

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

November/December 2021

Boozhoo everyone! The Winter months are here, and Christmas is quickly approaching. Although we are not able to gather this year, we hope you have a terrific time celebrating with your family and loved ones! We are holding a few participation draw style contests to help get everyone into the Christmas spirit. Make sure to check out the details on the following pages and submit an entry for your chance to win!

We hope that you are all staying safe and continuing to take all necessary precautions to protect yourselves and those around you from Covid-19. The winter season is upon us and it is important that we continue to follow all public health guidelines to slow the spread of the virus. Receiving your vaccinations when eligible is an important step in combating the current Pandemic. On the following pages, we have highlighted some information on Covid-19 Booster Doses, Vaccinations for Ages 5-12, the Flu Shot and how to go about getting your vaccinations.

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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.

COVID -19 VACCINATIONS - LDMLFN

Our First Nation has been very proactive in securing vaccination clinics for our community. We are proud that our Chief secured these clinics early and continues to advocate on our behalf. We are extremely happy that we were able to provide our local families with our own vaccination clinics. These clinics included:

- Children Aged 5-11 (1st Dose)
- Children Aged 12-17 (1st & 2nd Doses)
- Adults (1st, 2nd & Booster Doses)

Please stay tuned to the community website for upcoming vaccination clinics.

If you would like a vaccination appointment made for you, please contact **Bea Charlton** in the Health Department by utilizing the contact information below.

Bea Charlton
(807)622-9835 Ext 265
bcharlton@lacsdesmillelacs.ca

Covid-19 Vaccination - Booster Doses

Booster doses are additional doses given to specific groups based on age and risk. These individuals most likely had a good response to the first and second doses, but over time, their protection may have decreased and fallen below an ideal level.

The goal of booster doses is to restore this protection. Individuals who are at higher risk are encouraged to get a booster dose as soon as they are eligible.

Please visit the following link for information on booster doses:

<https://www.tbdhu.com/boosterdoses>

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AHWS Coordinator

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Kayla Milani

Family Well-being Worker

Phone: (807)622-9835 Ext 259

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Covid-19 Vaccinations for Ages 5-11

The topic of COVID-19 vaccines for children and youth may bring up a mixture of emotions from parents and caregivers. To some, it is a relief while others may feel afraid or anxious. It is important that you educate yourselves before making a decision. Please visit the Thunder Bay District Health Unit website for more information that will assist you with your decision.

<https://www.tbdhu.com/youthvaccine>

Appointments for City of Thunder Bay and Surrounding Rural Communities

Book an appointment at the TBDHU clinic at the CLE Coliseum Building through the Provincial Booking System. Children aged 5-11 must make an appointment; walk-ins are not available for this age group at this time.

Watch for walk-in pop-up clinic opportunities in various locations across the city; check the COVID-19 Vaccine Appointments page for updates.

Make an appointment at a participating pharmacy.

Contact your health care provider to determine if they will be administering COVID-19 vaccine and how you can make an appointment.

Appointments for Indigenous Children

TBDHU is working with Indigenous organizations and health care partners to ensure vaccine access for urban Indigenous people in Thunder Bay. Current opportunities include:

Mindimooyenh Vaccination Clinic: Visit ONWA's COVID-19 Information and Resources website for more information on clinic details and availability.

Thunder Bay Urban Indigenous Vaccination Clinic: Visit the Anishnawbe Mushkiki website or call the clinic at (807) 623-0383 for information on clinic availability.

Matawa Health Co-operative: Visit the Matawa Health Co-operative website for information on clinic availability.

Appointments for Children Requiring Accommodations

Accommodations can be made for individuals who are homebound, have anxiety around needles/immunizations, and/or who require a sensory friendly atmosphere.

To request an accommodation, call the TBDHU Ask a Nurse service at (807) 625-5900 (ext. 5108) or Toll-Free at 1-888-294-6630. This service will help you determine the best option for your child.

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For some people, complications from the flu can be serious and can lead to things like pneumonia. People who are at higher risk of complications from the flu include infants and young children, adults aged 65 and older, Indigenous individuals, as well as those with chronic medical conditions or who are taking medications that impact their immune system.

The annual flu shot strengthens the body's response against the flu by stimulating the immune system and building antibodies against the virus, making the body stronger and ready to fight off the flu. Getting the flu shot decreases your chances of getting the flu, but also protects those around you, especially those at higher risk, from being exposed to the virus.

The flu vaccine is available to everyone over the age of 6 months. Children 6 months to 9 years of age who have never had a flu shot will need 2 doses of the vaccine, given at least 4 weeks apart.

It is recommended that everyone get their flu shot. However, there are some groups who are strongly recommended to get a flu shot.

You can speak with your health care provider or pharmacist about obtaining your flu shot. Some Covid-19 vaccination clinics are also offering the flu shot.

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CHRISTMAS TREE DECORATING CONTEST

Participation Draws!

We are pleased to announce we will be holding a Virtual Christmas Tree Decorating Contest to help get everyone in the Christmas spirit. With Covid-19 restrictions in place, we will not be able to gather for Christmas as we normally do. This contest is open to all Band and Community Members. There will be **10 participation draw prizes of \$100 Walmart Gift Cards**. Winners will be contacted in January 2022.



Simply decorate your Christmas tree and send a photo to Mike Ignace to enter the contest. (mignace@lacadesmillelacs.ca)

One photo per household.

Include names and ages of everyone in the household, as well as your contact information

Entries must be received by **Monday January 17, 2022.**

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Outdoor Decorating Contest

Participation Prizes!



One of the best parts of the holiday season is how festive everything looks. Decorating the outside of your house for Christmas is one of the highlights and a tradition enjoyed by many families. All of the lights and decorations that are on display can really get people into the Christmas spirit. The bright colors and festive decor seem to bring a sense of magic and inspiration to the season.

We are pleased to announce we will be holding a Outdoor Decorating Contest as a way to help everyone get into the Christmas spirit. This contest is open to all Band and Community Members. **There will be 10 participation draw prizes of \$100 Walmart Gift Cards.** Winners will be contacted in January 2022.

How to Enter

~Decorate your house, take a photo and email it to **Mike Ignace**.

~Include names and ages of everyone in the household.

~**Submit your entry by Monday January 17, 2022.**

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Christmas Art Contest

We are holding a Christmas Artwork Contest to promote healthy lifestyles at home during the Holiday season. This contest will have 4 age categories and is open to all Band and Community Members. **The theme of the contest will be "Christmas" and we will accepting all forms of art.**

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

Interested participants are asked to create a piece of Artwork that reflects the Christmas season. Take a photo of your finished piece and email it to **Kayla Milani** with the required information. All participants who submit an entry will be entered into a participation draw for their age category . **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
5th Name Drawn	\$50.00 Walmart Gift Card

SOME IDEAS:

- ~Painting, drawing, or coloring
- ~Ornament making
- ~Make a wreath
- ~Christmas baking
- ~Build a snowman
- ~Various Christmas crafts

RULES:

We will only accept one submission per participant. All photos must be of original pieces and must be deemed appropriate. The theme is "Christmas". Late submissions will not be accepted.

SUBMITTING YOUR ARTWORK:

Submit artwork to: kmilani@lacadesmillelacs.ca

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

Deadline: Monday January 17, 2022

Family Winter Outdoor Activities Contest

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Playing outdoors in winter promotes physical development and well-being. This is because outdoor play encourages the use of the whole body by offering a safe space to run, jump, and exercise key muscle groups. It is important that children remain active in the cooler months so that they continue to build emerging skills that are crucial to their physical development.

Most adults associate winter with getting colds and illnesses such as the flu. However, it is not exposure to the cold that cause these viruses. In fact, it's likely to be increased exposure to poorly ventilated indoor environments, where bacteria and viruses live. By encouraging outdoor play in winter, children gain much needed exposure to fresh air and Vitamin D, while avoiding bacteria.

We want to see what you and your family are up to this winter! The winter season gives us an opportunity to enjoy many various outdoor activities that cant be enjoyed at other times of the year. Send us a picture of your and your family enjoying time outdoors this winter season. Each family that sends us a picture will be entered into the draw for a chance to win one of ten \$50.00 Walmart gift cards. **Please send your photo to Kayla Milani by Tuesday February 15, 2022.** One entry per household.

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Where to Access Food Support

RFDA's Holiday Hampers for Singles, Couples, and Seniors

The Regional Food Distribution Association of Thunder Bay kicked off its Holiday Hamper program to help support single people, couples, and seniors this holiday season.

The RFDA has operated the Holiday Hamper Program since 2013, when Christmas Cheer shifted its focus to Families with children.

Clients can register for the Holiday Hamper, which are to supplement the food hampers that clients already receive, until Dec. 13 by phone with 211 or by using the website www.211north.ca for messaging. Clients can select from one of 5 pick-up locations across the city and in rural areas and distribution will be on Dec. 16 and 17.

Thunder Bay Christmas Cheer Fund

The Thunder Bay Christmas Cheer is a volunteer organization whose mandate is the provision of toys for children living in poverty and hampers for their families at Christmas time.



211 Ontario

211 Ontario is a network of human services in Ontario. Available on the 211 website, you can find detailed lists of various programs and services that will assist you in accessing food.

<https://211ontario.ca/211-topics/food/>