

MONTHLY NEWSLETTER

MAY 2023



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NAMEBINE - GIIZIS
(SUCKER MOON)

Easter Time Fun:

In collaboration with the BZA band office, the RBCFS office in BZA hosted an Easter Dinner at the BZA Community Center on April 6th.

Families enjoyed a wonderful Easter dinner. There was a black-out bingo for adults, a penny auction, Easter goody bags for the high school students, and gifts for the children. Easter basket decorating took place for everyone.



We would like to thank all the staff for providing an awesome dinner and fun time for the families.

We would also like to thank everyone who participated in the Easter festivities.



Thunder Bay Easter Baskets & Dinner

The RBCFS office in Thunder Bay provided a lasagna dinner for the families in Thunder Bay and Easter baskets for the children.

We would like to thank our fearless leader Ramona Thompson for doing the cooking and the staff who helped put the lasagnas and Easter baskets together.



Chi-meegwech Ramona!
You rock!



Traditional Care Program

Are you interested in becoming a Traditional Care Provider? We would love to tell you more about our program. Call us at 807-475-4703.

April: Our BZA worker hosted a Flowerpot Painting Program with Dinner for our Traditional Services (Kinship) Providers for Kinship Appreciation Day on April 20th, in Appreciation for all the love and care they provide. Unfortunately, due to the weather, the Thunder Bay Program was cancelled and will be rescheduled. Stay tuned for a new date and time. Flower bouquets were also delivered to our Providers in BZA and Thunder Bay.



May: Foster Care Month – watch the RBCFS Facebook and www.rockybayfn.ca site. Calendars and Posters are delivered monthly to all our Traditional Care and Services Providers. A colouring contest for children/youth to be posted.

May 3rd: RBCFS will be hosting an Open House in BZA at the Community Hall from 11-2pm. Come out and see what RBCFS has to offer you and your family. We will be set up and be available to answer all your questions. We look forward to seeing everyone there!

May 25th: Colouring contest sheets due.

May 26th: Drop-In Caregiver Program for all Traditional/Foster Care Providers, Traditional Services (Kinship) and their children at Thunder Bay Communities Together for Children in Northwood Mall from 1-3 pm. Light snack and attendance prizes for an adult and child.

May 28th: Flowerpot/planting program and Dinner to be held for our Traditional Care Providers.

Miigwetch, on behalf of the Traditional Care Team.



Boozhoo Everyone !

Please welcome our newest Traditional Care Home Providers Kristen Dawydenko and Sheldon Hannah to our agency.

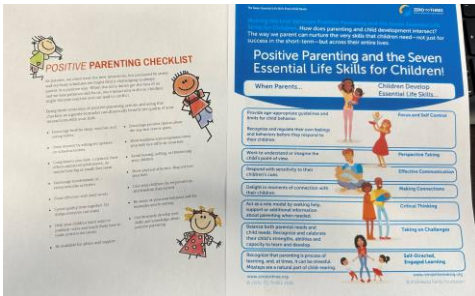
We are thrilled to announced they are our very first Traditional Care home providers, we are very happy to have you.



Parenting Support Events

Parenting Support Worker Kayla Thompson hosted Parents Day out Bingo on April 14th at the main office in BZA. Parents and caregivers enjoyed an afternoon of bingo with food prizes being offered while the children enjoyed playing together. A light snack and refreshments were provided.

Kayla also hosted the Positive Parenting session on April 25th. A power point presentation took place on what positive parenting is, what key elements are a part of positive parenting and some tips. Marissa Thompson won the attendance prize of a \$50 gift certificate to Spirit Bay Gas Bar.



The Safe Sleep for Baby info session took place on April 26th at the BZA office. Attendees were welcomed with some fresh popcorn and were given a pamphlet on some safe sleep tips for baby to take home after the session. Leonard King was the door prize winner of the 3 in 1 Sleepytime humidifier.



Keep a look out for the two parenting programs in May, self-care day for caregivers and a parenting information session.

Prevention Programming

Our Prenatal Infant Care Worker Jessica Colvin hosted the Parent Food Bingo at the satellite office in Thunder Bay on April 13th.

Families were treated to a lunch of vegetable soup, pita bread with hummus, fruit and dip, and refreshments. Each family went home with a bag of groceries (eggs, milk, bread, margarine, cookie dough, and fruit). The kids had a fun time in the playroom and watched a movie.



A Drop-in for Moms & Tots was held at Maple Tops (indoor playground) in Thunder Bay on April 14th.

Families enjoyed playtime, snacks and refreshments were provided and every family received a \$25 gift certificate for Rencos.



Stress Management Workshops

The Prevention team from both the BZA office and Thunder Bay office hosted several sessions on stress management.

Facilitators presented common causes, symptoms, and behavior related to stress. The impacts of adverse childhood experiences(ACE) were explained giving understanding on how stress can affect your health, mental health, and addictions. Tips on selfcare, and activities were provided to help keep stress down, which affects your body.



Participants provided good feedback on their understanding of stress on health and addictions. They also stated that the information and tools provided were useful and productive. They all received a gift bag with a journal, stress ball and fidget toy (stress reliever).

Vivian Lester took home a food hamper for the BZA workshop, while Anita Thompson received a Rencos gift certificate, and Lisa Semerling received a chicken supper with fixings for the TBAY workshops.



Youth Liaison Program

Youth Liaison Worker Robin Thompson hosted the Teens in the Kitchen on April 4th at the BZA office. Teens made cookies and cupcakes, and were treated to pogoes, chicken fingers and smiley fries for supper. Aiden was the winner of the \$25 gift card to Franz's store in Beardmore.



Robin also hosted a Kids Bingo at the BZA office on April 11th. The kids enjoyed smiley fries and refreshments. They played bingo to learn numbers and socialized.

The Kids in the Kitchen took place at the BZA office on April 18th. Robin and the kids made cookies, listened to music, and shared a light snack of pogoes and pizza pockets.

Due to unforeseen circumstances some of the Youth Liaison programming had to be cancelled, we apologize for any inconvenience this may have caused, but will be back next month in full swing! Check our Facebook page for posters and listings on the monthly activity calendar.

Hot School Lunch at Beardmore School

The BZA Prevention team hosted a hot school lunch at the Beardmore public school in April.

Robin and Amy cooked spaghetti and served garlic bread to the students, staff, and parents.



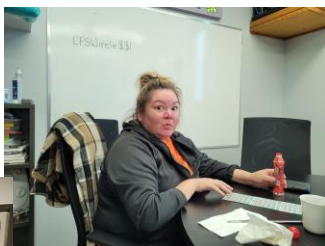
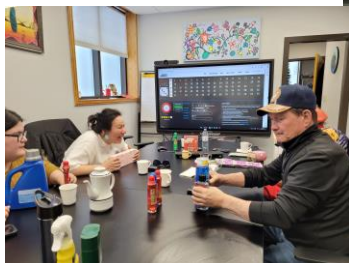
ELDERS CORNER

Drumming with Diane:

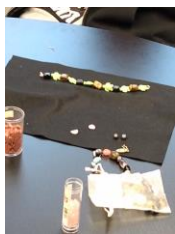
Hand-drumming with Elder Diane takes place every other Tuesday of the month. Diane shares her knowledge of the drum and songs. No experience is required and drumming is open to everyone of all ages. A light snack and refreshments are provided.

Adult Social - TBAY:

Elder Mona Hardy hosted the Adult Social at the Thunder Bay office on April 3rd. Attendees enjoyed a delicious homemade meal cooked by Miss Mona. Spaghetti with meatballs, homemade buns along with a side salad made with her secret dressing was served. Participants enjoyed an evening of bingo and plenty of laughter as usual when Mona is hosting bingo. Amelia Boothe was the big winner taking home several prizes!



Family Craft Nights - TBAY:



Elder Christine Hardy hosted family craft night on April 11th. Participants learned how to make beautiful healing bracelets. A light snack and refreshments were served. Averil La Duke was the winner of an RBCFS umbrella attendance prize.

Elder Mona Hardy hosted a Mother's Day Corsage workshop on April 25th. Attendees created a beautiful corsage. Miss Mona shared stories and plenty of laughter. A light snack and refreshments were provided.

Mothers' Day Corsage Workshop Photos:



Elders Social - TBAY:



Miss Mona hosted the Elders Social in Thunder Bay on April 24th. She cooked a wonderful meal of barbeque pork chops smothered in onions and sauce served with whipped potatoes covered in gravy with a side of mixed vegetables which was followed up with her delicious homemade marshmallow squares. An evening of bingo and laughter took place.



BZA ELDERS' SOCIAL

The BZA Elders' Social took place at the main office in BZA on April 24th. Participants enjoyed a meal of shake and baked chicken, ribs, and mashed potatoes complete with gravy and corn. Dessert of watermelon and donuts were served. Dinner was followed up with several games of bingo. Thank you Peggy for cooking and Robin for calling bingo!

BZA ELDERS WEEKLY WALK

Elder Wayne Onakanakis hosted a weekly walk program throughout the month of April at the BZA community center on Tuesdays from 12:00 – 2:00 pm noon. Participants for the month will be entered into a draw for a pair of moccasins. The winner will be announced on the RBCFS Facebook page so stay tuned!