is 50% of the amount that the high water bill exceeds the previous bill.

<https://showmethegreen.ca/ontario/low-income-seniors-high-water-bill-credit-program/>

RRSP Home Buyers' Plan

The Home Buyers' Plan (HBP) is a program that allows you to withdraw up to \$25,000 in a calendar year from your registered retirement savings plans (RRSPs) to buy or build a qualifying home for yourself or for a related person with a disability.

<https://showmethegreen.ca/home/home-improvement/rrsp-home-buyers-plan/>

Tax and Water Credit Programs for Low-Income Persons

Low-income persons who qualify may apply for a tax credit of up to \$200.00 and a water credit of up to \$200.00.

<https://showmethegreen.ca/ontario/tax-and-water-credit-programs-for-low-income-persons/>

Contents

- Page 1 - Spring Photo Contest**
- Page 2 - Beaded Lanyard Demonstration**
- Page 3 - Spring Art Contest**
- Page 4 - Bowling / Yoga**
- Page 5 - Home Maintenance Tips**
- Page 6 - ShowMeTheGreen.ca**
- Page 7 - ShowMeTheGreen.ca**
- Page 8 - Workshop - Addictions & Youth**
- Page 9 - Mental Health Support**
- Page 10 - Ojibwe Word List**

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

Live Virtual Workshop - Addictions and Youth

Youth is a time of significant growth and change. It can be a time when youth begin experimenting with addictive activities. While some youth are merely experimenting, others may be trending towards a negative pattern of use. Youth who are struggling with an addiction often resist attempts at intervention. This workshop provides a framework for responding to a variety of addictions, including those related to substances, gaming, Internet, and pornography. Participants will examine the needs underlying the choice to participate in a potentially addictive activity, and will consider issues that are unique to working with youth. Both short-term and longer-term intervention strategies are provided.

Some of the Topics Included:

- The Continuum of Addiction
- Why Youth Use
- Adolescent Development 101
- When Use Becomes Abuse
- Identifying Youth at Risk
- Assessing Underlying Needs
- The Role of Attachment
- Impact of Addictions on Families
- Strategies and Best Practice Approaches
- Harm Reduction Strategies
- Tips for Handling Cravings and Triggers
- Working to Create Longer-Term Outcomes

We are pleased to announce that the Family Well-being Program will cover the cost for those who wish to take this workshop and are currently caring for and/or working with youth. This live virtual workshop is being presented by the Crisis and Resource Institute and will take place on **Monday May 15, 2023 from 10:00 - 5:00 EST on Zoom**. Spaces are limited so please register at your earliest convenience.

If you are interested and committed to attending this virtual workshop, please contact Mike Ignace at your earliest convenience to be registered. **Spaces are limited!**

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

April 2023

Contents

- Page 1 - Spring Photo Contest
- Page 2 - Beaded Lanyard Demonstration
- Page 3 - Spring Art Contest
- Page 4 - Bowling / Yoga
- Page 5 - Home Maintenance Tips
- Page 6 - ShowMeTheGreen.ca
- Page 7 - ShowMeTheGreen.ca
- Page 8 - Workshop - Addictions & Youth
- Page 9 - Mental Health Support
- Page 10 - Ojibwe Word List

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 Support: Get Help

If you or someone you know is in crisis

If you're in immediate danger or need urgent medical support, call 911.

If you or someone you know is thinking about suicide, call Talk Suicide Canada at 1-833-456-4566. Support is available 24 hours a day, 7 days a week. You can also visit: www.Suicide.ca

Wellness Together Canada

To connect with a mental health professional one-on-one:

Call 1-888-668-6810 or text WELLNESS to 686868 for youth

Call 1-866-585-0445 or text WELLNESS to 741741 for adults

You can also visit Wellness Together Canada to access different levels of support. <https://www.wellnesstogether.ca>

Hope for Wellness Help Line

Available 24 hours a day, 7 days a week to First Nations, Inuit, and Métis Peoples seeking emotional support, crisis intervention, or referrals to community-based services. Call 1-855-242-3310 (toll-free) or connect to the online Hope for Wellness chat. <https://www.hopeforwellness.ca/>

Kid's Help Phone

Call 1-800-668-6868 (toll-free) or text CONNECT to 686868. Available 24 hours a day, 7 days a week to Canadians aged 5 to 29 who want confidential and anonymous care from trained responders. Visit the Kids Help Phone website for online chat support or to access online resources for children and youth.

More ways to get help

If you need help, you can call a:

- ~ Family Physician
- ~ Psychologist
- ~ Mental Health Nurse
- ~ Social Worker

If you are unsure of where to access assistance, please give us a call and we will help you locate the resources your require.

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

April 2023

Ojibwe Language

We will be including a list of words and phrases in the Ojibwe language with every edition of the Healing & Wellness Newsletter. It is important to note that dialects differ from community to community and even from family to family.

Please find a list of words and phrases below, as well as links to other resources to assist you in learning the language.

Contents

- Page 1 - Spring Photo Contest
- Page 2 - Beaded Lanyard Demonstration
- Page 3 - Spring Art Contest
- Page 4 - Bowling / Yoga
- Page 5 - Home Maintenance Tips
- Page 6 - ShowMeTheGreen.ca
- Page 7 - ShowMeTheGreen.ca
- Page 8 - Workshop - Addictions & Youth
- Page 9 - Mental Health Support
- Page 10 - Ojibwe Word List

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

- Spring (season) - Ziigwan
- Last Spring - Ziigwanong
- In the late spring - Minookamig
- It is late spring - Miniikamin
- Grows out of ground - Zaagakii
- March - Migizi-giizis
- April - Niki-giizis
- May - Maango-giizis
- Cloud - Aanakwad
- Land/Earth/Country - Aki
- Soil/Dirt - Azhashki
- Canoe/Boat - Jiiman
- Leaf - Anibiish
- Grass - Maskosi
- Mushroom - Onadow(ag)
- Tree - Mitig
- Wind - Nodin
- It is very windy - Gichi-Nodin
- Window - Waasechigan

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

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

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

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