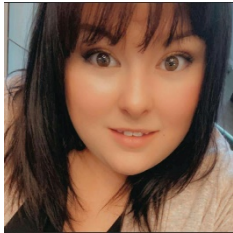


Family Well-Being Program Updates

We are really looking forward to May Flowers! In light of the Stay-at-Home Order, we encourage you to take part in our Virtual Programming. Our virtual sessions are offered through Facebook (live), Microsoft Teams and Zoom. Sessions vary in length, depending on what the topic is. Both Microsoft Teams and Zoom are available through your cell/tablet/computer's App Store or Google Play. It is as easy as downloading the app and making your personal account, then boom, you will have access to the variety of programs offered through Atikameksheng Anishnawbek.



At this time, we would like to send our well wishes to Jamie McDonald, Child Well-Being Worker. Jamie has been with our team since July 2020 and is now on the next chapter in her life and career. Her passion and enthusiasm for her position within Atikameksheng Anishnawbek does not go unnoticed. Jamie's last day, as your Child Well-Being Worker, is May 6, 2021. We will miss Jamie in our team.

May is Brain Power month! Brain health is about keeping your brain working at its best and reducing risks to it as you age. Research suggests, the choices you make to keep your body healthy, may be good for your brain as well. Be Heart Healthy, Eat healthy, Be Social, Challenge Your Brain, Protect Your Head, Sleep Well and Care For Your Mental Health. Know your aging brain. Try this brain booster of a salad!

Ingredients

Makes 2 (as a main dish) or 4 (as a side) Servings

- red onion, diced (1/2)
- Mexican gray squash or zucchini, diced (1)
- cucumber, peeled and diced (1)
- small tomatoes, diced (2)
- sliced red cabbage (1/4 cup)
- celery, sliced (2 stalks)
- corn kernels (2 ears or 1 1/2 cups)
- sea salt (pinch)
- fresh lime juice (1 tbsp.)
- tomatillos, diced (3), *optional*
- chopped fresh cilantro (2 tbsp.), *optional*
- rinsed and cooked or canned red beans, or 1 cup sauteed tempeh (1 cup), *optional*
- sliced Swiss chard leaves (1 cup), *optional*



Directions

1. Mix all ingredients together in a large bowl and allow the salad to marinate for at least 30 minutes but preferably 2 hours.

2. You can forgo this step and eat the salad right away, though the flavors won't be melded quite as much.
3. *Options:* If you use the tomatillos, peel away the papery part and make sure to wash them before cutting; this removes their sticky outer film and makes them much easier to handle. You can also use frozen corn in this recipe, though it will lack the crispness and sweetness of fresh corn. Want to make this a meal in itself instead of an accompaniment? Add the beans or tempeh and you'll have a delicious dinner in minutes.

Mental Health Awareness Week May 3-9, 2021

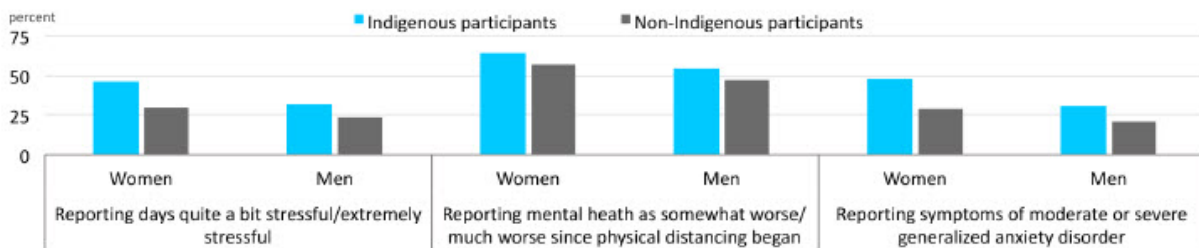
Approximately 1 in 5 children and youth in Ontario has a mental health challenge. About 70% of mental health challenges have their onset in childhood or youth. That's why early identification and intervention is so critical and can lead to improved achievement in school and better health outcomes in life.

From Statistics Canada <https://www150.statcan.gc.ca/n1/pub/11-631-x/2020004/s7-eng.htm>

Indigenous people report worsening mental health since the start of COVID-19, including increases in anxiety and stress

- Relatively high percentages of Indigenous participants reported worsening mental health.
- Indigenous women particularly impacted: 46% reported that their days are quite a bit or extremely stressful and 48% reported symptoms consistent with moderate or severe generalized anxiety disorder.

Mental health impacts since the start of the pandemic, Indigenous and non-Indigenous participants by gender, April 24 to May 11, 2020



Source: Statistics Canada, Impacts of COVID-19 on Canadians - Your Mental Health.

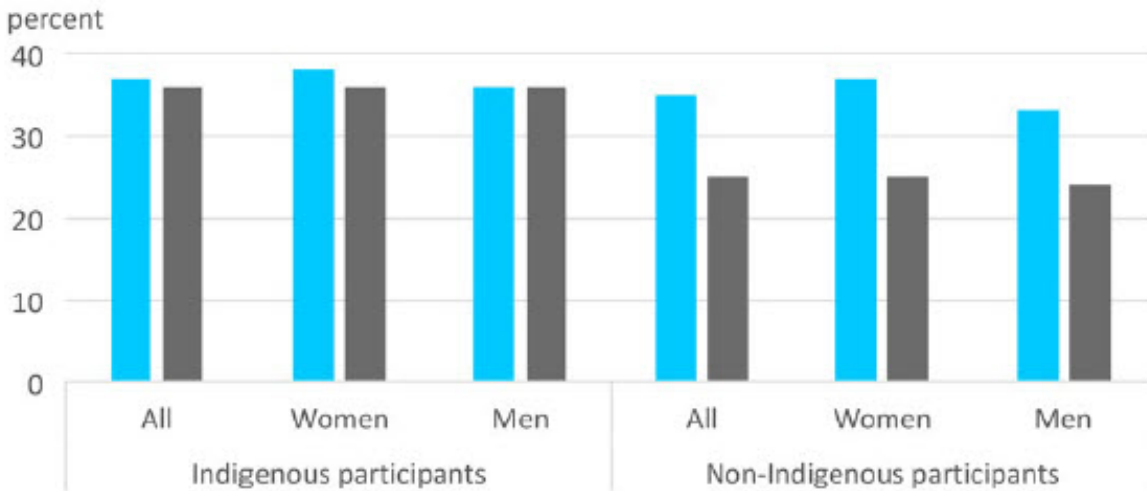
Crowdsourced data indicate that Indigenous people harder hit by the economic impacts of the COVID-19 pandemic

While relative job losses have been similar, financial impacts are more sharply felt by Indigenous people.

- 37% of Indigenous participants experienced job loss or reduced work hours, compared to 35% of non-Indigenous participants.

- Over one-third (36%) of Indigenous participants reported that the COVID-19 pandemic had an impact on their ability to meet financial obligations or essential needs, compared to 25% of non-Indigenous participants.
- Among those who experienced job loss or reduced work hours, 65% of Indigenous participants reported a strong or moderate financial impact, compared to 56% among non-Indigenous participants.

Self-reported employment and financial impact of COVID-19, May 26 to June 8, 2020



■ Experienced job loss or reduced work hours among participants employed before COVID-19

■ Reported a strong or moderate impact of COVID-19 on ability to meet financial obligations or essential needs

Source: Statistics Canada, Impacts of COVID-19 on Canadians - Trust in Others.

#GetReal Campaign



#GetReal about how you feel.

Name it, don't numb it.

Join us for the
70th annual CMHA Mental Health Week

May 3-9, 2021.

Get ready with our Toolkits!

Together we'll #GetReal.

Get Ready to #GetReal about how you feel.

Even in times of extreme anxiety and stress, mental health is something we can protect, not just something we can lose.

This CMHA Mental Health Week, we focus on how naming, expressing, and dealing with our emotions — the ones we like and the ones we don't — is important for our mental health.

Heavy feelings lighten when you put them into words. When we voice our emotions, the pain gives way. So, let's understand and name how we feel. Angry? Glad? Frustrated? Sad? It's all good.

This Mental Health Week, don't be uncomfortably numb. #GetReal about how you feel. And name it, don't numb it.

<https://mentalhealthweek.ca/2021-toolkits/>

Need help getting your toolkit? Contact us! We are here to help!

Amanda Jourdain, healthpromo.manager@wfn.com

Beverly Belanger, healthybabies.children1@wfn.com

Sarah Shawbonquit, healthybabies.children2@wfn.com

Cheyenne Sego, childyouth.health1@wfn.com

Child & Youth Mental Health Day, May 7, 2021

https://www.canadahelps.org/en/charities/Institute_of_Families_for_child_and_youth_mental_health/campaign/may-7th-national-child-and-youth-mental-health-day/



May 7th is about having caring conversations and making connections between children, youth and caring adults in their lives.

It happened like this.

Keli Anderson and another mom were sitting together, having coffee in 2006; Keli from BC and the other mom from Ontario.

Their conversation was all about child and youth mental health.

By the end of the discussion, and several coffees later, they had decided that our country needed a National Child & Youth Mental

Health Day. They got out their calendars and picked May 7, 2007 for the first one. It never

occurred to them that they couldn't just say that this day would be Child & Youth Mental

Health Day in Canada. That day has been led every year, first by the F.O.R.C.E., and from 2010

onward, by FamilySmart, the Institute of Families for Child and Youth Mental Health.

For our most recent May 7th, 2016, we asked high school students “How do you want adults to talk to you about your mental health? What do you want them TO SAY and DON’T SAY?”

Over 400 students from grades 8-12 wrote down how they would, and would not, like to be spoken to when talking about their mental health. Using their words, we created a resource for National Child and Youth Mental Day 2016 and called *The Unfolding Conversation*.

You can find additional information and resources on May 7th Child and Youth Mental Health Day on our website. <http://www.familysmart.ca/programs/may-7th/>

Virtual Programs Update

Although we would prefer an in-person type of program like the past; however, we can still provide you with opportunities and have fun doing this! Creative program implementation is what we strive for. And if you have a suggestion on how we can coordinate future sessions, our emails and cell lines are open! We are happy to receive any new ideas that we can try when we are delivering our programs. We have to say though, one good thing about the virtual programs is that you can take part in the comfort of your own home, or on the deck, or in your backyard, beach, or in your own special space. Anywhere you have wifi! We are all good to go!

A look back in April, we have provided the following programs and services for you:

- 1) Family Easter Party
- 2) Mindfulness Mondays
Movement Mondays
- 3) Self-Care tip Tuesdays
- 4) Art Attack Wednesdays
- 5) Touchbase Thursdays
- 6) I-Spy Fridays
- 7) Silver Icing Group Party with Kelly Nootchtai
- 8) Traditional Medicine Teachings with Julie Ozawagosh
- 9) LimeLife by Alcone Group Party with Krista Steinke
- 10) Moss Bag Teaching with Mary Elliott
- 11) Tree of Life Training/Workshop Sessions
- 12) Fit Bit Challenge
- 13) Family Supports
- 14) Virtual Home Visiting

For May, we will be having the following;

- 1) Mindfulness Mondays
Movement Mondays
- 2) Self-Care tip Tuesdays
- 3) Art Attack Wednesdays
- 4) Touchbase Thursdays
- 5) I-Spy Fridays
- 6) Traditional Naming Ceremony
- 7) HBHC Stroller Walks

- 8) Mental Health Week
- 9) Child & Youth Mental Health Day
- 10) Welcome Baby Ceremony
- 11) Mother's Day Celebration
- 12) Walking Out Ceremony Teaching with Mary Elliott
- 13) Virtual Cooking (Youth Edition)
- 14) Family Supports
- 15) Virtual Home Visiting

Our calendar is attached for your perusal. Print it off and keep on your refrigerator or at your desk. If you would like to hard copy of the Program Calendar, request this from one of the workers. They would be happy to print this off for you.

Children's Oral Health Initiative Program COHI (HBHC Program Update)

We are excited to announce the addition of Children's Oral Health Initiative COHI to our HBHC Program. This program will be made available in May 2020. COHI is an early childhood cavity prevention education dental program. Pregnant Moms and Children aged 0-7, have access to a Dental Hygienist for dental screening, fluoride varnishes, dental sealants, temporary fillings, silver diamine fluoride, prenatal oral health education, education/information sessions and dental referrals. We want to assure you, that these assessments do not replace your current routine Dentist visit, however, these two services will work together and help catch concerns early on!



Sarah Shawbonquit will be the lead for this program for Atikameksheng Anishnawbek. Please note that there will be two COHI Clinics per month. COHI Clinics will be hosted at the Community Centre at this time. Covid Protocols will be in place such as:

- 1) Only child and one parent/caregiver will be allowed in at a time.
- 2) All clients with appointments are asked to remain in their vehicles until Sarah calls you in.
- 3) Parent/Caregiver must wear a mask at all times, unless you are a Pregnant Mom accessing the service.

To book your COHI appointment, contact Sarah at 705-677-9971. This is a great opportunity for our community and children. Good dental habits start young!

Program Registrations

The Program Workers will have identified programs that require a registration process. It is important for you, to sign up before the deadlines as program supplies need to be ordered well in advance for delivery. We do not have any control over delivery timelines. If you missed the Registration Deadline, you could opt onto a "Waiting List".

You can sign up for program's activities/events by email to the worker noting the following in the email:

- a) Identify Program Activity/Event
- b) Date of Program Activity/Event
- c) Name(s) of your household Participant(s)
- d) Ages of Participant(s)
- e) Contact Number
- f) Home Address

At this time, we will be conducting CONTACTLESS deliveries of packages. The program worker will give a courtesy call to confirm delivery date and time.

In addition, it is important to not sign-up other family members or community members that you think would like to be signed up. Most cases, that individual is unaware of them being signed up and a program kit goes unclaimed. We prefer individuals to sign themselves up for programs.

Thank you for your cooperation and understanding.

Facebook Program Group Pages

Our program facebook group pages are for your use to receive program updates, flyers and information. We currently have these pages under the Family Well-Being Program:

- 1) Atikameksheng Early Years Centre
- 2) Atikameksheng Youth Group
- 3) Atikameksheng Family Programming

We want to inform the parents and caregivers in the Atikameksheng Youth Group, that we will be reverting back to the original Youth Group page for the YOUTH only. Parents and Caregivers will be added to the Atikameksheng Family Programming page. We want a space for the youth to go to since they are unable to go to their Youth Centre. Thank you parents for your understanding!

Atikameksheng Oshkinijig Ga-maanjidiya (AOG) Youth Council/Group REVITALIZATION



Youth, we are looking for interested youth to sit on this AOG Council! Gimaa and Council would like to have a Youth Voice at their table and help conduct some business! This is very exciting as this is the first time!

We are inviting interested Youth who want to be an active council member within the AOG. Our staff will help as a RESOURCE only to the AOG. Providing you a space, assisting in document developments and council developments. Training will be provided as part of this Council, from leadership to presentation skills. This is a great opportunity for youth to take part in, not only for personal growth, but for employability!

Reach out to Cheyenne Sego, Youth Well-Being Worker, for AOG Start Date and training opportunities!

Aambe Youth, Stoodis!



Pet Owner Responsibilities

We have been having issues, concerns and complaints coming into the Administration Office and Rainbow District Animal Control regarding dogs at large. For the safety of our children and community, please leash up your pets in your yard. This will reduce the risk and incidences of dog attacks and dog fights.

As per our Dog By-Law:

- 19. No dog shall be allowed to run at large within the reserve.*
- 20. Any dog found running at large, committing a nuisance, or endangering the health of residents of the Reserve may be restrained by the Dog Control Officer and shall be impounded.*
- 22. Villainous dogs that bite are to be tied up for fourteen (14) days by the dog owner. If the opinion of the Dog Control Officer that this dog is dangerous, at the dog owner's expense the dog will be destroyed "by the dog owner" or by the Dog Control Officer, after release is given by the Environmental Health Officer.*

Any community member can contact Rainbow District Animal Control at 705-983-5147 to report a nuisance dog. However, in emergency, please call 911 first then, Rainbow District Animal Control. Let's keep our community safe!

Flea and tick season - As the temperatures start to rise, beware of fleas and ticks. Fleas and Ticks are not only uncomfortable and cause itchiness, but can cause serious illness in our pets AND, it can spread throughout the entire household. If you regularly walk-through wooded areas, or while hiking or camping, check your pets for ticks daily. Consider talking with your Veterinarian about the best flea and tick preventive options available for your pet(s).

Spring plants - Although spring flowers make a beautiful centerpiece in our homes and gardens, certain plants and flowers can be toxic to our pets. For instance, "lilies are very toxic to pets," cites Trupanion veterinary technician Aubrey Halvorsen. Lilies can cause kidney failure in cats or even death. Further, sago palm, daffodils, and tulips are on the list to avoid with your pets.

Vaccination & Prevention

One of the best things you can do for your family pet is to keep him or her healthy as long as you can. Regular examinations and vaccinations may not be as cheap as we hope, but it is cheaper than dealing with a severe health issue later. Dogs, cats and other pets, age faster than humans, so major changes in your pet's health can happen in a short time. Having a regular Veterinarian, will allow them to diagnose diseases and conditions early; when it is easier to treat/manage. Often, they can help prevent diseases entirely, just by ensuring that your pet has received his/her appropriate vaccinations and preventives.

Pet Check-Up Recommendations:

- Healthy adult dogs and cats visit 1x per year
- Puppies, kittens, senior pets, and pets with health issues or illnesses need more frequent checkups.

Find a Veterinarian and book your pet in for a check up and vaccination. Protect your pet from harmful diseases that they may encounter.

Home Maintenance

Inspecting your home and completing monthly home improvement projects will keep your maintenance schedule on track and easier to manage.

Monthly Maintenance Checklist

- ✓ Clean the furnace filter to remove dust build-ups, make it easier to regulate your home's temperature, and ultimately decrease energy bills.
- ✓ Check the water softener and replenish salt if necessary.
- ✓ Clean faucet aerators and showerheads to remove mineral deposits.
- ✓ Inspect tub and sink drains for debris; unclog if necessary.
- ✓ Test smoke alarms, carbon monoxide detectors, fire extinguishers, and all ground-fault circuit interrupters.
- ✓ Inspect electrical cords for wear.
- ✓ Vacuum heat registers and heat vents.
- ✓ Check indoor and outdoor air vents for blockage.
- ✓ Flush out hot water from the water heater to remove accumulated sediment.
- ✓ Clean the garbage disposal by grinding ice cubes, then flushing with hot water and baking soda.



Spring Maintenance Checklist

Once the ground has thawed and the trees begin to bud, it is time to prepare your home for spring. On top of your regular spring cleaning, you will also want to consider these general upkeep tips. Use this spring home maintenance checklist to make sure everything in your home, from the basement to the roof, is in tip-top shape:

- ✓ Inspect roofing for missing, loose, or damaged shingles and leaks.
- ✓ Change the air-conditioner filter.
- ✓ Clean window and door screens.
- ✓ Polish wood furniture, and dust light fixtures.
- ✓ Refinish the deck.
- ✓ Power-wash windows and siding.
- ✓ Remove leaves and debris from gutters and downspouts.
- ✓ Replace the batteries in smoke and carbon monoxide detectors.

- ✓ Have a professional inspect and pump the septic tank.
- ✓ Inspect sink, shower, and bath caulking for deterioration.
- ✓ Vacuum lint from dryer vent.
- ✓ Inspect chimney for damage.
- ✓ Repair or replace caulking and weather stripping around windows, doors, and mechanicals.
- ✓ Remove insulation from outdoor faucets and check sprinkler heads.
- ✓ Have air-conditioning system serviced.
- ✓ Drain or flush water heater.
- ✓ Fertilize your lawn.

These checklists will help you in the long run. As always, contact a professional for added supports and services to your home.

If you see mold, contact our office for assistance. Any building can become infested with mold in less than 72 hours, because of a water intrusion or humidity problem. And mold contamination can spread throughout a building which can produce allergens and irritants that have the potential to cause other health effects and do serious damage to your building. For people sensitive to mold, inhaling or touching mold spores can cause allergic reactions, including sneezing, runny nose, red eyes, and skin rash. People with serious mold allergies may have more severe reactions, including shortness of breath.

Tenants: If you have any concerns in regards to your rental unit, contact Vivian Naponse, Housing Manager at housing.manager@wfn.com.

Home Owners: If you have any concerns, please contact me at healthpromo.manager@wfn.com

A healthy home is a safe home! Let's work together to make our home healthy.