



Kebaowek First Nation Mazinaigan / Newsletter

Oditakagomin Kizis / August 2020

Inside this issue:

An Update from the Chief Continued	2
Housing Department and CCP Announcement	3
Kebaowek Fire Department... Gasoline Safety	4
Local First Nation Human Resources Update	5
Kebaowek Public Works Department ... Recycling Info	6
Kipawa Countryfest Update and Information	7
A Message from the Health Director	8
Health Center Notes and Information	9
Wanaki Center Treatment Options	10
How to Stop Enabling an Alcoholic or Addict	11
Medical Transportation and NIHB Covid-19 Update	12
Medical Transportation and NIHB Covid-19 Update	13
Medical Transportation and NIHB Covid-19 Update	14
Medical Transportation and NIHB Covid-19 Update	15
Medical Transportation and NIHB Covid-19 Update	16
Medical Transportation and NIHB Covid-19 Update	17
COHI Update and Health Snack Idea for Kids	18
Health Center Challenges and Activities	19
MCH / Head Start and Sports & Mentorship Info	20
Let's Look After Each Other ... Suicidal Thoughts	21
Kebaowek First Line Services	22
Kebaowek First Line Services	23
Community Calendar for August and September 2020	24

An Update from the Chief

I must begin by acknowledging it has become a routine these past months to start my article talking about Covid-19. In early July the number of new cases were hitting levels not seen since March when this all started. We have seen since then, a resurgence of the virus across Canada as provinces moved to open businesses and the economy, in particular the opening of bars and increasing the numbers allowed at indoor and outdoor gatherings. There was and continues to be a steady growth of new cases in Quebec including Abitibi-Temiscamingue which has seen 6 new cases in the region in the last week ,after going 30 plus days of no new cases. In the MRC there is no new cases but we are monitoring daily the numbers published by Quebec's Public Health. There are also new cases in the North Bay and surrounding area. As most of you may have seen, these new infections are in the younger population, under 40 years old and this is a little worrisome as many will not have or will only have minor symptoms and can quickly and unknowingly become infected and spread it to more vulnerable family and friends. With these rising case numbers, there is cause for concern. If we can't get a handle on the spreading of this virus and new infections, it could undermine all the hard work and sacrifices that we've all made to get this far. While we are seeing new cases, the solution to the issue isn't new, in fact it is a solution we all know. To get the number of new cases back down, we need to keep doing the things that we now know work: **Frequent hand washing, practice physical distancing, wearing masks and staying home when sick.**

We are deeply concerned that with rising case numbers, Quebec is still moving ahead with allowing gatherings up to 250 people beginning August 3rd and has not provided a clear plan and guidance for our children who are expected to return to school in a matter of weeks.

I want to thank and commend all community members for doing their part to keep the virus at bay and out of our community, I'm really happy to see that everyone is wearing a mask, it will certainly help in protecting yourself and others and will be something we will all be doing until a vaccine or cure is found.

To all members, we will get through this, this community and its people have and will continue to show resilience. We know we can do this because we've already seen how we have all contributed to flattening the curve. We may very well have to do it again but I have trust and faith that each of us will do what we must to protect ourselves, our family and friends and of course our most vulnerable, our knowledge keepers.

The Council has now reopened the Kebaowek Playground. We simply (page 2)

CONTACT US

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110 Ogima Street
Kebaowek QC J0Z 3R1
Tel: (819) 627-3455
Fax: (819) 627-9428

Kebaowek Health and Wellness Center
110 Ogima Street
Kebaowek, QC J0Z 3R1
Tel: (819) 627-9060
Fax: (819) 627-1885

Kebaowek Police Department
104 Ogima Street
Kebaowek, QC J0Z 3R1
Tel: (819) 627-9624/8229
Fax: (819) 627-3277

An Update from the Chief Cont'd

ask parents and children to follow Public Health Guidelines. In an effort to make sure this happens, Public Works has installed a hand washing station behind the Maintenance Building, there is a sink with soap and running water and we kindly ask that you and your child/children wash your hands before getting on the play structures and again before leaving the playground. Practicing good hygiene is highly recommended. Children under 12 are not required to wear a mask but adults must if physical distancing is compromised in any way.

In other news, Council is working to diligently on a number of Economic Development opportunities that will support our existing businesses. Our hydro project, ONIMIKI has begun to generate some new interest and is being discussed by the Provincial Government at the highest level. as a project that will meet a need, more electricity in the Temiscaming area. In the last weeks we have given a presentation to the Minister of Energies Chief of Staff and the Prefet of the MRC has had a first discussion with the new President of Hydro Quebec about our project. This was a very beneficial conversation as Hydro Quebec confirmed that there is an electricity shortage in the Temiscamingue Region and that they regularly buy electricity from Ontario to meet short-term demands and our project could fill this void. We have also been contacted by the Premier's Office about our project. They are looking for any projects that can be moved along quickly, that create jobs and opportunities as Quebec tries to jump start its economy post Covid-19. The Premier is currently touring the province and we have sent him and invitation to discuss this project and other issues and challenges we have with Quebec. We have received positive signals from his staff and will be working with them to finalize a meeting when he's in the region which is scheduled for early August. This project is key to our future ability to generate own funds so we can invest in the priorities of the community like an Elder's Residence and any other projects that governments don't fund.

Another Economic Development opportunity we have been working on, is the Decontamination Project at Opemican Park. The scope of this project is significant as the proposed work represents a potential value of \$35 million in contracts. We have been in discussion with the Park Representatives and SEPAQ which is the Provincial entity responsible for the management of National Parks in Quebec. Those discussions have led to a first offer from SEPAQ for works that our company, Transport Clouatre could do. It was simply

a small contract for \$100,000 to do site preparation and a promise that there could be more work if we met the criteria and could acquire the necessary licences and permits. This did not sit well with me and I sent an email to the President of SEPAQ and as well, I also contacted the Ministers Office to express our displeasure with such a low ball offer and requested a meeting as soon as possible to discuss further. I also made them aware that our expectations is that in addition to the site preparation, we expect that a significant amount of the contracts be set aside exclusively for the benefit of Kebaowek, in fact, we expressed that a minimum of 20% of the total project should be set aside.

On a conference call with SEPAQ, they quickly advised us that the instead of only a portion of the site preparation they were prepared, as a first step and as a signal of good faith, to give us the entire contract which is valued at \$500,000. In addition because the project has to be publicly tendered they have also committed to find ways to ensure that whomever wins the overall contract, there are clauses in the documents that require the contractor and subcontractors to hire Kebaowek Members and businesses. Finally they have committed to set aside approximately \$8.5 million of the overall project for Kebaowek, provided we can do the work and get the necessary permits and licences. Land Management is continuing the discussions with the Park at the local level and with the President of SEPAQ, I have committed to continue the discussion on finding ways to maximize the benefits for Kebaowek.

Finally for the Band Office schedule for the month of August, for the past few months we have worked with a staggered schedule and taking meetings by appointment. Effective August 4th, all Band Employees will be in the office, Monday-Thursday from 8:00 am - 3:00 pm. Appointments will still be required to meet with staff to allow us to control the number of people in the building to respect Public Health guidelines for physical distancing.

In closing there are many other projects and efforts I'd like to highlight as this is just a snapshot of the many files we are working on. I want to again, thank every member for doing what is needed to do to protect themselves, their families our knowledge keepers and those with underlying medical conditions.

Enjoy the rest of your summer,
Chief Lance Haymond



**Duplex- Two bedroom
Available September 1 , 2020**

Rent: \$400.00 month plus utilities

Applications are available at the Housing Department
Tanya McKenzie
Email: tmckenzie@kebaowek.ca
Telephone: 819-627-3455 Ext 202

**Deadline for submission:
August 10th, 2020 by 3:00 pm.**

Tenants will be chosen by criteria formula if there are any ties then it will be based on date of application.

**HELP SHAPE
YOUR FUTURE.**



We will commence our CCP focus groups with community members to explore perceptions, feelings and thinking about our ideas, services and opportunities from previous data analysis.

The focus groups will allow Kebaowek members to be fully engaged in our next steps of the planning process. We will look at prioritizing, which will allow us to move forward in developing short and long term goals for our CCP.

STAY TUNED FOR UPCOMING DATES IN THE NEXT FEW WEEKS!



MEEGWETCH FOR ALL YOUR INPUT AND SUPPORT TO DATE.

Community Wishes for the Month of August



Happy 14th Birthday Gabrielle !!
She celebrates her special day
on August 28th !!
Love, Mom, Dad & Vanessa



Happy Birthday Wishes to
Blake Joly - August 18th
Mathieu McKenzie - August 20th
From your
Fire Department Team



Wishing Erica a very Happy 26th Birthday
on August 11th !!
And a huge Congratulations to Erica
for completing her
Culinary Management Program !!
Love, Mom Jaxon and Carson XOXO



Some people search all their lives
for that forever love
I found mine,
Happy 28th Anniversary Dale ♥
Yours, REN xo

Gasoline Handling & Storage Fire Safety Tips



Gasoline is an important part of our day-to-day lives. We use it to fuel our cars and trucks, as well as our lawnmowers, weed trimmers, boats, a variety of off-road vehicles, portable electric

generators and more. However, gasoline is highly flammable and can be extremely dangerous if not handled or stored safely. Following these safety tips will help protect you and your family.

Fuelling Vehicles

- Turn off the vehicle's engine. If towing a trailer or recreational vehicle, turn off all possible ignition sources, such as a heater, stove, propane refrigerator or pilot lights.
- Never smoke or operate any personal electronic devices during refuelling. This includes cell phones, laptops, personal digital assistants (PDAs) and electronic games. Leave all electronic equipment in your vehicle.
- Never leave the nozzle unattended. Never jam the refuelling latch on the pump nozzle in the open position with any object.
- Do not get back into your vehicle while refuelling – static electricity could generate a spark especially during the dry winter months. If you cannot avoid re-entering your vehicle during fuelling, discharge any static electricity by touching a metal portion of the vehicle, away from the filling point, such as the car door, before touching the gas pump nozzle.
- To avoid spills, do not overfill your tank. Remember to leave room in your tank for expansion, especially during the hot summer months.
- Report any spills immediately to the gasoline station attendant.
- In the event of a fire at the pumps, do not attempt to remove the nozzle from the vehicle. Evacuate the area immediately and inform the station attendant to call 911.

Portable Gasoline Containers

- Use only a ULC (Underwriters Laboratories of Canada) or CSA (Canadian Standards Association) approved

plastic or metal gasoline container. Never store gasoline, even small amounts, in glass jars or other unapproved containers.

- When filling a container, follow the same rules as fuelling a vehicle; turn off engine, extinguish all ignition sources, leave electronic devices in the vehicle.
- Place the container on the ground a safe distance from vehicles, customers and traffic. Never fill a container when it's inside a vehicle, trailer, trunk or pickup truck bed. The container must come into contact with the ground in order to eliminate any chance of static electricity igniting fuel vapours.
- Keep the pump nozzle in contact with the container at all times during fuelling to eliminate static electricity igniting fumes.
- Fill a portable container slowly to prevent over-filling or a spill, as well as decreasing static electricity.
- Fill the container no more than 90 – 95% full to allow room for expansion. Overfilling a container can lead to a dangerous spill or distort the container.
- Wipe off any minor gasoline spills on the container before securing it in your vehicle. Ensure the container is tightly sealed, including the cap on the air vent. Never use containers that do not seal properly.
- When transporting the container by vehicle, secure it in an upright position in a well-ventilated area. Never transport a container in a closed area or trunk. Do not smoke when transporting gasoline.
- Remove the container from your vehicle as soon as you arrive at your destination. Never leave a gasoline container in a vehicle, especially in direct sunlight.
- Store containers in a secure, well-ventilated location out of the reach of children. Never store gasoline in the living area of a house. The safest storage location is a detached garage or shed, away from any ignition sources (pilot lights, electric motors, heaters, stoves, etc.) and combustibles (paper, rags, cardboard, etc.).

Fuelling Boats and Equipment on Trailers

Boats, lawnmowers, ATVs, snowmobiles, motorcycles and jet skis are examples of gasoline-powered equipment that may be transported on a trailer. As with filling a portable

gasoline container, the vehicle must be grounded to eliminate the risk of a spark from static electricity during refuelling. To minimize this risk, follow the same rules that apply to fuelling a vehicle, together with these guidelines.

- Portable containers used as fuel reservoirs for outboard marine engines should be removed from the boat and placed on the ground or on the wharf during refuelling.
- Remove the equipment from the trailer to the ground for refuelling. If this is not practical, use a portable container to fuel the equipment rather than directly from the gas pump. When dispensing from a portable container, there is less chance of a spill and the slower flow rate reduces static electricity.
- If refuelling the equipment on the trailer from the pump nozzle, ensure the nozzle comes into contact with the fuel tank fill tube on the equipment.

Other Gasoline Safety Guidelines

- Always store gasoline in an approved container, in a cool, well-ventilated secure area away from any heat or ignition sources. Never store gasoline inside the home.

Store it in a detached garage or shed. Only store the minimum amount of gas required. Do not store gasoline in a vehicle.

- Always keep gasoline away from children.
- Never siphon gasoline by mouth. Gasoline can be harmful or fatal if swallowed. If gasoline is swallowed, never induce vomiting – seek medical attention immediately.
- Use gasoline as a motor fuel only. Never use gasoline as a cleaning agent, degreaser or to clean your hands.
- Never refuel lawnmowers, weed trimmers, rototillers or any other piece of equipment while it is still hot.
- Never use gasoline in place of kerosene or charcoal lighting fluid.
- Never use water on a gasoline fire (Class B fire). The use of water will spread the fire.
- Do not discard gasoline onto the ground, into a sewer, street drain or any waterway.
- Do not use gasoline as a weed killer or pesticide.

Local First Nation Human Resources

Glenda Moore - ETSC Manager Tel: 819-627-3455 Fax: 819-627-9428 Email: gmoore@kebaowek.ca

Information on Employment Insurance Economic Region 18 (North-West of Quebec)

Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate: June 7th - July 11th, 2020	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	12.3	455	24
Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate: July 12th - August 8th, 2020	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	12.1	455	24

Since July 3rd 2016, the number of hours required to qualify to EI is now the minimum requires by economical region. If you apply for special benefits, you will need 600 hours of insurable work. It is strongly recommended to check with your local Service Canada Center for the minimum number of hours required to qualify. Updated and revised on **July 13th, 2020** by the **First Nation Human Resources Development Commission of Quebec (FNHRDCQ)**.

Summer Student Employment 2020

The Kebaowek Summer Students are currently working.

They are working with the Maintenance Department and are available to do work for our Elders in the community.

For more info contact Terry Perrier at 819-627-3455, Extension 216

SERVICE CANADA

Outreach Site is located at:

Le Centre 20 Humphrey Street, Temiscaming, Quebec
For more information please call: Le Centre 819-627-3230



RECYCLING



Plastic

Make bags of bags

- Bottles containing non-toxic liquids
- Containers that contained hair care & body care products
- Household detergent containers
- Toilet paper and paper towel bags
- Grocery bags
- Bread bags
- **NOT RECYCLABLE:** #6 plastic, coffee lids, toothpaste tubes, any rubber products, hangers, toys, tools

Paper & Cardboard

- Paper (with staples)
- Flyers (matte or glossy)
- Unlined envelopes
- Laundry detergent boxes
- File folders
- Egg cartons
- Milk cartons
- Juice boxes
- **NOT RECYCLABLE:** Dirty or greasy cardboard/ paper, stickers, diapers, wrapping paper with metallic finish

If the bags stretches,
it's recyclable

Glass

- Bottle
- Jars
- **NOT RECYCLABLE:** Mirrors, windows, drinking glass, light bulbs, fluorescent lights, pyrex, porcelain, ceramics, dishes, broken glass

Metal

Rinse all items before
recycling them

- Cans
- Soda cans
- Lids
- Coat hangers
- Aluminum plates (clean)
- Aluminum foil (clean)
- **NOT RECYCLABLE:** Cans containing paint, cans containing solvents, scrap metal, metal pipes, nails/ screws, pots/pans, electronics, toys, tools



For more information please contact (819) 627-3455 (ext. #216)

Kebaowek Public Works



Kipawa Countryfest

Our dear Countryfest family and friends,

We want to thank you for your patience and understanding during this time of cancelling the 2020 festival due to the covid-19 pandemic. We are still feeling sad by this outcome, but we know it was also the right decision. Your health and safety is important to all of us.

WRISTBAND EXCHANGE/REFUND

Please read carefully the following 2 options available to you

OPTION 1 – EXCHANGE: You keep your already purchased wristband and have it exchanged at the entry gate for a new wristband during the 13th Annual Kipawa Countryfest in 2021. (We encourage you to think about keeping your wristband for next year.)

NOTE: If you choose to keep your wristband, you are responsible for your wristband. You must have it with you to do an exchange at the Countryfest entry gate in 2021. No exceptions!

OPTION 2 – REFUND: You can have a refund for your wristband. For a refund you will need to bring your already purchased wristband to the Countryfest Office (Kebaowek Band Office) or to Migizy Gas Station. (If you live out of town and are unable to bring in your wristband, please contact us.)

NOTE: Refunds will be given out starting June 15 and only until September 30, 2020. No refunds will be given after this date.

**** CREDIT CARD PURCHASERS:** If we are holding your wristbands at the office you can call us at 819-627-3455 for a refund. (You will need your credit card for us to do the refund.)

**** QUESTIONS:** If you have any questions please contact us at 819-627-3455 or through the Facebook page messenger or email rmckenzie@kebaowek.ca

We wish you well and hope you will have a safe and happy summer! We look forward to welcoming you back next year to the 13th Annual Kipawa Countryfest August 20-21-22, 2021!

~ Kipawa Countryfest Committee ~

**Announcement
for 2021 !!**



As we announced on April 16th, the 2020 Kipawa Countryfest has sadly been cancelled, due to the COVID-19 pandemic, since then we have started working hard to re-confirm artists for the 2021 festival. And we are pleased to so far announce that ROOTS & BOOTS with Aaron Tippin, Sammy Kershaw, and Collin Raye have confirmed that they will be at the 13th annual Kipawa Countryfest August 20-21-22, 2021! We will keep you updated as we continue to rebuild our lineup.

Kipawa Countryfest Presents Headliner Show



Aaron Tippin ★ Sammy Kershaw ★ Collin Raye

Roots and Boots

Saturday, August 21, 2021

A Message from the Health Director

“WE ARE ALL IN THIS TOGETHER”

Kwe Community and all members of Kebaowek First Nation. As of July 29th the Region of Abitibi-Temiscamingue remains relatively stable with 6 new case for a total 179 Covid-19 cases within the past month. Although we have reason to be cautiously optimistic, spikes will happen as the summer holiday season begins and travel amongst regions will occur, therefore we must remain vigilant. Your continued efforts to do a good job at applying the recommended Public Health Sanitary Measures are contributing to our favorable local results.

As you all know by now, since July 18th in Quebec, face covering or masks are mandatory in all enclosed areas accessible to the general public. Ontario in general is to follow suit with mandatory masks in all their public places as well. This is something that we need to get use to until there is either a cure or a vaccine. It's that simple!

It must be clearly understood that in no means are we to slacken off on the other important sanitary measures. Washing your hands frequently and using hand sanitizer when soap and water is not available is one of the most important thing you can do. Coughing in the crook of your elbow and keeping a 2m physical distance along with adhering to safety protocols in public places are also equally important sanitary measures to live by.

Kebaowek Children's Park

It is a wonderful site to see the children playing and enjoying themselves at our park. The numbers are good in our area for Covid-19 and keeping in line with the Provincial de-confinement plan, and the added set up of a handwashing station, it was decided to open it up. We simply ask that you accompany your children as much as possible to ensure that they use the hand washing station before and after playing on the equipment. There will always be a risk associate with most things we do in life now, but with good behaviour pertaining to sanitary measures, we can at least minimize them and get back to doing some of the things we were doing before the Covid-19 pandemic.

Symptom monitoring remains essential to be able to detect new cases early, trace possible contacts and put in place the necessary measures to protect the population. In the event of symptoms compatible with those of COVID-19, a

call should be made to the telephone line: 819 644-4545. This is very important if we want to limit the spread amongst our communities.

Stay healthy and safe this summer and please do not hesitate to call your Health & Wellness Center should you have questions or concerns about health or social services related matters.

Meetings held during July Via Zoom

- Kebaowek Emergency Response Group
- FN of QC Health & Social Services Directors
- FNHMA Board of Directors
- CISSSAT Board of Directors
- Public Health Department at CISSSAT with English FN's
- FNQLHSSC Board of Directors
- Drumbeat Management

Quotes on Team Work and Recognition

**“The strength of the team is each individual member.
The strength of each member is the team.”**

Phil Jackson

"Brains, like hearts, go where they are appreciated."

-Robert McNamara, Fmr. American Secretary of Defense



Loïc Allenbach-Bellehumeur
Hearing Aid Practitioner

DUE TO THE COVID-19 PANDEMIC WE HAVE SUSPENDED THIS SERVICE UNTIL FURTHER NOTICE.



Please call Priscillia or Donna at 819-627-9060 to put your name on the wait list.

You must have a valid RAMQ for an appointment.

Health Center Notes and Information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WALK IN CLINIC 9:00 AM - 12:00 PM	LABS/BLOODWORK 8:00 AM – 9:45 PM WALK IN CLINIC 9:00- 12:00	WALK IN CLINIC 9:00 AM - 12:00 PM	LABS/BLOODWORK 8:00 AM – 9:45 PM WALK IN CLINIC 9:00- 12:00	HEALTH CENTER IS CLOSED
THE KEBAOWEK HEALTH CENTER IS CLOSED FOR LUNCH 12:00PM TO 12:45 PM				
WALK IN CLINIC 12:45 PM - 3:00 PM	WALK IN CLINIC 12:45 PM - 3:00 PM	WALK IN CLINIC 12:45 PM - 3:00 PM	WALK IN CLINIC 12:45 PM - 3:00 PM	HEALTH CENTER IS CLOSED

IMPORTANT HEALTH CENTER INFORMATION

LABS/BLOODWORK

Tuesday and Thursday mornings
only from 8:00 am to 9:45 am.

The LAB BOX leaves the
Health Centre at
10:00 AM SHARP !

If you arrive too late, there may not
be enough time for your bloodwork
to be done and you will have to
return on the next lab day.

**WALK IN CLINIC STARTS AT
9:00 AM FOR
NON URGENT CONSULTATIONS
WITH THE NURSE.**

**Please call and make
an appointment** for injections,
bandage changes, vaccines and
follow-up meetings.
Please call 819-627-9060.

IF YOU ARE UNSURE IF AN
APPOINTMENT IS NEEDED.
CALL THE HEALTH CENTER
AND TALK TO THE NURSE.

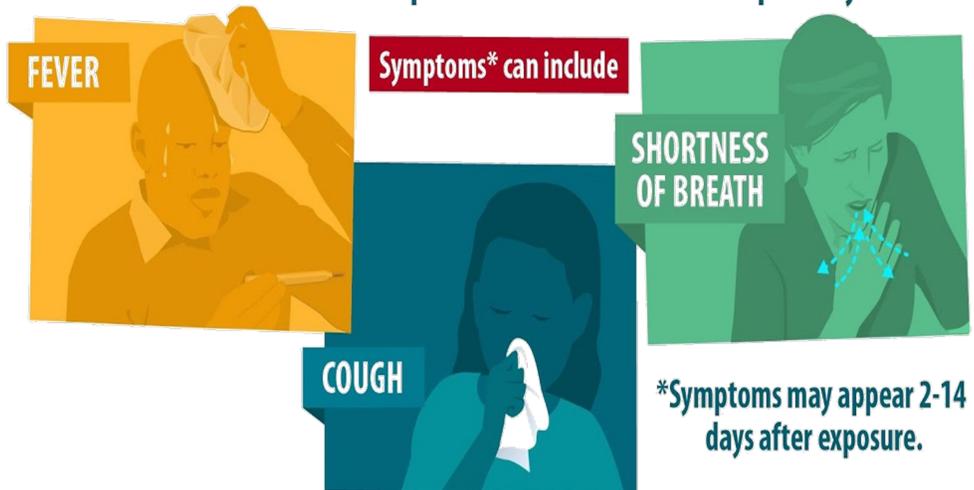
**ALL EMERGENCY CASES
WILL BE SEEN OUTSIDE OF
WALK IN CLINIC HOURS**



To have Lab/Bloodwork done at the Hospital in
Temiscaming you must now schedule an
appointment, they no longer accept walk-ins.

Please call 819-629-2420 Ext.4142
or book online at www.cisss-at.gouv.qc.ca

Patients with COVID-19 have experienced mild to severe respiratory illness.



IF YOU HAVE FLU LIKE SYMPTOMS ... DO NOT LEAVE YOUR HOME

**CALL THE KEBAOWEK HEALTH AND WELLNESS CENTER
FOR DIRECTIONS OR**

CALL 1-877-644-4545 OR 1-819-644-4545

www.quebec.ca/en/coronavirus



**FOLLOW US
ON FACEBOOK**

**KEBAOWEK HEALTH AND WELLNESS CENTER
AND
KEBAOWEK FIRST LINE SERVICES**

YOU ARE NOT ALONE

The Wanaki Centre is presently closed for its residential program due to the COVID 19 situation. The Centre will remain closed until further notice. We at the Wanaki Centre understand the importance of connection and taking actions to change negative behaviours in order to have a more balanced life. We are therefore extremely pleased to announce that the Centre will be delivering an **on-line 3-week virtual program** through the **Zoom platform** which will begin with an English cycle on June 15th. This will be followed by a French cycle 4 weeks later and so on. The calendar below lists all the cycles until December 2020. If you are interested in joining this program or just want to get more information, we ask that you contact your NNADAP/ other frontline worker or give us a call at 819-441-4371. This is an opportunity for you to take a meaningful action to begin the process of positive change based on culture as intervention.



ENGLISH TREATMENT CYCLES
June 15 to July 3
Aug. 10 to 28
Oct. 5 to 23
Nov. 30 to Dec. 18

PROGRAMMES DE TRAITEMENT ANGLOPHONE
15 juin au 3 juillet
10 au 28 août
5 au 23 oct.
30 nov. au 18 déc.

FRENCH TREATMENT CYCLES
July 13 to 31
Sept. 7 to 25
Nov. 2 to 20

PROGRAMMES DE TRAITEMENT FRANCOPHONE
13 au 31 juillet
7 au 25 sept.
2 au 20 nov.

ADMINISTRATIVE DAYS
June 1 to 14
July 4 to 12
Aug. 1 to 9
Aug. 29 to Sept. 6
Sept. 26 to Oct. 4
Oct. 24 to Nov. 1
Nov. 21 to 29
Dec. 19 to 31

JOURS ADMINISTRATIFS
1 au 14 juin
4 au 12 juillet
1 au 9 août
29 août au 6 sept.
26 sept. au 4 oct.
24 oct. au 1 nov.
21 au 29 nov.
19 au 31 déc.

2020

Treatment Calendar • Calendrier de traitement
VIRTUAL (ONLINE) PROGRAMMING • PROGRAMMATION VIRTUELLE (EN LIGNE)

ODEYIMIN KIZIS/JUNE/JUIN							MISKOMINI KIZIS/JULY/JUILLET						
S/D	M/L	T/M	W/M	T/J	F/V	S/S	S/D	M/L	T/M	W/M	T/J	F/V	S/S
	1	2	3	4	5	6			1	2	3	4	
7	8	9	10	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	22	23	24	25
28	29	30					26	27	28	29	30	31	

ADITAGAGOMIN KIZIS/AUGUST/AOÛT							KAKONE KIZIS/SEPTEMBER/SEPTEMBRE						
S/D	M/L	T/M	W/M	T/J	F/V	S/S	S/D	M/L	T/M	W/M	T/J	F/V	S/S
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30			
30	31												

NAMEGOS KIZIS/OCTOBER/OCTOBRE							ADIKAMEG KIZIS/NOVEMBER/NOVEMBRE							
S/D	M/L	T/M	W/M	T/J	F/V	S/S	S/D	M/L	T/M	W/M	T/J	F/V	S/S	
					1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14	
11	12	13	14	15	16	17	15	16	17	18	19	20	21	
18	19	20	21	22	23	24	22	23	24	25	26	27	28	
25	26	27	28	29	30	31	29	30						

PÏDJIBÏBÏN KIZIS/DECEMBER/DÉCEMBRE						
S/D	M/L	T/M	W/M	T/J	F/V	S/S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

ZOOM: ID 5981160076

- Sharing circles Monday & Friday
- French: 10 am to 12 pm
- English: 1 pm to 3 pm
- Les cercles de partage lundi & vendredi
- français : 10 h à 12 h
- anglais : 13 h à 15 h

📍 50 Wanaki Mikan, Maniwaki (Qc) J9E 3B3
☎ 819-449-7000
📠 819-449-2007 (ADMISSION)

📧 P.O. Box 37, Maniwaki (Qc) J9E 3B3
☎ 819-449-7832
📧 reception@wanakicentre.com

☎ 1-800-745-4205 (TOLL-FREE / SANS FRAIS)
🌐 www.wanakicentre.com
📧 @centrewanakicentre



CALL

1-800-745-4205

Monday to Friday from 8am to 5pm

OR

Join the

Wanaki ZOOM circle

Every Monday and Friday from 1pm to 3pm

Wanaki Center is here to support you!

If you are looking to talk or need support whether it be for your mental health or an addiction ...

To reach us with a PC, Mac, Android or iPhone: <https://cepn-fnec.zoom.us/j/5981160076>

Or via Telephone: Dial: 1-844-445-7672 Meeting ID: 598 116 0076

When: Monday and Friday English Session 1:00 pm to 3:00 pm

If anyone has questions, you can write to us at wanakicentre2020@gmail.com

If you need assistance to take part in the Wanaki Zoom Circle please contact:
Tina at the Keabowek Health and Wellness Center or Stacey at First-Line Services

Page 10 Oditagagomin Kizis / August 2020

How to Stop Enabling an Alcoholic or Addict

If you have a loved one who is an alcoholic or addict, you've probably been hearing that you may be an enabler. But how can you know if you are being an enabler or if what you are doing is normal helping? If you find that you have been an enabler, how can you stop?

Enabling vs Helping an Alcoholic

Many times while trying to help, friends and family members actually make the situation worse by enabling the alcoholic (such as giving them the wrong types of gifts that can enable their addiction).

What Is Enabling?

Enabling is defined as doing things for a person with an alcohol problem that they normally could and would do for themselves if they were sober. In contrast, helping is doing something that the alcoholic could not or would not do for themselves if sober. Helping does not protect an alcoholic from the consequences of his or her actions.

Anything that you do that does protect the alcoholic or addict from the consequences of his or her actions, could be enabling him to delay a decision to get help for their problem. Therefore, it's in the best interest of the alcoholic, in the long run, if you stop whatever you are doing to enable them. Enabling is not helping.

You may realize at this point that you have been enabling your loved one with alcoholism (though you probably thought you were helping) and wonder how to change. In a way, learning to stop enabling an alcoholic or drug addict is very empowering. We can't change other people, but we *can* change our behaviors and reactions towards those people. Here are several practical ways in which you can stop being an enabler today. (In these examples we may use he or she, but an alcoholic can be male or female, a spouse, a parent, a child, another relative, a co-worker or a friend.)

Do	Don't
<ul style="list-style-type: none">• Support for recovery efforts• Set boundaries• Let the alcoholic deal with consequences	<ul style="list-style-type: none">• Make excuses for the alcoholic• Take over personal responsibilities• Save from legal consequences

Cease Doing Anything That Allows the Alcoholic to Continue Their Current Lifestyle Are you working and paying some of the bills that the alcoholic would be paying if he hadn't lost his job or missed time from work due to drinking? Or are you providing the alcoholic food and shelter? If so, you could be enabling. You are providing him with a "safety net" that allows him to lose or skip his job with no real consequences.

Do Nothing to "Help" the Alcoholic That They Could or Would Be Doing If Not Drinking If the alcoholic has lost his license, giving him a ride to an A.A. meeting or job interview is helping because that is something he cannot do for himself. But, looking up the schedule of meetings in the area, researching the requirements for getting his license back, or searching the classified ads for employment opportunities are things that the alcoholic should be doing for himself.

Stop Lying, Covering Up or Making Excuses for the Alcoholic Have you ever had this conversation: "Sorry, he can't come into work today, he's has picked up some kind of flu bug?" when in fact he is too hungover to go to work? That conversation is enabling because it is allowing the alcoholic to avoid the consequences of his actions. You might say, "But, he could lose his job!" Losing his job might just be the thing that needs to happen for him to decide to get help.

Duties That Rightfully Belong to the Alcoholic Are you doing some of the chores around the house that the

alcoholic used to do? Have you taken on parenting responsibilities with your children that the two of you used to share? If you are doing anything that the alcoholic would be doing if she was sober, you are in a way enabling her to avoid her responsibilities.

Do Not Give or Loan the Alcoholic Money If you are providing money to the alcoholic for any reason, you might as well be going into the liquor store and buying his booze for him. And yes, buying booze for him is enabling. That's what you are ultimately doing if you give an alcoholic money, no matter what they say they plan to do with the cash.

Don't "Rescue" the Alcoholic by Bailing Him Out of Jail or Paying His Fines Rushing in to rescue the alcoholic may satisfy some personal desire you have to feel "needed," but it doesn't really help the situation. It only enables the alcoholic to avoid the consequences of his actions.

Do Not Scold, Argue, or Plead With the Alcoholic You may think that when you are scolding or berating the alcoholic for her latest episode, that it is anything but enabling, but it actually could be. If the only consequence that she suffers for her actions are a little "verbal spanking" from someone who cares about her, she can slide by without facing any significant consequences.

Carefully Explain the Boundaries That You Have Set - And Explain That the Boundaries Are for You, Not for Them You may not be able to control the behavior of someone else, but you do have choices when it comes to what you find unacceptable. Saying, "If you don't quit drinking, I will leave!" is an ultimatum and a threat, but saying, "I will not have drinking in my home" is setting a boundary. You can't control whether someone quits drinking or not, but you can decide what kind of behavior you will accept or not accept in your life.

Medical Transportation and NIHB

CUT OUT AND POST ON YOUR FRIDGE FOR QUICK REFERENCE ...

Medical Transportation After Hours Schedule

SUNDAY	MONDAY - TUESDAY - WEDNESDAY - THURSDAY	FRIDAY	SATURDAY
HOURS 8:30 AM - 12:30 PM CALL 819-627-6887	AFTER HOURS 3:00 PM - 8:30 P.M. CALL 819-627-6887	HOURS 8:00 PM - 5:00 PM CALL 819-627-6887	HOURS 8:30 AM - 12:30 PM CALL 819-627-6887

UPCOMING HOLIDAY HOURS FOR AUGUST AND SEPTEMBER, 2020

Unless prior arrangements have been made, here are the hours for local transportation:

August 3rd, 2020 the office is closed.

Medical Transportation is available from 8:30 am to 12:30 pm – Call 819-627-6887

**PLEASE CALL WELL IN ADVANCE TO SCHEDULE YOUR APPOINTMENT DATES
SO THAT ARRANGEMENTS CAN BE MADE.**

**Please call Priscillia Durocher – Medical Transportation Coordinator 819-627-9060 Ext. 256
To make arrangements in my absence, contact Donna Pariseau Ext. 251**

HOURS OF OPERATION

The hours of operation for Medical Transportation vehicles will stay the same, however, because the Health Center will be closed at 3:00 pm from Monday to Thursday, you will need to call the 6887 phone after 3:00 pm on these days as well the Health Center is closed on Fridays therefore you must call the 6887 phone. See the updated Hours Chart.

PRESCRIPTION PICK-UPS

Please note we are still doing prescription pick-ups on Tuesdays and Thursdays for the Band Members living on reserve. You must call in your prescription to the pharmacy to make sure it is ready and you must call us to have your name put on the list the day before pick-ups. You will not be required to sign for your prescription on account of the COVID 19 virus. (No pen sharing) Your prescriptions will be delivered during the day according to our schedule.

EXTRA PRECAUTIONS FOR COVID-19

Extra precautions have been put into place for those travelling in our medical transportation vehicles.

- All clients to wash with hand sanitizer upon entering the vehicle.
- If clients have travelled within the last 14 days out of the country they need to call the #811 or #1-877-644-4545
- It's important to notify us if you are experiencing cold or flu like symptoms so that we can take the extra precautions necessary to protect ourselves and our clients. If clients have any cold or flu-like symptoms, they are to wear a mask. The driver may be wearing a mask to protect themselves.
- We will try to keep the same driver for the same clients if the schedule allows.
- Clients will travel alone with the driver unless there are special circumstances. (parent/child)

Medical Transportation and NIHB

- Clients will sit in the back opposite of driver – public distancing.
- Our drivers are sanitizing the high touch areas in between clients.
- Non-urgent appointments are likely to be cancelled by your health providers. If you have questions regarding your appointments, call your health care provider.

reimbursements are done weekly. Claims handed in on Wednesday before noon will be processed for the same week if all the information is present and eligible. We encourage you to sign up for direct deposit as this will limit the number of people entering our Health Center. Please ensure your documents are properly completed to avoid delays.

Changes for the Temiscaming Hospital

During the COVID 19 pandemic and keeping in line with physical distancing recommendations, we will not require the Medical Visit Attestations to be signed at the Temiscaming hospital until further notice.

The hospital will fax a list to the Health Center once a week to verify your attendance. It is the **client's responsibility** to notify the front desk at the Temiscaming hospital to ensure you are added to their list. If you present at the Temiscaming hospital after hours, you will need to call there to have your name added to the list, during their office working hours.

When clients complete their reimbursement forms, the date and location need to be written and once we receive confirmation from the hospital, the claim will be processed if valid.

**If you have any questions, please contact
Priscillia Durocher,
Medical Transportation Coordinator 819-627-9060**

MEDICAL TRANSPORTATION CLAIMS

 KEBAOWEK FIRST NATION HEALTH & WELLNESS CENTER 110 Ogima Street, Kebaowek, QC, J0Z 3R1 ■ Tel: 819-627-9060 Fax: 819-627-1885 Driver Tel: _____ File: 20-21 _____			
MEDICAL VISIT ATTESTATION This is to certify that the patient below was present to receive professional services from the health professional stated below. All sections must be completed. Please print clearly.			
Patient Full Name			
Appointment Date	yyyy / mm / dd	Appointment Time in	
		Appointment Time out	
Health Professional's Name	Type of Health Service (See chart on back)		
Address of Health Facility	Signature or Stamp from Health Facility Please Sign or affix your official stamp. (Mandatory)		

Private Vehicle

We encourage you to use private vehicles when possible to limit the number of people entering our medical transportation vehicles. Medical transportation

COVID-19 UPDATE

Non-Insured Health Benefits (NIHB) Program | COVID-19 Questions and Answers

For the most recent updates on NIHB coverage, visit: Canada.ca/nihb-update

- During the COVID-19 pandemic, can I still access Non-Insured Health Benefits?**

Yes, the NIHB Program continues to provide benefits and services.

The NIHB Drug Exception Centre, Dental Pre-Determination Centre and NIHB regional call centres continue to operate and receive calls, faxes and emails from clients and vendors.

Please see contact information at the end of this document.
- Should I travel to my medical appointment?**

NIHB clients are encouraged to consult with their health professional to confirm their appointments and if travel is required. Your health professional may be offering virtual appointments, such as by telephone.

Continued on next page.

Medical Transportation and NIHB

	<p>NIHB or your community medical transportation coordinator will only cancel travel arrangements at the request of the health professional or the client. If the health professional determines the appointment must be attended in person, NIHB staff or your community medical transportation coordinator will work with the health professional to determine the most appropriate mode of travel.</p> <p>Some First Nation/Inuit communities may have restrictions regarding re-entry into the community after travelling out, so travellers should discuss with their community Health Director or health centre before travelling, to ensure they are aware of any restrictions.</p>
3.	<p>Will NIHB cover my medical transportation expenses to attend my medical appointment, for example dialysis?</p> <p>Yes, NIHB and communities continue to support clients who need medical transportation to access their medical appointments. Where there is a medical need, vulnerable clients will be supported by covering private modes of transportation where necessary.</p>
4.	<p>I do not have symptoms of COVID-19 but I want to self-isolate outside my home community. Will NIHB pay for a hotel and meals for two (2) weeks?</p> <p>No. The Public Health Agency of Canada advises that self-isolation means stay at home, monitor your symptoms and avoid contact with others. If you develop symptoms, contact a health care professional as soon as possible.</p> <p>If you have questions about self-isolating in your community, contact your community leadership, Health Director or health centre.</p>
5.	<p>I am vulnerable due to my health condition. Will NIHB provide coverage for me to self-isolate in a hotel so I can be away from others that I live with?</p> <p>If a health professional or public health officials have advised you to self isolate in a location other than your home, contact community leadership or your community Health Director or health centre to determine what supports are available in your community.</p> <p>For vulnerable clients who have an ongoing need to attend essential or urgent medical appointments, NIHB or your Community will continue to provide coverage of your medical transportation, accommodation and meals.</p>
6.	<p>I am vulnerable due to my health condition and cannot travel with, or be around, others. How can NIHB support me?</p> <p>NIHB clients are encouraged to consult with their health professional to confirm whether appointments should be postponed. Where there is a medical need, vulnerable clients will be supported to use private modes of transportation where necessary.</p> <p>Additional information regarding infection prevention/control measures was shared with transportation service providers for their information. NIHB has advised partners that additional expenses for increased cleaning and sanitization measures are eligible administrative expenses under Contribution Agreements.</p> <p>Boarding homes have been advised to take measures to support social distancing and self-isolation, and that vulnerable people at higher risk for severe disease can be placed in facilities outside the boarding home, such as hotels, to limit exposure.</p>
7.	<p>My community is locked down and nobody is allowed in or out to prevent the spread of the virus. I am currently out of the community and cannot get home. Will NIHB pay for accommodation and meals for me to self isolate for two (2) weeks?</p> <p>If you were out of your community for medical reasons NIHB can extend your meals and accommodation coverage for an additional 2 weeks to enable you to self-isolate for that period before returning to your community.</p> <p>If you were out of your community for non-medical reasons (e.g. work related travel, meetings, vacation) when the community went into lock-down, this would not be covered through the NIHB Program. Contact your community leadership, Health Director or health centre to confirm what actions you should take to self-isolate prior to returning home, and what measures your community may have in place to support you.</p>
8.	<p>I have a suspected/diagnosed case of COVID-19 according to a health professional. Can NIHB provide coverage for a hotel and meals for two (2) weeks, to isolate me?</p> <p>The Public Health Agency of Canada (PHAC) advises that if you have symptoms, have been diagnosed with COVID-19, are</p>

Medical Transportation and NIHB

	<p>waiting for laboratory test results or have been advised to do so by Public Health you need to be isolated, which means to:</p> <ul style="list-style-type: none"> • stay home until the local public health authority says you are no longer at risk of spreading the virus • avoid contact with others • if your symptoms get worse, immediately contact your healthcare provider and follow their instructions <p>In order to reduce your contact with others, The Public Health Agency of Canada advises that you:</p> <ul style="list-style-type: none"> • isolate yourself at home for 14 days to avoid spreading it to others • if you live with others, stay in a separate room or keep a 2-metre distance • if you need to see your healthcare provider, call ahead to tell them your symptoms and follow their instructions <p>If you have been advised by a health professional to isolate somewhere other than your home, please contact your community leadership, Health Director or health centre to confirm what supports are available in your community.</p> <p>If you have been advised by a health professional to remain in an urban centre/close to a hospital during your period of isolation or self-isolation, please contact the NIHB regional office or the Community medical transportation coordinator to determine what supports may be available to you.</p>
9.	<p>Am I eligible for NIHB medical transportation support when I am in mandatory quarantine/isolation?</p> <p>Medical transportation supports will be available for a client who is in mandatory quarantine/isolation away from home, based on the advice of public health officials, to maintain isolation of the patient and limit spread of the illness.</p> <p>Individuals who must attend repeated, essential medical appointments, or who must remain close to hospital during their quarantine/isolation period may be eligible to receive support for temporary relocation to the urban centre where the appointments will take place.</p>
10.	<p>The restaurant has closed in the hotel that I am staying at - what do I do for meals?</p> <p>In addition to NIHB meal allowance rates, NIHB will also provide coverage up to an additional \$7.00 per meal, or \$21.00 per day, for meal delivery charges, per family/group of travellers.</p>
11.	<p>How can I continue with my mental health counselling?</p> <p>NIHB supports the delivery of mental health counselling by audio or visual technologies (e.g. telephone, video calls, videoconferencing). Contact your mental health counsellor to see if this is an option.</p> <p>Please contact the Regional Office for help in finding an enrolled mental health counselling providers in your area.</p>
12.	<p>Should I attend my dental appointment?</p> <p>Many dental providers have cancelled or postponed non-emergency services. Contact your dental office to confirm.</p>
13.	<p>Can I get a longer supply of my prescription medication?</p> <p>The NIHB Program normally covers up to a 100-day supply of chronic medications. However, dispensing quantity/frequency is ultimately up to the pharmacist's judgement, and in light of directives they have received from provincial health ministries or professional bodies.</p> <p>The NIHB Program has asked pharmacists to consider the unique living circumstances of some NIHB clients. Access to a pharmacy may be affected by weather (e.g. winter road access, delayed flights to remote communities) as well as the need to travel long distances, among other factors</p>
14.	<p>Does NIHB cover fever and pain medication?</p> <p>NIHB covers a range of over-the-counter fever and pain medications for adults and children with a pharmacist's recommendation. No prescription is required from a doctor.</p>

Medical Transportation and NIHB

15.	<p>I am hearing about potential drug shortages. Should I be concerned?</p> <p>NIHB works closely with federal and provincial partners as well as distributors to monitor drug shortages. If a shortage occurs, NIHB can make quick policy changes to ensure other drugs are made eligible. This may take place by removing the prior approval requirements from alternative drugs or reimbursing compounded therapies.</p>
16.	<p>What plans are in place to support people who need access to treatment for opioid addiction?</p> <p>In some jurisdictions such as Alberta, Ontario and the Atlantic provinces, regulatory bodies have permitted extra carries of methadone and Suboxone for certain clients, when deemed to safe, to support isolation and physical distancing.</p> <p>NIHB has made the necessary system changes to allow larger quantities to be reimbursed.</p> <p>In addition, NIHB has added the once monthly buprenorphine injection, Sublocade®, to the NIHB Drug Benefit List for clients on a stable dose of transmucosal buprenorphine. Sublocade must be administered by a trained health professional. Due to special storage requirements, Sublocade may not be available in all pharmacies.</p>
17.	<p>How do I obtain oxygen benefits?</p> <p>The requirement for testing (ABG and oximetry) has been removed during the pandemic for clients applying for 9 month, 1 year or annual renewal for coverage of home supplemental oxygen (systems such as concentrators, portable cylinders, home fill systems, portable oxygen concentrators)</p> <p>Note that initial requests for supplemental home oxygen continue to require testing results. The requirement for an ABG test is waived. Either oximetry or ABG testing is acceptable</p>
18.	<p>I need to replace a piece of my medical equipment. What do I do?</p> <p>If you are unable to see your prescriber to get a new prescription for the replacement of equipment or supplies your Medical Supply and Equipment provider may use the existing prescription on file for the replacement of:</p> <ul style="list-style-type: none"> • Limb and body orthotics • Custom made shoes and orthotics • Medical grade compression stockings • Mobility equipment • Incontinence and ostomy supplies • Self-care benefits such as lifts, transfer equipment, dressing and feeding aids, and bathing and toileting aids. <p>Quantities above the current recommend replacement guidelines may be requested without medical justification, if required due to circumstances caused by the pandemic.</p>
19.	<p>Am I still eligible for NIHBs even though my Indian Status card has expired?</p> <p>Service providers require your NIHB client identification number to submit a claim. If you are a registered First Nations person, providers may ask to see your Indian status card because your Indian status registration number is also your NIHB client identification number.</p> <p>Due to the COVID-19 outbreak, you may experience challenges or delays in renewing your status card as band offices may be closed. You can still apply for a Secure Certificate of Indian Status by mail. Consult the “Indian Status” page of the Canada.ca website.</p> <p>Eligible NIHB clients should not be denied services because their status card has expired.</p> <p>Service providers can still use your status number to verify your eligibility when submitting NIHB claims. To verify client eligibility, providers can call Express Scripts Canada for dental, pharmacy and MS&E benefits. For all other benefits, contact the NIHB regional office (see contact information below).</p>
20.	<p>Do unregistered infants have coverage under NIHB?</p> <p>Yes. During the COVID-19 pandemic, there may be delays in registering an infant for First Nation status or registration with an</p>

Medical Transportation and NIHB

Inuit Land Claim Organization. In order to allow additional time for parents to register their infant children, NIHB has extended coverage of unregistered infants up to 24 months of age, until further notice.

Infants up to 12 months of age may already access most types of NIHB benefits under the identification number of their parent or guardian who is NIHB eligible.

After their first birthday, a child needs his or her own First Nation status or Inuit N number to process NIHB benefits. If your child has reached the age of 1 and is not registered, please call your NIHB Regional Office, or the Drug Exception Centre. You will be provided with a temporary NIHB client number that is valid until your child reaches 24 months of age.

NIHB Contact Information:

Pharmacy Benefits: NIHB Drug Exception Centre 1-800-580-0950 ext. #3

**Dental and Orthodontic Services: NIHB Dental Predetermination Centre 1-855-618-6291 ext. #2 (Dental Services)
1-866-227-0943 ext. #2 (Orthodontic Services)**

**For other benefit areas, contact your NIHB regional office. Contact information can be found at the following link:
Canada.ca/nihb-contacts**



The Abitibi-Témiscamingue health and social service, youth protection department, is looking for candidates to foster children. Being a foster family is a challenging but rewarding experience. The individuals must be committed, available, reliable and open hearted. They must also be willing to receive children who might possibly have certain problems such as oppositional defiance disorder, adhd, fetal alcohol spectrum disorder, mental health problems, traumas or others.

If you are up for a new challenge, and would like to know if becoming a foster parent is for you, give me a call to participate to an information session.

**Help us keep
the children
in their community!**

You can reach Francine Chevrier



819-629-2676, extension 325

**And remember,
It takes a community to raise a child!**

Centre intégré
de santé et de services
sociaux de l'Abitibi-
Témiscamingue

Québec

COHI Update

Children's Oral Health Initiative (COHI)

If you are a Kebaowek band member with a child or children ages 0 to 8 years old and would like them to see the Dental Hygienist and have not already filled out a consent form, they are available at the health center (please call prior to your arrival). If you have already filled out a consent form from a previous year, it is still valid.

I will also be available to speak with pregnant mothers when I come to the community to provide some oral health education to themselves and to their baby if they would like.

Once I have a consent form I am able to see the child 4 times a year for dental screening, fluoride varnish application, oral hygiene education and nutritional counseling.

I will be seeing children by appointment at the Kebaowek Health and Wellness Center, the KFN After-School Program (KASP) and the Kebaowek Childcare Center.

The Children's Oral Health Initiative Program will have a delayed start date due to the unforeseen circumstances related to Covid-19. Once the program is able to resume the community members will be notified.

Thank you,
Naomi Hurtubise, Registered Dental Hygienist

Healthy tips for working from home

1. Created a designated work area.
2. Schedule your day.
3. Prep meals and snacks.
4. Take a break.
5. Schedule a workout in your calendar.
6. Sit down to eat.
7. Get out of the house.
8. Drink plenty of water.
9. Develop a shutdown ritual.

Healthy Snack for Kids

Healthy Fruit Dip

INGREDIENTS (4)

- 1/2 cup Plain Greek Yogurt
- 1/2 cup Sunflower Butter
- 2 tbsp. Cocoa Poder
- 2 tbsp. Honey

Mix all ingredients together, chill and serve with fruit



FIVE TIPS TO KEEP YOUR BODY HEALTHY

1	<p>Get up early !!</p> <p>Early to bed early to rise, makes a man healthy, wealthy and wise !!</p>	
2	<p>Get enough sleep !!</p> <p>Most adults need at least 7 hours of sleep while kids and teens need 10-11 hours !!</p>	
3	<p>Exercise regularly !!</p> <p>Exercise for at least 30 minutes everyday !!</p>	
4	<p>Eat healthy !!</p> <p>Eat lots of vegetables and fruit, add as many varieties and nutrients as possible in your meals !!</p>	
5	<p>Drink enough water !!</p> <p>Drink enough to keep your body hydrated, minimum 2 liters a day !!</p>	



#KWHCphysicalactivitychallenge

**JOIN OUR
PHYSICAL ACTIVITY
CHALLENGE**

STARTING JULY 6TH AND ENDING AUGUST 31ST, THE KEBAOWEK HEALTH AND WELLNESS CENTER IS HOSTING A PHYSICAL ACTIVITY CHALLENGE FOR THE COMMUNITY AND ITS MEMBERS !!

PARTICIPANTS ARE ASKED TO SEND IN A PHOTO OF HIM/HERSELF SHOWING SOME YOU COMPLETEING SOME FORM OF PHYSICAL ACTIVITY !!

YOU CAN SEND IN 1 PHOTO DAILY TO ENTER THE DRAW.

PARTICIPANTS WILL HAVE TWO OPTIONS TO JOIN THE CHALLENGE:

OPTION 1 – IF PARTICIPANT POSTS PHYSICAL ACTIVITY PICTURE TO FACEBOOK AND THE PARTICIPANT(S) TAGS KEBAOWEK HEALTH & WELLNESS CENTER WITH THE HASHTAG #KWHCPHYSICALACTIVITYCHALLENGE, THE PARTICIPANTS WILL GET 2 BALLOTS PUT INTO THE DRAW.

OPTION 2 – PARTICIPANTS CAN SEND A PICTURE TO MMCMARTIN@KEBAOWEK.CA TEXT 705-477-7210 OR MESSAGE OUR KEBAOWEK HEALTH & WELLNESS PAGE FOR 1 BALLOT.

DRAW WILL BE MADE ON TUESDAY, SEPTEMBER 1ST, 2020.

1ST PLACE (\$200), 2ND PLACE (\$150) AND 3RD PLACE (\$100)

PLEASE SEND IN YOUR PICTURES FOR A CHANCE TO WIN A PRIZE !

PILATES

Lunch Fit

**JULY 7TH - AUG. 13TH
TUESDAY & THURSDAY
12:05-12:40PM**



Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

SIGN UP!

SOCIAL DISTANCING AND PROTOCOLS WILL BE RESPECTED.

COME ENJOY A GREAT WORKOUT!

**FIRST LINE SERVICES
BASEMENT**

PLEASE CALL 819-627-9877.
LIMITED SPACES AVAILABLE



Women's Paint Night

**STARTING WEDNESDAY,
JULY 22ND!**

July 22, Aug 5 & Aug 19
From 6:00pm - 8:00pm
In the basement of First Line Services

Limited seats available as we have to respect social distancing measures put in place by public health.

To register contact First Line Services @ 819-627-9877.

Snacks/Coffee/Tea available!




Healthy Summer Eating Contest

ALL YOU HAVE TO DO IS SEND A PICTURE OF A HEALTHY MEAL OR SNACK BEING PREPARED OR ENJOYED BY YOU AND/OR YOUR FAMILY AT HOME, AT CAMP, AT THE BEACH, IN YOUR BOAT, ON A PICNIC ETC !!

SEND YOUR PICTURES TO VMCMARTIN@KEBAOWEK.CA, MESSAGE OUR FACEBOOK PAGE OR TEXT 705-477-7210

1 PHOTO DAILY TO ENTER THE DRAW !!
STARTS JULY 6TH AND ENDS AUGUST 31ST !!

DRAW WILL BE MADE ON TUESDAY, SEPTEMBER 1ST, 2020.

THERE WILL BE A 1ST PLACE (\$150), 2ND PLACE (\$100) AND 3RD PLACE (\$50) PRIZE GIVEN OUT.

It's bbq, and picnic season !!



MCH and Head Start Program

I would like to thank all the children and their parents for participating in our weekly MCH/PALS activities. I hope you enjoy doing them too. Here are some of the children doing the activities the past month.



Here is a fun and easy activity to do with your children at home during rest of summer.

Plastic lid ladybugs !!



Supplies:

- Plastic lid from milk jug
- Black craft paint
- 2 small wiggle eyes
- Paintbrush
- White craft glue

Instructions:

- Wash and dry the plastic lid.
- Paint on the head by using a paintbrush to add an almond shape at one end of the lid.
- Use the handle end of a paintbrush dipped in black paint to add the spots. Make some spots larger than others.
- Let all the paint dry.
- Use white craft glue to add the wiggle eyes. Instant critter!

Lynn Grandlouis
MCH/Head Start Program & Special Needs Educator

Sports and Mentorship

I want to let everyone know that it isn't too late to take part in the #KWHCphysicalactivitychallenge !! There has been many people who has been sending in their physical activity pictures.

This challenge asks participants to send of his/herself, with friends and/or family members showing some form of physical activity. You can send in 1 photo daily to enter the draw. SEE POSTER ON PAGE 19 !!

Draw will be made on Tuesday September 1st, 2020

There will be a 1st place (\$200), 2nd place (\$150) and 3rd place (\$100) prize given out !!

Being physically active during COVID-19

Benefits:

- Increase productivity
- Reduce symptoms of anxiety and depression
- Sleep well
- Improve your mood
- Increase energy levels

Working from home

Break up time spent sitting still
Set 30 minute timers and move around for 2 minutes
If possible stand up for calls and meetings

Activity ideas

- Walk laps inside your house
- Have a dance
- Attend an online class
- Body weight exercises (e.g. lunges and squats)
- Go up and down your stairs

Some activity is good, more is better

Connect with friends via text and social media to stay active

Make use of online activity resources

Let's look after each other: 5 things you didn't know that could cause suicidal thoughts

Are you a parent reading this, or simply a friend wanting to be a better friend?

Perhaps you're trying to look after yourself better than before?

A start to beating the challenge of depression, suicide, and other mental health problems is to get educated. Below you'll learn five scenarios that could prompt someone to become depressed, have depressive episodes or even think of committing suicide.

Let's identify the triggers and help each other manage them or avoid them altogether.

Pain

Pain is a common occurrence for many, but for some, it could be the reason they become depressed or consider suicide. They may ask, 'why continue living if each day is filled with pain?'

If someone you care about experiences chronic pain due to an accident, operation, or illness, ask them about their mental well-being. Extreme pain can affect their focus, ability to pursue hobbies, and even capacity to enjoy time with friends.

So, in these cases, it's not only the physical discomfort that needs to be managed but the psychological impact too.

You can manage this more effectively with the assistance of professionals.

But, what about patients in rural areas?

Many factors play a role, and if you have a loved one suffering from extreme pain, consider all the implications his or her resources can have in the long term. Even though it's costly, it may be a wise investment to ensure that pain is managed more effectively by experts.

An Existing Mental Condition

How are other people's personal challenges affecting the one you're concerned about? If someone in the household already faces mental health challenges, others may struggle to cope with the realities it brings.

Why? A condition such as depression has far-reaching effects. For example, if a parent suffers from depression, a child may be in a constant state of stress because there's a chance someone in the family may take his or her own life.

Diet

If you're not following the right diet you may soon show symptoms often associated with depression.

A lack of fatty acids or too much sugar in a meal plan doesn't give the body what it needs to function optimally. This can have psychological implications too.

Using Medication

Unfortunately, one can never tell how a medication will impact a certain individual. What is supposed to help you, could just as well be harmful.

Here's an example: medication containing isotretinoin, such as products used to treat acne, can lead to an increased risk of developing depression.

It's up to each person to monitor themselves, but also keep an eye on your child or a friend if they're starting a new course of medicine. If it affects their mood as well as their bodies, you may have to ask the doctor for a different type.

An Ordinary Life Event

Many people may view certain events as 'simply part of life' but from others' perspective, it may not be that clear cut.

Certain individuals experience the loss of a loved one more intensely than others. Perhaps an automobile accident was a bigger shock to one member of the family. While the rest of the family goes on with their lives after a time of grieving or recovery, your friend or family member may still feel traumatized by that event.

Make sure to talk about traumatic experiences weeks and months after the events. You may think the worst time is directly after it took place, but what if fear escalates over time and someone else now has the need to talk about it?

We all experience life differently. Let's not assume. Someone may be struggling more than you think, so be vigilant and talk to those you love.

<https://sossafetymagazine.com/health-and-well-being/lets-look-after-each-other-5-things-you-didnt-know-could-cause-suicidal-thoughts/>

PSYCHOLOGIST APPOINTMENTS

Currently, our Psychologist, Arlene Laliberte is meeting with her clients via telephone.

If you wish to schedule an appointment with her you may do so by calling First Line Services 819-627-9877.

If you have any questions please do not hesitate to call.



Brunch Quesadillas

Ingredients

- 1 Tablespoon Olive Oil
- 1 small onion diced
- 1/2 cup diced red bell pepper
- 1 cup diced ham (leftover ham is perfect)
- 2 cups fresh spinach
- Shredded cheddar cheese
- Tortillas
- Butter
- 6 eggs scrambled
- Salsa (optional)

Instructions

1. In a medium skillet heat olive oil over medium heat
2. Add onions and bell pepper to the pan and cook until the onions are soft
3. Add diced ham
4. Once the ham is hot add the fresh spinach and stir until the spinach is wilted
5. Remove from heat and set aside
6. Scramble the eggs to your liking
7. In a small skillet heat a pat of butter and allow it to melt
8. add a tortilla to the skillet
9. On half the tortilla add a spoon full of the spinach and ham mixture
10. Then add a spoon full of eggs and cheese on top of the ham mixture
11. Fold the other half over and cook on both sides until the outside is crisp and cheese is melted
12. Serve alone or with salsa

11 Things Kids Want From Parents

1. **Showing is better than telling** - I learn by watching you.

2. **Love me** - Give me hugs and kisses. You can't spoil me with those.

3. **Kind and firm discipline** - My brain is still developing and so I'm slow in learning. But I do want to learn, if you patiently and kindly teach me.

4. **Be my safe haven** - Always be here for me no matter what.

5. **Talk with me** - Don't just talk to me.

6. **Hear me** - Sometimes I just want to be heard without judgement or lecture.

7. **Accept who I am** - Don't constantly compare me to other kids.

8. **Let me play outside a lot**

9. **Give me food that is nutritious and yummy**

10. **Trust me** - Let me make my own decisions on non-safety or health related things. I couldn't learn to walk without falling. I can't learn to make good decisions without making bad ones.

11. **Encourage me** - Your praise means so much to me.

Meals On Wheels

We would like to inform everyone that Meals on Wheels will be returning back to normal with deliveries to our Elders. This will be in effect as of June 1st, 2020. We hope every meal given to you helped in this tough time and that you enjoyed all of them. May 28th, 2020 is the last scheduled delivery for everyone. Thank you for your understanding and if there are any questions or concerns please contact Shelly at 819-627-9877.

As of June 1st, 2020 Meals on Wheels will be offered once a week with no charge until further notice for our Elders. The new delivery date will be on Wednesdays. For the month of June you can expect your food delivered between the hours of 2:00 pm and 3:00 pm. Here are the new dates for June and July:

Dates of Delivery:

Wednesday August 5th, 2020
Wednesday August 12th, 2020
Wednesday August 19th, 2020
Wednesday August 26th, 2020
Wednesday September 2nd, 2020
Wednesday September 9th, 2020
Wednesday September 16th, 2020
Wednesday September 23rd, 2020
Wednesday September 30th, 2020

FEELING SAD OR DISTRESSED?

Support is available for all Indigenous People in Canada



Talk to a counsellor by phone at
Hope for Wellness Help Line at

1-855-242-3310

or through online chat at
hopeforwellness.ca



KEBAOWEK FOOD BANK NEEDS YOUR HELP!

**WE ACCEPT NON-PERISHABLE ITEMS SUCH
AS PEANUT BUTTER, CANNED FRUIT &
VEGGIES, PASTA, KRAFT DINNER, SOUPS,
TOILET PAPER ETC.**

**THANK YOU TO ALL THAT DONATE! IT IS
TRULY APPRECIATED AND HELPS FEED
OUR FAMILY, FRIENDS, & NEIGHBOURS**

KEBAOWEK FIRST NATION

FOOD BANK

KEBAOWEK FOOD BANK HOURS

TUESDAYS & THURSDAYS 1:00 PM - 3:00 PM

THE FOOD BANK WILL BE BY APPOINTMENT ONLY !!

IF YOU WOULD LIKE A FOOD HAMPER PLEASE CONTACT
KEBAOWEK FIRST LINE SERVICES 819-627-9877
OR MESSAGE US ON OUR FACEBOOK PAGE
TO SCHEDULE AN APPOINTMENT

Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Holidays David McLaren Virginia McMartin Jennifer Presseault Stacey McBride	3 Band Office and Health Center is closed for Civic Holiday	4 Holidays Darlene McLaren Pilates Scrapbooking For Elders	5 Meals on Wheels	6 Pilates GARBAGE	7 Band Office and Health Center is closed	8
9 Holidays Priscillia Durocher Mitchell McMartin Hélène Savard	10	11 Pilates Scrapbooking For Elders	12 Meals on Wheels	13 Pilates RECYCLE	14 Band Office and Health Center is closed	15
16 Holidays Priscillia Durocher Hélène Savard Stacey McBride Tina Chevrier	17 Holidays Jennifer Chevrier	18 Scrapbooking For Elders	19 Meals on Wheels	20 GARBAGE	21 Band Office and Health Center is closed	22
23 Holidays Mitchell McMartin Jennifer Presseault Darlene McLaren	24	25 Scrapbooking For Elders	26 Meals on Wheels	27 RECYCLE	28 Band Office and Health Center is closed	29
30 Holidays Tina Chevrier Jennifer Presseault Stacey McBride Shelly Grandlouis	31	August 2020				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Holidays Tina Chevrier Jennifer Presseault Stacey McBride Shelly Grandlouis	2 Meals on Wheels	3 GARBAGE	4	5
6	7 Band Office and Health Center is closed for Labour Day	8 Pilates	9 Meals on Wheels FASD Awareness Stop	10 RECYCLE	11	12
13	14	15 Pilates	16 Meals on Wheels	17 GARBAGE	18	19
20	21	22 Pilates	23 Meals on Wheels	24 RECYCLE	25	26
27	28	29	30 Meals on Wheels	September 2020		