



*The brand new Aboriginal Services group-meeting room at the Centre for Addiction and Mental Health.*



## **The Centre for Addiction and Mental Health,**

or CAMH, now has three groups meeting in the new room pictured above. This is in addition to the individual support that Aboriginal Services also provides. Their goal is to provide Aboriginal people living Ontario with services in a manner that embraces Aboriginal values and respects Aboriginal spirituality.

You don't need a doctor's referral to join First Steps. This is the weekly outpatient group that provides mental health and addiction education over an 8-week period. New clients can register at any point by calling CAMH Aboriginal Services at 416-535-8501, ext.33985. It is a good way to become familiar with the building, the staff, and the options for further treatment and support.



# Support for Families **Living With Mental Illness**

Family Association For Mental Health Everywhere (FAME) provides free, confidential support and information to families trying to cope with mental illness. They offer many programs and events for children as well as adults. Their Scarborough office is located at 1911 Kennedy Road and the phone number is 416-913-2144. For other locations, visit the website: [www.fameforfamilies.com](http://www.fameforfamilies.com)

## Evergreen Brick Works \$5 Skate Rental



Spring is on the way, but if you haven't been skating yet it's still not too late to take a spin around the Brick Works Skate Trail. Skates rent for just \$5 – all of which goes back into maintaining their public skating program. And the eco-friendly refrigeration system used to maintain the ice surface uses the heat that it produces to warm the building that houses the farmers market in the winter. Cool! To confirm that the rink is open and that your skate size is available call 416-596-7670.

Bus 28A goes from Davisville Station to Evergreen Brick Works on Saturdays. On other days, there's a free shuttle bus from Broadview Station. For shuttle bus times or walking directions, visit the website: <http://ebw.evergreen.ca>

## Your Benefit Payments

The Canada Benefits Finder website provides information on both federal and provincial programs and services. To check if you are receiving all the payments you are entitled to, complete the short survey at [www.canadabenefits.gc.ca](http://www.canadabenefits.gc.ca)



## Math in Motion... **Girls in Gear!**

This is an event for Grade 9 girls. Every year 100 lucky girls who enjoy math and science get to spend a full-day doing hands-on activities and interactive workshops with female role models in math, science and engineering.

The next ``Girls in Gear`` will be held on Saturday, April 5th at the University of Toronto.

To find out more go to [www.mimgig.com](http://www.mimgig.com)



## Go Non-Toxic This Easter With David Suzuki's Homemade Egg-Dye Recipe

1. Chop or grate fruits or vegetables.
2. Combine with enough water to cover.
3. Add one tablespoon of vinegar.
4. Boil for 15 minutes.
5. Drain liquid and set the solid bits aside.

**RED/PINK** - use beets, cranberries, raspberries, or red tea.

**YELLOW/ORANGE** - use carrots, onion, turmeric, or saffron.

**GREEN** - use spinach (but don't boil it, just chop it very fine).

**BLUE** - use blueberries.

**PURPLE** - use red cabbage.

Soak your hard-boiled eggs in the cooled dye for about 15 minutes – or half the egg in one colour, and then the other half in another colour. For special effects, try drawing on your egg with a wax crayon or candle first. Or wrap the egg in elastic bands before dyeing it, to create stripes. You can also place the solid bits of boiled fruit and veg that you set aside on the dyed egg for an additional 15 minutes to create a patterned effect. (From: [www.davidsuzuki.org](http://www.davidsuzuki.org))



## Free Dental Care

Toronto Public Health offers free dental services in clinics, community health centres, and through private dentists across the city. To find out if you are eligible, you must go to one of the clinics. To find a clinic near you call 311 or visit [www.toronto.ca/health/dental](http://www.toronto.ca/health/dental)

## READ YOUR LABELS!

### SUGAR COMES IN MANY DISGUISES:

DEXTROSE	MALTOSE
GLUCOSE	CORN SYRUP
FRUCTOSE	MAPLE SUGAR
LACTOSE	HONEY

*(From: Healthy Mouth, Healthy You, published by the Government of Ontario in March 2009)*

## Free Consultations With Registered Dietitians

**GOOD FOR YOU? BAD FOR YOU? HEALTHY? UNHEALTHY?** If you're ever confused by all the conflicting information you hear and read about healthy eating, you might be interested to know that you can get free, up-to-date information from registered professional dietitians by calling 1-877-510-5102 (toll-free) or sending an e-mail through [www.eatrightontario.ca](http://www.eatrightontario.ca). The site also features many simple, diabetic-friendly recipes from around the world.

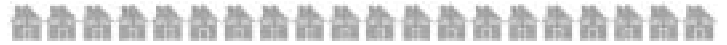




### Treat Your Feet at the NCCT

The Native Canadian Centre of Toronto will be hosting another **Foot Clinic** and on April 8th and chiropodists and reflexologists will be servicing pre-registered seniors all day! Call Caroline Francis for more information: **416-964-9087 ext.400**

## An Important Message for Tenants in Wigwamen`s Family Housing

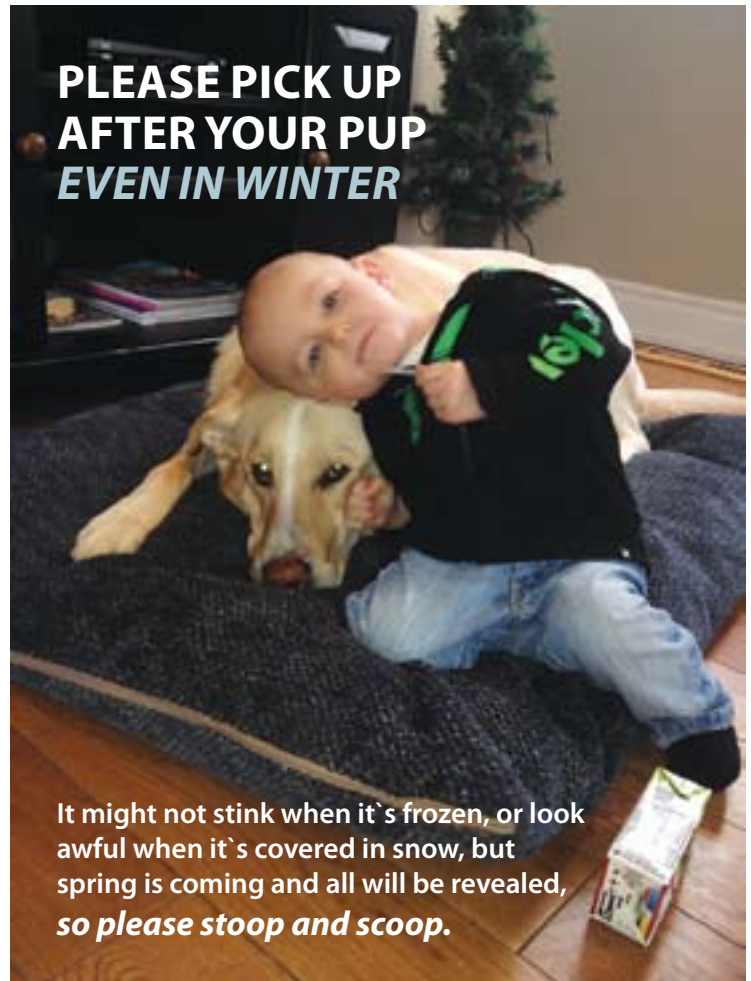


If you get your Rent Subsidy Renewal Package from Head Office delivered to your house by mail, please take note. It is extremely important that you return your renewal packages on time and that you include all the documents requested.

Please read the package very carefully and call Jodi if you have any questions – 416-481-4452 (ext.122). The City of Toronto is very serious about their Rent Subsidy regulations and if you do not provide the required income documents on time *you could lose your subsidy and have to start paying market rent.*

## Free Cello Performances

To honour the memory of civilians killed during war, a Toronto Symphony Orchestra cellist will be performing a beautiful piece called *Albinoni`s Adagio* for free in public places around the city 22 times this spring. He was inspired by a novel called *The Cellist of Sarajevo*. He will be performing at **Malvern Library on March 28th** at noon, and in the main hall of Union Station at 4:30 on April 1st. For a complete list of dates and times, search “the travelling cellist” at [www.tpl.ca](http://www.tpl.ca)



### PLEASE PICK UP AFTER YOUR PUP EVEN IN WINTER

It might not stink when it`s frozen, or look awful when it`s covered in snow, but spring is coming and all will be revealed, *so please stoop and scoop.*



*Snow slowly melting from the roof of Wigwamen Terrace's greenhouse brings hope of spring.*

## WHEELCHAIR ACCESSIBLE UNITS

◆ Are you 59 years of age or older and of Aboriginal descent? Are you in a wheelchair, but able to live safely on your own? Are you looking for safe and affordable housing in downtown Toronto? Wigwamen may be able to help.



Contact the Property Manager at The Terrace for more information: Lisa Kristensen, 416-925-9165.

For information about the following Wigwamen tenant programs and contests, contact Amber Seager at aseager@wigwamen.com

- ◆ GIFT BASKETS FOR NEW BABIES
- ◆ KIDS' BOOK-OF-THE-MONTH
- ◆ BACK-TO-SCHOOL PACKS
- ◆ WIGWAMEN POST-SECONDARY SCHOLARSHIPS
- ◆ MONTHLY ZERO-BALANCE RAFFLE

Wigwamen has been working hard to reduce energy usage in its entire housing portfolio. We have replaced hundreds of windows and furnaces. We have insulated basements and walls, replaced inefficient incandescent light bulbs with the new CFL ones, replaced toilets with high-efficiency models and implemented many other energy-saving measures. **Since 2005 we have saved the equivalent of 370 acres of pine forest**, by reducing our electricity usage by 500,000 Kwh and our natural gas usage by 200,000 m<sup>3</sup>.

**Congratulations to the Winners of Wigwamen's 2013**

## ENERGY EFFICIENCY COMPETITION

- ◆ Cynthia H. ◆ Oriana L. & Kelly B.
- ◆ Dollinda L. ◆ Cindy W. ◆ Peter J.



## WIGWAMEN MAINTENANCE

- ◆ If you have a maintenance issue, please contact your building manager. If you don't have a building manager on site, please call Head Office – 416-481-4451.
- ◆ Wigwamen's new website features an Online Maintenance Request Form: [www.wigwamen.com/housing/maintenance-request-form/](http://www.wigwamen.com/housing/maintenance-request-form/)
- ◆ In event of an after-hours emergency (a flood, or a heating failure, for instance), please call 416-481-4451.

## WIGWAMEN HOUSING

- ◆ The Terrace (104 units for Aboriginal seniors)  
14 Spadina Road, Toronto, ON, M5R 3M4
- ◆ 20 Sewells Road (92 units for Aboriginal & non-Aboriginal individuals & families) Toronto, ON, M1B 3G5
- ◆ 228 Galloway Road (60 units for individuals & families) Scarborough, ON, M1E 5G6
- ◆ Scattered Housing (for Aboriginal families)  
230 homes located throughout the GTA

## TO APPLY FOR WIGWAMEN HOUSING

**Families & individuals of Aboriginal descent should fill out Wigwamen applications that are available:**



**In person:** at Head Office, at Wigwamen Terrace (14 Spadina), or 20 Sewells Road;  
**By mail:** call 416-481-4451 to request; or  
**Online:** at [www.wigwamen.com](http://www.wigwamen.com)

You must submit proof of legal status in Canada and a copy of either your Status Card or an Affidavit of Aboriginal Descent for Housing Purposes with your application. Affidavits can be obtained from Aboriginal Legal Services.

**Non-Aboriginal Families & Individuals should fill out a Toronto Social Housing Connections application that is available:**



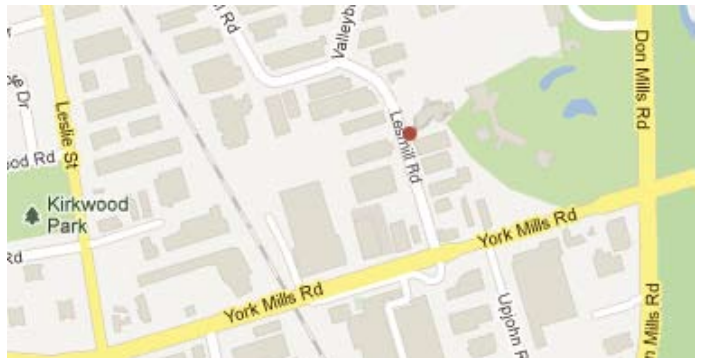
**In person:** at Housing Connections,  
176 Elm St., near Dundas & University;  
**By mail:** call 416-981-6111 to request; or  
**Online:** at [www.housingconnections.ca](http://www.housingconnections.ca)

You must submit proof of legal status in Canada and your income with your application.



### Wigwamen Head Office

23 Lesmill Road, Suite 106  
Toronto, Ontario, M3B 3P6  
Tel: 416-481-4451  
Fax: 416-481-5002  
E-mail: [info@wigwamen.com](mailto:info@wigwamen.com)



23 Lesmill Road is located north of York Mills Road, between Leslie Street and Don Mills Road.

### To get to Wigwamen's Head Office by TTC:

From York Mills Station take the 122 bus, which stops directly in front of the building; or any 95 bus, which all stop at Upjohn, just 200 metres south of Head Office. Alternately, from Pape Station, take the 25 Bus, get off at York Mills and transfer to a westbound bus, or walk west for about 5 minutes.

This issue of Wigwam to Wigwam was written and compiled by Lisa Kristensen. Layout by Ellen Pauker.

### MEEGWETCH

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