



Kebaowek First Nation Mazinaigan / Newsletter

Wabigwan Kizis / May 2020

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An Update from the Chief

I must again begin by acknowledging and thanking all Members who are doing their best to adhere to the guidelines put forward by Public Health by staying at home as much as possible, no large gatherings, maintaining the physical distancing recommended and washing your hands as frequently as possible. All of these actions are not only ensuring your personal safety but increasing safety for all Members living in the community. We cannot let our guard down now and I emphasize that you must keep doing these things for the foreseeable future. I know it hasn't been easy on anyone, not being able to visit children, grandchildren, parents and grandparents has taken a toll on each and every one of us but I appreciate each and every sacrifice that you've made and how it has contributed to keeping us all safe.

That being said, the dangers of Covid-19 are ever present in spite of declining numbers in the Region of Abitibi Temiscamingue. No new cases being reported to in the MRC the last 6 days is good news indeed but the province in its infinite wisdom has outlined plans to open Elementary Schools and Daycares. As well certain businesses will open and they have lifted the quarantine in Rouyn and will allow phased in inter-regional travel including the removal of the checkpoints at the Ontario/Quebec borders. These actions in our view are premature and unnecessarily raises our risk of having Covid -19 introduced to our community, specifically to our most vulnerable.

We have all made huge sacrifices to get to this point, we have helped flatten the curve, we have listened to the advice of Public Health Officials who asked us to stay home, don't gather, keep physical distancing and wash our hands regularly. We have been separated from our families and friends for weeks, we have done our part and now we have to worry about the challenges that will come with the lifting of the checkpoints and how do we keep our community and its residents safe. It will be a shame if all of this hard work has been for nothing and in a few weeks have to restart this over again.

In my opinion there are two options, one to tighten up controls by installing a checkpoint and restricting access to only those who live in the community. The reason being with the lifting of travel restrictions, we will undoubtedly see an increase in traffic in the community from members who do not live here and will be allowed for the first time in weeks to cross the border and will be coming to visit family and go to their camps with non-natives doing the same. The other option is to maintain our monitoring of the traffic, hope that people listen to the advice to travel only if necessary but continue to practice the recommended Public Health Guidelines, especially physical distancing and washing of hands. Either of these options will still continue to present huge risks of the virus being introduced and that is what we as a Council struggle with, how much risk (Pg 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

are we and the community prepared to live with? Council's position is that we want to reduce that risk to as close to zero so we can fulfill our mandate to do whatever we needed to, including restricting access and travel after May 11th if we feel Members are jeopardizing and increasing the health risk of the community for non-essential travel. People need to be reminded every day that Covid-19 is deadly, every death is a Mom, a Dad, a Sister or Brother, but mostly a Granny or Grampa. Every person suffering and dying is a treasure human being to someone or many. "One death is one too many for something that is preventable and it's all of our responsibility to prevent Covid-19 by following the guidelines".

To protect the health and safety of our community we often wonder how much power and how far can we go in making and enforcing measures without being perceived as dictators. How far can we go with restricting and impacting Member's rights by limiting their access to the community and imposing consequences to those in the community who do not follow Public Health Guidelines and put the entire community at risk? We know there are mixed feelings on these issues, some members are fed up and want to get back to their lives while others are terrified and are asking us to impose stronger measures. We do not take any of these decisions lightly, these decisions are not about one person or a small group of people, the decisions we've taken to date and those to come are done in the best interest of the community. We need to take a community approach to this issue and we need your support, we need to support and encourage each other, we need to put aside our personal opinions, we need everyone to be unselfish and put the needs of the community ahead of their own and focus on one sole objective, which is, what is it that we need to do together to protect the ones we love and the most vulnerable in our community?

The lifting of the roadblocks that isolated the city of Rouyn-Noranda from other MRCs in the region and Abitibi-Témiscamingue from the rest of Quebec, the reopening of Schools, Daycares and several businesses are the latest announcements made by the Government of Quebec. These announcements would suggest a return to normal. **It is however not the case.** Companies will reopen, but they will have to apply various preventive and control measures necessary to face the challenges of COVID-19. Schools and Daycares must review various elements in order to safely welcome their staff and children again, such

as school transportation, daycare group and class sizes. All these measures aim to protect workers and those who circulate on the premises. Likewise, when the roadblocks are lifted, **recommendations to avoid non-essential travel remain in place and we are counting on you to respect that guideline.** Aware that many people are feeling a need to travel outside of their area, it is wise to question the need and the risks before making a trip anywhere. **Also, if travel is absolutely necessary, here are a few tips: respect public health regulations always, confine yourself when you return, if possible, monitor for symptoms and call the Covid-19 telephone line for an assessment if symptoms appear. Despite a gradual return to our new normal, certain things must not change such as hand washing, social distancing of two meters, wearing a face covering in public places when social distancing is not possible, no gatherings, and isolating yourself if necessary.**

While Mr. Legault announced that Schools and Daycares would be opening on May 11th, Chief and Council have decided that our Daycare in Kebaowek will remain closed until **June 1st** and we will reassess the opening at that time. As for school, I am glad that he did not make it mandatory and parents have the option to send their children or not, we feel these decisions are premature and will put our children, their siblings, parents and grandparents at greater risk as it coincides with the opening of the border and the economy. We are aware of the studies that say children are less likely to be impacted and may or may not show symptoms but they are able to transmit Covid-19 to others. Every other province has decided schools will only start in the fall and Quebec has done the same for high school and post-secondary students but has determined its ok to risk our children. We are concerned that Quebec is using the opening of schools and our children as an experiment to test a theory called Herd Immunity. It is an unproven science and criticized by Canada's Chief Public Health Officer. Our children should not be used as guinea pigs in an experiment but as I don't have elementary school aged children, I cannot decide for the parents if they want to send their children to school or not, I can only express my concerns about the potential consequences and express my frustration that Quebec would put parents in such a difficult position. The children are fed up and sick of isolation too, we know that and feel for each and every one of them, whatever parents decide, we will continue to support them and all students.

An Update from the Chief Cont'd

Another issue I would like to touch on, is the Kebaowek Childcare Center, our Daycare on reserve. We thought it was important to advise the community that there is currently a Union drive initiated by Workers of our Childcare Center and it is causing us some concern. We are curious as to why the Workers feel that a Provincial Union would improve their current working conditions and pay and in doing so setting a precedent that Provincial Labour laws would apply on reserve, a Federal jurisdiction. We have for years fought the CCQ from trying to do this very thing, applying their laws on our construction sites in the community. While this is not the same as a union, it represents many of the same challenges. While we do receive some provincial funding for the operations of our Childcare Center, we also receive a significant amount of funding from the Health Department and Health Commission for implementing Federal Programs as well. Our CPE is not a Provincial Childcare Center, it is much more and Health Programs such as Head Start could be affected if significant changes occurred and they can no longer deliver programming and funding to the Childcare Center. While not being unionized, our workers get the same benefits and salaries paid by off reserve Childcare Centers. We do so because we need to stay competitive as well it is the right thing to do. We follow the same standards as all Childcare Centers and the one glaring difference is when provincial CPE workers were on strike, our Childcare Center was open with worker's continuing to deliver programming and childcare to our children. So this is why we are troubled and are questioning the need for a union on reserve. We have been bombarded by requests for information from union lawyers and representatives at a time when we are operating with minimal staff, dealing with Covid-19 and they are forcing us to have staff prepare information under the threat of legal repercussions if not produced by their deadlines. We have hired a lawyer to help us and the Childcare Director navigate through this process. What it signals to Chief and Council is that they have decided that their needs are more important than the needs of children and the way to get what they want is to bring in a Provincial Union regardless of important repercussions on the Center and the Children. In the end, the law requires that all workers will have to vote on whether to be unionized, however it is not only up to the workers who are doing the Union drive as to whether a Union is good for our Childcare Center, it will be the Members and the parents of children who attend our Childcare Center, they too have voice that should be heard as it is their Childcare Center too. I invite you to share your point of view with the Childcare Center Director through

email or by phone, to Members of the Board of Directors, Stacey McBride or Lynn Grandlouis. As well you can contact myself or members of Council by email. This is your Childcare Center and the priority must be our children.

In closing, I want to personally thank all of our essential workers, those who continue to provide services and supports to the Council and the community. They have invested time, energy and resources in helping meet the needs of the community during this pandemic. I have witnessed firsthand this commitment many times over. Some of the additional support during this Pandemic has included enhancing the funding for the Food Bank and making it accessible to any member that needs it, recognizing that the Food Bank in Temiscaming also feeds our off-reserve members and making a donation in support of their efforts. We have doubled the frequency and amount of people receiving Meals on Wheels. The Food Hampers was a collective effort by many Departments and the Education Department provided an additional months living allowance for our Post-Secondary students. Staff have developed and provided educational material for our students so they could continue learning. Materials and other resources have been provided to all families to assist with maintaining education to their children and providing one time funding to all students on and off community to support the increased costs of material like paper and ink that's is needed to support the students. These and other initiatives that may be needed will continue as long as required.

Please note the closure of Kebaowek Band Office has been extended until June 1st, 2020. Employees will still be working from home and are reachable through email or by leaving a voicemail at 819-627-3455.

Finally as you know, the Legault government has announced that there will no large gatherings, sporting events, concerts and shows until August 31st, 2020 and potentially later. Like everyone else we are sad and disappointed by this news as we too, have had to cancel all Kebaowek events including our Annual Boat Rally and Countryfest and other planned activities such as the Youth Hunters Point Camping Trip. Poker Tournaments and Bingos are cancelled as well and will resume only when sanctions against such events have been lifted. It is sad but necessary and we hope we will be able to host our cancelled events next year.

Take care of yourself and loved ones, stay home, stay safe,
Chief Lance Haymond

Local First Nation Human Resources

Glenda Moore - LFNHR 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: March 8th - April 11th, 2020	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	6	700	14
Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate: April 12th - May 16th, 2020	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	6.6	665	15

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 **April 14th, 2020** by the **First Nation Human Resources Development Commission of Quebec (FNHRDCQ)**.

In response to the Covid-19 situation, the government has introduced the new **Canada Emergency Response Benefit** as part of [Canada's Economic Response Plan](#).

The **Canada Emergency Response Benefit** is now available and can be accessed www.canada.ca/en/services/benefits/ei/ceerb-application.

Employment Insurance and Pension applications can be made online at: <https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html>

Service Canada – Ready to Help

Our priority is the health and safety of all Canadians, while maintaining service to the public. In response to COVID-19, all in person Service Canada Centres are closed until further notice. In the meantime, Service Canada has measures in place to ensure critical service delivery to vulnerable clients.

If you need help accessing critical benefits, you can complete a service request form at: Canada.ca/service-canada-e-service. Once the service request is submitted, a Service Canada representative will contact you within 2 business days.

If you do not have access to a computer or need more support, you can get help by calling the **Service Canada Outreach Support Centre** at **1-877-760-2657**. Outreach workers are available to help from 8:30 am to 4:00 pm Monday to Friday.

ATTENTION!

SERVICE CANADA READY TO HELP

Please access our many online services at:
Canada.ca/service-canada-home

If you require assistance accessing services,
please complete an online request at:
Canada.ca/service-canada-e-service



A Service Canada officer will contact you
within 2 business days.

If you do not have access to the internet and require
assistance accessing services, please contact us at:
1-877-760-2657

Follow the infection prevention and control guidance provided by
the Public Health Agency of Canada available at:

Canada.ca/coronavirus

If you experience these symptoms, please contact your health care
provider or your local public health unit.

Local First Nation Human Resources



USEFUL INFORMATION / COVID-19

SUPPORT FOR INDIVIDUALS

Canada Emergency Response Benefit (CERB)

Regular Employment Insurance claims or sickness claims on or after March 15, 2020

☎ 1-833-966-2099

🌐 <https://www.canada.ca/en/services/benefits/ei/cerb-application.html>

Employment Insurance

Employment Insurance claims prior to March 15, 2020, caregiver, compassionate care, fisher and work-sharing benefits

☎ 1-800-206-7218 / TTY: 1-800-529-3742

🌐 <https://www.canada.ca/en/services/benefits/ei.html>

Online application information

Employment Insurance, Old Age Security, urgent passports and Social Insurance Numbers

Online service request form - response time within 2 working day

🌐 <https://sr-ds.powerappsportals.com/caseintakeen/>

Old Age Security

☎ 1-800-277-9914 / TTY: 1-800-255-4786

🌐 <https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html>

Social Insurance Number (SIN)

☎ 1-866-274-6627 / TTY: 1-800-926-9105

🌐 <https://www.canada.ca/en/employment-social-development/services/sin/apply.html>

SUPPORT FOR BUSINESSES

Employer Contact Centre

Hours of operation: 7:00 am to 8:00 pm, Eastern Time, Monday to Friday

☎ 1-800-367-5693 / TTY: 1-855-881-9874 / Canada and United States

☎ 506-546-7569 / Outside Canada and the United States (collect calls accepted)

🌐 <https://www.canada.ca/en/employment-social-development/corporate/contact/employer-contact-center.html>

Emergency Wage Subsidy

Apply to Canada Revenue Agency

🌐 <https://www.canada.ca/en/department-finance/economic-response-plan/wage-subsidy.html>

Work-Sharing

☎ 1-800-367-5693 / TTY: 1-855-881-9874 / Canada and United States

📧 EDSC.DGOP.TP.REP-RES.WS.POB.ESDC@servicecanada.gc.ca

🌐 <https://www.canada.ca/en/employment-social-development/services/work-sharing.html>

IMPORTANT

For the complete federal government response to the global outbreak of COVID-19, visit

🌐 [Canada.ca](https://www.canada.ca)



Public Works Department

Hello Everyone. The COVID-19 shut-down is still in effect and as an essential service the Public Works Department will continue to operate. Be assured that your water supply and sewage collection systems will continue to operate and be maintained at the same level as before this crisis. The roads and storm sewers will be serviced and maintained as required. Band buildings that are closed are monitored and inspected daily.

To help promote physical distancing the playground has been closed and a fence has been installed around the playground.

The walking track in the ball field will remain open. Please walk at an appropriate distance from other people using the walking track.

Your continued cooperation in controlling what you flush is greatly appreciated. Please DO NOT FLUSH paper towels and/or disinfectant wipes. These products can clog our sewage pumps which is an issue no one needs at this time.

Public Works applied and was accepted for the Eco-Patrol program from the FNQLSDI. This program will fund 1 or 2 college/university level summer students. The summer job opportunity will be posted shortly and starting date will depend on the Covid-19 restrictions.

The Annual Community Cleanup is scheduled for May 22nd. A notice will be sent out closer to the date. Again this is dependent on the Covid 19 restrictions.

Please continue to practice physical distancing and wash your hands often.



The Drumbeat team just wants to say thank you to the community for all the support and sticking with us as we worked to get a radio station off the ground during a pandemic! Also, if you have any information, ads or public service announcements you'd like to get on Drumbeat, contact us and we'll see what we can do for you! Email: jmckenzie@kebaowek.ca or npariseau@kebaowek.ca Or send a message to the Drumbeat Facebook Page. Our radio station currently has no phones, but we're working on it and will keep everyone updated as soon as we have a phone number.

Kebaowek Fire Department

Propane cylinders must be inspected and re-certified or replaced every 10 years – the date of manufacture or the last valid inspection mark are stamped on the collar of the cylinder

Prior to 1994, propane cylinder valves had a left hand thread (counter-clockwise). Since 1994, propane cylinders have been designed with a right hand thread (clockwise) or a quick disconnect device.

Never store propane tanks indoors or near any heat source.

Inspect the propane cylinder for cuts, gouges, dents and rusting and replace, if necessary.

Check hose connections for leaks by brushing a 50% liquid dish soap and 50% water solution onto all hose connections and valves. Bubbles indicate a leak. If you encounter a leak, shut off the propane at the tank, if it's safe to do so, tighten hose connections and check again for leaks using the dish soap and water solution. Never use matches or lighters to check for leaks.

Always transport and store propane cylinders in an upright, vertical position in order that the safety release valve will function properly.

When transporting a propane cylinder in a vehicle ensure the cylinder valve is tightly closed, install the threaded plug or cap on the valve outlet of the tank, secure the tank in an upright, vertical position in the passenger compartment of your vehicle, open all vehicle windows for ventilation and REFRAIN FROM SMOKING during transportation. If transporting a propane cylinder in the trunk of a vehicle, ensure that it's well secured in an upright, vertical position and the trunk lid is left open for ventilation until your return home.

Remove the tank from the vehicle IMMEDIATELY upon your return home – heat build-up in a sealed vehicle may cause an explosion

Remember, empty propane cylinders are equally as dangerous as full cylinders and the same safety precautions must be followed. NEVER attempt to disassemble or cut open a propane cylinder, which could result in an explosion and flash fire. Dispose of your old propane tank safely.

Propane cylinders are painted a light or reflective colour to reduce heat absorption from the sun, which increases the internal pressure within tank. Never paint a propane cylinder a dark colour.

Kebaowek 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



ATTENTION ALL KEBAOWEK COMMUNITY MEMBERS

IF YOU HAVE A MEDICAL EMERGENCY PLEASE CALL 911 FIRST SO AN AMBULANCE CAN BE DISPATCHED RIGHT AWAY. CALLING THE KEBAOWEK POLICE FIRST WASTES VALUABLE MINUTES.

Indian Registration / Membership

The Indian Registration/Membership Office is closed until June 1st, 2020. I am, therefore, not able to issue Certificates of Indian Status. I do, however, have access to my work email and I am able to respond to emails that I receive. If you have any questions regarding Indian Registration, you can email me at jstdenis@kebaowek.ca

The following notice is what is indicated on the Indigenous Services Canada website:

COVID-19 Office Closures

Due to the Coronavirus outbreak, all Indigenous Services Canada Offices for Indian Status and Secure status card applications will be closed until further notice.

To apply for the secure certificate of Indian Status by mail, please visit www.sac-isc.gc.ca. Processing times, including the return of original documents, are delayed.

Indian Status does not expire. Your registration number confirms your status and can be used to access some services and programs.

During this time, services providers should accept status cards or Temporary Confirmation of Registration documents (TCRDs) with identification, even if the renewal or expiry date has passed, until offices re-open.

APPLICATION FORMS FOR SECURE CERTIFICATE OF INDIAN STATUS and GUARANTOR DECLARATION FORMS are available at www.sac-isc.gc.ca. Select Indian Status, then select Application Forms.

1. Complete the application form and submit two passport size pictures and identity document/s that contain your photo, name, date of birth and signature.
2. You and your Guarantor must complete the Guarantor form.
3. Your Guarantor must sign and date the back of one of your photos writing "I certify that this is a true likeness of (your name)". Your Guarantor must also sign and date the copy of the front and back of your identity document.

SECURE CERTIFICATE OF INDIAN STATUS (SCIS) PHOTO APP

You can take your own photo when applying for a Secure Certificate of Indian Status (SCIS) and submit it from your smart phone free of charge using the SCIS Photo App. To access and download the photo app, please visit www.sac-isc.gc.ca Select Indian Status, the select New Photo App. Follow on screen instructions. **MORE INSTRUCTION ON PAGE 8 AND 9**

Joan St-Denis

Secure Certificate of Indian Status (SCIS) Photo App

1. What is the SCIS Photo App?

The SCIS Photo App is a digital application created by the Government of Canada that allows applicants to take a photo with a smartphone and submit it online as part of their Secure Certificate of Indian Status (SCIS) application. Available to download for free on both Apple and Android smartphones, the SCIS Photo App eliminates the cost of photos and offers a convenient way to provide the photo required to apply for the secure status card for the first time or for a renewal or replacement.

2. What is the benefit of using the App?

You no longer have to pay or travel to have passport-style photos taken for the Secure Certificate of Indian Status application. The App is an accessible, cost-free and secure way to take your own photo when applying for a Secure Certificate of Indian Status (SCIS) and submit your photo and guarantor's name, email address and signature as part of the application process for a secure status card.

3. How does the App work?

The SCIS Photo App can be downloaded for free on your smartphone from the [Apple App Store](#) or [Google Play Store](#).

The App is easy to use and provides step-by-step instructions to take and submit your photo and provide your guarantor's name, email address and signature. The information will be securely transmitted to Indigenous Services Canada (ISC) through the App and stored in a protected database. Once the information is submitted, the data will no longer exist on the smartphone.

The information you submit through the App will be automatically linked with your submitted complete application and supporting documentation. You do not need to contact Indigenous Services Canada (ISC) to inform that you submitted your photo through the App.

4. How can I get the App?

You can download the SCIS Photo App for free on your smartphone by simply searching "SCIS Photo App" in the [Apple App Store](#) or [Google Play Store](#).

5. Does it cost money to use the App?

No, the SCIS Photo App is free to download and it is free to submit your photos using the app. You will need a smartphone and internet access.

6. What do I need to use the App?

Before you submit your photo through the SCIS Photo App, ensure you have the following:

- Smartphone (Apple or Android mobile device) to download the

App

- Access to the Internet or a public/private Wi-Fi-network
- Registration Number
- Valid email address
- Guarantor present with a valid email address

7. What type of smartphone do I need to use the App?

The App is compatible with the following operating systems:

- Apple smartphone with iOS 11 or higher
- Android smartphones with Nougat 7.0 or higher

8. Can I still use the App if I don't have a smartphone?

No, you need a smartphone to use the SCIS Photo App.

If you don't have a smartphone, you can use the SCIS Photo App on a family member or friend's smartphone. Once the information is submitted, the data will no longer exist on the smartphone.

9. Can I still use the App if I don't have internet access?

No, you need internet access to use the SCIS Photo App.

If you don't have your own internet access, you may use the SCIS Photo App by connecting to any public or private Wi-Fi network.

You can also use the App on a family member or friend's smartphone with internet access. Once the information is submitted, the data will no longer exist on the smartphone.

10. Do I still need to send an application for the Secure Certificate of Indian Status (SCIS)?

Yes. To complete your application for the Secure Certificate of Indian Status (SCIS), you must submit a complete application ([Form 83-172SE](#)), a Guarantor Declaration ([Form 83-169SE](#)) and supporting documentation. Once your application is received, the information submitted through the Photo App will be automatically linked with your complete application and supporting documentation. To find out how to apply, visit www.canada.ca. Click on Indigenous peoples, then Indian status.

11. Can I use the App to apply for registration for Indian Status?

No. You must already be registered as a Status Indian under the *Indian Act* to use the SCIS Photo App.

Unfortunately, you cannot use the SCIS Photo App to submit photos for an application for registration and a secure status card at the same time. However, once you are registered as a Status Indian, you will be able to use the SCIS Photo App to apply for your first secure status card separately or to renew or replace your secure status card.

Secure Certificate of Indian Status (SCIS) Photo App

12. Can I use the App to apply for a Certificate of Indian Status (CIS), paper-laminated version?

No, the SCIS Photo App cannot be used to submit photos to apply for the Certificate of Indian Status (CIS). The App is only compatible with the system used to issue the Secure Certificate of Indian Status (SCIS)

13. Can I use the App to apply on behalf of my child/dependent adult?

Yes, the SCIS Photo App can be used to submit photos to apply for the Secure Certificate of Indian Status (SCIS) on behalf of a child/dependent adult.

To complete an application for the Secure Certificate of Indian Status (SCIS) on behalf of a child or dependent adult, you must submit a complete application ([Form 83-172SE](#)), a Guarantor Declaration ([Form 83-169SE](#)) and supporting documentation.

A parent or legal guardian must have the authority to act for the child or dependent adult in legal or financial matters to apply on their behalf. The most recent legal documents (divorce order, separation agreement, custody or guardianship order) proving custody or guardianship of the child to the applying parent or guardian must be provided with the application form and supporting documentation, if applicable.

14. Do I need a guarantor to use the App?

Yes. You must find a person who can act as your guarantor and they must be present while you are using the SCIS Photo App.

The guarantor will be prompted to provide their name, email address and digital signature.

The same guarantor must also complete a Guarantor Declaration ([Form 83-169SE](#)). The Guarantor Declaration should be sent with the completed application ([Form 83-172SE](#)) and supporting documentation.

For more information on who can be a guarantor, visit www.canada.ca. Click on Indigenous peoples, then Indian Status. Under "Most Requested", click on "[About guarantors](#)".

15. Does Indigenous Services Canada (ISC) share my photos or personal information submitted through the App?

No, all information provided through the SCIS Photo App is secure and protected under the *Privacy Act*. The information is encrypted while being sent to Indigenous Services Canada (ISC) and stored in a secure database exclusively for SCIS applications. Once the information is submitted, the data will no longer exist on the smartphone.

The information you provide through the App is used to process your application for secure status card. The collection and use of personal information submitted through the App is in accordance

with the *Privacy Act*.

16. I used the App and I'm being asked to resubmit my photos. Can you help me?

To resubmit your photo, open the App and follow the step-by-step instruction. Only the last photo submitted will be used to process your secure status card application.

Acceptable photos must be:

- Clear, sharp and in focus
- Taken with a neutral facial expression (eyes open and clearly visible, mouth closed)
- Taken straight on the face and shoulders centered and squared to the camera
- Taken in front of a plain white or a lightly coloured background, with a clear difference between the face and background.

17. What happens if I leave the App in the middle of submitting my photo and/or information (e.g. to take a call, answer a text, use another app)?

If you leave the SCIS Photo App for any reason, the information is retained in the background of the App until your photo is submitted or the App is closed. The information that was retained in the background is protected and cannot be read by an outside party. Once the information is submitted, the data will no longer exist on the smartphone.

18. What happens if I make a mistake while using the App (e.g. entered the wrong registration number or information)?

Please confirm your information and registration number before submitting your photo through the SCIS Photo App. If you entered incorrect information, this may lead to delays in processing your secure status card application. If you think you entered incorrect information while using the App, please notify the Public Enquiries Contact Centre as soon as possible:

**Public Enquiries Contact Centre
Indigenous Services Canada
10, rue Wellington
GATINEAU QC K1A 0H4**

Email: aadnc.infopubs.aandc@canada.ca

Phone (toll-free): 1-800-567-9604

Fax: 1-866-817-3977

TTY (toll-free): 1-866-553-0554

19. I am having technical difficulties using the App. Who can I contact?

If you are having technical difficulties using the SCIS Photo App, please email:

aadnc.supportphotocssiscisphotosupport.aandc@canada.ca

You can also contact the Public Enquiries Contact Center.

Community Wishes for the Month of May



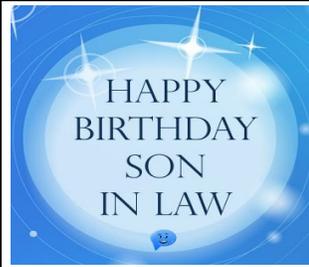
Happy 3rd birthday to
our Grandson Eric Barrer ♥

Love Nana & Papa
xoxo



Happy 3rd Birthday to Eric
on May 28th !!

Love Uncle Kieran & Uncle Gage
xoxo



Happy Birthday Steven !!

Love Mom & Laurier
xoxo



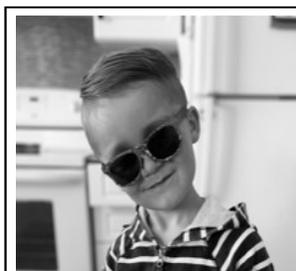
Happy 7th Birthday to our
Beautiful Haven !!

Love Mom, Dad and Family
xoxo

Congratulations



Our Zach has graduated from the
PreTrades Program
at Algonquin College (Ottawa),!!
Caps off to you, Graduate!
Well done! What a proud day !!
We just couldn't be happier for you !!
With love and pride today and
always,
Mom, Dad, your Brothers
and Tippy xoxo



Happy 6th Birthday to our
Sweet Little Boy Lennox !!

Love Mom, Dad and Family
xoxo



Happy Anniversary to
Patsy & Tuppy

They will be celebrating 50 years
married on May 31st ♥

Love from your Family
xoxo



Birthday wishes are being sent across the long
lonely miles to my sweet, caring, lovely
sister Irene. Sorry we cant be together this year
for your special day on May 22nd.
May your day be filled with smiles, cheers
and my love, Sylvia xoxo



Happy 60th Birthday
wishes to Gail !!

Love from your Family
xoxo



It is with great sympathy that we send our
condolences to the Honen Family for the
loss of Alan Honen
on April 13th, 2020 in Toronto.
Alan will always be in our hearts & prayers.
The Ouimette Family



Happy Birthday Marcel
"Bocephus"

From Corina, your lovely sibling
xoxo

ATTENTION - IMPORTANT

KEBAOWEK STUDENTS AND PARENTS

If you have any questions or concerns about Education and the 2019-2020 Academic Year due to Covid-19 measures, please contact Rose Jawbone, Education Administrator by email (rjawbone@kebaowek.ca).

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 (rjawbone@kebaowek.ca) if you intend to send your child to school for the upcoming school year of 2020-21.

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 Rose Jawbone, Education Administrator by email (rjawbone@kebaowek.ca).

TC Energy
BUILD STRONG Protect Educate Support Sustain

I was looking for scholarships that aligned with my personal values.

SONJA V., Athabasca Chipewyan First Nation, Alta.
TC Energy Indigenous Legacy Scholarship Recipient

Apply for our Indigenous Legacy Scholarship
SEE IF YOU PRE-QUALIFY BY ANSWERING FIVE QUICK QUESTIONS.

ONLINE APPLICATION DEADLINE:
MAY 15, 2020 ▶ [TCscholarships.com](https://www.tcscholarships.com)





**KEBAOWEK FIRST NATION
CCP**

Due to the COVID-19 Pandemic the CCP Coordinator will continue to work from home.

We are presently working on completing various action plans to give us options on how to proceed with the CCP process, while reassessing and adjusting as the situation around Covid-19 evolves and progresses.

As events transpire due to the pandemic, we will continue to monitor, reassess, and adjust our next steps as needed.

CCP Coordinator work and progress will continue to move forward as the situation allows it.

Any new developments regarding CCP between newsletters will be shared on our CCP Facebook page.

Together We Heal. We encourage all Kebaowek members to stay home and stay safe.

PUBLIC NOTICE

A Message from the Health Director

Kwe Kebaowek First Nation Members, I would like to give you a brief update in regards to the latest statistics and situation in the Region of Abitibi-Temiscamingue as of May 1st, 2020. No new cases reported.

- **Abitibi-Temiscamingue**
→ 150 cases with 12 active
- **Temiscamingue**
→ 14 cases with 14 healed. so none active
- **Rouyn Noranda**
→ +120 cases with 109 healed

Many regions outside of the Montreal area and the Long Term Care Centers are doing very well and have done their part to flatten the curve and keep the Corona Virus from spreading out of control. Hats off to our population, for your efforts, to all essential services that modified their work practice to be safer and to our community leaders and nearby elected municipal officials for their demonstrated vigilance.

Although we may be exhibiting good numbers, we need to remain watchful and continue to practice and adhere to the recommendations of Quebec Public Health such as frequent hand washing, physical distancing, coughing in your elbow and not touching your face. We may now include wearing a mask when we cannot regularly keep that 2m distance as the Provincial Government begins to implement their de-confinement plan. Please consult the links provided for the best fitment results.



Your Health & Wellness Center will slowly resume making more services available to its' members in the upcoming weeks. These services will not include prevention workshops with gatherings. You will also continue to be asked to call before you want to see our workers so we can limit the number of people in our small waiting area which by the way,

now has a hot zone for clients exhibiting symptoms of Covid-19 or any other type of flus.

On May 4th, Quebec is opening select retail stores. On May 11th, Quebec has planned on opening Elementary Schools, Daycares, Civil Construction and Manufacturers that can abide by certain capacity conditions. Public Health is telling us that it is impractical to think that we could continue this isolation for another 18 months without causing other important psycho-social sequels. What is deemed to remain closed are Shopping Centers, Personal Care (ex. Hair Salons), Public Events and Tourism/Cultural Sectors. Things do evolve and you will be made aware as they do from our Facebook page if you haven't received the info from National News.

So until there is a vaccine or a cure to the Covid-19 Virus, things are not going to go back to where they use to be. The way we work will need to be full of safeguards for our employees and clients. Patrons accessing services or products form retail will have to follow the local business' protocol and you will not hear enough about washing your hands and keeping 2m apart. Small numbered gatherings may be allowed in the weeks or months to come, but I encourage you all to keep your circle of friends tight.

And yes, there may be a time when someone within our community walls will have contracted the virus. Please be assured that the established Public Health Protocols with the assistance of our Nursing personnel, will be in place to bring some structure to see the affected people through his or her recovery. Please try to refrain on passing judgement on those choosing to return to work, choosing to send their child to school or having that elective knee surgery for every person is affected and living this Corona Virus story in their unique way.

Below is an attempt to bring some clarity on situations of testing positive and the different levels of risks and their recommendations. I need to caution the reader as to the generality of how this was described as other important intricate circumstance may lead to different decisional pathways.

There are 4 categories of Covid-19 cases:

1. Confirmed case by lab test.
2. Confirmed case with epidemiological link with a confirmed case by lab test (this person will have developed COVID-19 symptoms after being in *high risk*

A Message from the Health Director

contact with a confirmed case by lab test, and with no apparent other causes of the symptoms).

3. Person under investigation (presents COVID-19 symptoms and has been given recommendation by a health professional to pass a test).
4. Suspect cases (symptomatic high-risk or moderate risk contacts, who do not correspond to a case with epidemiological link and presents with several COVID-19 symptoms).

Levels of risk in people having been exposed to a confirmed case:

- **High risk** (living in same house with a confirmed case; intimate contacts; health care worker providing direct care to a confirmed case; contact with infectious bodily fluids as in saliva droplets propelled in another person's face when coughing...) = **Full isolation at home for 14 days following the date of the contact with the confirmed case.**
- **Moderate risk** (no high-risk type contacts; person having had a prolonged contact of at least 15 min within the 2-metre distance with a confirmed case) = **Home isolation for 14 days with self-monitoring of symptoms for 14 days following the date of the contact with the confirmed case.**
- **Low risk** (no high or moderate risk contacts; for instance contact of more than the 2 metre distance, or a contact with a cashier at a store who had all the protective gear plus a plexiglass in front of him or her and applied all the sanitary precautions) = **No isolation; apply regular sanitary measures as everyone else in the population, i.e. social distancing, frequent hand-washing.**

<https://www.inspq.qc.ca/covid-19/prevention-et-control-des-infections>

Click English for relevant information from Quebec National institute for Public Health

Regular Covid -19 calls, podcast or Zoom Meetings that I participate in:

- Monday with FNQLHSSC
- Bi-weekly - KFN ERG
- Thursday—Quebec F.N. Health Director's Network that include FNQLHSSC & ISC Regional Office
- CISSSAT Liaison Regular Contact
- FNHMA weekly Town Hall Podcasts
- Quebec's daily Press Conference.
- EPP and Service Delivery updating
- MRC daily updates
- CKFF Public Service Announcement

Your Kebaowek Health and Wellness Center will continue to keep you informed with the latest development on Covid-19 and other important subjects related to your health and wellbeing. Resource Booklets for mental health will be distributed in the upcoming days to help those in need of coping the added pressures brought on by isolation during Covid-19.

Keep our Walking Challenge alive. Get out there and walk everyone, its good for your overall health. There are so many benefits to walking and there is no costly gym membership or expensive equipment to purchase!

Stay safe everyone.
David McLaren. CFNHM
Director of Health & Social Services



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	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 - 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

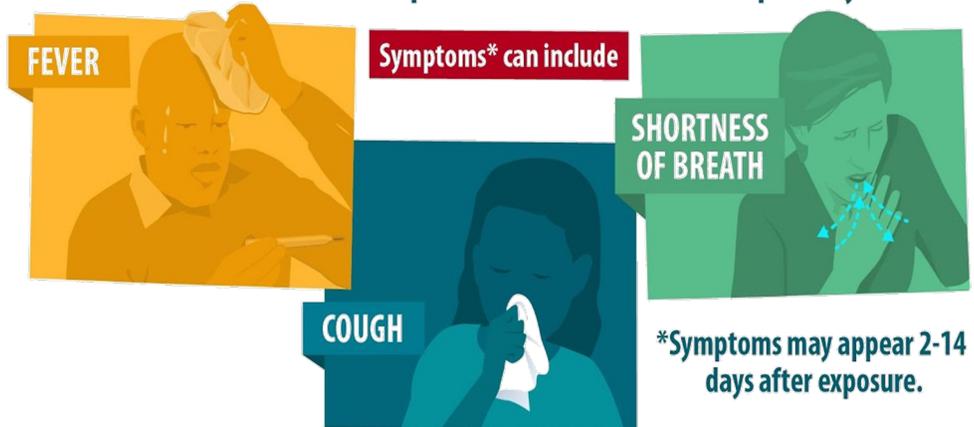
Do you use a Pharmacy in North Bay Ontario?

Pharmasave, Shopper Drug Mart and Guardian Drugs can ship your prescription medications to you.

If you are interested in keeping your North Bay Pharmacy, the above pharmacies have been contacted and are willing to coordinate shipping prescription medication via Purolator to the Kebaowek Health Center for pick up.

If you need assistance in making these arrangements with your pharmacy in North Bay please contact Jennifer Presseault at the Health Center 819-627-9060.

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



REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.

- 1 Wet hands with warm water
- 2 Apply soap
- 3 For at least 20 seconds, make sure to wash:
- 4 Rinse well
- 5 Dry hands well with paper towel
- 6 Turn off tap using paper towel

palm and back of each hand
 between fingers
 under nails
 thumbs

📞 1-833-784-4397

@ canada.ca/coronavirus



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada



**FOLLOW US
ON FACEBOOK**

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

Wearing a Non-Medical Mask or Face Covering in the Population

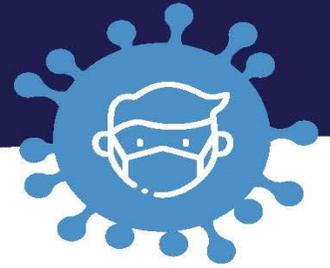
During his press briefing on April 24, François Legault announced that wearing a face covering was now recommended in public places **when** the two-meter social distance rule was not possible. Why? Some people can be infected with the COVID-19 while being asymptomatic. **Wearing the mask could reduce the risk of infecting others.**

The safe use of a face covering requires compliance with certain rules when putting the mask on, when wearing it, on pulling it off, and when washing and drying it (if reusable). Details are available on the of the Ministère de la Santé et des Services Sociaux's webpage. This recommendation applies to the public. At all times, personnel of the CISSS must comply with the measures in force within the organization.

This recommendation is new and is in addition to the previous ones. It does not in any way replace the measures of frequent handwashing, hygienic practices when coughing or sneezing, social distancing of two meters when possible, and isolation when the person is sick.

PLEASE SEE PAGES 16 AND 17 FOR MORE INFORMATION

Wearing a Face Covering in Public Settings



Warning:

Children under the age of two years, people with respiratory difficulties or who are handicapped or need help to remove their face coverings should not wear them.

When?

- When physical distancing in public settings is not possible, such as when you are shopping or taking public transportation. **If you are sick, stay home.** If you need to go to a medical clinic or hospital, you may wear your face covering until you are given a procedure mask.

Why?

- Not everyone that has COVID-19 has symptoms. Some people do not even realize that they are infected. Wearing a face covering may reduce the risk of an infected person unknowingly transmitting COVID-19 to others. Wearing a face covering in public settings must be accompanied by other protective measures, which include proper hygienic practices and physical distancing. Your face covering must be properly used only by you, and regularly washed.

How to use your face covering



1 With one hand, place the face covering over your nose and mouth. Use your other hand to attach it behind your ears with the elastic or string loops.



2 Adjust the face covering to your nose.



3 Now adjust it under your chin



Wash your hands **BEFORE** and **AFTER** use of the covering.



Change your face covering if it becomes moist, soiled or damaged



Do not leave the face covering hanging from your neck or an ear. Keep it on your face and avoid touching it. If you do touch your covering while wearing it, wash your hands thoroughly as soon as possible.



Remove your face covering by the elastic or string loops without touching the front.

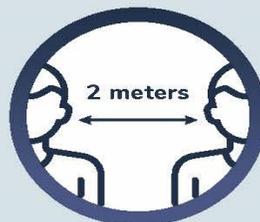


Fold the outer parts of the face covering together and place it in a clean bag. You may wash the covering as soon as you get home, along with the rest of the laundry.

Face covering does not replace the following



Hand washing

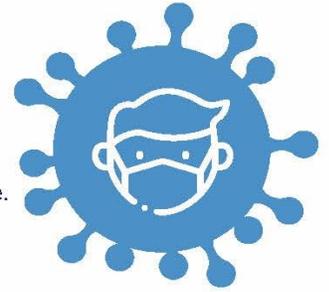


Physical distancing



Isolation at home if you are sick

COVID-19—How to make your face covering



- You can easily make a face covering with materials found in your home. If possible, use a tightly woven fabric like cotton that lets air pass through as you breathe. Use at least two thicknesses of cloth and make sure that your face covering is both comfortable and fits well on your face. You should be able to launder and machine dry the face covering with no damage or warping. There are numerous types of cloth face coverings.

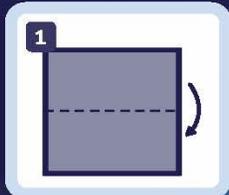
Here are two easy-to-make models.

No sew model

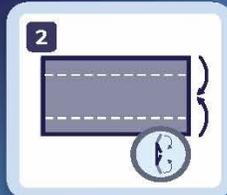
Materials

- Bandana or square of cotton cloth approximately 50 x 50 cm
- Rubber bands or hair ties
- Scissors, if needed

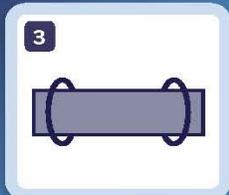
Steps



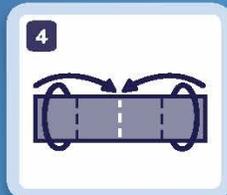
Fold the bandana in half.



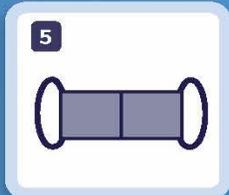
Fold the top downward and the bottom upward.



Place the rubber bands or hair ties about 15 cm apart.



Fold each end toward the middle and tuck.



Lift the face covering with the elastics, then lift it to your face and hang the elastics on your ears.



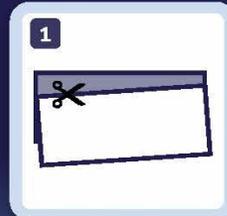
Adjust the face covering to your face.

Sewn model

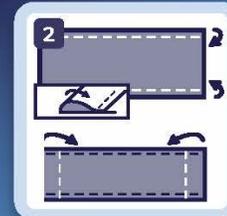
Materials

- Two 25 x 15 cm rectangles of cotton cloth
- Two 15 cm elastics or pieces of string
- Needle and bobby pin
- Thread
- Scissors

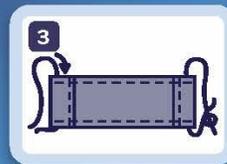
Steps



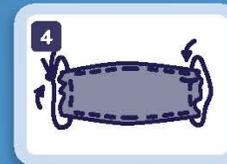
Cut two 25 x 15 cm rectangles of your cloth. Place one over the other and sew them together.



Fold a 0.5 cm width on the long side and sew a hem. Now, sew a 1 cm hem along each of the short sides.



Thread the 15 cm x 0.3 cm elastic through the hems on each side of the face covering. These will be the ear loops. Use a big needle or bobby pin for this and tie the ends of each loop tightly. If you don't have elastics, use string to make the ties longer and attach them behind your head.



Gently pull on the elastic so that the knots are tucked into the hems. Gather the sides onto the elastic or string and adjust the face covering to your face. Now stitch the elastic or string in place to keep it from slipping.

Inspired by the material developed by the: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases. *Use of Cloth Face Coverings to Help Slow the Spread of COVID-19* available for free at the following address: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

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
<u>AFTER HOURS</u> 8:30 AM - 12:30 PM CALL 819-627-6887	<u>AFTER HOURS</u> 3:00 PM - 8:30 P.M. CALL 819-627-6887	<u>AFTER HOURS</u> 12:00 PM - 5:00 PM CALL 819-627-6887	<u>AFTER HOURS</u> 8:30 AM - 12:30 PM CALL 819-627-6887

VICTORIA DAY HOURS

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

Monday May 18th, 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. 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)
- Clients will sit in the back opposite of driver – public distancing.

Medical Transportation and NIHB

- 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.

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.

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)		

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

NIHB Program Covid-19 Pandemic Updates

VIRTUAL DENTAL CONSULTATION SERVICES

Due to the COVID-19 pandemic, dental providers have postponed non-emergency services

NIHB will temporarily cover fees for consultation services by phone or other virtual methods offered by dental providers to help them assess clients' needs and facilitate access to emergency dental care

Please contact your dental provider's office if you require emergency dental services

VIRTUAL SERVICES FOR HEARING DEVICES

During the COVID-19 pandemic, NIHB will cover some services that can be provided through tele-audiology, if offered by the provider. This includes:

- fitting and dispensing
- hearing aid performance check and readjustment

If providers offer fitting and support services through tele-audiology, they can temporarily ship hearing devices directly to you, so you don't have to go to their office in person to pick up the item. This includes:

- hearing aids
- bone-anchored hearing system processors
- replacement of cochlear implant processors
- FM systems (more info on next page)

Private Vehicle

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

NIHB Program ... Covid-19 Pandemic Updates

Providers will program the hearing device according to client-specific needs before shipping, and contact you by telephone to provide the first fitting remotely

When providers begin offering in-person services again, they will contact you to schedule a follow-up visit to their office

TEMPORARY COVERAGE FOR BREAST PUMP

Until further notice, the purchase of a double electric breast pump will be covered instead of a rental.

POSTIVE AIRWAY PRESSURE THERAPY

If a client infected with COVID-19 uses PAP therapy, this may increase the risk of transmission to others in the home

If you are in this situation, talk to your health care provider about the risks and benefits of continuing PAP therapy

Clients who have COVID-19 and continue PAP therapy can request additional supplies such as tubing, filters, and masks from the NIHB program

PARENTS AND GAURDIANS

During the COVID-19 pandemic, there may be delays in registering an infant for First Nation status

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 can access most types of NIHB benefits under the identification number of their eligible parent or guardian. Contact the NIHB Dental Predetermination Centre if dental services are required

If your child has reached 12 months of age and is not registered, please call the NIHB Drug Exception Centre if pharmacy services are required. For all other benefits, call your NIHB regional office. You will be provided with a temporary NIHB client number that is valid until your child reaches 24 months of age

REMINDER: CHANGES IN OTHER COVERAGE

Let NIHB know as soon as possible if you no longer have other health benefit coverage (for example, through an employer sponsored plan)

Contact your NIHB regional office, the Drug Exception Centre (for pharmacy benefits), or the Dental Predetermination Centre (for dental benefits)

NIHB will update your file right away to avoid delays in processing future claims

NIHB CLIENT INQUIRIES

Email sac.nihb-ssna.isc@canada.ca

Alberta 1-800-232-7301
Medical Transportation: 1-800-514-7106

Atlantic 1-800-565-3294
Email: sac.nihb-atlfnihb.isc@canada.ca

British Columbia First Nations Health Authority (FNHA)*
1-855-550-5454

Manitoba 1-800-665-8507
Medical Transportation: 1-877-983-0911

Northwest Territories, Nunavut, Yukon 1-888-332-9222

Ontario 1-800-640-0642
Email for claim submissions and enquiries:
Nihbontarioinvoices@hc-sc.gc.ca

Quebec 1-514-283-1575 1-877-483-1575
Mental Health Counselling: 1-877-583-2965

Saskatchewan 1-866-885-3933 Email:
sac.sasknihb_inquiries.isc@canada.ca

**Inuit clients residing in British Columbia 1-800-232-7301*

Pharmacy Benefits

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

Dental and Orthodontic Services

NIHB Dental Predetermination Centre

- 1-855-618-6291 (Dental Services)
- 1-866-227-0943 (Orthodontic Services)

MCH and Head Start Program

If you require any documents to be printed for your child education please contact me and I can help you out with it. Here are some games/activities to do with your child or children to help pass the time and teach at the same time.

Math Activities

Instead of worksheets, build numeracy skills through play. Here are some fun ideas to work on addition, subtraction, fractions, mental math, shapes, time, money, geometry, multiplication, counting, patterning, and estimating.

Shape Hunt (Math skills used: Geometry)

Kids (and adults!) love a good scavenger hunt. Put a twist on the search by having kids find items of certain shapes. When all objects have been collected, kids can then trace and colour in the items on a separate sheet of paper. If the objects are items that can't be picked up, such as a clock on a wall, let kids use your smartphone to take a photo of the item.

Print out or draw a sheet with shapes and let the hunt begin.

For the youngest in the household, have them find objects that are of simple shapes such as circles, squares, rectangles, and triangles. Challenge older kids with searches for items in the shape of parallelograms, ovals, rhombuses, or scalene triangles.

This is a great game that can be played inside or out.

How High is That? (Math skills used: Measurement, Estimation and Statistics)

Rulers and measuring tapes are surprisingly popular items that kids love to use. Before starting the game, have kids use the measurement tools to see how high one meter or 50 centimeters is so that they have a general idea of what length they'll be talking about.

For an outdoor version of this game, use (according to the temperature!) snowballs or wet sponges. Have one child at a time throw their item at a wall or fence and have them guess how high the mark it made on the wall is from the ground. Record their guess and have the next child guess. Have the child who threw the item use the measuring tape or ruler to determine the actual height of the throw. Who was closest?

Indoors, follow the same process as above but with a moistened, not soaked, sponge. One tip from a mom who's been there: while they may try to convince you otherwise, snowballs should really stay outside!

Literacy Activities

While reading is always encouraged, literacy skills such as letter

recognition, writing, reading and following directions, vocabulary-building, retelling a story, letter-sound relationship, rhyming, and communication can all be practiced during active play.

Treasure Hunt (Literacy skills used: Reading and Following Directions)

Hide an item somewhere inside or out and write clues for your little pirates to find the loot. Maybe they need to crawl across the couch, slide like a snail under a bed, reach behind a stool, or, if they're outside, run to the pine tree, jump off a tree stump, dig into a hole, etc. Each clue can have words for older kids and pictures for younger ones.

Freeze Dance Rhyme Dance (Literacy skills used: Rhyming)

Crank the tunes and let the dancing begin. Unlike the regular game though, when the music stops, a designated person calls out a word. If the other dancer(s) can't respond with a word to rhyme with it within a designated time period (say five to 10 seconds), that person is out.

Science Activities

Find your best (little) lab coat and use games and activities to explore the various branches of science that kids love, including life cycles, seasons, planets, animals, magnets, weather, states of matter (liquid, solid, gas), volcanoes, engineering, anatomy, shadows, senses, and paleontology, and skills including problem solving, observation, predicting, and classifying.

Erupting with Fun Volcanoes (Science skills used and branch of science examined: Creating a chemical reaction and geology)

Volcanoes are truly a *lava* fun. (Sorry—couldn't resist!)

Fill a plastic cup two-thirds of the way full with water and add five tablespoons of baking soda, one teaspoon of dish soap, and several drops of washable paint. Mix the materials together, put the cup on the ground, and form a mound of dirt or snow around the cup to just below its rim. Now comes the fun! Add one cup of vinegar and watch the lava erupt down the side of the mound. You can add vinegar a number of times until you need to add the base ingredients again.

Balance Building (Science skills used: Problem-solving)

Pick uneven or unstable objects such as cards, paper cups, or rocks and challenge your kids to build as high as they can or in various shapes.

Lynn Grandlouis
MCH/ Head Start Program
Special Needs Educator



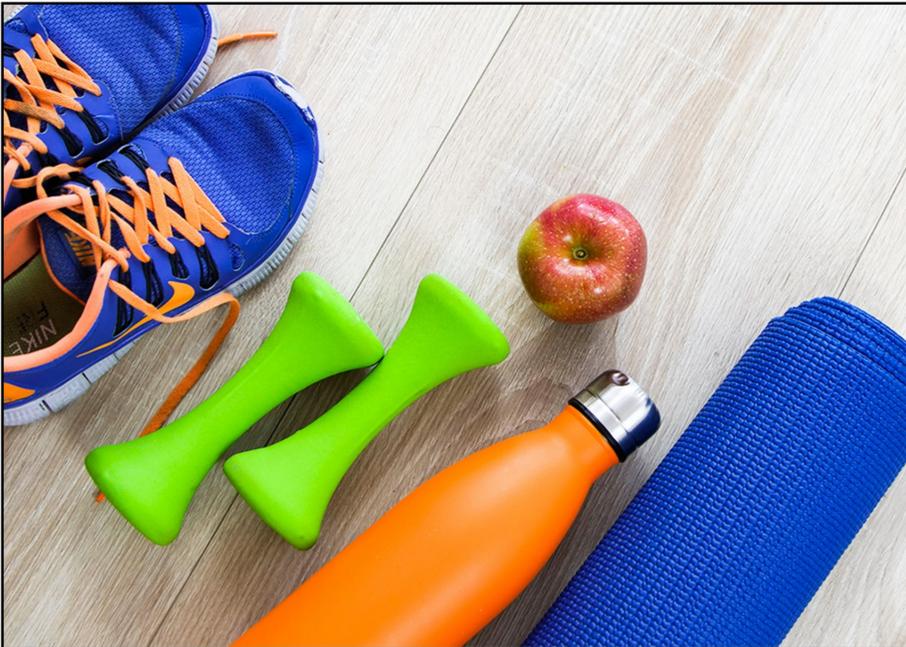
Take pictures of a healthy recipe/meal prepared by you and/or your family and send it with a short description by email to vmcmartin@kebaowek.ca or message our Facebook page "Kebaowek Health and Wellness Center or text 705-477-7210.

All entries will be judged on:

- *Presentation of dish (It can be Breakfast, Lunch or Dinner)*
- *Theme: Italian, Mexican, BBQ etc ... you can make it fun!*
- *Choice of Recipe ... Is it healthy?*
- *Bonus Points for adding a healthy appetizer and dessert.*

The contest will begin May 8th and end May 29th. You can enter as many pictures of different meals as you like, the focus is to encourage healthy eating during this Pandemic, while also promoting quality time. For more information you can contact Virginia at the Health Center 819-627-9060. Prizes to be won !!

JOIN OUR HEALTHY EATING CONTEST !!



HOW ARE YOU STAYING ACTIVE DURING THE PANDEMIC ?

FOR THE MONTH OF MAY, WE ARE CHALLENGING KEBAOWEK COMMUNITY AND BAND MEMBERS TO SHOW US HOW THEY STAYING PHYSICALLY ACTIVE DURING THIS PANDEMIC. THE CONTEST WILL BEGIN MAY 8TH AND END MAY 29TH. YOU CAN ENTER ONE PICTURE PER DAY OF YOURSELF BEING PHYSICALLY ACTIVE. FOR MORE INFORMATION YOU CAN CONTACT MITCHELL AT THE HEALTH CENTER 819-627-9060. PRIZES TO BE WON !!

PICTURES WITH A SHORT DESCRIPTION BY EMAIL TO MMCMARTIN@KEBAOWEK.CA OR MESSAGE OUR FACEBOOK PAGE "KEBAOWEK HEALTH AND WELLNESS CENTER" OR TEXT 705-477-7210.

PICTURES MUST BE OF A PHYSICAL ACTIVITY DONE ON THE DAYS OF MAY 8TH TO 29TH !!

SEND US A PICTURE FOR A CHANCE TO WIN A PRIZE !



Sports and Mentorship

We started the 2020 Walking Challenge last month and we had 34 people sign up. If there are any other people that would like to take part, please call the Health Center and leave your name and we can deliver a package to you to begin. The only catch is that you'll just have less weeks accomplish the 100 km however, staying active and being healthy is the main goal.

Safely Exercising Outdoors During Covid-19 Outbreak

The same hygiene guidelines that apply in gyms also apply to outdoor exercise:

- If you're using shared equipment (such as between you and a family member or at a park with a pull-up bar), wipe it down before and after use. Even if you're the only one using your equipment, it's still a good idea to wipe it down.
- Wash your hands before and after your workout, and sanitize in between sets if you feel the need to.
- Don't touch the cap of your water bottle with dirty hands. If you happen to do so, take the time to clean your water bottle.
- Avoid touching your face. You should be doing this all the time, but especially during your workout.

But now, during the outbreak, additional guidelines apply. To safely exercise outdoors at home or otherwise, keep this advice in mind:

- While running, walking or biking in your neighborhood, maintain a distance of at least six feet between yourself and others.
- If you plan to go hiking, choose a less popular trail -- one that isn't as trafficked and where you minimize the likelihood of running into crowds.
- As fun as it might be to gather neighborhood friends for an outdoor workout, now is a better time to workout alone. You can workout with others in your household, but don't use exercise as an excuse to ignore social distancing standards.
- Avoid popular parks and recreation areas. This is a good time to broaden your horizons and find different areas you may love.
- Avoid peak times at parks. Although many of our schedules look different right now, people may still

congregate in parks during certain timeframes. Try to avoid going to parks at lunchtime and in the mid-to-late evening -- this could be the time to pick up that early morning workout habit you've been pondering.

- Go straight home after your workout. Save stretching for later; you can do that once you get home. The less time you spend away from your home, the less likely you are to spread the novel coronavirus.

Benefits of Outdoor Exercise

The benefits of exercise are many, as are the benefits of spending time in nature. You don't need science to know that spending a little time outdoors and moving your body can almost instantly boost your mood -- but here's the proof, anyway:

- Exercise can reduce stress and anxiety, two things everyone needs while weathering the coronavirus outbreak.
- Exercise can also reduce symptoms of depression and help with mood regulation.
- Physical activity can help you sleep better at night; it's even known that a regular exercise habit helps patients with insomnia catch more ZZZs.
- Exercise may even improve your self-control and task-switching ability -- so it could be your token to productivity while you're stuck working from home.
- And then you can't discount the benefits of some fresh air and greenery:
- Vitamin D, which you primarily absorb from sunlight, is important for optimal immune function, and we should all be working on our immune systems during COVID-19 concerns.
- It's well-established that spending time in nature can alleviate stress, reduce anxiety and generally uplift you.
- Nature exposure can also reduce mental fatigue, improve productivity and restore your ability to focus.
- There are physiological benefits, too: Nature can reduce blood pressure and cortisol levels, two markers associated with stress.

The following has been taken from the website :
<https://www.cnet.com/how-to/exercising-outside-during-self-quarantine-the-dos-and-donts/>

Kebaowek First Line Services



Nature Boats

Every child should experience the achievement of making a boat using natural materials and then watch it floating down a trickling creek.

Why make nature boats?

- Nature boats are simple to make
- You only need a few materials
- There's learning to be had
- It gets your children outside
- It's something your children will always remember!

Materials:

- big leaves
- stick
- seed pod
- glue gun

Using a glue gun, glue the stick to the seed pod. Punch two holes through the leaf, one at the top and one at the bottom (see image). Thread the leaf through the stick to make the sail. Decorate by punching a decorative hole through the sail (optional).

You can substitute the materials above quite easily too. Nature boats can be made from anything and everything in nature. Get creative and try using bark, small branches, seashells and more! I would highly recommend taking your boat to a running creek like we did. It really does make the experience magical,

but if you don't have one near you, why not make your own by creating a ditch and using a hose to create some trickling water. Children can also play with their nature boats in the bath!

Learning through play:

You children will learn a great deal making and playing with nature boats. Probably more than you'd ever expect!

- **They learn about parts of a boat.** Talk about parts of a boat including the boat's mast, sail, bow and stern etc. Discuss what each do and how it keeps the boat floating and moving forward.
- **Fine and Gross motor skills.** Children firstly develop fine motor skills while making their boat and secondly they develop gross motor skills navigating down the creek beds and playing with their boats in the creek.

Attention Kebaowek Families!

We are looking for your artwork & creativity!

First Line Services is looking for children/teens to draw/paint/colour pictures, make a craft and/or write stories to give to our seniors and elders in the community.

I know they would love to look at some beautiful artwork made by the children/teens in our community. It would definitely brighten up their day during this time.

To submit your child's/teens artwork call First Line @ 819-627-9877 or message us on facebook to make arrangements for pick up.

Kebaowek First Line Services



First Line Services
Kebaowek Health & Wellness Center

To Kebaowek First Nation Band & Community Members

Following the measures put in place by various levels of government concerning the COVID-19 pandemic, we would like to share with you some new conditions that we have currently put in place.

Our office remains open for essential services and by appointment only, which include:

- Food Bank
- Psychosocial Support Services
- Meals on Wheels/Lunch Special

Our doors will remain locked to ensure the safety of staff and clients. If it is an emergency you may knock and someone will come to the door.

We wish you and your family safety, health and happiness during this difficult time. If you or someone you know wants someone to talk to please give us a call at 819-627-9877.

eat clean snacks

Rebel Dietitian, Dana McDonald, RD rebelDIETITIAN.US

1. Pistachios (25)
2. Fresh Fruit Popsicle
3. Veggies and Guacamole Dip
4. Bowl of Fresh Berries
5. Watermelon Slices
6. Walnuts (10 - 15)
7. Fresh Vegetable Juice
8. Baked Sweet Potato
9. Steamed Edamame
10. Mixed Nuts (¼ cup)
11. Medjool Dates
12. Pecan Halves (10 - 15)
13. Whole Grain Tortilla with Nut Butter
14. Fresh Veggies with Hummus
15. Sliced Cucumbers
16. Fresh Pineapple Chunks
17. Mandarin Oranges
18. Banana with Peanut Butter
19. Carrot Sticks
20. Piece of Dark Chocolate (72%)
21. Almonds (23)
22. Baked Zucchini Chips
23. Fresh Mango Chunks
24. Small Dinner Salad
25. Cashews (10 - 15)
26. Raw Banana "Ice Cream"
27. Coconut Yogurt with Granola
28. DIY Apple Chips
29. Fresh Fruit Salad
30. Cup of Brown Rice
31. Hazelnuts (15 - 20)
32. DIY Raw Energy Bar
33. Dried Prunes or Apricots
34. Fresh Fruit Skewers
35. Apple Slices with Almond Butter
36. Plain Baked Potato
37. Fresh Smoothie
38. Muesli with Non-Dairy Milk
39. Broccoli and Cauliflower Florets
40. Veggie Wrap with Salsa
41. Oatmeal with Fresh Fruit
42. Grilled Peaches with Cinnamon
43. Baked Sweet Potato Fries
44. Two Bananas and Raw Almonds
45. Chocolate Covered Bananas (Frozen)
46. Cinnamon Popcorn
47. Frozen Grapes
48. DIY Trail Mix (¼ cup)
49. Fresh Fruit Skewers
50. Peanut Butter Banana Sandwich



Sending out a HUGE Thank You to everyone who helped make the Covid-19 Food Hampers happen, all our volunteers that helped put them together and to our drivers that took the time to deliver them, your time, energy and commitment was so greatly appreciated.

I am so grateful for the community that we have and how we can all come together when needed be. The Food Hampers helped 118 homes with fresh fruit and vegetables, meat and other condiments.

Please remember that anyone can also access the Kebaowek Food Bank, open Tuesday and Thursdays from 1-3 PM. If you would like to access please contact us on Facebook – Kebaowek First Line Services or call 819-627-9877 to book your appointment..

Thank You,
Amanda Joly – First Line Services

Meals On Wheels

We are making some temporary changes to our Meals on Wheels Program and it will be in effect as of April 7, 2020.

We will be offering Meals on Wheels every Tuesday and Seniors Lunch Special every Thursday. We will be making our calls for Meals on Wheels and Senior Lunch Special every Monday morning for the week as we need to provide the numbers to our cook.

There have been many precautions in place already, however due to Covid-19, we will be more cautious with our services in the community. There will be no charge for Meals on Wheels or the Seniors Lunch Special at this time as we are going to try to keep our contact as minimal as possible.

For Tuesday deliveries we will be starting at 2:00pm and for Thursday deliveries we will be starting at 11:00 am. We will be dropping your food off at your door step and we are asking that you keep an eye out for it as we are trying our best to keep our distance. Everyone should receive their meal within the hour as it takes us that long to deliver everyone's meals.

For all deliveries our staff will be wearing gloves and avoiding contact with everyone as much as possible. We will be doing regular follow ups with our cook to make sure she is in good health and with all our staff as well. We hope that this service will help you in this time of need and we ask that if you have any concerns or questions to please contact Shelly at First Line Service 819-627-9877.

Dates of Delivery:

- Tuesday May 5, 2020 and Thursday May 7, 2020
- Tuesday May 12, 2020 and Thursday May 14, 2020
- Tuesday May 19, 2020 and Thursday May 21, 2020
- Tuesday May 26, 2020 and Thursday May 28, 2020

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**

Made with PosterMyWall.com

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.

Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2020					1	2
3	4	5	6	7 RECYCLE	8	9
10 Mother's Day	11	12	13	14 GARBAGE	15	16
17	18 Band Office and Health Center is closed for Victoria Day	19	20	21 RECYCLE	22	23
24 31	25	26	27	28 GARBAGE	29	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 RECYCLE	5	6
7	8	9	10	11 GARBAGE	12	13
14	15	16	17	18 RECYCLE	19	20
21 Aboriginal Day Father's Day	22 Band Office and Health Center is closed for Aboriginal Day	23	24 Band Office and Health Center is closed for St Jean Baptiste	25 GARBAGE	26	27
28	29	30	June 2020			