



Kebaowek First Nation Mazinaigan / Newsletter

Niki Kizis / March 2020

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An Update from the Chief

Every month I struggle in trying to write this article as there is so much that happens in the short time between editions, such as meetings, consultation requests etc. I'm challenged just trying to keep up however, I want to make sure I am touching on issues important to the community and providing good information to members living both in and outside of the community. As most members live outside the community, the Newsletter is an important link to keep you informed of what's happening in the community, at the provincial level and the federal level. I especially want to keep everyone aware of issues that impact our rights and those that have consequences for the whole community. There are a couple such issues I'd like to highlight this month.

Membership:

Indigenous Services Canada (ISC) held a session to begin discussions on the next steps that the department wants to undertake in regards to a much broader reform of the Membership following the reinstatement of status to hundreds of thousands of people from Bill S3. The session was informative and the message we took away was that the government envisions First Nations taking charge of its own Membership. This is the same message they are giving in all files. They want to get out of the business of delivering program and services and want us to develop the necessary capacity to take charge of our own affairs including the development of Community or Nation Membership rules or codes.

I find it quite ironic that they want to absolve themselves of determining who is a status Indian and give us that responsibility now that S3 has given status to so many new members without giving us the financial resources to provide them the programs and services they are entitled to, namely Health Services, Education and Housing. I along with many of my fellow Chiefs from across the country reminded the Minister that while we are happy members who are entitled to regain status are doing so, we hope that there will be announcements of new budgets and investment in the Federal Budget which will be announced sometime near the end of March. The Minister recognizes the challenges faced by communities however she was not able to tell us whether the Finance Minister will provide additional funding for communities to deal with the dramatic increases of new members we are seeing added to our Band Lists. We are already underfunded in all Programs and Services, primarily in Education where we don't have enough funding for Post-Secondary Education to meet our existing needs and requests. With the addition of new members our requests could potentially double/triple and we are expected to work within the same budget. It will also have an impact, but to a lesser extent, on Elementary and Secondary School funding and this will be on top of the fact that the ISC is trying to reduce our budget by \$500,000 this fiscal year. I have met with the Regional Director on this issue last week and we will be doing a follow up presentation to ISC showing them the real cost of educating our children. I will provide an update in the next issue of the newsletter.

Gun Registry:

As you know the Province of Quebec has developed their own Gun Registry (Page 2)

CONTACT US

Kebaowek First Nation
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

and is expecting all citizens of Quebec including First Nations to adhere to this new law. You will also recall that there was a year delay before the law actually came into effect. The province announced in early January that the law would come into effect January 29th, 2020 and that the enforcement of law would be done by the Game Wardens and not the Provincial Police (SQ).

Being proactive we took the opportunity to invite the Director of the local Game Warden office to come and meet with us to discuss how he and his Officers intended to enforce the law and how they would deal with Band Members who were out on the territory exercising their hunting rights but may not have registered their firearm as directed by Quebec law. They confirmed that they have been tasked with enforcing this new law however for them it will be business as usual, they will not be targeting specific actions to try and enforce the new law but in the course of their day to day work if they stop someone and there is a firearm present, they will most certainly check to see if the gun is registered. If the gun of a Band Member is not registered they WILL NOT seize your game or vehicle and you will be simply be asked to prove that the gun is registered, you will then have 14 days to do so and if you do not, you will be subject to a fine starting at \$500. I had mentioned that not many Band Members had registered their firearms as they are already registered federally through the Firearm Acquisition Certificate (FAC) and that most felt that they didn't have too for this reason. The Game Wardens had indicated that while they understood this very well, they would have no choice but to enforce the law on our Members as well as all Quebecers as this is what they have been instructed to do.

As I have stated many times, while I won't tell you to register your firearms as I believe that as a federal responsibility and we are not obliged to follow provincial law, the minute you exercise your right to hunt off-reserve, the Game Wardens will apply the law. I am concerned that Members will be criminalized for exercising their rights and further it will cause others to be discouraged to the point of not hunting because of this law and the potential problems and harassment that may occur. The Council encourages Members to continue to exercise their right to hunt and we will continue to work with the Assembly of Chiefs of Quebec in advocating for changes to the Law which would ensure our Members are not criminalized and forced to pay fines in the execution of their constitutionally protected rights.

Housing:

I would like to provide information on Housing, specifically Renovation Programs for Members who have issues with their home that requires repairs. Our community has an outstanding and on-going list of homes requiring repairs and renovations and monthly we receive additional requests and inquiries. Like our other Program and Services, for the Housing Department we do

not receive the adequate budgets to meet the needs of our community. We receive one renovation subsidy per year totalling \$19,000 and we are tasked with making a decision as to who receives it knowing we have a backlog of requests and that the cost of most repairs and renovation are more than the subsidy meaning the homeowner must kick in the difference to complete the renovation. We are usually informed in June or July of the budget and the Housing Department then selects a homeowner from the waiting list and offers the subsidy to that homeowner to do the repairs needed. The homeowner must then qualify through CMHC and the list of repairs must be approved before work can begin. In some instances this takes weeks and months before we are given the green light to proceed with a renovation.

We continue to lobby for more funding but have not been successful as there have been no increases to the housing budget for many years and we will continue to be tasked with trying to meet growing needs with budgets that are not even close to being adequate.

In the coming weeks you will most certainly be hearing of people who will have been evicted from Band housing. Unfortunately Council and the Housing Administrator will be called out for doing so, however this is something that needs to get done. We have Members who have not been paying their rent or mortgage and despite repeated efforts to get these Members to come and make arrangements with the Housing Department for rent arrears arrangements, they have not done so and have put us in a very tough position. It's not fair to the Members who continue to pay and meet their housing obligations while others do not. The Housing Administrator is open to making arrangements provided you honour the agreement and that just hasn't been happening. Therefore now we must take firmer action as it is the Band who is required to make the mortgage payments of members in arrears, as the payments are still due to the bank monthly regardless if people are paying or not. Eviction is not something we like or want to do, however this is our last resort after all of the other efforts to get people to pay have been exhausted or previous arrangements have not been respected. Notices will be sent to Members at the beginning of April and evictions will begin on April 15th, 2020.

In closing, I know the next couple of weeks are March Breaks for our students attending school in both Ontario and Quebec and I hope that Members and their children take advantage of the events and activities organized for them during this down time and that the students enjoy a wonderful break and get recharged for the remainder of the school year.

Chief Lance Haymond

FULL-TIME JOB OPPORTUNITY CULTURAL COORDINATOR



PLACE OF WORK: KEBAOWEK FIRST NATION BAND ADMINISTRATIVE OFFICE
SALARY: ACCORDING TO KFN SCALES
START DATE: PENDING PROGRAM FUNDING APPROVAL – APRIL 2020 START DATE
HOURS: 35 HOURS/WEEK, ENDING AT NOON ON FRIDAYS

OVERALL SUMMARY: (For more detailed Job Description go to kebaowek.ca/jobs.html)

Under the direction of the Band Office Administration, the Cultural Coordinator acts as the key resource person in the matter of culture and language development for the Algonquin community of Kebaowek First Nation. The Cultural Coordinator will act as main lead in cultural workshops and activities and will provide support to others in their endeavours that promote our Algonquin Culture.

REQUIREMENTS (Education and Experience):

- High school diploma or equivalent.
- Experience working with members of the aboriginal communities and providing cultural support, workshops and activities.

REQUIRED KNOWLEDGE:

- Ability to use Microsoft Office suite (Word, Excel, PowerPoint, Outlook) and web-based communications tools for communications and reporting purposes.
- Knowledge and understanding of the Algonquin and First Nations concerns, needs and priorities.
- Knowledge of Kebaowek First Nation culture and community.
- Ability to communicate in the Algonquin language is considered an asset.
- Ability to communicate orally and in writing in English.

REQUIRED CONDITIONS:

- Working on weekends and overtime may be required.
- A valid driver's licence.
- Must not possess any criminal convictions in an area related to the job and must undergo a screening process (Criminal records check).
- Mainly indoors but can be expected to work at outdoor events and on the land.
- Travel in and around our traditional territory (including occasional travel for business requirements).

Interested persons are invited to send their résumé, covering letter and two (2) recent references either by e-mail to jroy@kebaowek.ca, or drop it off at Band Office Front Desk or Land Management Office Front Desk

Before Noon on Friday March 27th, 2020.

No application received after that time will be considered.

Phone: 819-627-3309 Ext 215 for additional information.

***Thank you for your interest in our organization.
Only those candidates selected for an interview will be contacted.***

Drumbeat Radio

The Drumbeat Radio Team recently spent the day with the great people at the K103.7 radio station in Kahnawake.



NON-RESIDENT FEES FOR COMMUNITY MEMBERS LIVING ON-RESERVE

Anyone who registers for an activity/sport at the Centre in Temiscaming and is charged a Non-Resident Fee, please bring your receipt to Roxane at the Band Office to have the NON-RESIDENT portion of the fee reimbursed. Receipts can be submitted at anytime, however, these fees will only be reimbursed on the last Thursday of each month.

**THE MARCH DEADLINE FOR
NON-RESIDENT FEES TO BE REIMBURSED
IS MARCH 26TH AT 12:00 PM**

Housing Department

HOME FOR SALE

Contact the Housing Department
for additional information

Tanya Mckenzie

Housing Administrator

819-627-3455

tmckenzie@kebaowek.ca

Two Bedroom Log Home



Niki Kizis / March 2020



Drumbeat
THE HEART OF KEBAOWEK

**Dinner &
BINGO!**

THURSDAY, APRIL 2, 2020

Kebaowek Community Hall
(Kebaowek, Quebec)

TICKETS: \$40.00

Includes dinner, bingo games and your name
entered for door prize, plus meet the radio team.

Doors open at: 5:30 p.m.

Spaghetti Supper: 6:00 p.m.

Bingo (cash prizes): 7:00 p.m.

FOR TICKETS

Contact Jamie-Lee McKenzie or Neil Pariseau
at 819-627-3455 or you can purchase tickets
at the Kebaowek Band Office and Migizy Gas

Come hang out with the Drumbeat Radio Team, and
learn more about their new upcoming radio bingo!

EVERYONE WELCOME

(+16 year & older event)

* Please bring a donation for the Kebaowek Food Bank *



CCP COMMUNITY MEETING

Unveiling of Phase 2
Aboriginal
Storybooks

The evening will start with a catered dinner followed by a short presentation on our next steps pertaining to our upcoming focus groups for our CCP.

Will also unveil our Phase 2 Aboriginal storybooks that were produced with the help of our local children, youth, local artists and Algonquin language teachers. We encourage all members to attend to share in this beautiful accomplishment. Invitations will be hand delivered to our special guests so they may invite their friends and families!

**Dinner
starts at
5:00**

March 12, 2020
THE COMMUNITY Hall

Door Prizes:

Adult: 2 Countryfest Tickets, Youth: Summer Fishing Package, Children: Summer Fishing Package.

**Come on out and enjoy a great evening with family,
friends and neighbours!**

ATTENTION

PARENTS WHO RESIDE IN KEBAOWEK WITH CHILDREN 4 AND 5 YEARS OLD

If your child is eligible to be in Pre K or Kindergarten
(children ages 4 and 5 years old)
Please contact Rose Jawbone, Education Administrator
by email or phone if you intend to send your child to
school for the upcoming school year of 2020-21.

Phone: 819-627-3455 Ext 208
rjawbone@kebaowek.ca

IMPORTANT

TO ALL BAND MEMBERS INTERESTED IN PURSUING POST-SECONDARY (COLLEGE/UNIVERSITY) STUDIES

If you are interested in pursuing a post-secondary
institution for the school year 2020-2021. Please contact
the Education Administrator to request an application for
funding or visit our website at www.kebaowek.ca. All
applications must be **COMPLETED** and submitted to the
Education Administrator no later **May 1st, 2020**.

Handicraft Sessions

**EVERY TUESDAY EVENING
STARTING OCTOBER 8TH**

**6:00 pm - 8:30 pm
at the Elder's Building**

*For all Band Members
who are ages 8 and up*

Children younger than 12 years of age must be
accompanied by an adult.

**School-age children get their material
for free.**

**Adults - costs vary, depends on materials
needed for each project.**

**Projects are anything and everything
from mitts, moccasins, dream catchers,
purses, keychains etc ... you decide !!**

**We encourage everyone to come out,
learn about how to make handicrafts and
enjoy an opportunity to sit and socialize
with other community members for a
couple of hours a week.**

For more information please call Rose
at the Band Office 819-627-3455



Knitting and Crocheting Class

**These classes will be held together
on Wednesday evenings
at the Elder's Building.**

6:00 pm - 8:00 pm

There will be 2 different instructors.

Must bring own materials.

**Please contact Rose Jawbone,
Education Administrator for more
information at 819 627 3455.**

Kipawa Countryfest Announcement



Kipawa Countryfest
Presents

THE REKLAWS

Friday, August 14, 2020

A 2020 Kipawa Countryfest Wristband would make an excellent Birthday Anniversary Easter Mother or Father's Day Gift !!



Kipawa Countryfest
Presents

Aaron Tippin ★ Sammy Kershaw ★ Collin Raye

Roots & Boots

Saturday, August 15, 2020

GRAB OUR \$60.00 WINTER SPECIAL

KIPAWA COUNTRYFEST WEEKEND PASSES ON SALE NOW!

SALE LOCATIONS:

COUNTRYFEST MAIN OFFICE
819-627-3455 - Kebaowek, QC
(accepts credit card, debit & cash)

MIGIZY GAS STATION
819-627-3392 - Kebaowek, QC
(accepts credit card, debit & cash)

LAKEVIEW STORE
819-627-1309 - Kebaowek, QC
(cash only)

DÉPANNEURSTOP 102
819-627-3190 - Temiscaming, QC
(cash only)

DÉPANNEUR DANDYS
819-627-9663 - Temiscaming, QC
(cash only)

SHEAR OASIS HAIR DESIGN
705-474-4247 - North Bay, ON
(cash only)

MARYANN BABIN
819-629-7341
Notre Dame du Nord, QC
(cash only)

2020 KIPAWA COUNTRYFEST PRICES			
WEEKEND PASS PRICES	WINTER SPECIAL November 1, 2019 - March 31, 2020	SPRING SPECIAL April 1, 2020 - June 30, 2020	AT THE GATE August 14, 2020
ADULT (18+ years)	\$60.00 BEST DEAL	\$70.00	\$80.00
YOUTH (6-17 years) All young children must be accompanied by an adult	\$20.00	\$20.00	\$20.00
CHILDREN (0-5 years) All children must be accompanied by an adult	FREE	FREE	FREE
ONE DAY PASS Available at the Gate	FRIDAY August 14, 2020	SATURDAY August 15, 2020	SUNDAY August 16, 2020
ADULT (18+ years)	\$40.00	\$60.00	\$20.00
YOUTH (6-17 years) All young children must be accompanied by an adult	\$10.00	\$10.00	\$10.00
CHILDREN (0-5 years) All children must be accompanied by an adult	FREE	FREE	FREE

Community Wishes for the Month of March



Wishing my both of my sisters
a very Happy Birthday ...
Olivia - March 7th
Vera - March 9th

Love Theresa



Happy 1st Birthday
to my Great Grandson, Bryson
who celebrates his birthday
on March 22nd

Love Great Grandma



Wishing my daughters
a very Happy Birthday ...
Connie - March 22nd
Rena - March 29th

Love Mom



Happy Birthday Wishes to
Blair Fudge who celebrates his
birthday on March 26th !!

From your
Fire Department Team



A big happy birthday to my
wonderful husband Jungo ♥
May your day be filled with lots of
love and happiness and all your
birthday wishes come true ♥

Love always, Cary



Happy Birthday Poppa !!

Love you to the moon and back !!

Love your silly goose,
Nylah ♥



Happy Birthday
to our Stepdad, Jungo !!
Have a great day !!

Love,
Stephen Adam and Noah



Happy 80th Birthday Mom !!

Love,
Donna, Kyle, Khrista
& your Great-Grandbabies



Happy Birthday
to my sisters, Rena and Connie
Wishing you both an extra special
day to celebrate !!

Birthday wishes from
your sister, Donna



Wishing my
Aunt Olivia & Aunt Vera
a very Happy Birthday !!

Birthday wishes from
your niece, Donna



Wishing my Mom, Theresa
a very Happy 80th Birthday !!
She celebrates her special day
on March 6th !!

Love Rena & Dale



Wishing my Aunt Olivia
a very Happy 77th Birthday !!
She celebrates her special day on
March 7th !!

Love Rena & Dale

Community Wishes for the Month of March



Happy Birthday wishes to our
Dad on March 18th ♥

Love,
Gabrielle & Vanessa

happy
anniversary!

Happy 5th Anniversary wishes
on March 7th to
Tori & Steven
(Mommy & Daddy)

Love, Mom & Laurier
Hayden & Eric ♥



KEBAOWEK ELDER'S CLUB
(149 Migizy Street)

SUNDAY, MARCH 29, 2020

TIME: 2:00 p.m.
(Doors open at 1:30 p.m.)

10 Pack of Cards for \$10.00
Extra Pack for \$5.00

6th Game Special (not in pack)
for \$1.00 a Strip of 3 - Prize: \$50.00

Jackpot Game (not in pack)
for \$1.00 a Strip of 3 - Prize: \$50.00

Regular Game Prizes - \$20.00

You Must Buy a Regular Game Pack
to Play in All Games.

CANTEEN OPEN

Hotdogs, Chips, Pop, Tea, Coffee

EVERYONE WELCOME



****SUPER TOURNAMENT****

SATURDAY, MARCH 28, 2020



KEBAOWEK COMMUNITY HALL
(Kebaowek, Quebec)

ENTRY FEE - \$110.00

(Starting 25K - \$100.00 towards prizes - \$10.00 to KFN Recreation)

Registration: 12:00 p.m. - 1:15 p.m.

Tournament starts at 1:30 p.m.

\$5.00 poker hands and
50/50 tickets on sale during the day
Open to everyone (18+) stop in for your chance to win

Bar will be open and
Supper menu will be available

For more information contact:
Jungo at 705-845-6850

**** NEXT TOURNAMENT DATE: APRIL 25, 2020**

Cannabis Fire Safety

RESPONSIBILITY GROWS **HERE.**



IMPAIRMENT **INCLUDES** CANNABIS



Cooking while under the influence of alcohol, prescription drugs or cannabis can result in a fire.

Don't put yourself or your family at risk.
Always remain alert when cooking.

Keep a close eye on anyone attempting to cook or smoke while impaired.

SMOKING IS SMOKING



Smoking is the **leading cause of residential fire deaths** in Ontario.

Encourage smokers to smoke outside. **Never smoke or tok** in bed.

Whether it is tobacco or cannabis, cigarettes and joints need to be properly extinguished in **large, deep ashtrays.**

HAZARDOUS EXTRACTION OF CANNABIS OIL CAN CAUSE EXPLOSIONS AND FIRES



Extracting cannabis oil with flammable solvents is **extremely hazardous.** It can result in the uncontrolled release of flammable vapours. If ignited, these vapours lead to explosions and fires that can cause serious injury or death.

Hazardous extraction in basements is particularly dangerous because flammable vapours can accumulate in higher concentrations leading to even more powerful explosions.

Hazardous extraction using flammable materials such as butane is against the law in homes and in basements.

TOO MANY WIRES CAN CAUSE FIRES



Extension cords should be used only as a **temporary connection.** If permanent wiring is required, have additional outlets installed by a licensed electrician. **Extension cords should not be linked together.** Instead, use an extension cord that is long enough to do the job.

Avoid running cords under rugs, which can damage the cord and cause a fire.

Avoid overloading a circuit with "octopus outlets". If additional outlets or circuits are required, have them installed by a licensed electrician.

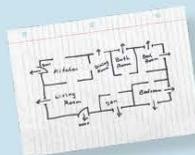
Ensure that all electrical appliances such as grow lamps are **certified by an accredited testing agency** like ULC or CSA. And make sure they are operated according to manufacturer's instructions.

Don't put yourself or your family at risk of fire.

SMOKE ALARMS SAVE LIVES!



Only working smoke alarms give you the early warning you need to safely escape a fire. Install **smoke and carbon monoxide alarms** in your home. **Test them every month.**



Practice a **home fire escape plan** so everyone in your home knows what to do when the smoke and carbon monoxide alarms sound in an emergency.

FOR MORE INFORMATION, CONTACT YOUR LOCAL FIRE DEPARTMENT

Kebaowek Land Management



Begin your adventure

Our Forestry programs combine environmental, social and economic benefits in today's society with a career in forestry.

Apply to your program today.

Learn it, then do it. You're needed.

Forestry Technician - Diploma
Urban Forestry - Arboriculture - Certificate

613.735.4700
algonquincollege.com/pembroke

Pembroke Campus
ALGONQUIN COLLEGE

An Update from the Health Director

February Meetings

- CISSSA-T Verification Committee & Board of Directors
- QC Health Director's Meeting
- Early Learning Child Care Local Working Group
- Regional Round Table - FNQLHSSC
- FNQLHSSC Board of Directors
- Conference Call for Pharmacy Project

March Meetings

- Coalition for English Speaking First Nations of Quebec
- CISSSA-T Verification Committee & Board of Directors
- QC FN Health directors with presentation of Vascular Project

Files in Motion

- Health & Wellness Center Audit
- Onimiki Project Support upon request
- 5 Year Health and Wellness Plan Discussions
- Support for the Health Governance Project
- Health and Wellness Center Policy review

Health & Wellness Center

The Corona Virus better known as Covid19 may or may not find its way near or within our community. We will work closely with FNHIB and the Province to keep you updated and informed. We will do our part in prevention by promoting frequent hand washing and mask distribution if needed. You may notice a few hand sanitizer stations going up in public buildings. We encourage you to use them to help prevent catching and or spreading any virus that may be lurking in our area. This is just a good practice regardless if its flu season or not.

Powerful Anonymous Quotes on Recovery

"My Recovery Must Come First So That Everything I Love In Life Doesn't Have To Come Last."

"Recovery Didn't Open The Gates Of Heaven And Let Me In. Recovery Opened The Gates Of Hell And Let Me Out!"

David McLaren
Director of Health and Social Services

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	WALK IN CLINIC 9:00 AM - 12:00 PM
THE KEBAOWEK HEALTH CENTER IS CLOSED FOR LUNCH 12:00PM TO 12:45 PM				
WALK IN CLINIC 12:45 PM - 16:30 PM	WALK IN CLINIC 12:45 PM - 16:30 PM	WALK IN CLINIC 12:45 PM - 16:30 PM	WALK IN CLINIC 12:45 PM - 16:30 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.

It is best that you 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

HOW TO PROPERLY WASH YOUR HANDS

Because of the increased risk for flu, gastrointestinal and respiratory illness at this time of the year, we ask that you take precautions to prevent the spread of germs.

- 1 WASH**
Wash hands with warm water and soap
- 2 LATHER**
Lather well beyond your wrists
- 3 WASH ALL SURFACES**
Wash all surfaces thoroughly, including wrists, palms, back of hands, fingers and under finger nails.
- 4 RUB HANDS TOGETHER**
Rub hands together for at least 30 seconds
(Or sing Happy Birthday twice.)
- 5 RINSE**
Rinse thoroughly and dry completely

Health Center Notes and Information



**Loïc Allenbach-Bellehumeur - Hearing Aid Practitioner
will be visiting our Health Center for appointments during
the mornings on**

Friday March 6th, 2020 and Friday April 3rd, 2020

You can have hearing screenings, hearing aid cleaning and adjustments
etc. for all Adults and Youth of our community.

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

You must have a valid RAMQ for an appointment.



DID YOU KNOW ??

**You can still get your flu shot at the
Kebaowek Health and Wellness Center !!**

**Please call in advance 627-9060 to make sure the
Nurse is available !!**

Heart Health Dinner and Information Session

On February 10th, 2020 we hosted a Dinner and Information Session with Guest speaker Meaghan Singer (Registered Dietitian) at the community hall through Skype, although we had to iron out a few technological hiccups, the session started on time and it turned out to be a great success. Her Power Point Presentation about Heart-Healthy Eating focussed on objectives such as:

- What is heart-healthy eating
- Poor food choices and increased risk for chronic disease
- Recognize the healthier and less healthy fats
- Know which foods contain sodium (salt)
- Recognize healthier food choices in restaurant
- Know the recommendations of Alcohol intake
- Childhood obesity

All of which captivated interest because of her attention to detail and passion to guide people to a healthier lifestyle, she truly is meant to be in this field of work.

Booking guest speakers in the health field can be somewhat difficult at times because of schedule conflicts, and as much as

everyone would have preferred/enjoyed meeting her in person, they were very pleased with the "Skype Presentation", where in closing she opened the floor to a Question and Answer period, and many people did take advantage of this, the questions raised were to the point and certainly on topic.

In closing I would like congratulate Mr. Tom Mongrain for winning the attendance draw for a \$50 IGA gift card, also a big Thank You to everyone who attended the session, and I hope to see you all again at the next workshop/information session held by the Kebaowek Health and Wellness Center.

Virginia McMartin
Diabetes and Chronic Disease Coordinator



Wednesday March 25th, 2020



Motivational Speaker:

Jason Simon

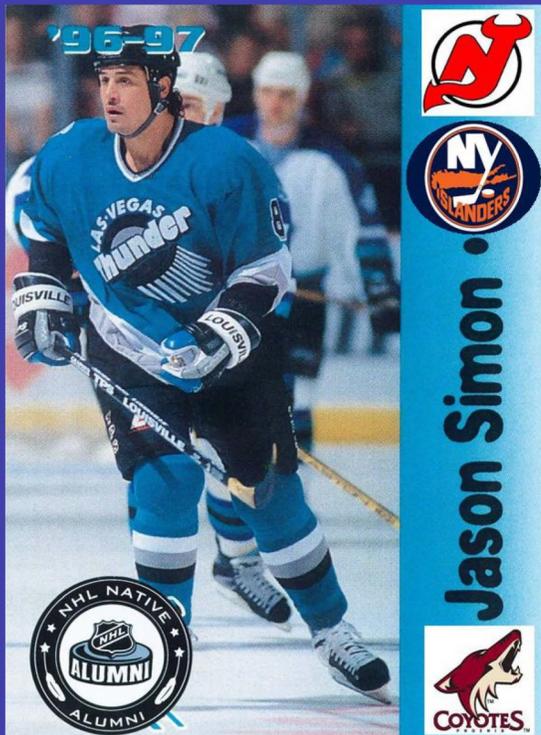
(Retired NHL Player)

Jason Simon is a retired professional hockey player of the NHL. In 1989, Jason was drafted to the New Jersey Devils in the 11th round and spent the next 3 years in the organization before suiting up in his first NHL game with the New York Islanders in the 93/94 season. His professional hockey career spanned 17 years playing for a number of major and minor league teams and he was a respected enforcer within the game. From Aamjiwnaang First Nation near Sarnia, Ontario, Jason was the first Native person in history to go from the minor leagues to pro within one year.

Currently Jason is an active professional speaker and motivator touring across North America. He brings the message of struggle, perseverance and commitment to mental and physical well-being. He is extremely passionate about the development of youth withing First Nation Communities. Jason is not only a retired professional athlete but also a survivor of addiction and adversity.

For more info or to RSVP

**Kebaowek 819-627-9060
Wolf Lake 819-627-9221**



**Dinner: 5:00 pm
Presentation: 5:45 pm
Kebaowek Community Hall**

**RSVP before : March 19th, 2020
All Ages Event - Prizes to be won !!**

Hosted in partnership



Mahingan Sagahigan
HEALTH & WELLNESS CENTRE





Kebaowek Health & Wellness Center WALKING CHALLENGE

SPRING 2020

100 KM + 10 WEEKS = SUCCESS

WHO CAN JOIN ?

KEBAOWEK MEMBERS AND THEIR IMMEDIATE FAMILIES !!

ANYONE OVER THE AGE OF 16 CAN REGISTER

FOR THE 100 KM / 10 WEEK CHALLENGE !!

IF YOU ARE 15 YEARS OF AGE OR YOUNGER 60 KM / 10 WEEKS !!

CHALLENGE ENDS ON WEDNESDAY JUNE 10TH !!

**PRIZES WILL BE AWARDED ON
THURSDAY, JUNE 11TH AT 4:00 PM !!**

REGISTER THE WEEK OF MARCH 30TH !!

STOP BY AND SEE MITCHELL MCMATIN AT THE KEBOWEK HEALTH

**CHALLENGE BEGINS
APRIL 1ST !!**

Medical Transportation and NIHB

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

Medical Transportation After Hours Pilot Project			
SUNDAY	MONDAY - TUESDAY - WEDNESDAY - THURSDAY	FRIDAY	SATURDAY
<p><u>AFTER HOURS</u> 8:30 AM - 12:30 PM</p> <p>CALL 819-627-6887</p>	<p><u>AFTER HOURS</u> 4:30 PM - 8:30 P.M. CALL 819-627-6887</p>	<p><u>AFTER HOURS</u> 12:00 PM - 5:00 PM</p> <p>CALL 819-627-6887</p>	<p><u>AFTER HOURS</u> 8:30 AM - 12:30 PM</p> <p>CALL 819-627-6887</p>
<p>PLEASE CALL WELL IN ADVANCE TO SCHEDULE YOUR APPOINTMENT DATES SO THAT ARRANGEMENTS CAN BE MADE.</p> <p>Please call Priscillia Durocher – Medical Transportation Coordinator 819-627-9060 Ext. 256 To make arrangements in my absence, contact Donna Pariseau Ext. 251</p>			

Pharmacy Benefit Information

Updated Drug Benefit List

The January 2020 Drug Benefit List (DBL) is now available. The DBL is a listing of drugs and products covered by the NIHB program and is updated several times during the year. Please refer to Appendix H, 'New listings' to see medications and products added since the last publication of the DBL in October 2019.

New listing for BuTrans patches

BuTrans (buprenorphine) patches are now listed as limited use benefits for the following:

- chronic non-cancer pain, when pain is limiting daily activities
- pain due to cancer
- end-of-life care

BuTrans patches were also added to the formularies for palliative care and adjunct medications used during active cancer treatment. Once a client has received prior approval for a medication listed on one of these formularies, they will be automatically approved for all other medications on the list.

Coverage of buprenorphine implant (Probuphine)

NIHB now covers Probuphine (buprenorphine implant) as a limited use benefit for the management of opioid use disorder. Criteria for coverage can be found in Appendix A of the DBL.

Change of listing status for selected diabetes medications:

NIHB has changed the listing status of some oral diabetes medications to open benefits. Prior approval is no longer required for coverage of these medications:

BRAND NAME	ACTIVE INGREDIENT
Onglyza	saxagliptin
Komboglyze	saxagliptin and metformin
Trajenta	linagliptin
Jentadueto	Linagliptin and metformin
Forxiga	dapagliflozin
Xigduo	dapagliflozin and metformin

Change in coverage of non-medicated emollient cream for eczema

Coverage of non-medicated emollient cream (Glaxal Base and similar products) for the treatment of eczema is now provided for clients of all ages. Emollients are non-cosmetic moisturisers that can help reduce the severity of eczema and reduce the amount of medicated cream that is needed. Previously, these products were covered only for children. They are limited use benefits and NIHB covers up to 454 grams per month.

Medical Transportation and NIHB

Coverage of iron preparations

A wide selection of iron preparations for the treatment of iron deficiency anemia are listed as open benefits, including many pediatric preparations. Some specialized formulations such as Feramax powder are covered without prior approval for children. Injectable therapies, including Monoferric, are also included as open benefits for patients who do not respond to oral iron therapy.

New coverage of antipruritic cream for renal patients

An antipruritic cream (menthol and camphor in non-medicated emollient) has been added to the formulary for chronic renal failure patients. Dry, itchy skin (pruritus) is a common complication of kidney disease, and this cream is used to moisturize and relieve skin irritation.

<https://www.sac-isc.gc.ca/eng>

IF YOU HAVE SOMETHING PRESCRIBED/RECOMMENDED BY YOUR PHYSICIAN, YOU NEED A PRESCRIPTION IN ORDER TO HAVE POSSIBLE COVERAGE. EVEN IF YOU'RE NOT SURE IF IT'S COVERED, GET A PRESCRIPTION. IT IS VERY DIFFICULT TO DO ANYTHING AFTER THE PRODUCT/RX IS PURCHASED. EVEN IF THEY SAY YOU CAN GET IT OFF THE SHELF.... LET THE DOCTOR KNOW YOU MIGHT BE ABLE TO HAVE THE PRODUCT WITHOUT COST IF YOU HAVE A PRESCRIPTION FOR IT. A GOOD EXAMPLE IS THE PREPARATION FOR A COLONOSCOPY, PLEASE ASK FOR A PRESCRIPTION. I'M NOT PROMISING THE PRODUCTS WILL BE COVERED BUT AT LEAST IF YOU HAVE A PRESCRIPTION, YOU CAN TRY TO GET IT COVERED.



PREVENTING INFECTIONS:

It's a collective responsibility



Implementation of care environment protocols



Follow recognized hygienic practices



[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

Toll free: 1-877-644-4545

Votre
gouvernement

Québec

MCH and Head Start Program ... Parenting Tips

What You Are **Not** Responsible For:

1. Making Sure Your Kids Are Always Happy

Don't get me wrong—it's good for your kids to be happy overall. But there will many times, especially when you're parenting responsibly, that your kids will be furious.

When you set limits or give them a consequence, they may not like it initially. But that's part of your job description as a parent and head of the household. You do not make decisions based on what your kids will like, tolerate, or be okay with. Instead, you make the decisions that are best for them and your family, then follow through.

2. Getting the Approval of Others

You do not need other adults in your life to tell you that you are doing the right thing. Parenting is not a popularity contest in your family or in your community. Sure, it feels great when other adults, such as your child's teachers, tell you your child is doing something well. But it's not necessary in order for you to run your family well.

3. Controlling Your Children

Your children are not puppets and you are not a puppeteer. There is no possible way that you can control every move your child makes or everything your child says, especially outside of your home. Children have their own free will and will act on their own accord and often in self-interest.

We can't control our kids, but we can influence them by the limits we set and the consequences we give. As James Lehman says, "You can lead a horse to water, and you can't make him drink - but you can make him thirsty."

4. Doing for Your Children What They Are Capable of Doing for Themselves

Many times our children will ask us to do something for them that we know they are capable of doing on their own. You are no longer responsible for those things.

I'm not saying to stop preparing breakfast for your child once she's old enough to pour her own cereal or to never do anything to help your kids out in a pinch. What I am saying is to let your kids struggle sometimes. Try your best to give them increasing levels of responsibility. And don't type your child's paper for him because you type faster and it's getting close to bedtime...that is not striking a balance.

5. You don't have to be Superman or Wonder Woman

You're not a superhero, nor should you strive to be. Rather than focusing on addressing every behavior issue or adhering to a perfect schedule each day, try to hit the important targets and realize that you might have to let some smaller things go each day. We call this picking your battles.

not required to give lengthy explanations of your decisions. "It's not safe" can be plenty of explanation when your teen asks why he can't jump off the roof and onto the trampoline. "It's your responsibility" is enough justification for telling your child it's homework time. You don't need to get into all the possible "what-ifs" and "if-thens."

2. Teaching Your Child to Function Independently

One of the effective parenting roles we talk about in parent coaching is to teach your child age-appropriate skills in order to allow them to become more and more independent.

There comes a time when your child needs to learn how to emotionally soothe himself, tie his shoes, write his name, and cope when someone teases him. Over time, he will need to develop more and more advanced skills. He needs to know how to type a paper, say no to drugs, drive a car, and fill out a job application. Indeed, he needs to learn that his level of responsibility will grow throughout his life.

3. Holding Your Child Accountable

You are responsible for holding your child accountable for his behavior and actions. At the very least, this means setting limits with your child when she behaves inappropriately.

4. Going Along for the Ride

Parenting is a bit of a roller coaster ride and you're on it whether you like it or not. There will be times when your child is doing well and times when your child is struggling. Remind yourself that the ups and downs are not a reflection of you—it's just the way the ride goes sometimes.

So, don't blame yourself when stuff happens. Focus on finding positive ways to cope and look for something new to try to help your child effectively. And don't be afraid to get support,

5. Doing Your Best

That's all you can do sometimes. Parenting is a perpetual balancing act—striving to find that balance between doing too much and doing too little, or giving consequences that are not too harsh but not too soft, either. Parenting can feel like a circus sometimes and there can be several balancing acts going on at one time. That's when you have to go back to picking your battles and realizing you are not, nor will you ever be, the perfect parent. You just need to be good enough.

Above all else, remember that your child is unique and you know him better than anyone else on the planet. You will always get input, no matter how obvious or subtle, from the world around you as to how you should parent your child.

You, though, are the expert on your child and get to make your own decisions about how to parent her in a way that teaches her to be independent and accountable while also being loving and respectful of your child and her needs. When you find yourself at wits' end, remember the tips here to help you be more objective and remember what you are and aren't responsible for as a parent.

What You **Are** Responsible For:

1. Making Tough Decisions That Are Not Popular

If your child doesn't get angry with you at least once in a while, you're not doing your job. Along with this, remember that you are

Lynn Grandlouis
MCH/Head Start Program Worker
Special Needs Educator

Ways You Can Support Someone in Recovery

If you're a friend or family member of someone in recovery from mental illness or addiction, you may want to know what you can do to support your loved one. You want to be helpful and supportive, but you may feel at a loss as to what specific things you can do.

Here are a dozen different options to consider. Each individual's recovery journey will be different, so some of these suggestions will be more helpful than others. Although these ideas come from my work with people with mental illness and addiction, most should work equally well for other issues, such as recovery related to grief, loss, or illness.

- **Say you want to help.** Sometimes a person in recovery will ask you directly for help. If so, that's great. But often they may be afraid or embarrassed to ask for assistance. If that's the case, go ahead and make the first move. Make a clear statement that you want to help. Keep it simple; just say, "I want to tell you I'm here to help in any way I can."
- **Discuss how you can help.** After you have made it clear you want to help and the person is receptive, consider specific ways you can provide assistance. Talk with them about their needs and expectations. "Help" can mean many different things, from providing a listening ear or a shoulder to cry on to specific tasks, such as giving reminders to take medication or providing a ride to the doctor. Come to an agreement about your role and the types of things you both agree are reasonable.
- **Be available.** Keep in contact on a regular basis. It's usually helpful to set a schedule for how often you will check in by phone or in person. If you have agreed to be available 24/7, follow through on that promise. It's also helpful to have a back-up plan to contact another person in case you aren't able to respond immediately.
- **Learn more about recovery.** As with most worthwhile efforts, you will be more effective if you are better informed. Seek out reputable mental health resources to learn more about the individual's specific issues and ways to promote recovery.
- **Give honest feedback.** Ask for permission to offer honest feedback. Once this approval is given, don't be afraid to offer feedback regularly. Keep it positive by providing frequent encouragement and abundant praise for progress toward a specific goal. Offer constructive and supportive comments and suggestions about things that aren't going as well to help the person get back on track.
- **Encourage responsibility.** Remember that you can't recover for someone else. While you can offer support, education, and advice, they retain the primary responsibility for their own recovery and for working toward their identified goals. It's sometimes a delicate balance, but don't rescue or enable the person by taking on things they should be handling for themselves. Keep offering gentle reminders that they (and not you) are ultimately in charge of their life.
- **Facilitate other supports.** A good recovery plan includes multiple supports, so you shouldn't be the only one helping the person. They may have a therapist and/or prescriber, a support group, and access to peer support services, which involves working with others also in recovery. Help the person stay connected with all of these vital members of their support team. It can often be beneficial to communicate with these other supporters, but only if you are explicitly permitted to do so by the person you are assisting.
- **Promote healthy choices.** Recovery should have a holistic focus, which includes nourishment of the mind, body, and spirit. To this end, help the person remember to make healthy lifestyle choices. These typically include a balanced diet, physical activity, adequate sleep, social interactions, regular health screenings, involvement in a faith community, and participation in pleasant activities.
- **Focus on the person, not the illness.** In the early stages of recovery, the person's illness can be overwhelming, making it hard for them to remember all of their other unique personal strengths. As recovery progresses, it's important to help them reclaim the talents, hobbies, interests, goals, and dreams they may have had to set aside due to their illness. Eventually, the illness should be seen as only one part of who they are, and not what defines them as a person.
- **Don't give up.** The journey of recovery can be long, challenging, fraught with many setbacks, and often discouraging. This can be exhausting for both you and the person in recovery. It's critical to not give up. Keep moving forward slowly, and think of the road to recovery as a long-distance marathon and not a 100-meter sprint. As we learned from the fable of the tortoise and the hare, "slow and steady wins the race."
- **Seek professional help when needed.** You don't have to be a trained mental health professional to help someone in recovery. On the other hand, there are times when the aid of trained professionals is absolutely necessary. These situations primarily include immediate risk of harm to self or others, or times when the person is no longer able to adequately take care of their own basic needs for survival. In these cases, don't hesitate to take action to see that the person is promptly evaluated by a professional. You may literally save a life.
- **Take care of yourself.** You can't be a fully effective helper to someone else if you aren't taking care of yourself first. "Caregiver stress" is the well-documented effect of being overwhelmed by the long-term stress associated with caring for another person. Arrange for breaks from extended caregiving responsibilities so you can recharge your own batteries. Consider enlisting additional support, such as home health services or similar resources, if the demands exceed your capabilities.

First Line Services

HEALTHIER BROCCOLI CHICKEN CASSEROLE

Ingredients:

- 8 ounces uncooked pasta* (*I used whole-wheat rotini*)
- 1 large head of broccoli, cut into bite-sized florets (*about 1 pound of florets*)
- 2 tablespoons butter or olive oil
- 1 small white onion, thinly sliced
- 8 ounces baby bella (cremini) mushrooms, thinly sliced
- 4 cloves garlic, minced
- 3 tablespoons flour
- 1 cup chicken or vegetable stock
- 1 1/2 cups milk
- 1 teaspoon Dijon mustard
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly-cracked black pepper
- 2 cups (8 ounces) shredded sharp cheddar cheese, divided
- 2 cups diced (or shredded) cooked chicken

1. Heat oven to 400°F.
2. Cook pasta in a large stockpot of generously-salted boiling water until it is al dente. However, about 1 minute before the pasta is done, add the broccoli to the boiling pasta water and stir until combined. Drain both the pasta and broccoli, and set aside.
3. Meanwhile, heat the butter (or oil) in a large sauté pan over medium-high heat. Add the onion and sauté for 3 minutes, stirring occasionally. Add the mushrooms and garlic and sauté for 5 more minutes, stirring occasionally, or until the mushrooms are cooked through.
4. Sprinkle the flour evenly over the onion mixture and stir until combined. Cook for 1 minute, stirring occasionally. Add in the stock, and stir everything together until most of the clumps are gone. Add in the milk, Dijon, salt and pepper and stir until combined. Continue cooking the sauce until it reaches a simmer. Then remove from heat and stir in 1 cup of the shredded cheese until it is combined. Taste and season with additional salt and pepper, if needed.
5. In a large 9 x 13-inch baking dish, combine the cooked pasta, broccoli, mushroom sauce and chicken. Toss until combined. Smooth the casserole out into an even layer.
6. Bake uncovered for 15 minutes. Then remove pan from the oven, sprinkle the remaining cheddar cheese evenly on top of the casserole, and bake for 10 more minutes or until the cheese is nice and melty.

Serve warm, garnished with extra black pepper and/or fresh herbs, if desired.

www.gimmesomeoven.com

FIBER 101

BENEFITS OF FIBER:

- Reduces Cortisol (the main stress hormone)
- Stabilizes Insulin & Blood Sugar
- Lowers Bad Estrogens
- Helps with Detoxification & Weight Loss

Most women only consume about 13 grams of fiber per day.

IDEAL DAILY FIBER INTAKE:

- 35-45 grams for women
- 40-50 grams for men

GOOD SOURCES OF FIBER:

- Vegetables
- Fruit
- Whole grains
- Chia seeds
- Flax seeds
- Soluble Fiber Supplement

WORK UP SLOWLY!

It's important to increase your fiber intake slowly — by about 5 grams per day. Increasing too quickly can cause gas, bloating and even constipation.

THE EMOTIONAL CUP

Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

upbidity

Publisher of Therapy Resources

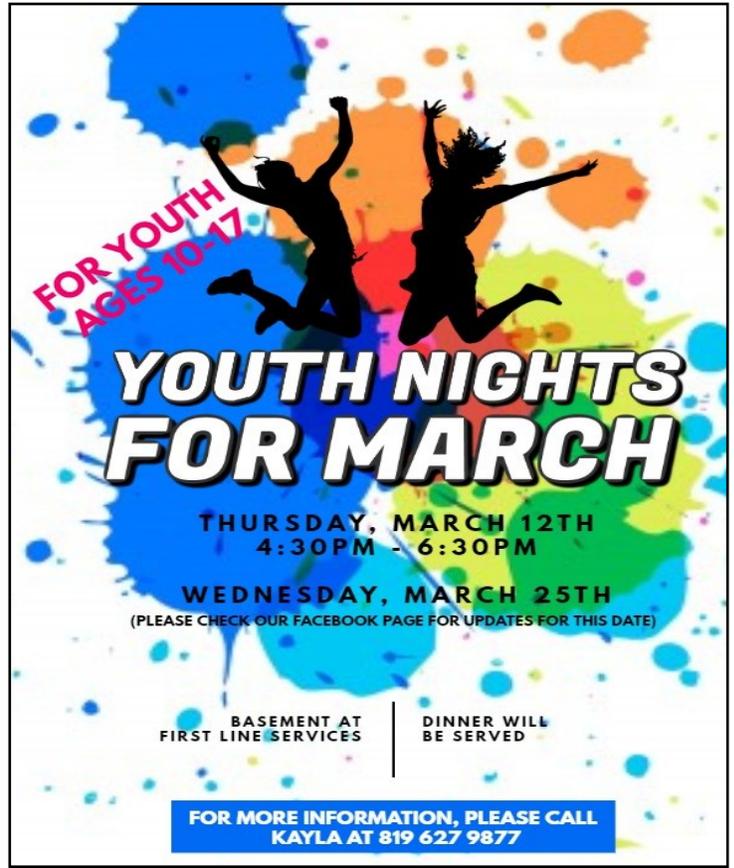


FAMILY MOVIE NIGHT

"SPIES IN DISGUISE"
Wednesday, March 18th
Starts at 5:15
@ First Line Services Basement



free dinner!
free popcorn!



FOR YOUTH AGES 10-17

YOUTH NIGHTS FOR MARCH

THURSDAY, MARCH 12TH
4:30PM - 6:30PM
WEDNESDAY, MARCH 25TH
(PLEASE CHECK OUR FACEBOOK PAGE FOR UPDATES FOR THIS DATE)

BASEMENT AT FIRST LINE SERVICES | DINNER WILL BE SERVED

FOR MORE INFORMATION, PLEASE CALL KAYLA AT 819 627 9877



MINI-PALS

Located in the basement of First Line Services

Tuesday's 9:30am - 11:00am
18months - 3 years

Wednesday's 9:30am - 11:00am
3 - 5 years

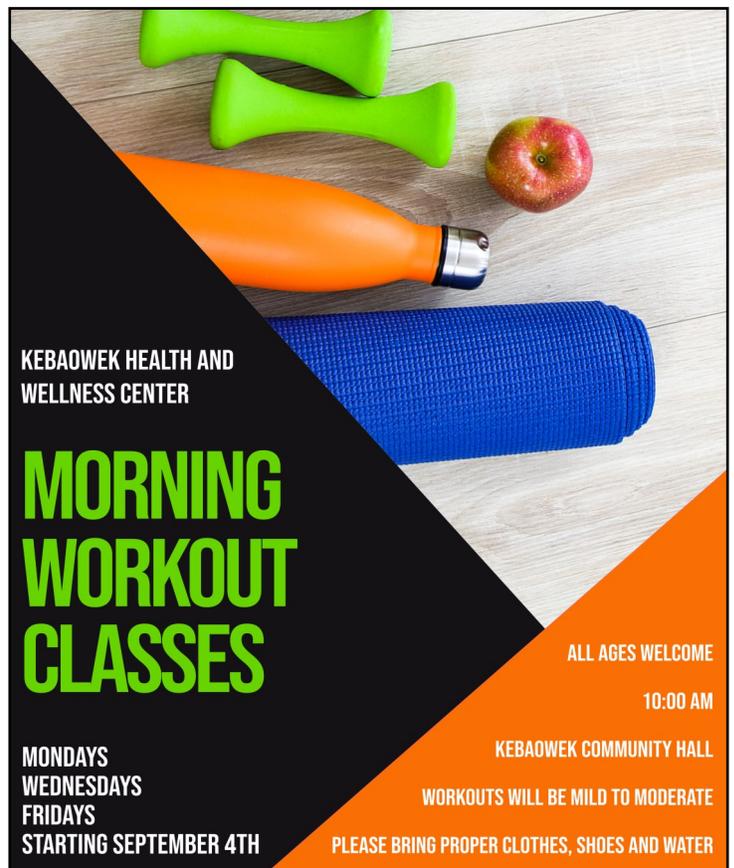
Thursday's 9:30am - 11:00am
0-18 months

- * Various activities
- * Supports early childhood development
- * Nutrious Snacks Provided

For more information contact Darlene @ 819-627-9877



Made with PosterMyWall.com



MORNING WORKOUT CLASSES

KEBAOWEK HEALTH AND WELLNESS CENTER

ALL AGES WELCOME
10:00 AM

MONDAYS
WEDNESDAYS
FRIDAYS
STARTING SEPTEMBER 4TH

KEBAOWEK COMMUNITY HALL
WORKOUTS WILL BE MILD TO MODERATE
PLEASE BRING PROPER CLOTHES, SHOES AND WATER



Community Kitchen

WEDNESDAY, MARCH 11TH

ON THE MENU:
Garlic Butter Steak Bites, Potatoes & Mixed Veggies

From 4:30pm - 6:30pm
@ Kebaowek Community Hall

Call First Line Services to register by
Friday, March 6th @ 12:00pm
819-627-9877



LUNCH FIT

PILATES
Tuesdays & Thursdays
From 12:05-12:40

Downstairs at First Line Services

Men & Women 18+

Come enjoy a great workout!!

Psychologist Services

Arlene Laliberte is a Clinical Psychologist from Timiskaming First Nation, who provides services to our community

Arlene will be available in Kebaowek First Nation on the following days for appointments:

January 20th & 23rd - February 6th & 20th - March 5th & 19th - April 1st, 16th & 30th - May 14th & 27th - June 11th & 25th - July 9th & 23rd - September 3rd & 17th - October 1st & 15th - November 12th & 26th - December 10th

To be eligible for an appointment you must provide your First Nation Registry Number

For more information or to book an appointment, please contact First Line Services 819-627-9877

You can also speak to any Health Centre employee for a referral



Community BREAKFAST

Thursday, March 12th
6:45am - 9:00am

At Kebaowek Community Hall

BUS PICK-UP:
7:30 - Phelps Bus in front of the hall
7:50 - Temiskaming Bus at 4way stop

For more info contact Darlene @ 819-627-9877.

Meals On Wheels

OUR SERVICE IS DESIGNED TO MAKE IT EASIER FOR ELDERS AND PEOPLE WITH DISABILITIES TO ENJOY A NUTRITIOUS AND TASTY MEAL PREPARED BY A LOCAL CATERER

Criteria:

You must meet the following criteria:

- * Age 60+
- * Reside on-reserve
- * Special referral

You get:

Soup, Hot Main Meal, Juice & Dessert

For more information about the program, delivery options and/or to see if you are eligible, contact Kebaowek First Line Services 819-627-9877

Next Delivery Dates: March 18th

SENIOR SOCIAL



Date: Every Thursday

Time: 1:00pm to 3:00pm

Place: Basement of First Line Services



**Come and join us to play
Crib or Yahtzee!!**

Snacks, tea and coffee are provided.

**If you need a ride please call Shelly at
819-627-9877.**



Community Shopping!!

**Next shopping trip will be
April 4, 2020**

**Sign up is mandatory to reserve your
spot:**

**Please call Shelly at 819-627-9877 or
First Line Services on Facebook
messenger to sign up no later than
March 30, 2020 at 4:30. You must
confirm with Shelly for the shopping trip
and not the drivers. Thank you!**

FoodBank

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.**

**KEBAOWEK FOOD BANK
HOURS**

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

**IF YOU WOULD LIKE A FOOD
HAMPER PLEASE CONTACT
819-627-9877**



Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Holidays Priscillia Hélène	2 Morning Workout Class Family Movie Night	3 Lunch Fit Handicraft Session	4 Morning Workout Class Meals on Wheels	5 Senior Social Lunch Fit Women's Paint Night GARBAGE	6 Morning Workout Class Hearing Clinic at Health Center	7 Community Shopping Trip
8 International Women's Day Holidays Donna, Virginia Bonnie	9 Morning Workout Class	10 Lunch Fit Handicraft Session	11 Morning Workout Class	12 Community Breakfast Senior Social Lunch Fit, Youth Night CCP Presentation RECYCLE	13 Morning Workout Class	14
15 Holidays Lynn	16 Morning Workout Class Community Kitchen	17 Lunch Fit Baking with the Elders Handicraft Session	18 Morning Workout Class Meals on Wheels	19 Senior Social Lunch Fit Women's Paint Night Community Bingo GARBAGE	20 Morning Workout Class	21
22	23 Morning Workout Class Shelly is gone for Training (24th - 26th)	24 Lunch Fit Handicraft Session	25 Morning Workout Class Dinner & Workshop	26 Senior Social Lunch Fit RECYCLE	27 Morning Workout Class	28 Texas Hold'Em Tournament
29 Elder's Club Bingo	30 Morning Workout Class	31 Lunch Fit Baking with the Elders Handicraft Session	March 2020			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2020			1 Morning Workout Class Spring Walking Challenge Starts	2 Senior Social Lunch Fit Women's Paint Night Dinner & Bingo GARBAGE	3 Morning Workout Class	4 Community Shopping Trip
5	6 Morning Workout Class	7 Lunch Fit Baking with the Elders Handicraft Session	8 Morning Workout Class Meals on Wheels Youth Night	9 Senior Social Lunch Fit Women's Paint Night RECYCLE	10 Band Office and Health Center closed for Good Friday (Thursday afternoon and Friday)	11
12	13 Band Office and Health Center closed for Easter Monday	14 Lunch Fit Handicraft Session	15 Morning Workout Class	16 Senior Social Lunch Fit Women's Paint Night Community Bingo GARBAGE	17 Morning Workout Class	18 Gun Course
19 Gun Course	20 Morning Workout Class	21 Lunch Fit Handicraft Session	22 Morning Workout Class Meals on Wheels Youth Night	23 Senior Social Lunch Fit Women's Paint Night RECYCLE	24 Morning Workout Class	25 Texas Hold'Em Tournament
26	27 Morning Workout Class	28 Lunch Fit Handicraft Session	29 Morning Workout Class Meals on Wheels Family Movie Night	30 Senior Social Lunch Fit Women's Paint Night GARBAGE		