WIGWAM TO WIGWAM
YOUR HOUSE TO HOUSE NEWS
VOLUME 20.09

NURTURE OUR CHILDREN

FUN WAYS TO ENGAGE YOUR FAMILY IN THE NEW YEAR

See page 3 for more information!

CELEBRATING OUR ACHIEVEMENTS

WIGWAMEN SCHOLARSHIP RECIPIENTS; WELL DONE!

See page 2 for pictures of some scholarship recipients

WIGWAMEN IN 2020

SPECIAL INITIATIVES AND ACTIVITIES

See page 4 for more information and pictures

SAFE AND WARM

RECIPE, SAFETY TIP & MORE!

See page 5 for more details

WIGWAMEN SCHOLARSHIP WINNERS!

Despite challenges and uncertainties that come with navigating life during a global pandemic, we press on and continue to have much to celebrate as we see our friends, family and neighbours succeed.

We were pleased to award our 14th Annual Wigwamen Scholarships to nine tenants this year! Having demonstrated academic merit, community involvement, and acceptance into an accredited post-secondary institution for September 2020, these tenants were awarded scholarships to assist them as they pursue further education.

We offer our sincere congratulations and wish them all the best on their post-secondary academic journey and future pursuits!

Seven of our nine scholarship recipients are: Micha Powell (pictured to the right); Stephanie Hansell, Sandra Noel, and Kira Hashie (second row—left to right); Elizabeth Robertson, Jennifer Downie, and Hassaan Ahmad (last row—left to right).

LET'S NURTURE OUR CHILDREN!

Looking for fun ways to engage your kids in the new year? Want to have them immersed in language and culture even during a global pandemic?

The NCCT offers many family drop-in activities for parents, caregivers and kids to learn languages through online activities, storytelling and fun!

Family Drop-In Programs

Culture, Food and Nature

Join Mohawk with Mitchell at 11am and Ojibway with Dianne at 1pm on the following days:

Mindful Mondays for culturally based activities focusing on spirituality and important lessons like what it means to be a "good person" and have a "good mind." Listen to "first stories" by looking at words and legends in Indigenous languages!

Soul Food Tuesdays to build healthy habits and a healthy relationship with food. Learn about food in a new and loving way as you listen to stories & prepare snacks and meals with your children.

Nature Talks Thursdays to learn traditional ways and gifts of the elements and outdoors.

Movement and Art

Join Lindsay in the following Movement and Art programs on Wednesdays:

11am: KIDS Intuitive Movement is a combination of yoga, martial arts and dance - with deep breathing and meditation to find balance and feel grounded. Here's something for the whole family to enjoy!

2pm: KIDS Intuitive Art Circle is a free style art zone where kids explore their creative side. This space is a healing circle for kids infused with music, sharing feelings and sharing aspirational thoughts.

Bedtime Stories

Tune in "Live" on NCCT Facebook for **Tuesday and Wednesday Bedtime Stories. Join Dianne in Ojibwe at 7pm and Mitchell in Mohawk at 8pm!**

Please email lindsay.hachey@ncct.on.ca to join any of these programs. Sign up to receive your language kit (latest by 1st week of Jan 2021)!

WIGWAMEN SUPPORTS, SPECIAL INITIATIVES & ACTIVITIES IN 2020

For Residents - Safety First!

To reduce the spread of viruses and minimize the exposure of our tenants to COVID-19, we have increased the intensity and frequency of our daily cleaning and disinfection. Professional cleaning and sanitization companies were also contracted to help us do our due diligence in keeping tenants safe.

We provided personal protective equipment (e.g. masks, gloves, hand sanitizer, etc.) and grocery gift cards to 105 Indigenous Seniors at Wigwamen Terrace and in our scattered units.

We offer special thanks to Anishnawbe Health Toronto for conducting mobile COVID-19 testing for some of our residents in various locations across the city (see picture on the right).

Programs to Stay Connected

Through our Cultural Supports Program and staff, we also delivered various virtual programming and remote supports. These include our Indigenous Peoples Day Drawing, Video and Picture Contest; Children's Hope and Strength Art Contest; Virtual Elder and Traditional Teachings sessions; and Service Canada information sessions.

Increased internet connectivity, improved air conditioning and additional rent relief supports are also among the measures implemented to help tenants weather tightening restrictions due to COVID-19.

Food Security Initiatives

To help meet basic needs during this challenging time, we provided grocery gift cards to all of our residents and "Home For Good" clients.

Our staff also delivered over 1,000+ frozen meals to Seniors living in Wigwamen Terrace. Donated items such as gift cards, Presto cards, basic necessities, food hampers and other food donations were also delivered.

Special thanks to Toronto Council Fire Native Cultural Centre and Gabriel Dumont Non-Profit Homes for their generous provision of frozen meals and food hampers for Wigwamen seniors.

COVID-19 Testing by AHT, Oct 27, 2020

AUDUZHE MINO NESEWINONG (Place of Healthy Breathing)

- Are you First Nation, Métis, or Inuit?
- Do you or your family need a COVID-19 test?
- To book an appointment or make a referral please call **416-654-4184** or email **appointments@healthybreathing.com**

HOME SWEET, SAFE AND WARM

When the challenges of this season feel overwhelming, it brings comfort to remember small and big things we can still truly be thankful for. May we all fill our homes with much gratitude and look forward to the days ahead with courage and strength!

Last but not least, we want to congratulate the following tenants for winning a $50 prize in our Zero Balance Raffle Draw.

CONGRATULATIONS!

Inga Korjus
Dorothy Blackbird
Veronica Reddick
Sandra White
Jennifer Ferreira
Amanda West

All tenants who pay rent in full & on time are automatically entered in our draw for a chance to win a $50 prize!

Hearty Breakfast Cookies

Hearty breakfast cookies with a hint of sweetness and lots of savoury fruit and nut flavour for the whole family to enjoy!

Ingredients

1 large banana (1/2 cup)
1/4 cup peanut butter*
2 tbsp sunflower seeds*
2 tbsp raisins*
1/2 tsp vanilla extract
1/16 tsp salt (1 pinch)

Instructions

1. Mash banana (or applesauce) with nut butter.
2. Mix in all other ingredients and combine well.
3. Scoop & flatten on a baking sheet into 10 round cookies.
4. Bake at 350C for 15 minutes. Cool on tray for 10 minutes.

***You may switch peanut butter, sunflower seeds & raisins with any nut butter, seeds/nuts or dried fruit of your liking!**

Recipe adapted from chocolatecoveredkatie.com/breakfast-cookies-recipe/

Keep You & Your Loved Ones Safe; Prevent Cooking Fires!

1. Be Alert! Plan to cook when you are not sleepy or using substances (medication, drugs, alcohol etc.)

2. Stay in the kitchen while cooking. If you must leave, turn off the stove.

3. Keep anything that burns away from the stove - oven mitts, cooking utensils, dish cloths, paper towels and pot holders can catch fire!

4. Have a proper fitting pot lid on hand. If a pot catches fire, cover it with the lid & turn off the stove. Leave the pot to cool completely.

5. Roll up your sleeves! Make sure your clothes—especially loose-fitting clothes— do not come anywhere near burners while cooking.

COOKING LEFT UNATTENDED IS A LEADING CAUSE OF HOME FIRES IN ONTARIO!

Information in this section was extracted and adapted from ontario.ca/firemarshal

WIGWAMEN Incorporated provides safe and affordable housing to hundreds of Indigenous and non–Indigenous families, singles, and seniors throughout Toronto and Ottawa.

WIGWAMEN HOUSING

- The Terrace (103 units for Indigenous seniors) 14 Spadina Road, Toronto, ON, M5R 3M4
- 20 Sewells Road (92 units for Indigenous/ non-Indigenous individuals & families) Scarborough, ON, M1B 3G5
- 228 Galloway Road (60 units for Indigenous/ non-Indigenous individuals & families) Scarborough, ON, M1E 5G6
- Pam Am (145 units for Indigenous/ non-Indigenous individuals & families) 75 Cooperage Street, Toronto, ON, M5A 0J5
- Scattered Housing (for Indigenous families) 214 homes located throughout the GTA
- Place Perrault (41 units for Indigenous/ non-Indigenous individuals & families) 205 Eric Czapnik Way, Ottawa, K1E0A5
- 55 Thora Avenue (20 units for Indigenous individuals & families) Scarborough, ON, M1L 2P7
- 3738 St. Clair Avenue East (22 units for Indigenous individuals & families) Scarborough, ON, M1M 1T7
- 525 Markham Road, Scarborough, ON M1H 3H7

TO APPLY FOR WIGWAMEN HOUSING

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

By mail: call 416-481-4451 to request; or

Online: at www.wigwamen.com

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

Non–Indigenous Families & Individuals should fill out an application that is available:

By mail: call 416-981-6111 (Toronto) or 613-702-5358 (Ottawa) to request a form

Housing Connections

Online: at www.housingconnections.ca (Toronto) or www.placeperrault.ca (Ottawa)

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
Email: info@wigwamen.com

From York Mills Station take the 122 bus, which stops directly in front of the building; or the 95 bus (not the express), which stops 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.

Wigwamen Maintenance

If you have a maintenance issue, please contact your building manager. If you do not have a building manager on site, please call the Head Office at 416-481-4451.

Online Maintenance Request Form: www.wigwamen.com/housing/maintenance-request-form/

In the event of an after-hours emergency (e.g. a flood or heating failure), please call 416-481-4451 (Toronto) or 613-805-9604 (Ottawa).

This newsletter issue was compiled by Aliza Tan.

MEEGWETCH!

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