

Lac des Mille Lacs First Nation Healing & Wellness

Newsletter

August 2018

We have had a very exciting and fun-filled summer so far! Eight events were held by the Healing & Wellness Department throughout the month of July in an effort to promote healthy active lifestyles. We have a number of exciting events and community activities planned for the month of August, please see details on the following pages. We hope to see you at our upcoming events!

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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

BBQ & HIKING EXCURSION



Being physically active can improve your quality of life! As a way to promote healthy active lifestyles, we have been going on regular hiking excursions at some of Thunder Bay's finest hiking trails. We have completed hikes at Centennial Park, Silver Falls Provincial Park, Trowbridge Falls, and the Cascades. Our next planned hike will take place at Kakabeka Falls Provincial Park. After completing our hike we will enjoy a delicious lunch.

Wednesday August 8, 2018 - Kakabeka Fall Provincial Park

For additional information or to sign you and your family up for these hiking excursions, please contact **Ernie May - Family Well-being Worker**

COMMUNITY BBQ



On the second Friday of every month (May-September) come down to the Administration Office and join us for a BBQ lunch! This provides a great opportunity to meet the staff and ask any questions you may have. It also brings our community together! The next BBQ is scheduled for **Friday August 10, 2018** from 12:00 - 2:00 PM. We hope to see you there! Please contact **Ernie May - Family Well-being Worker**, and let him know you will be coming! This will assist in our meal planning. Miigwetch

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SUMMER ACTIVITIES

Mario's Bowl

Date: Monday August 13, 2018
Time: 12:00 - 2:00 PM
Pizza and Beverages Provided

Movie Matinee - Silvercity

Date: Thursday August 30, 2018
Time: TBA
Please contact Marcia Pedri to register

FAMILY LAND BASED ACTIVITY WEEK 2018



We are excited to announce that we will be having a Family Land Based Activity Week from August 20th to August 25th at Savanne River Resort. Come out and join us for a week of fun-filled activities for the whole family. Activities will include Blueberry Picking, Fishing on beautiful Lac des Mille Lacs, Craft Day, Beach Day, Campfire Activities and much more!

All meals, accommodations and supplies will be provided. Enjoy a week of spending time connecting with your family and our community!

Please contact **Mike Ignace - AHWS Coordinator**, to register for this event. Spots are limited, so register early to avoid disappointments

WORKSHOPS

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DRUM TEACHINGS WORKSHOP



We would like to remind everyone that the Healing & Wellness Department has partnered with Kanachihih Treatment Centre and will be offering monthly drum teaching workshops. Our little ones are the future and we need to pass down our knowledge to them. They in turn will continue to pass these teachings and knowledge to the next generation. It's never too early or too late to learn. All ages welcome!

The sessions will be led by Nathaniel Moses and will include teachings about the drum, learning songs and their meanings, and a whole lot of practice! The third session will be held at Kanachihih Treatment Centre on Wednesday August 29, 2018. The workshop is scheduled to start at 6:00 PM and run until 9:00 PM with light snacks and beverages provided. If you are interested in attending, please contact **Ernie May - Family Well-Being Worker**.

To register for this workshop please contact:

Ernie May

Family Well-being Worker

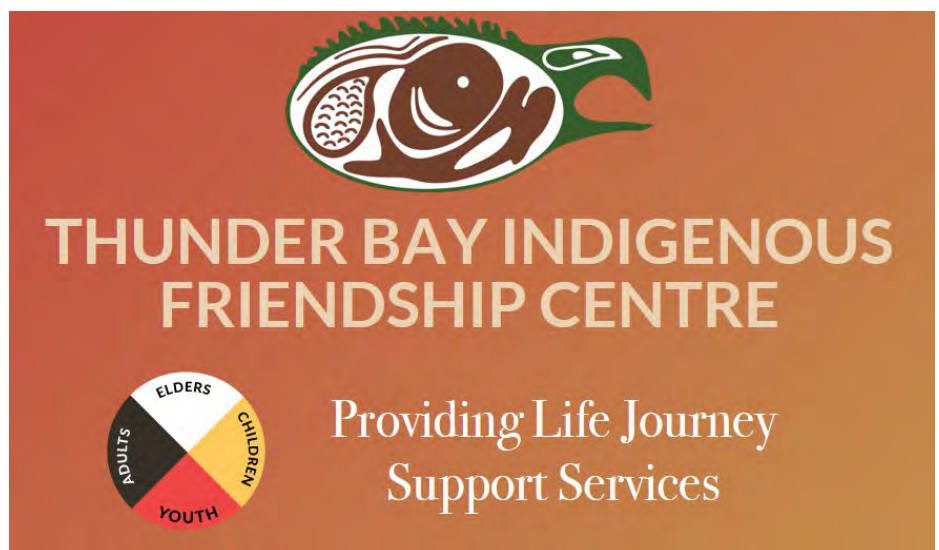
Phone(807)622-9836 Ext 257

erniemay@tbaytel.net

ABORIGINAL FAMILY SUPPORT PROGRAM

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The Aboriginal Family Support Program supports families with children ages 0-6 and is predominantly a program-based support service, with a focus on delivering programs that meet Core Standards. These may include family healing, parenting skills, child development, family nutrition, cultural development and retention, and community development and outreach. Programs are divided into the seasons, and are offered both on-site and throughout the city of Thunder Bay at partnering agencies, including Best Start Centres, local schools, and other partnering agencies. Most programs offer child care, transportation, and snacks or meals.

Contact TBIFC's **Aboriginal Family Support Worker** for more information or to register for this program at **345-5840 ext 9051**. You can also contact their **Early Childhood Development Worker** at **345-5840 ext 9052**.

DEPRESSION

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Links/Resources

www.depressionhurts.ca
www.mooddorders.ca
www.health.gov.on.ca
www.tbdhu.com
www.cmha.ca
www.defeatdepression.ca
www.leavethepackbehind.org
www.selfhelp.on.ca
www.canada.ca

What is depression?

Depression is not simply a temporary change in mood or a sign of weakness. It is a real medical condition with many emotional, physical, behavioral and cognitive symptoms. Many people are ashamed or afraid to ask for help. Others shrug off their symptoms and end up suffering in silence. Contrary to some misconceptions, depression is neither inevitable nor is it a character flaw. People with depression often get these ideas because of the feeling of guilt caused by the illness. Depression is a real health problem for which help is available. But you must be aware of it and know how to ask for help.

Symptoms

Each person is different and will have unique symptoms, but here are some of the more common symptoms of depression:

- Depressed mood**
- Feelings of guilt, worthlessness, helplessness or hopelessness**
- Loss of interest or pleasure in usually-enjoyed activities**
- Change in weight or appetite**
- Sleep disturbances**
- Decreased energy or fatigue (without significant physical exertion)**
- Thoughts of death**
- Poor concentration or difficulty making decisions**

If you or someone you know has had any of these symptoms for any length of time, you may wish to contact your doctor or a registered mental health professional to discuss your symptoms.

ALZHEIMER'S

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Links/Resources

www.alz.org
www.alzheimer.ca
www.health.gov.on.ca
www.tbdhu.com
www.alzheimers.help
www.alzheimers.gov



Alzheimer's disease is a fatal disease that eventually affects all aspects of a person's life: how they think, feel, and act. Each person is affected differently. It is difficult to predict symptoms, the order in which they will appear, or the speed of their progression.

The following are some of the changes you may expect as the disease progresses.

Cognitive and functional abilities: a person's ability to understand, think, remember and communicate will be affected. This could impact a person's ability to make decisions, perform simple tasks, or follow a conversation. Sometimes people lose their way, or experience confusion and memory loss, initially for recent events and eventually for long-term events.

Emotions and moods: a person may appear apathetic and lose interest in their favourite hobbies. Some people become less expressive and withdrawn.

Behaviour: a person may have reactions that seem out of character. Some common reactions include repeating the same action or words, hiding possessions, physical outbursts and restlessness.

Physical abilities: the disease can affect a person's coordination and mobility, to the point of affecting their ability to perform day-to-day tasks such as eating, bathing and getting dressed.

NEED A HELPLINE?

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Links/Resources

www.talk4healing.com
www.cmha.ca
www.beendigen.com
www.thunderbaypolice.ca
www.crimestoppers.ca
www.kidshelpphone.ca
www.tbsasa.org
www.fayepeterson.org
www.alphacourt.ca
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.

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 CIVIC HOLIDAY	7	8 BBQ and Hike Excursion 10:00 – 2:00	9	10 Community BBQ (Office) 12:00-2:00	11
12	13 Summer Activities Marios Bowl 12:00-2:00	14 T.E.Y.P.	15 T.E.Y.P.	16 T.E.Y.P.	17	18
19	20 Land Based Activity Week	21 Land Based Activity Week	22 Land Based Activity Week	23 Land Based Activity Week	24 Land Based Activity Week	25
26	27	28	29 Community Drum Night 6:00 – 9:00	30 Summer Activities Movie Matinee	31	