

Bingwi Neyaashi Anishinaabek Family Well-Being



NEWSLETTER



Boozhoo everyone,

Happy New Year! I hope this new year finds you all in good health as we continue to journey through the pandemic.

It has been an exciting new year here at the Family Centre as we have had so many positive changes already happening for our community. I am incredibly pleased to announce that we have hired new staff in our Family Well-Being and EarlyON programs. Please see our new staff introductions within this newsletter and I encourage you to connect with them as they would love to hear from you.

As always, it has been wonderful witnessing the connections happening within our community through the programs and services offered at our centre. It has been truly impressive to see everyone doing their best to stay connected despite the challenges the pandemic placed on our community. One of the biggest examples of staying connected was our Winter Wonderland offered in December. Although we unfortunately could not gather for our Annual Christmas party in the usual manner, we had a wonderful turn out and could not have been more honoured to see all the children excited to be engaging in the experience.

I especially want to extend a big Miigwetch to all of the BNA youth who took time to participate in the survey. It was wonderful to hear from you all and we hope to hear from you all more as we look forward to more opportunities to have your input. As always, we encourage everyone to provide us with feedback and or suggestions for future programs and services offered at our Family Centre as we strive to provide meaningful connections and services to our community.

Lastly, I would like to announce that our team has been working on new proposals for our Family Centre and if successful it will provide us with the opportunity to expand our Family Centre and provide our community with additional job opportunities as well. More information will be coming in the next few months. Stay tuned!

Miigwetch,

Camille Borysewicz
Director of Social Services

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Bingwi Neyaashi Anishinaabek Family Well-Being Welcome Our New Staff



Aniin- Hello!

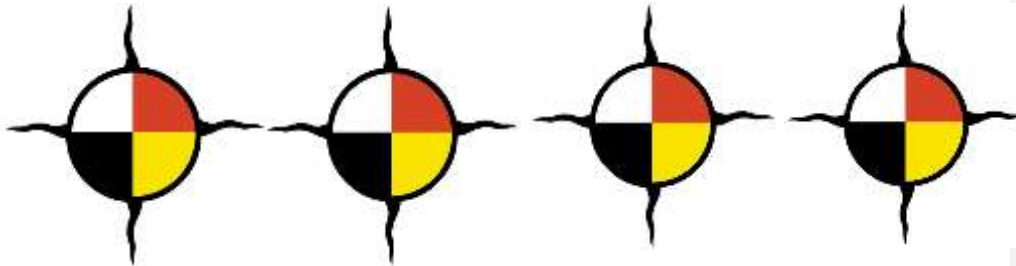
My name is Amanda Sawatzky, I am the new Health Manager for Bingwi Neyaashi Anishinaabek- Sand Point First Nation. Some of you may recognize me as I have been an affiliate of BNA for many years with my sons being members; that connection to this community has given me the opportunity to get to know and form relationships and friendships with so many of you. I bring with me an 18+ year background in healthcare and nursing, working in a variety of settings with a large focus of my career being on community care and health care coordination/management. I have a passion for health advocacy and firmly believe in the model of patient and family centered care because it is with this model that patients, families, and health care providers become partners in providing the best quality care possible. I am so excited for this opportunity and look forward to working with this amazing community and the Family Well-Being team. Thank you all for having me.



-Amanda Sawatzky- Manager of Health for BNA

Boozhoo, Hello

I would like to introduce myself and my new position as the new Child Wellness Worker, I am very excited to be joining the Bingwi Neyaashi Anishinaabek EarlyOn Centre. My name is Tina Gardner and I have been working in the childcare field for more than 28 years, it is my love of working with young children and their families that I continue to thrive on in my life. I look forward to meeting all the families and developing new friendships and most importantly to begin to deliver programming that will enhance children's interests in their learning and to make it very enjoyable and fun through stories, activities and crafts that you can share with your children.






Bingwi Neyaashi Anishinaabek Family Well-Being Updates



Boozhoo and Happy New Year!

Can you believe we are already one month into 2022!! Family Well-Being has a lot of great programming coming up in the next couple of months. Kid's Night, Youth Night, Adult Wellness, 55+, Virtual Kitchen AND an Ice Fishing Event out on the land. We have something for everyone! We will be offering a mixture of in person and virtual programs for both our in and out of town members. *Please keep a close eye on the details of each program, as some programs/events will not be offered for out-of-town members.*

Did you know that we are now on Instagram? To try and reach more of our Youth we created an Instagram Page just for you! Come check out @BNA_Youth on Instagram  and keep up to date on youth programing and more.

Thank you so much to all the children and youth that took part in the Child and Youth Survey!! We received an amazing number of responses! Providing us with your thoughts and opinions allows us to create a program based on your needs and wants! We had a lot of fun reading them.

To allow a better delivery of programming, we have decided to revamp the age groups of our program nights starting in April. EarlyON will be taking on programming for our littles ages 0-6, so keep an eye out for their upcoming posters! Our new Junior's Night will be geared more towards our older children ages 7-11 and our youth night will be ages 12+. Keep your eyes open for an upcoming contest that will involve creating a new Logo and Group Name for our "new" Juniors Group and our Youth Group! We want you to be involved!! If you have not had the opportunity to join in on our programming, it's never to late to start signing up!

On February 1st for Kids Night we will be skating at Vickers Park from 4:30 to 6PM. Come join Kim and Murph from Roots to Harvest on February 10th to cook a yummy nutritious meal. Tuesday February 15th at 4:30 the youth will be partnering up with the Youth from ONWA for some programing virtually!! On the weekend of February 19th and 20th is the Family Ice Fishing Event out on the land, where families can sign up to go ice fishing and learn how to net a fish under the ice! This will be an amazing weekend and we encourage you all to get out there with us!

Please keep your eyes open for a pop-up Family Night Program, were just confirming dates and times. February 23rd is Pink Shirt Day. Make sure you wear your pink shirt to stand against bullying! To those who registered the shirts will be mailed out at the beginning of February.

We also have more great programs coming up in March! We will be hosting our second Family Ice Fishing on the land, tubing, snow shoeing scavenger hunt, ice skating and many more!

Keep checking our Facebook and Instagram Pages for program posters, event information and upcoming calendars!

Miigwetch,
Lindsey Gladu, Manager of Family Well-Being and the Family Well-Being crew



Bingwi Neyaashi Anishinaabek Family Well-Being



Upcoming Programs



PLEASE NOTE, Pantry will be continuing until March 2022

If you require help after this date, please contact one of the family well-being staff

Bingwi Neyaashi Anishinaabek Family Well-Being



Upcoming Programs



PLEASE JOIN OUR FAMILY-FRIENDLY EVENT
FEB 28TH @6PM
AT THE KAMVIEW NORDIC CENTRE

All spots are limited, please register by Feb 18th. Be sure to include shoe size. Please email to: teresa@bna.ca or Katie at katie@bna.ca to reserve your spot.

ALL SKI EQUIPMENT WILL BE PROVIDED. "PLEASE DRESS WARMLY!"

CROSS-COUNTRY SKIING

proof of vaccination is required to attend
DUE TO COVID RESTRICTIONS, TRANSPORTATION WILL NOT BE PROVIDED

BNA'S 2ND ANNUAL ICE FISHING EVENT

Two chances to come out!!

Where: BNA
When: February 19th/20th
March 5th/6th

PRIZES!!

For more information please contact Teresia at teresa@bna.ca or call 504-3205

Categories:
Kids (4-12)
Teens (13-18)
Adults (19+)

Must be fully vaccinated
Due to covid restrictions, transportation will not be provided

VIRTUAL YOUTH NIGHT!

STORY TELLING WITH
Jeordi and Marlene Pierre

February 15th 2022 @ 4pm
Open to Youth 12+

LOGO CONTEST

COMING SOON

Making Memories: 2021 FWB Christmas Winter Wonderland Walk-Through



FWB Staff were sad, that due to Covid, that we couldn't have the traditional Community Children's Christmas Party but we turned that frown upside down and went with plan B, and were so pleased with the turn-out at BNA's Christmas Winter Wonderland Walk-through. Miigwetch to all the families who came out!!





Bingwi Neyaashi Anishinaabek Family Well-Being BNA Health Team Update



Update from the BNA Health Team,

Coming up for BNA Health, PPE Home Kits will still be available for pick-up at the Family Well-Being center every Tuesday, Rapid testing is available for members required to isolate due to covid-19, Covid-19 vaccination and booster clinics in the Greenstone area, the Weekly Health & Wellness Challenges, and Child & Youth Dental Hygiene Awareness Month!

The BNA Health team will be posting vaccine clinic dates for the Greenstone and Thunder Bay District areas on the Family Well-Being Facebook page as they become available to us.

The BNA Weekly Health & Wellness Challenges will continue with chances to win prizes every week for those who participate!

February is Child & Youth Dental Hygiene Awareness month; the BNA Health team will be putting together some dental hygiene kits for all children and youth ages 0-17 in the Thunder Bay District as part of our month-long Dental Hygiene Health promotion! Pick-up dates for these kits will be announced on the FWB Facebook page.

Hello from the frigid & snowy Northwestern Ontario hub of Thunder Bay! We hope everyone is keeping warm and safe at home, and wherever your necessities take you. Here are a few quick updates for our Adult Wellness and 55+ program plans.

Adult Health and Wellness

The month of February will tip things off with some mind settling and self-confidence building paint night. We have been able to procure some more beautiful DIY painting kits by some amazing Indigenous artists through *The Creative* here in Thunder Bay. We are looking forward to sharing with you in the many health benefits of therapeutic painting, while creating some unique and wonderful works of art!

55+ Nights

What's isn't better than stimulating those brain cells and laughing with friends & family during the coldest yet most loving month of the year? Well, I couldn't think of anything better, so we are going to get the excitement building, and ask you to bring your competitive game hats to have a virtual games night with us. We will play a few different thinking games, test that memory and practice some knowledge building, while enjoying each other's company from near and far while spackling hearts & love all over!

We look forward to seeing you join in for all you can, whether it be virtually or for in person programming. Together we will build up our mental wellness and exercise our fine motor skills, while enjoying each other in some loving laughter and unique creative projects!

Take care of yourself, and each other, and enjoy every moment you can! 😊

Thank you from Amanda Sawatzky, Manager of Health and Tashia Smith-Ennis, Home and Community Care.



Bingwi Neyaashi Anishinaabek Family Well-Being



Bna Health and Wellness Updates



The BNA Health team is excited to launch our new weekly Health & Wellness Challenge! Each week we will be posting a new challenge for all community members that want to participate to promote good health & wellness, shake off those winter blues, and get more active!

Every Friday I will be going LIVE to share my own progress for the week, talk to you all about your progress, and answer any questions you may have regarding the challenges.

All participants will be entered into a weekly draw for a chance to win a health & wellness prize pack!



Bingwi Neyaashi Anishinaabek Family Well-Being Updates



Aaniti!

Happy New Year! I hope you are all doing well.

Glenda and I have planned some opportunities for members to learn cross-country skiing at the Kamview Nordic Centre over the next couple of months, please check out the FWB calendar, and join the FWB face book page for more details. February will also bring a Virtual Zoo session for you and your family to enjoy African Jungle Animals, hosted by the Toronto Zoo. Please note that we really want to hear from you, as we aim to provide sessions and/or programming that suits the needs of BNA community members.

As well, if any BNA members with children (aged 0-17) have any needs that could be fulfilled through Jordan's Principle, please do not hesitate to reach out to me. Here is a snapshot of what has been approved by Jordan's Principle to date.

Take care and stay safe and healthy!
Miigwetch,
Katie



Email: jnavigator@bnafn.ca
Phone: 807-344-3055 ext. 230; 807-632-5003

Boozhoo Everyone,

Over the past few months, I have been busily working in collaboration with families in the areas of advocacy, prevention, and support services. I remain committed to supporting Bingwi Neyaashi Anishinaabek families in a holistic way from a prevention/strength-based perspective.

We are in the process of establishing a BNA Child Welfare Protocol Working Group to review the current protocol and create a new protocol that best reflects BNA's Culture, Values, traditions, and vision moving forward. We have compiled a list of names of those who identified themselves as interested. We will be contacting selected members soon with an initial meeting date.

Katie and I continue to host Family/Community Engagement Nights once monthly. We invited Turtle Concepts to host a "Get er' Done" Virtual night that refreshed everyone's heart and home. It was very uplifting and a huge success. Please check the FWB Calendar and/or the FWB Facebook page for upcoming programs. We are always looking for suggestions and feedback about previous or upcoming programming.

It has been a pleasure getting to know community members and I look forward to establishing more relationships in the future.

Miigwetch,

Glenda Takalo
Family Representative



**BNA
FAMILY WELL-BEING
CENTRE**



FEBRUARY 2022

LOCATION:
215 VAN NORMAN ST.
PHONE: 344-3933

Family Well-Being Staff:

- Camille Borysenicz** - Director, Social Services
- Lindsey Gladu** - Manager of Family and Aging
- Ashley Stevenson** - Admin and Frontier
- Michelle Riley** - Child and Youth Worker
- Elizabeth Latza** - Child and Youth Worker
- Katie Borysenicz** - Jordan's Principal Navigator
- Karen Williams** - Family Services EarlyON Coordinator
- Tina Gardner** - Child Services Worker
- Amanda Sawatzky** - Manager of Health
- Tashia Smith-Ennis** - Home & Community Care Worker
- Elizabeth Latza** - Child and Youth Worker
- Glenda Takalo** - Family Support Coordinator
- Tina Gardner** - Child Services Worker

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Kid's Night 6PM	2	3	4	5
6	7	8	9 Adult Wellness Night 6:30PM	10 Roots To Harvest Virtual Kitchen 4:30PM	11	12
13	14 Valentines Day	15 Youth Night with ONWA Pantry Day	16 Family Tubing Night 5PM	17	18	19 Family Ice Fishing Event @ BNA
20 Family Ice Fishing Event @ BNA	21 Family Day Closed	22	23 55+ Night Anti-Bullying Day	24	25	26
27	28 Family Engagement 6PM			Keep an eye out for "POP UP" Programming!		



EarlyOn Center



Boozhoo,

EarlyON would like to welcome Tina Gardner as our Child Wellness Worker. She comes with an abundance of experience and will be doing a variety of activities through stories and crafts. We continue to offer virtual programming via zoom. As the weather begins to warmup we will offer in-person programming at Waverly Park, starting later in Feb and on a regular basis in March. We continue to develop partnerships within the community. Wabigonee EarlyON and Mushkiki EarlyON will join us for weekly programming. Communities Together for Children will partner with us for a monthly Dad's Night coming up in March or April. Our Traditional Parenting with ONWA has started and we are on week 3. In Minogi'aawaso we made baby wrap moccasins and are going to be making baby mittens and hand drum keychains for the month of February. Kid's Baking is back and will be the first Friday of the Month. Our partnerships with Giant Gymnastics have been a success as well and our families are enjoying the program. Continue to check KeyON.ca for updates as well.

Miigwetch,

Karen Williams

Family Wellness Coordinator



Program Information:


Please follow us on Facebook to keep up with the latest news and updates!





Bingwi Neyaashi Anishinaabek EarlyOn Calendars




Sunday Anami'e-giizhigad	Monday Ishwaa-anami'e giizhigad	Tuesday Niizho-giizhigad	Wednesday Aabitoose	Thursday Niiyo giizhigad	Friday Naano giizhigad	Saturday Giziibiigiisa ginige-giizhigad
		1 Children's Dance Class Cohort <i>Info on KeyON</i> Traditional Parenting Via zoom 1:00 – 3:00	2 Giant Gymnastics Cohort <i>Info on KeyON</i> Indoor Adventure with Shapes Via zoom	3 Minogi'aawaso TBIFC Via zoom 1:00 – 3:00	4 Kid's Baking Via zoom 3:30 – 4:30	5
6 	7	8 Children's Dance Class Cohort <i>Info on KeyON</i> Traditional Parenting Via zoom 1:00 – 3:00	9 Giant Gymnastics Cohort <i>Info on KeyON</i> Friendship Tea Party Via Zoom 3:30 – 4:15	10 Minogi'aawaso TBIFC Via zoom 1:00 – 3:00	11 Stories and Legends Via zoom 3:30 – 4:15	12
13	14	15 Children's Dance Class Cohort <i>Info on KeyON</i> Traditional Parenting Via zoom 1:00 – 3:00	16 Giant Gymnastics Cohort <i>Info on KeyON</i> Storytime Via zoom	17 Minogi'aawaso TBIFC Via zoom 1:00 – 3:00	18 Family Play Day Waverly Park 11:00 – 2:00	19
20	21	22 Children's Dance Class Cohort <i>Info on KeyON</i> Traditional Parenting Via zoom 1:00 – 3:00	23 Giant Gymnastics Cohort <i>Info on KeyON</i> Storytime with Frontier College Via zoom	24 Minogi'aawaso TBIFC Via zoom 1:00 – 3:00	25 Stories and Legends Via zoom 3:30 – 4:15	26
27	28					

**** Registration is now open at www.keyon.ca or by kwilliams@bnafn.ca or tgardner@bnafn.ca Programming will be virtual unless indicated. We will continue to update families of any changes that may occur. Any in-person program will follow COVID guidelines set out by TBDSSB and TDHU. Thank you for your patience and understanding ****

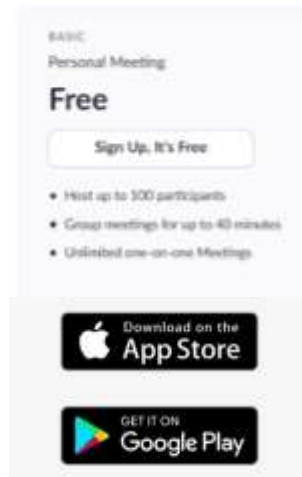
Bingwi Neyaashi Anishinaabek Family Well-Being Connect Via Zoom



First Step – Downloading 

If you are downloading  on your desktop
You will need to go to www.zoom.com

If you are Downloading  on your cellphone
You will need to go to your APP Store to install.



SECOND STEP - Join A Meeting on IOS or ANDROID

1) Open the Zoom mobile app. If you have not downloaded the Zoom mobile app yet, you can download it from the App Store.
2) Join a meeting using one of these methods:
Tap Join a Meeting if you want to join without signing in.
Sign in to Zoom then tap Join.



3) Enter the meeting ID number and your display name.
If you're signed in, change your name if you don't want your default name to appear.
If you're not signed in, enter a display name.
4) Select if you would like to connect audio and/or video and select Join.

SECOND STEP - Joining a Meeting on a Desktop

1) Open the Zoom desktop icon.
2) Join a meeting using one of these methods:
-Click Join a Meeting if you want to join without signing in.



Or sign in to Zoom then click Join.



3) Enter the meeting ID number and your display name. If you're signed in, change your name if you don't want your default name to appear.
If you're not signed in, enter a display name.

Join a Meeting

Meeting ID or Personal Link Name

Grant McLaren

Do not connect to audio

Turn off my video

Join Cancel

4) Select if you would like to connect audio and/or video and click Join.

SECOND STEP - Joining a Meeting on a Desktop

1) Open the Zoom desktop icon.
2) Join a meeting using one of these methods:
-Click Join a Meeting if you want to join without signing in.

Join a Meeting