

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

January/February 2022

Boozhoo everyone! We hope that you all enjoyed your holiday season and are having a good New Year so far! In this edition we included some information on getting your COVID-19 vaccination QR code, COVID-19 supports in Canada and COVID-19 supports available in Ontario. There are also a few awesome contests being held so make sure to check those out in the following pages. In February, we will be having a virtual presentation on The Seven Grandfather Teachings and another on Medicine Wheel Teachings. We understand that many people like to get out and enjoy the outdoors in the Winter months, we have included a few winter safety tips to help make your season a safe one!

CONTENTS

Page 1 - Get Your QR Code

Page 2 - COVID-19 Supports (Canada)

Page 3 - COVID-19 Supports (Ontario)

Page 4 - Snowman Contest

Page 5 - Family Day Contest

Page 6 - LDMLFN Cookbook

Page 7 - Virtual Workshops

Page 8 - Winter Safety Tips



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.

COVID-19 Vaccination - Getting Your QR Code

Those who are interested in getting your COVID-19 Vaccination QR Code, here is some information on the process.

In Ontario, as of January 4, 2022 individuals will be required to provide a QR code to show proof of vaccination in settings where proof is required. Your paper receipt will no longer be accepted as proof of vaccination. In settings that require proof of vaccination, you must present an enhanced vaccine certificate with a QR code. Businesses and organizations will scan the QR code using the Verify Ontario app. The enhanced vaccine certificate is a more secure and convenient way to have your proof of vaccination verified. Vaccine receipts without a QR code are no longer accepted. The QR code can be used digitally or by printing a paper copy.

Online

You can download your enhanced vaccine certificate from Ontario's vaccination portal. To log in securely, you need:

~A green photo health (OHIP) card (you will need numbers from both the front and back of the card, expired cards will be accepted).

~Your date of birth.

~Your postal code (the one associated with your health card)

<https://covid-19.ontario.ca/get-proof/>

By phone

If you do not have a computer, a photo health card, or need help, call the Provincial Vaccine Contact Centre at 1-833-943-3900 to request a copy of your vaccine certificate by email or mail.

CONTENTS

Page 1 - Get Your QR Code

Page 2 - COVID-19 Supports (Canada)

Page 3 - COVID-19 Supports (Ontario)

Page 4 - Snowman Contest

Page 5 - Family Day Contest

Page 6 - LDMLFN Cookbook

Page 7 - Virtual Workshops

Page 8 - Winter Safety Tips

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

Covid-19 Supports (Canada)

Canada Recovery Caregiving Benefit

The Canada Recovery Caregiving Benefit (CRCB) gives income support to employed and self-employed individuals who are unable to work because they must care for their child under 12 years old or a family member who needs supervised care. This applies if their school, regular program or facility is closed or unavailable to them due to COVID-19, or because they are sick, self-isolating, or at risk of serious health complications due to COVID-19. The CRCB is administered by the Canada Revenue Agency (CRA).

If you are eligible for the CRCB, your household can receive \$500 (\$450 after taxes withheld) for each 1-week period.

Canada Recovery Sickness Benefit

The Canada Recovery Sickness Benefit (CRSB) gives income support to employed and self-employed individuals who are unable to work because they are sick or need to self-isolate due to COVID-19, or have an underlying health condition that puts them at greater risk of getting COVID-19. The CRSB is administered by the Canada Revenue Agency (CRA).

If you are eligible for the CRSB, you can receive \$500 (\$450 after taxes withheld) for a 1-week period.

Canada Worker Lockdown Benefit

The Canada Worker Lockdown Benefit (CWLB) gives temporary income support to employed and self-employed people who cannot work due to a COVID-19 lockdown.

The CWLB is only available when a COVID-19 lockdown order is designated for your region.

If you are eligible for the CWLB, you can receive \$300 (\$270 after taxes withheld) for each 1-week period. You may apply for any weeks your region is eligible between October 24, 2021 and May 7, 2022.

For a complete list of Canada's COVID-19 Supports and Benefits, please visit. <https://www.canada.ca/en/services/benefits/covid19-emergency-benefits.html>

CONTENTS

- Page 1 - Get Your QR Code
- Page 2 - COVID-19 Supports (Canada)
- Page 3 - COVID-19 Supports (Ontario)
- Page 4 - Snowman Contest
- Page 5 - Family Day Contest
- Page 6 - LDMLFN Cookbook
- Page 7 - Virtual Workshops
- Page 8 - Winter Safety Tips

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

Covid-19 Supports (Ontario)

Covid-19 Emergency Assistance

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.

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

Current Ontario Works and ODSP recipients

If you currently receive income support from Ontario Works or the Ontario Disability Support Program, you will continue to receive your regular monthly payments.

If you need money to travel to get a COVID-19 vaccination, speak with your caseworker.

If you have other exceptional COVID-19 related costs, ask your case worker about discretionary benefits.

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

Please note that we have highlighted a few of the supports but for a complete list, please visit: <https://www.ontario.ca/page/covid-19-support-people#section-0>

CONTENTS

- Page 1 - Get Your QR Code
- Page 2 - COVID-19 Supports (Canada)
- Page 3 - COVID-19 Supports (Ontario)
- Page 4 - Snowman Contest
- Page 5 - Family Day Contest
- Page 6 - LDMLFN Cookbook
- Page 7 - Virtual Workshops
- Page 8 - Winter Safety Tips

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

Family Well Being Program Presents

Snow Man Contest

Open to families with children/youth aged 0-17



Building a snowman can be lots of fun and a great activity to do as a family. Playing outside in the snow is a wonderful experience for children of all ages. Not only does it get them active and outside, but it also delights their senses. The sight, smell, taste, touch, and sound of it can be thrilling. We challenge you and your family to get creative and build a snowman. Take a picture of your snowman and send it to us to be entered for a chance to win one of the prizes below. Open to all individuals.

Prizes

- 1st Place Household - \$500.00 in Walmart Gift Cards
- 2nd Place Household - \$400.00 in Walmart Gift Cards
- 3rd Place Household - \$300.00 in Walmart Gift Cards
- 4th Place Household - \$200.00 in Walmart Gift Cards
- 5th Place Household - \$100.00 in Walmart Gift Cards

Contest Details

- ~ Build a snowman with the members of your household.
- ~ Take a picture of your completed snowman.
- ~ Send the picture to Kayla Milani (kmilani@lacadesmillelacs.ca)
- ~ Snowman submissions must be deemed appropriate.
- ~ Deadline to send submissions in: **February 28, 2022**
- ~ When submitting, include names and ages of all household members.

CONTENTS

Page 1 - Get Your QR Code

Page 2 - COVID-19 Supports (Canada)

Page 3 - COVID-19 Supports (Ontario)

Page 4 - Snowman Contest

Page 5 - Family Day Contest

Page 6 - LDMLFN Cookbook

Page 7 - Virtual Workshops

Page 8 - Winter Safety Tips

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

Family Well Being Program Presents

Family Day Winter Fun Contest

Open to families with children/youth aged 0-17

We want to see what Family Day 2022 looks like through your eyes! Winter provides us with an awesome opportunity to get outside and enjoy the beauty of winter. All you have to do is perform an outdoor winter activity with your family/household and send us a picture of it for a chance to win one of five great prizes (See below).

Some fun winter activities include:

- ~ Snowball Fight
- ~ Ice Skating
- ~ Ice Fishing
- ~ Go Sledding
- ~ Winter Hike
- ~ Make Snow Angels
- ~ Snowshoeing
- ~ Build Snow Fort
- ~ Skiing

The possibilities are endless, just get outside and enjoy the beauty of Winter!

1st Place

Ice fishing rods for each members of the household, stocked tackle box, and a 6 inch manual ice auger.

2nd Place

Snowshoes for each member of the household

3rd Place

\$250.00 in Chapters/Indigo Bookstore Gift Cards
(Can be used to order from their website)

4th Place

\$200.00 in Chapters/Indigo Gift Cards
(Can be used to order from their website)

5th Place

\$100.00 in Walmart Gift Cards

Contest Details

- ~ Perform a fun filled outdoor activity with the members of your household
- ~ Take a picture of you/your family performing the activity
- ~ Send the picture to Mike Ignace (mignace@lacdesmillelacs.ca)
- ~ Deadline to send submissions is: **February 28, 2022**
- ~ **When submitting, include names and ages of all household members.**

CONTENTS

- Page 1 - Get Your QR Code
- Page 2 - COVID-19 Supports (Canada)
- Page 3 - COVID-19 Supports (Ontario)
- Page 4 - Snowman Contest
- Page 5 - Family Day Contest
- Page 6 - LDMLFN Cookbook
- Page 7 - Virtual Workshops
- Page 8 - Winter Safety Tips

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

Family Well Being Program Presents

LDMLFN Cookbook

Open to Community Members aged 18+



We are excited to announce that we are putting together a virtual cookbook with submissions from the community. This cookbook will be available for download on our community website. We are asking you to share one of your favorite recipes with us to be added to the collection. All recipes will be accepted (appetizers, entrees, desserts, etc). Send us your detailed recipe along with a picture of the finished product for your chance to win one of five participation draws.

Participation Draw Prizes

- 1st Name Drawn - \$250.00 in Walmart Gift Cards
- 2nd Name Drawn - \$200.00 in Walmart Gift Cards
- 3rd Name Drawn - \$150.00 in Walmart Gift Cards
- 4th Name Drawn - \$100.00 in Walmart Gift Cards
- 5th Name Drawn - \$50.00 in Walmart Gift Cards

Those who do not receive a prize will be awarded a \$20.00 Walmart Gift Card as a participation incentive.

CONTEST DETAILS

- ~ Cook your favorite recipe and take a picture.
- ~ Send the recipe & picture to Mike Ignace (mignace@lacdesmillelacs.ca)
- ~ Deadline to send submissions is: **February 28, 2022**
- ~ Include your name, age and contact information.

Lac des Mille Lacs First Nation Healing & Wellness Newsletter

January/February 2022

CONTENTS

- Page 1 - Get Your QR Code
- Page 2 - COVID-19 Supports (Canada)
- Page 3 - COVID-19 Supports (Ontario)
- Page 4 - Snowman Contest
- Page 5 - Family Day Contest
- Page 6 - LDMLFN Cookbook
- Page 7 - Virtual Workshops
- Page 8 - Winter Safety Tips

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

Medicine Wheel Teachings (Virtual)

Please join us on Tuesday February 15, for an evening of Medicine Wheel teachings. The Medicine Wheel teaches us that we have four aspects to ourselves: the physical, the mental, the emotional, and the spiritual. Balance of the four aspects is needed for us to remain happy and healthy. This virtual presentation will be performed by Nathaniel Moses and will take place on Zoom. Please register with Mike Ignace, a link to the Zoom event will be provided.



Date: Tuesday February 15, 2022

Time: 6:00-7:00 PM EST

Presenter: Nathaniel Moses

Location: Virtual (Zoom)

Registration: Please contact Mike Ignace

7 Grandfather Teachings (Virtual)

Please join us Tuesday February 22, for an evening of learning about the Teachings of the 7 Grandfathers. The Seven Grandfather teachings are a set of Anishinaabe guiding principles passed down from generation to generation to guide the Anishinaabe in living a good life in peace and without conflict. This virtual presentation will be performed by Nathaniel Moses and will take place on Zoom. Please register with Mike Ignace, a link to the Zoom event will be provided.



Date: Tuesday February 22, 2022

Time: 6:00-7:00 PM EST

Presenter: Nathaniel Moses

Location: Virtual (Zoom)

Registration: Please contact Mike Ignace

CONTENTS

Page 1 - Get Your QR Code

Page 2 - COVID-19 Supports (Canada)

Page 3 - COVID-19 Supports (Ontario)

Page 4 - Snowman Contest

Page 5 - Family Day Contest

Page 6 - LDMLFN Cookbook

Page 7 - Virtual Workshops

Page 8 - Winter Safety Tips

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

Winter Safety Tips

Winter in Canada can be beautiful, with fresh layers of glistening white snow coating the trees. But winter can also be dangerous, and we should know the right winter safety tips to stay safe and enjoy this chilly time of year.

From low visibility on the road to icy sidewalks, there are many ways that someone can suffer an injury in the winter.

Here are a few tips to help keep you safe through the winter season.

Always Check Weather Conditions - Weather conditions can change very quickly. If you are heading out, be sure to monitor the weather.

Practice Safe Driving - Pay attention to road conditions, lower speed, remove snow from your vehicles, and keep a safe distance behind others.

Wear Proper Winter Clothing - Dress appropriately for the weather and always dress in layers, this will allow you to remove or add layers as needed. It is also important to ensure that footwear provides enough traction on the slippery surfaces so you don't slip and fall.

Keep an Emergency Car Kit - You never know when your vehicle might break down or where you might be. It is important to keep an emergency car kit in your vehicle. Also, ensure that everyone has enough warm clothing in the vehicle that they would be able to stay warm while waiting for assistance.

Ice Safety - No ice is safe ice! Ice strength depends upon thickness, snow cover, changes in temperature, depth of the water, water flow (current), and a few other factors. If you are venturing onto a frozen body of water it is important that you pay close attention to the ice conditions. Stay off of ice that covers moving water such as creeks, rivers, springs, river mouths, narrow channels. The moving water actually carves out the ice from underneath, so it may look safe, but rarely is. Ice can be 16 inches thick in one spot, but only 2 inches a few feet over. Please take the time to research ice safety if you are planning on heading out and take the necessary safety equipment with you on your outing. Be safe!