



# Kebaowek First Nation Mazinaigan / Newsletter

Kakone Kizis / September 2020

## Inside this issue:

An Update from the Chief ... Continued	2
Education Department and Police Department	3
CCP Focus Group Sessions	4
LFHHR Update and Drive-In Bingo Announcement	5
Kebaowek Public Works Department - Job Posting	6
Land Management and Resources Update	7
Kebaowek Fire Department - Autumn Fire Safety	8
Kebaowek Fire Department - Word Search	9
Community Wishes for the Month of September	10
Kipawa Countryfest - Important Reminder	11
Waste Management & Eco Center	12
Message From the Health Director	13
Health Center Notes and Information	14
September is Prostate Awareness Month	15
Fall Canning Recipe for Tomatoes	16
Fetal Alcohol Spectrum Disorder	17
Medical Transportation and NIHB	18
NIHB Update ... New Claims Processing System	19
NIHB Update for August 2020	20
MCH and head Start ... Back to School Lunches	21
Upcoming Health Center / First Line Activities	22
Upcoming Health Center / First Line Activities	23
Suicide and Life Promotion Information	24
World Suicide Prevention Day - September 10th	25
Kebaowek First Line Services Information	26
Kebaowek First Line Services Information	27
Community Calendar for September & October, 2020	28

## An Update from the Chief

I want to begin by again acknowledging and thanking the community members who have done their part in continuing to follow Public Health Guidelines. I see the increased use of masks which is one of the keys to protecting yourself and others from Covid-19. This combined with physical distancing, frequent hand washing and staying home when you are sick will continue to keep the virus at bay. This is even more important now as we are all getting ready for the return of our children to schools. It has been a challenging couple of weeks as we waited for the Provinces to announce their "Back to School Plans". With the provinces only providing this information in mid-August it only heightened parent's concerns about how safe will the schools be and will they be doing enough to protect and keep our children safe. Each School Board has then developed specific policies and processes to ensure student safety. This is quite a challenge as the process and guidelines developed in Quebec are different than those in Ontario so understanding those guidelines and communicating these measures to parents were key in helping them decide whether their children would be attending school or not. In Quebec, attendance is mandatory for Grades 1-9 while Ontario is allowing parents to choose whether their child attends school in person or opt for online learning. It is unfortunate that Quebec did not do the same as Ontario as I have heard from parents they would have liked to have that option for the first few weeks to monitor whether there are outbreaks in the school. The one thing most agreed upon, is that our children need to be in school, they need to learn and they need the social interaction with other children and teachers for their development. While there is risk in sending your child to school, there is also a risk of continuing to keep our children at home and isolated, however we recognize that every family's situation is unique with different circumstances that need to be taken into consideration. We will support our parents and children regardless of the path they choose to start the 2020-21 Academic year.

We acknowledge that keeping our children safe is everyone's responsibility and that we all have a role to play in ensuring their safety. Parents need to reinforce and encourage their children to follow Public Health Guidelines such as wearing a mask when required, frequent hand washing or sanitizing and ensuring that their child is not sick before sending them to school. This will be a challenge with the cold and flu season coming and the fact that they may have symptoms similar to Covid-19. Parents will need to err on the side of caution and keep children home when they have symptoms like a runny nose, cough etc. It is the Council and Education Departments role to ensure the safe transportation of all students to the various schools they attend. The buses will have plexiglass barriers installed and each bus will have a monitor on board as well. Masks will be required on the bus and in the schools therefore the Education (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

Department will be providing reusable masks to students along with hand sanitizer. Please note it will be the parent's responsibility to wash their reusable masks and ensure their children have their masks and hand sanitizer when leaving for school. Once the children are at school, the school will ensure that they are following the health measures required. If we all do our part, we will be reducing the risk of any child contracting Covid-19, we can't eliminate the risk entirely, however by following the procedures and guidelines we hope that if there is a case we can quickly respond and contain an outbreak. For parents who still have concerns, please do not hesitate to contact your child's school directly and we expect that as time goes by there will be adjustments and improvements to these policies.

We are fortunate that since my last update the number of new cases in Quebec and the Region has remained stable and there has been no new cases in Abitibi-Temiscamingue in the last two weeks. We monitor this daily and in the event of an outbreak, schools are prepared to shut down and offer home schooling if it becomes necessary.

On August 3rd, Quebec announced that gatherings of up to 250 people indoors will now be allowed. We have received many inquiries as to what that means for our Community Hall. I will outline how this will apply to us here in Kebaowek.

This measure applies to performance venues, theatres, movie theatres, audiences attending a production, amateur sports events and training, places of worship, courtrooms and rented rooms, including community rooms. For other indoor places where there is no limit on the number of people, other rules influence their capacity such as the distance limit between tables in restaurants and the maximum number of people at them. There is also specific measures when there is a bar in the building which is the case with our Community Hall.

We have read the directives put out by the Government and based on those guidelines we are adopting the following measures for a number of planned activities that will be held in the Community Hall in the upcoming weeks and months for private rentals and department activities. Please remember these are temporary measures to ensure the continued safety of our community members. They can change when there is a vaccine or cure for Covid-19 or should there be a second wave of cases.

We have taken the measurements of our Community Hall into consideration and determined:

- Hall space:  $40 \times 60 = 2400$  sq ft
- $6 \times 6 = 36$  sq ft = 2 people at 6 feet distance
- $2400 / 36 = 66 \times 2$  people = 132 max standing room
- Number of tables respecting 2m distancing = 12 (3 rows of 4 tables)
- Number of people from same family per table = 7 to give a bit more elbow room

**Maximum number of people in the Community Hall with many under same family/roof and serving alcohol = 84**

Other considerations and rules:

- We could allow closer to 100 people for a funeral service with no alcohol or a meal being served.
- Masks to be worn inside of the Community Hall except when sitting at a table with people from the same household. Masks are to be worn when leaving the table to go to washroom, for food or beverages.
- No dancing.
- Alcohol can only be consumed while sitting at the table. Bar will be closed at midnight and the Community Hall must be empty by 1:00 a.m.
- For events like weddings where there will be a bar, the group or family who rents the Community Hall in addition to following the rules listed above must have a registry to take down the names and contact details of everyone who attends their event. This is to be done to ensure that in the event of a positive Covid-19 case, we or Public Health can do the necessary contact tracing of everyone that was in attendance.

We want members too continue to use and benefit from having access to the Community Hall however we need to implement and follow public health guidelines to ensure everyone's safety.

In closing, I would like to inform Kebaowek members that beginning September 8th, 2020 all Departments, Programs and Services will be back to full time hours, Monday-Thursday 8:00 am to 4:30 pm and Friday from 8:00 am to 12:00 pm.

Chief Lance Haymond

## Kebaowek Education Department

The Kebaowek Education Department Proudly Announces the Graduates of 2019-2020 Students of Kebaowek First Nation who have graduated from Post-Secondary Institutes, we would like to extend our best wishes and best of luck in your future endeavours !!

CONGRATULATIONS

Delyssa Down	Diploma	Northern College	Business Accounting
Jennifer Downie	Bachelor Degree	Ryerson University	Honours Social Work
Zachery Haymond	Certification	Algonquin College	Arts & Science
Joshua Honen	Diploma	Durham College	Sports Management
Sarah Honen	Bachelor Degree	York University	Education
Chantel Jeffers	Diploma	George Brown College	Fashion Management
Carolyn Joly	Diploma/Certification	Cambrian College	Community Health Service
Phoebe Lavergne	Diploma	Canadore College	Social Service Work
Noah Lorusso	Certification	Fleming College	Visual & Creative Arts
Amy McCloskey	Bachelor Degree	Ryerson University	Honours Social Work
Erica Miness	Bachelor Degree	Nipissing University	BscN Nursing
Karleigh Miness	Bachelor Degree	Laurentian University	BscN Nursing
Angela Nagy	Juris Doctor Degree	Osgoode Law School	Law
Cheyenne Paul	Cetification	Canadore College	Pre-Health
Nika Paul	Diploma	Merici Collegial Prive	Social Science Bilingual
Tristan Poucachiche	Diploma	Canadore College	Culinary Management
Tasha Simon	Juris Doctor Degree	Ottawa University	Law

## Kebaowek Police Department

**IF YOU A MEDICAL EMERGENCY PLEASE CALL 911 FIRST SO AN AMBULANCE CAN BE DISPATCHED RIGHT AWAY !!**

### Statistics for June 2020

- 1 - Infraction Ticket HSC
- 1 - Assault with a Weapon
- 4 - Public Assistance
- 1 - Assault
- 1 - Assistance to Surete du Quebec

- 2 - Injury or damaged fear (sec 810(1))

### Statistics for July 2020

- 3 - Public Assistance
- 2 - Assistance to Surete du Quebec
- 2 - Noise and Nuisance Complaint
- 3 - Mental Health

- 1 - Call related to animal
- 2 - Natural Death
- 3 - Family Dispute
- 1 - Operation while impaired
- 1 - Theft
- 1 - Fire Alarm (False)

# CCP Focus Groups Sessions

September - November 2020

## The Brief

The main purpose of CCP focus group research is to draw upon communities attitudes, feelings, beliefs, experiences and reactions in a way in which would not be feasible using other methods, for example observation, one-to-one interviewing, or questionnaire surveys.

STEP 01



STEP 02

**The Research**  
Our CCP team gathered all relevant materials to move forward.  
**ALREADY COMPLETED!**

STEP 03



## The Ideation

After we gather all the facts, we do brainstorming to find the BIG IDEA for each area of focus! Which is where we are now.. **SEPTEMBER TO NOVEMBER 2020**

STEP 04



## The Production

Final execution... the approval of ideas..  
**DECEMBER 2020 TO FEBRUARY 2021**

STEP 05



## The Delivery

Done! Time to party and celebrate!  
**MARCH 31, 2021**



**Kebaowek First Nation  
Comprehensive Community Plan**



## Calendar Dates for CCP Focus Groups

Week of ...	Discussion Groups
September 2020	Language and Culture/Recreation
14th	#1 – Youth
15th	#2 - Women
17th	#3 – Adult/Elders
September 2020	Education/Employment
28th	#4 – Youth
29th	#5 - Women
30th	#6 – Adult/Elders
October 2020	Health/Social Services
5th	#7 – Youth
6th	#8 - Women
7th	#9 – Adult/Elders
October 2020	Leadership/Community Communications
19th	#10 – Youth
21st	#11 - Women
22nd	#12 – Adult/Elders
November 2020	Housing/Infrastructure
2nd	#13 – Youth
3rd	#14 - Women
4th	#15 – Adult/Elders
November 2020	Economic Development & Entrepreneurship/Lands & Resources
16th	#16 – Youth
17th	#17 - Women
18th	#18 – Adult/Elders

# Local First Nation Human Resources

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

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

Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate: July 12th - August 8th, 2020	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	12.1	455	24
Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate: August 9th - Sept. 5th, 2020	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	13.1	420	26

Since July 3<sup>rd</sup> 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 **August 10th, 2020** by the **First Nation Human Resources Development Commission of Quebec (FNHRDCQ)**.

## ADULT EDUCATION

If you are attending Adult Education at l'Envol in Temiscaming, please contact Glenda Moore for your Registration and Book Fees for the 2020-2021 Academic Year. 819-627-3455 Ext. 204 or gmoore@kebaowek.ca

**Kebaowek Recreation**  
In the Ball Field

**DRIVE-IN BINGO**  
along with

Rain or Shine

play in your vehicle on your FM dial 104.1

CKFF = 104.1  
**Drumbeat**  
THE HEART OF KEBAOWEK

**\$45.00**  
Includes all cards knee board & dabber

**Wednesday September 16th - 2020**  
Full session of Bingo with a \$1,000 Jackpot  
Grounds open for parking at 4:30 pm  
**Bingo STARTS 7:00 pm**

Proceeds to CKFF Radio Station & Kebaowek Recreation

Extra cards available

at your service  
**La Boite a Lunch**  
Cory Ladoeur

For more info call Gail 819 627 3455

*Congratulations to the Kebaowek Childcare Center Graduates of 2020*

*Aubree McLoed, Rayvin Fudge, Savannah McLoed, Mason LemureJayde Schori*



# Kebaowek Public Works Department

## KEBAOWEK FIRST NATION

### JOB POSTING – PART TIME/REPLACEMENT

**TITLE:** Janitor

**SUPERVISOR:** Director of Public Works and Community Infrastructures

#### SUMMARY:

Under the supervision of the Director of Public Works and Community Infrastructures, the incumbent will:

- Perform janitorial services at various Band owned locations
- Locations will be on a rotational basis
- 15 hours per week minimum
- Must be available as replacement for vacation and/or illness

**SALARY:** Competitive salary

#### REQUIREMENTS:

- Experience in Janitorial Work
- Reliable

Please submit your application in writing, specifying your education, experience and skills, before noon on September 10th, 2020 to:

Terry Perrier  
110 Ogima Street  
Kebaowek (Québec)  
J0Z 3R1

Tel: (819) 627-3455 Fax: (819) 627-9428

Email: tperrier@kebaowek.ca

*Kebaowek First Nation has an Indigenous Preferential hiring policy currently in place.*



**Drumbeat**  
THE HEART OF KEBAOWEK

**Our phones are completely operational now !!  
You can reach the Drumbeat Team by  
calling us at 819-627-9595 !!**

God called your name so gently, that only you could hear  
No one heard the footsteps, of the Angel drawing near  
Softly from the shadows, there came a gentle call  
You closed your eyes and went to sleep  
You quietly left us all

We would like to express our heartfelt gratitude to the Kebaowek First Nation Band office for all your support and kindness as our family grieves the sudden loss of Garry Young. Thank you for the cards and thank you to Gail Jawbone for delivering the food to our family. Your expression of sympathy is deeply appreciated and will always be remembered.

*Sincerely, the family of Garry Young*

# Land Management and Resources

## The spiny waterflea detected in the Ottawa River/Lake Temiscaming!



Spiny Waterflea



Fishhook Waterflea



### Impacts of Spiny and Fishhook Waterfleas

Researchers believe that spiny waterfleas are the greatest threat to the biodiversity and structure of native zooplankton communities on the Canadian Shield since acid rain.

- Because their main diet is zooplankton, they reduce food supplies for small fish and the young of sport fish such as bass, walleye and yellow perch.
- A few animals can quickly multiply into a large population.
- They are easily spread between waterbodies on angling equipment and bait buckets and in live wells and bilge waters.
- Spiny waterflea introductions result in an average 30 to 40 per cent decline in native populations of zooplankton.
- Spiny and fishhook waterfleas can affect recreational angling and commercial fishing. Their tail spines catch on fishing equipment, making it difficult to reel in lines, and clogging commercial nets and trawl lines.



### Washing your boat and fishing equipment could stop the spread of this INVASIVE SPECIES !!

- **Inspect** your boat, trailer and other equipment (live well, bilge pump, fishing equipment, paddles, and remove all clumps of aquatic plants, as well as all mud and organisms that are visible to the naked eye. These items should be discarded in a location (e.g. a garbage can) that will prevent them from being reintroduced into the natural environment.
- **Empty** any water that may be left in your boat or other equipment (e.g. holding box, motor, bilge or cooler) before leaving the lake
- **Clean and dry** your boat and trailer, as well as any other equipment that came into contact with the water for at least THREE DAYS to ensure all invasive species and its eggs have completely died off. **Make sure that when washing/draining your boat that it is not on a hill leading to a waterway.**
- **Repeat** all of these steps when you plan to visit a new lake.



**Help keep these 'SILENT INVADERS' out of the Kipawa Lake Watershed !!**

## Autumn Fire Safety

As summer turns to fall, it's a good idea to refresh your memory on fall fire safety tips. Some safety tips are the same regardless of the time of year, but many safety concerns are seasonal, particularly those that involve keeping your home warm.

### Outside the Home

Never park your car or truck over a pile of leaves. The heat from the vehicle's catalytic converter or exhaust system can ignite the leaves below. The resulting fire could destroy your vehicle.

Flammable liquids should not be stored inside the home or in an attached garage or shed. This includes any unused fuel still in the fuel tank. Store this equipment away from your home or drain excess fuel out of the tank before storing. This simple safety precaution will help prevent accidental fires from escaping fuel vapors.

Remove fuel from lawn mowers before storing them for winter.

Contact your utility company if trees or branches are not clear of power lines

Don't store cardboard boxes, paper or other flammable materials in the backyard. These materials provide ready fuel for a fire and all it takes is one spark.

### Heating your Home

Check all smoke and carbon monoxide detectors to make sure they work, and change the batteries. Have a useable fire extinguisher available.

### Central Heating

Get your central heating system cleaned, inspected and serviced by a certified HVAC (heating, venting and air conditioning) contractor every year before using it.

If you have a gas heater, make sure that you have a sufficient quantity of fully functioning carbon monoxide detectors installed in your home.

Keep all flammable materials away from your furnace. This includes, clothing, paint products, toxic materials, cardboard and more.

### Fireplaces and Woodstoves

Have heating appliances serviced and chimney flues examined for defects.

Have fireplaces and fireplace dampers checked.

Fireplaces should be equipped with an appropriate screen or glass enclosure to prevent sparks from flying out.

Wood burning stoves should be examined and the flue and chimney checked for creosote buildup. Creosote is a deposit from smoke that can build up in a chimney and can start a fire.

Use only seasoned woods, and avoid soft woods like Pine, etc.

Never use a flammable liquid to start a fireplace.

Never overload the hearth with wood or artificial logs, the resulting fire may be too large for the unit.

Put all ashes outdoors and away from the house in a metal container.

### Space Heaters

Make sure that any space heaters are surrounded by at least three feet of empty space.

Never place clothing or any other objects on a space heater to dry.

Do not place space heaters near furniture or drapery.

Turn space heaters off when you leave the house or go to bed.

Avoid storing any combustible items near heaters.

### In the Home

Cooking fires are the number one cause of home fires and home injuries. The leading cause of fires in the kitchen is unattended cooking. Stay in the kitchen while you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove. If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking. Keep anything that can catch fire such as oven mitts, wooden utensils, food packaging, towels or curtains away from your stovetop.

Do not overload electrical outlets or use extension cords in the place of additional outlets.

Check electrical appliances regularly for wearing cords and plugs. Do not leave electrical appliances plugged in if they do not need to be.

Lack of maintenance is the number one cause of dryer fires. That is why it is critical to clean the lint filter before

# Kebaowek Fire Department

and after each use, and wipe away any lint that has accumulated around the drum. Perform periodic checks to ensure that the air exhaust vent pipe is unobstructed (lint accumulation) and the outdoor vent flap opens readily. Do not run the dryer without a lint filter. You are encouraged to not leave the dryer running if you go out, in case it malfunctions.

## General Fire Safety Tips

Being prepared in the event of a fire gives you a better chance of surviving it.

Plan and practice your escape. Every member of the household should know at least two exits from each room. Make sure that doors and windows needed for escape are unobstructed and easy to open. If an exit involves an upper story window, make sure there is a safe way to reach the ground. Decide on a meeting place outside the home, where everyone can meet. Knowing your escape ahead of time could very well save your life and the lives of your loved ones.

If you have small children, take extra care to remove fire hazards and teach them fire-safe behaviour to prevent home fires. Use extreme caution with cigarettes, matches and lighters. Provide large, deep, non-tip ashtrays for smokers. Before you go to bed or leave your home, after people have been smoking, check for smouldering butts. Never ever smoke in bed or when you're drowsy. More than half of all fatal home fires happen while people are sleeping.

Never leave a burning candle unattended. Ensure it is in a safe holder, away from combustible materi-

als. Keep in mind that it only takes 30 seconds for a small flame to become a completely out-of-control, major fire. Making yourself and family aware of these potential hazards will help keep your home safe and fire free.

If your clothes catch fire, do not run. Stop moving, drop to the floor and roll over and over to smother the flames.

Cover your face with your hands. This will protect your face and lungs. If you are unable to drop to the floor, smother the flames with a blanket or a towel.

Never enter a burning building for any reason. Call the fire department from a neighbour's phone.

## HIDDEN CODE

11 17 10 9    12 1 11 9 14 24    17 12

9 18 9 10 24 4 2 9 12

10 9 12 6 4 2 12 17 3 17 23 17 14 24

## WORD SEARCH

F	F	I	R	E	T	R	U	C	K	A	C	B
I	J	Q	R	F	V	X	S	N	O	M	A	R
R	H	T	E	L	B	C	Z	I	E	T	G	O
E	A	E	H	A	D	P	B	H	T	S	M	T
D	P	M	S	M	F	G	K	E	O	M	Y	C
E	N	E	I	E	I	C	R	V	D	R	R	E
P	D	R	U	U	R	I	I	D	Q	A	C	T
A	R	G	G	Z	E	O	K	J	S	L	N	E
R	V	E	N	S	S	I	R	L	S	A	K	D
T	J	N	I	I	A	M	B	B	A	L	M	E
M	R	C	T	L	F	S	D	A	R	D	I	K
E	S	Y	X	S	E	Y	H	C	B	I	K	O
N	K	S	E	K	T	L	T	L	V	M	E	M
T	M	P	T	I	Y	N	R	E	Y	G	R	S

**Emergency  
Fire Department  
Batteries  
Smoke Detector  
Alarm  
Fire Truck  
Fire Safety  
Extinguisher  
Flame**

# Community Wishes for the Month of September



Happy 8th Wedding Anniversary  
to my wonderful husband Jungo,  
I couldn't imagine life without you !!  
Here's to many more happy years !!  
I love you forever and always ♡  
Cary xoxo



Happy Birthday Wishes to  
Shelly Grandlouis - September 3rd  
Ronnie Raymond - September 25th  
From your  
Fire Department Team



Happy 3rd Birthday to our beautiful  
Nylah you make our days brighter  
our smiles bigger and our hearts so  
full of love ...  
Have a great day our little pumpkin !!  
Love always Gramma and Poppa  
Love you to the moon and back ♡



Happy Birthday wishes to my wife  
Cary, she celebrates her special  
day on September 14th !!

Love Jungo  
xoxo



Happy Birthday  
to my sweet niece Nylah !!  
Uncle Nono loves you lots !!  
Have a great day !!  
XO ♡

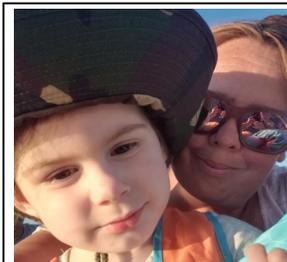


Happy 8th Anniversary to my wife  
Cary, we celebrate our special day  
on September 29th !!

Love always, Jungo  
XOXO



Happy Birthday  
my beautiful niece Nylah !!  
Hope all your birthday wishes  
come true !!  
Love always, Uncle Ammam (Adam)  
XO ♡



Happy Birthday to my Gramma  
I hope you have the best day ever  
on September 14th !!

Love your favorite peanut,  
Nylah ♡



## COTTAGE FOR SALE

Situated in Mungo Bay - Lake Grindstone  
Built on Crown Land (located at the top of a hill)  
Mileage 33 km on the Maniwaki Road

Also includes 4 other buildings and  
3 Boat Docks

Call Raymond H Pigeon 819-627-9078  
Please leave a message.



# Kipawa Countryfest

**Our dear Countryfest family and friends,**

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

## **WRISTBAND EXCHANGE/REFUND**

**Please read carefully the following 2 options available to you**

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

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

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

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

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

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

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

**~ Kipawa Countryfest Committee ~**

## **IMPORTANT**

**Deadline for your 2020  
Wristband reimbursements  
is September 30th, 2020 !!**

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

## Kipawa Countryfest Presents Headliner Show



**Aaron Tippin ★ Sammy Kershaw ★ Collin Raye**

## **Roots and Boots**

**Saturday, August 21, 2021**

## Attention all Community Members!

All Kebaowek citizens will be receiving a Compost Bin free of charge, upon completion of the compost platform. As of right now, the roof of the platform still must be built, and equipment still must be purchased. The bins will be distributed a week prior to the first compost bin pick up. Once the compost bins are out to the public, we will be making a bin correction, so that the green bins will be used for compost and the black bins will be used for garbage. Blue bins will remain to be used for recycling. In the meantime, continue to use your green bin for garbage and DO NOT label your bins right now as they will be switched for different purposes in the future. I will be sure to inform all members when the compost bins will be distributed so that we can start composting as soon as possible.



Be sure to follow and like Kebaowek Waste Management and Eco Center Facebook page so that you can be informed on updates regarding the compost platform and the eco center along with good practices to create an eco-friendly community.

For more information, please do not hesitate to call: (819) 627-3455 (ext. #216)

## BIN CORRECTION



## WE ARE ALL IN THIS TOGETHER

Kwe Community and all Members of Kebaowek First Nation. As of August 30th, the region of Abitibi-Temiscamingue still remains stable with no new cases for a total 180 Covid-19 cases. It has been a good safe summer and like the majority of you, most vacationers have remained close to home as to what we now call “a staycation”. People have made the best out of these unrepresented times. Kipawa Lake has never been so busy with hundreds of boaters from here and the surrounding areas. Area residents were even privy to a few concerts on the water, something that may perhaps continue post pandemic.

In spite of these positive numbers, it is important to reiterate the measures you are doing and what is recommended as sanitary measures; Washing your hands frequently and using hand sanitizer when soap and water is not available continues to be one of the most important things you can do. Wearing a face mask where applicable, coughing in the crook of your elbow and keeping a 2m physical distance along with adhering to safety protocols in public places are also equally important sanitary measures that we must continue to apply.

Going back to school! Now this is a subject that we could discuss for hours as to the pros and cons but getting back to a new normal in the safest manner possible, is the new normal. Each province has now laid out the foundations required for a safe return during these trying times. Each School Board will map out the details as to their “boots to the ground work” to keep your children as safe as possible. Our country and the provinces are learning from science, epidemiological data and from what others countries that have already started classroom settings are doing, so as to minimize the risk of acquiring and transmitting Covid-19.

It is understood that things will be monitored closely and we were made aware that we would not have to wait on Quebec City to make adjustments needed in our Region or in our community for that matter.

You can be rest assured that Kebaowek First Nation will do their part in assuring a safe return to the classroom as we will implement certain measures to keep both your children and our employee’s safe during the transportation to and from school. With the loving support of parents who will reinforce the protocols for back to school, our children will adapt to this new reality.

# Message from the Health Director

I will also suggest that we all advance towards the reopening of schools with a good dose of respect and a positive attitude. Irreverent comments on social media towards a situation where a child that was sent home for precautionary measures after developing a runny nose, will not contribute to anything positive. In fact, it may be more destructive than anything else and cause undue stress to the child and the family.

## **Kebaowek KASP Program**

Your Health & Wellness Center strongly believes in the importance we put on our After-School Program (KASP) to support the learning and development of our children. Objective driven learning is the foundation to ensure our kids have all the necessary tools/skills to succeed in our school systems. However with the return to school and new implemented policies and procedures regarding Covid-19 and all the challenges it represents, KFNHWC is not currently planning to have its' KASP program till most likely after the Christmas break. We will only do so if we are still in a good place within this pandemic and we will have had a few months of experience to draw from the back to school days which will have started in September. Should things be conducive to an earlier return to regular programming before the New Year, we will certainly make the necessary adjustments. If interested in additional learning packages for your child(ren), please contact our Head Start Coordinator, Lynn Grandlouis, for more information.

As we become more informed on the mental health effects caused by Covid-19, we will be adjusting our services in line with strategies and best practices to help those who may not be coping as well as other during these times. Wellness calls to our Elders will continue to assure us that things are good and they always know that our team is here to assist them in any way possible and that they are never alone.

Symptom monitoring remains crucial to be able to detect new cases early, trace possible contacts and put in place the necessary measures to protect the population. In the event of symptoms compatible with those of Covid-19, a call should be made to the telephone line: 819 644-4545. This is very important if we want to limit the spread amongst our communities.

Stay healthy and safe this fall. I wish you good luck in your seasonal harvest of moose and fish and please do not

hesitate to call your Health & Wellness Center should you have questions or concerns about health or social services related matters.

Please note that we will be back to our regular office working hours after Labour Day so as of Tuesday September 8<sup>th</sup>, Monday to Thursday will be from 8 am to 4:30 pm and Friday from 8 am till noon.

## **Meetings Held During August Via Zoom**

- Kebaowek Emergency Response Group
- FN of QC Health & Social Services Directors
- FNHMA Board of Directors
- CISSSAT Board of Directors
- Public Health Department at CISSSAT with English FN's
- FNQLHSSC Board of Directors
- Algonquin First Nations for Gene Xpert Community Testing Capacity.

## **Quotes on Education in Light of the Return to School**

"The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice." - Brian Herbert

"Let us remember: One book, one pen, one child, and one teacher can change the world." - Malala Yousafzai

## **Health Kits/Back Packs**

It is that time of year again, where some children, youth and adults move into a different category for our Health Kits. With that being said please note that not all family members will receive a kit, and this is not affiliated with the Education Department. We at the Health Center are working towards prevention methods in terms of various health topics and this is a strategy to distribute important age appropriate information. Please look over all material and we encourage your child, youth, spouse or yourself to fill in the evaluation sheet that will be included in the kits that will be delivered in the next few weeks for those that have moved into a new age group.

Virginia McMartin  
Diabetes / Chronic Disease Coordinator

# Health Center Notes and Information

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

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

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

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



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

Please call 819-629-2420 Ext.4142  
or book online at [www.cisss-at.gouv.qc.ca](http://www.cisss-at.gouv.qc.ca)

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

Québec 

 **COVID-19**  
CORONAVIRUS

Are you worried, or are you experiencing flu-like, gastroenteritis or COVID-19 symptoms?

For symptomatic people \*: you need to call 1 644-4545. 877 A nurse will evaluate your symptoms before you can book an appointment.

For asymptomatic people: you can now dial, Monday to Friday, between 8 a.m. and 18 p. m 833 1 525-5858, for an appointment at one of our clinics Screening An agent will answer your call. Between 18 am and 8 pm you can leave a message on voicemail.

For any other health problems call 811.

\* Symptoms: fever, loss of taste, loss of smell, appearance or worsening of a cough, difficulty breathing. Other symptoms may also appear as sore throat, headache, muscle pain, intense fatigue, significant loss of appetite and diarrhea. Symptoms can be milder or more severe like pneumonia.



**FOLLOW US  
ON FACEBOOK**

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

# September is Prostate Cancer Awareness Month

**Prostate cancer is the most common cancer to affect Canadian men. One in nine men will be diagnosed with the disease in their lifetime.**

Prostate cancer is a disease where some prostate cells have lost normal control of growth and division. They no longer function as healthy cells.

A cancerous prostate cell has the following features:

- Uncontrolled growth
- Abnormal structure
- The ability to move to other parts of the body (invasiveness).

It is important to note that not all clusters of cells growing in a mass are cancerous, and that a prostate with an irregular shape is not necessarily cancerous either. It is advisable to ask your doctor what it may be.

Prostate cancer can be slow-growing and some men who develop prostate cancer may live many years without ever having the cancer detected. It is important to get screened regularly so that if you do develop prostate cancer, the appropriate action can be taken. A significant proportion of prostate cancers, if untreated, may have serious consequences.

**While any man can develop prostate cancer, you may be at a high risk if you are...**

**Over 50:** Age is the strongest risk factor for prostate cancer. Your risk increases as you get older. Prostate cancer mainly affects men over the age of 50, and the majority of cases are diagnosed in men over age 65. Prostate Cancer Canada recommends that men should discuss getting a PSA test with their doctor when they are 50. If you think you are at higher than

average risk, you should consider having this discussion earlier.

**Have a family history of prostate cancer:** Your risk is higher if a first-degree relative (father or brother) has had prostate cancer. Your risk increases with each additional first-degree relative who has the disease.

**Black men** have a higher risk of developing prostate cancer than men in the general population.

**Overweight:** Achieving and maintaining a healthy weight reduces your risk. Regular exercise and a nutritious diet are important to overall well-being.

**Common signs and symptoms of prostate cancer may include:**

- Difficulty urinating
- Urgent need to urinate
- Frequent urination, especially at night
- Burning or pain when urinating
- Inability to urinate or difficulty starting or stopping urine flow
- Painful ejaculation
- Blood in the urine or semen

Symptoms are not always present especially in the early stages of prostate cancer. If detected and treated in its earliest stages (when cells are only in the prostate), your chances of survival are greatly increased. **Early detection is key.**

**Should I get screened for prostate cancer?**

**What is the PSA test?** It is a simple blood test that your doctor can order. It measures the amount of prostate-specific antigen in the blood. A higher amount of PSA in the blood is a possible indicator of prostate cancer, although other conditions of the prostate can also increase PSA levels. Prostate cancer is not diagnosed followed by a PSA test alone, however, it will provide your healthcare provider with information to determine if further testing is needed.

*When deciding on whether to have a PSA test, talk to your doctor and consider all aspects of the testing process. Prostate Cancer Canada advocates for shared decision making and encourages men and their doctors to talk about the PSA test and then to make an informed decision together.*

**Together - we will end prostate cancer**

**EVERY DAY** IN CANADA AN AVERAGE OF **63 men** are diagnosed **11 men** die from the disease

**1 in 9** Canadian men will be diagnosed with prostate cancer

**IF DETECTED EARLY** – survival is close to **100%**  
**IF DETECTED LATE** – **3 of 4** men will die

Prostate cancer is the most common cancer in men in

# Fall Canning Recipe for Tomatoes

## Step 1: Sterilize the Canning Jars and Lids

Before you start any canning recipe, you need to have clean and sterilized canning supplies (\$15, Target). Here are the tips to get started.

- Wash your empty canning jars (\$10, Walmart) in hot, soapy water, and rinse them thoroughly.
- Place jars in a pot of boiling water
- Cover the jars with hot water; bring to a simmer over medium heat.
- Let the jars simmer 10 minutes, then keep them hot in the simmering water until you're ready to fill each one. When you're ready to start filling them, remove one sterilized jar and place it on a clean kitchen towel while you fill it.
- While the jars are simmering, place the lids in a bowl and pour some hot water from the sterilizing pot over the tops of the lids. Do not boil the lids, and keep in mind that the screw bands don't need to be sterilized.

## Step 2: Peeling Tomatoes

Your tomatoes will keep much better over time if you get rid of those pesky peels. Here's a quick trick to remove them when peeling a large batch:

- Start with firm, unblemished tomatoes, and wash them well in cold water.
- To remove the skins, dip tomatoes in boiling water for 30 seconds or until the skins start to split. Immediately place the tomatoes in cold water.
- When cool enough to handle, remove the skin and core with a paring knife or with your hands. If desired, cut the tomatoes in half. If you want to know how to can diced tomatoes, you can also halve and dice them at this point.

## Step 3: Fill Jars with Tomatoes

When you're filling your jars, add lemon juice and pay attention to headspace. If you over fill or under fill the jars, they won't seal properly during processing. Here's how:

- Place a wide-mouth funnel in a hot, clean pint or quart canning jar.
- Ladle whole or halved tomatoes into the jars, along with any juices from preparing the tomatoes.
- Add 1 Tbsp. lemon juice to each pint jar or 2 Tbsp. lemon juice to each quart jar (the lemon juice

raises the acidity of the tomatoes to ensure safe canning).

- Add boiling water, leaving ½-inch headspace.

## Step 4: Seal and Process Jars

Once your jars are filled, it's time to start the real canning process. Follow these instructions for processing your tomatoes in a boiling-water canner:

- Remove the funnel; wipe the jar rim with a clean, damp towel to remove all traces of food. Food on the rim prevents a perfect seal.
- Position the prepared lid and screw band on the jar and tighten according to the manufacturer's instructions.
- Set each jar into the canner as it is filled. The jars should not touch. Cover the canner.
- You will need to process the tomatoes in a boiling-water canner for 40 minutes for pints and 45 minutes for quarts. Begin timing when the water returns to boiling.

## Step 5: Check the Seal

When your jars are finished processing, it's important to double-check the seal before you stash them away for later. If your jars aren't completely sealed, they won't be safe to eat later on. Luckily, there's an easy way to check, and you can save any jars that didn't seal if you act quickly enough.

- When the jars have cooled, press the center of each lid to check the seal. If the dip in the lid holds, the jar is sealed. If the lid bounces up and down, the jar isn't sealed. Unsealed jars should be stored in the refrigerator and used within three days, or you can reprocess the tomatoes within 24 hours.
- Label the jars with contents and date. Tomatoes keep their optimum quality for 1 year.



# Fetal Alcohol Spectrum Disorder



## What is Fetal Alcohol Spectrum Disorder (FASD)?

There's a lot to know about Fetal Alcohol Spectrum Disorder, or FASD. Here are answers to some of the questions often asked about FASD. Fetal Alcohol Spectrum Disorder (FASD) is a term that describes a range of disabilities that may affect people whose mothers drank alcohol while they were pregnant. The diagnoses of FASD are:

- Fetal Alcohol Syndrome (FAS)
- partial Fetal Alcohol Syndrome (pFAS)
- alcohol-related neurodevelopmental disorder (ARND), and
- alcohol-related birth defects (ARBD)

## How do you get FASD?

The only way someone can get FASD is if their mother drank alcohol when she was pregnant.

Alcohol causes brain damage in the developing baby. **THERE IS NO SAFE AMOUNT OF ALCOHOL DURING PREGNANCY.** There is also no safe **TIME** to drink alcohol during pregnancy.

There is no gene for FASD! This means that a mother who is diagnosed with FASD will not pass it to her child if she does not drink when she is pregnant.

## Can FASD be cured?

Unfortunately, FASD cannot be cured.

People live with FASD for their entire life.

However, people with FASD can still do very well with helpful supports and services. Some examples include special education, vocational programs, tutors, structured environments, and lifelong care.

## What's different about the way people with FASD may behave?

If women drink when they are pregnant, their babies may have brain damage. This means that children and adults who are affected may have a hard time learning and controlling their behaviour. For example, they may appear to learn how to do a new task one day, and not remember the next. Other common problems include having trouble :

- adding, subtracting and handling money
- thinking things through / reasoning
- learning from experience
- understanding consequences of their actions
- remembering things, and
- getting along with others.

Because of their disabilities, people who are affected by FASD may have special needs that require life long help - even throughout adulthood - regarding :

- handling money, such as paying rent and buying food
- learning from their experiences and making changes in their behaviour
- understanding consequences of their behaviour, or "cause and effect"
- interacting with other people socially, and
- keeping a job.

Affected people may develop mental health problems, have trouble with the law, drop out of school (or be disruptive in a classroom), are unemployed and/or may develop alcohol and drug problems. They may even be homeless.

We also know that people with FASD may be very good at many things. They may be loving, affectionate, friendly, artistic, musical, work well with animals and plants, be very loyal and show a great determination to succeed in life!

## How is FASD prevented?

**FASD is 100% preventable.** The only sure way to prevent FASD is to completely avoid alcohol use while pregnant. Because damage from prenatal alcohol exposure can occur even during the earliest weeks of pregnancy often before a woman realizes she's pregnant, women who are trying to get pregnant or who could get pregnant also should avoid alcohol.

- There is **no amount** of alcohol during pregnancy that is risk-free
- There is **no kind** of alcohol during pregnancy that is risk-free
- There is **no time** during pregnancy when alcohol consumption is risk-free

## What should I do if I think my child has FASD?

Acting early is important to reduce the chances that children with FASD will have more serious problems when they get older. Provinces and territories have resources for identifying children with FASD. If you think your child has FASD, talk to your doctor about what should be done.

# Medical Transportation and NIHB

## Medical Transportation After Hours Schedule

SUNDAY	MONDAY - TUESDAY - WEDNESDAY - THURSDAY	FRIDAY	SATURDAY
<b>HOURS</b> 8:30 AM - 12:30 PM  CALL 819-627-6887	<b>AFTER HOURS</b>  4:30 PM - 8:30 P.M. CALL 819-627-6887	<b>HOURS</b> 8:30 AM - 12:30 PM  CALL 819-627-6887	<b>HOURS</b> 8:30 AM - 12:30 PM  CALL 819-627-6887

### UPCOMING HOLIDAY HOURS FOR SEPTEMBER AND OCTOBER, 2020

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

Monday September 7th and Monday October 12th the office is closed.  
Medical Transportation is available from 8:30 am to 12:30 pm – Call 819-627-6887

### REMINDER

**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**

### 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.
- 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.

### MEDICAL TRANSPORTATION CLAIMS

#### 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

# Medical Transportation and NIHB

encourage you to sign up for direct deposit as this will limit the number of people entering our Health Center. Please ensure your documents are properly completed to avoid delays.

## **Changes for the Temiscaming Hospital**

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

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

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

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

## **NIHB UPDATE**

### **NIHB launches new claims processing system and services via Express Scripts Canada**

NIHB is pleased to announce that new and improved claims processing services for clients and providers are now available through Express Scripts Canada.

#### **About Express Scripts Canada**

- Express Scripts Canada is a private sector company that provides electronic claims processing services through a system that is tailor-made for NIHB
- Express Scripts Canada has processed NIHB dental, pharmacy and medical supplies and equipment benefit claims since 2009

- Express Scripts Canada now also provides claims processing services for vision care and mental health counselling benefits
- Express Scripts Canada **does not process any aspects of NIHB medical transportation benefits**, which continue to be administered by NIHB through Indigenous Services Canada's regional offices, First Nations communities, or territorial governments (NWT and Nunavut)
- NIHB maintains full responsibility for benefit coverage policies and decisions on client claims, and continues to review requests for benefits that require prior approval or predetermination
- If you need assistance or more information about any services provided by Express Scripts Canada, contact the NIHB Client Call Centre at Express Scripts Canada from Monday to Friday between 6:30 a.m. and 8:30 p.m., Eastern Time, excluding statutory holidays

#### **NIHB Client Web Accounts**

- NIHB clients now have the option of creating a secure, web-based personal client account through the Express Scripts Canada NIHB website
- By creating a secure NIHB client web account, clients can:
  - view their benefit claims history and status of pending requests
  - submit client reimbursement requests online
  - submit appeal requests online
  - receive NIHB communication directly by email
- To create a web account:
  - visit the Express Scripts Canada NIHB website
  - select **Create web account**
  - you will be guided through the steps to set up your account
- If you need help with this process, you can contact the NIHB Client Call Centre at Express Scripts Canada
- The creation of a web-based account is not mandatory
- You can still correspond with NIHB or Express Scripts Canada by mail, fax or telephone

Continued on next page ...

# Medical Transportation and NIHB

## New Client Reimbursement Process

- Client reimbursement requests for the following will now be processed by Express Scripts Canada:
  - pharmacy
  - dental
  - medical supplies and equipment
  - vision care
  - mental health counselling benefits
- The NIHB Client reimbursement page of the Express Scripts Canada NIHB website provides the form and instructions to submit client reimbursement requests, including what supporting documents are required for each benefit type
- There are 3 ways to submit a client reimbursement request to Express Scripts Canada:
  - by mail
  - by fax
  - online through your new NIHB client web account
- If you are submitting your client reimbursement request online through your NIHB client web account, you can send all documents electronically
- A scanned copy or photo of supporting documents, such as receipts, can be accepted

## New Online Drug Benefit List

- The NIHB drug benefit list is a listing of prescription and over-the-counter medications and products that are covered by NIHB
- A new and improved online drug benefit list is now available on the Express Scripts Canada NIHB website. It is easier to search, and new listings are added right away
- For best results, search medications or products by chemical name, for example, 'ibuprofen', not 'Advil'. You will get a list of results, with an option to **View details** to see listing status and criteria, if applicable, for each product
- Please continue to contact the NIHB Drug Exception Centre for questions about pharmacy benefits

**Please visit the Express Scripts Canada NIHB website for more information and to access these new features and services.**

## August 2020 Updates

### PHARMACY BENEFIT INFORMATION

#### New pharmacy benefit listings

- NIHB now covers 3 Voltaren Emulgel products for treatment of back, muscle or joint pain. Eligible products listed in the NIHB drug benefit list are covered without prior approval, up to 100 grams per month
- NIHB recently listed triamcinolone hexacetonide, a steroid used to reduce swelling caused by a variety of health conditions including allergies, asthma or rheumatoid arthritis
  - \* The program now covers both injectable forms of the medication, triamcinolone hexacetonide and triamcinolone acetonide, as open benefits

#### Coverage of non-prescription pharmacy benefits recommended by pharmacists

- NIHB now accepts a pharmacist's recommendation for coverage of any eligible non-prescription 'over-the-counter' pharmacy benefit
- To be eligible for coverage, the item must be listed on the NIHB drug benefit list and within the pharmacist's scope of practice to recommend or prescribe
- Previously, NIHB had a selected list of non-prescription items that could be recommended by a pharmacist. That list is no longer in effect, and is replaced by this new policy

#### New dose limit for gabapentin

- For client safety, NIHB has changed the dose limit for coverage of gabapentin to 3600 milligrams per day, to a maximum of 30 days
- Pharmacists should call the Drug Exception Centre if a client reaches the dose limit

### MEDICAL SUPPLIES AND EQUIPMENT

#### New coverage for oral digital thermometers

- During the COVID-19 pandemic, oral digital thermometers are listed as an open benefit with a price limit of \$25 and a replacement guideline of 1 per 5 years

# Medical Transportation and NIHB

- Thermometers are covered with a prescription from a physician or a nurse practitioner, or a written recommendation from a registered nurse or a pharmacist

## Reminder: coverage of electric breast pumps

- Electric breast pumps are a limited use benefit and prior approval is required for coverage. Criteria for coverage can be found in the MS&E guide and benefit lists
- During the COVID-19 pandemic, electric breast pumps may be covered for purchase (instead of rental), once every 3 years at a maximum price of \$275.00

## Increased coverage for some communication and respiratory benefits

- NIHB recently changed frequency guidelines for selected voice restoration products and supplies. Prior approval is required and the new frequency guidelines are:
  - \* puncture dilator: 1 per year
  - \* gel cap insertion system: 1 per year
  - \* plug insert: 2 per year
  - \* flushing device: 1 box per year
  - \* cleaning brush: 2 boxes per year
  - \* gel cap: 1 box per year
- The replacement guideline for inlet filters has increased to 14 filters per year
  - \* Inlet filters are used with home positive airway pressure (PAP) devices and are covered as open benefits

# MCH and Head Start

I hope everyone enjoyed their summer. I have a few updates for my parents. There will be NO KASP Program this year due to Covid-19. We did not make this decision lightly, however the health and wellbeing of our children are our first priority. In order to help keep our children and community safe we will not have children from three different schools gather under one roof. If you require childcare before or after school please contact the school your child attends to see about their daycare services. If your child is in speech therapy you will be hearing from myself or Donna next month about your child's progress and the plan for the upcoming year.

This school year is approaching fast and it has many parents questioning if their children should go back or not, there is no right or wrong answer to that question. You are the parent and you make the decision that is best for you and your children!

I would like to thank all the families who participated in our MCH/PALS weekly activity throughout this summer. Congratulations to all of our weekly winners, we hope you enjoyed the activities that were provided for you and your children. Please keep your eye out for our upcoming events every month, they will be posted in the newsletter and on our Facebook page.

## Ideas for Back to School Lunches

<b>OPTION #1</b> Turkey + Cheddar Roll-up Fresh Berries Yogurt Popcorn	<b>OPTION #2</b> Hard Boiled Eggs Baby Carrots and Ranch Dip Pretzels Peaches or Applesauce
<b>OPTION #3</b> Pasta Salad Yogurt Cucumbers	<b>OPTION #4</b> Crackers Cheddar Cheese Cubes Grapes
<b>OPTION #5</b> Pita Bread + Hummus Applesauce Baby Carrots Orange	<b>OPTION #6</b> Ham + Cheese Wrap Yogurt Apples Muffin

Lynn Grandlouis  
 MCH/Head Start and Special Needs Educator



**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.



# Upcoming Activities



**JOIN FIRST LINE SERVICES VIRTUAL COMMUNITY KITCHEN**

**TUESDAY SEPTEMBER 15TH 4:45-6:30**

**ON THE MENU: RICE, SAUSAGE & VEGGIE SKILLET**

UNTIL FURTHER NOTICE, OUR COMMUNITY KITCHENS WILL NO LONGER BE AT THE COMMUNITY HALL. WORKSHOPS WILL NOW TAKE PLACE IN OUR OWN HOMES AND BY USING THE ZOOM APP.

FOR MORE INFORMATION AND/OR TO REGISTER PLEASE CONTACT DARLENE 819-627-9877.

10 SPOTS AVAILABLE !!

PARTICIPANTS WILL RECIEVE A ZOOM ID THE DAY OF !!

# Elders Cultural Activity

**Come join us for a Thanksgiving craft!**

SEPTEMBER 17, 2020 | 1:00 PM | FIRST LINE BASEMENT  
CALL SHELLY @ 819-627-9877  
TO SIGN UP AS SPACES ARE LIMITED

If you have any questions or concerns please contact Shelly!

# PILATES

Lunch Fit

**STARTING SEPT 1ST !!  
TUESDAY & THURSDAY  
12:05-12:40PM**



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

**SIGN UP!**

**FIRST LINE SERVICES BASEMENT**

PLEASE CALL 819-627-9877. LIMITED SPACES AVAILABLE

SOCIAL DISTANCING AND PROTOCOLS WILL BE RESPECTED.

COME ENJOY A GREAT WORKOUT!



# MORNING WORKOUT CLASSES STARTING SEPT 21ST !!

10:00 AM  
MON-WED-FRI  
ALL AGES WELCOME  
KEBAOWEK COMMUNITY HALL

WORKOUTS WILL BE MILD TO MODERATE  
PLEASE WEAR PROPER CLOTHES AND SHOES  
BRING A BOTTLE OF WATER

SOCIAL DISTANCING MUST BE REPECTED  
PUBLIC HEALTH PROTOCOLS WILL BE IN PLACE  
INFO: MITCHELL 819-627-9060

# Upcoming Activities

## YAHTZEE SENIOR SOCIAL



**DATE:**  
THURSDAY SEPTEMBER 10, 2020  
THURSDAY SEPTEMBER 24, 2020

**Time:** 1:15pm to 2:45pm  
**Place:** First Line Basement

**Snacks, Tea and Coffee will be provided**

We are going to start Senior Social but we are only able to play Yahtzee at this time. Everyone will need to call to sign up as spaces are limited. Please call Shelly @ 819-627-9877 to reserve your spot. Masks will be mandatory and all sanitary measures will be in place including social distancing. We hope to see you there!

## OUTDOOR MOVIE NIGHT

PALS/MCH ACTIVITY



**FRIDAY, SEPTEMBER 11**

**AT KEBAOWEK BALLFIELD**  
POPCORN & WATER AVAILABLE!  
FIELD OPENS @ 7:00PM  
MOVIE STARTS @ 7:30PM

**FEATURED MOVIE: BROTHER BEAR**

BRING YOUR OWN SEAT & BLANKET TO ENJOY THE MOVIE.  
MORE INFORMATION OR TO REGISTER CALL  
**Darlene 819-627-9877.**  
**Lynn 819-627-9060**

## GRANDPARENTS DAY BREAKFAST

A special event for grandparents and their grandchildren

First Line Services & MCH Presents:

Sunday, September 13th

Delivery will start at 8:30am

Due to the Covid-19 Pandemic, we unfortunately will not be able to have our Annual Breakfast and activity at the Community Hall.

We will deliver the breakfast along with an activity to the participants.

For more information and/or to RSVP please call Darlene 819-627-9877 or Lynn 819-627-9060.

RSVP DEADLINE - WEDNESDAY SEPTEMBER 9TH.

When you RSVP, please state the number of meals for adults & children and the address you would like your breakfast to be delivered to.



## Women's Paint Night

September 2nd, 16th and 30th  
October 14th and 28th  
From 6:00pm-8:00pm  
In the basement of First Line Services

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

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

Snacks/Coffee/Tea available!



# Suicide and Life Promotion

## If you are concerned that someone might be thinking of suicide please read:

Never agree to keep thoughts of suicide a secret. Sometimes instinct tells us we have to break confidentiality. It's better to have someone alive and mad at you than dead by suicide and you feeling that you missed an opportunity to help them keep safe. We recommend treating this subject and the people involved with respect, dignity and compassion and don't keep it to yourself. Know who you can connect with as this work cannot be done alone. You may, as a helper, experience thoughts and feelings that are uncomfortable. It's OK to reach out.

Talking about suicide can provide tremendous relief and being a listener is the best intervention anyone can give. Talking about suicide will not cause suicide. When experiencing intense emotions, the person will not be able to problem solve. It is not your job to fix their problems. Listen, care, validate and be nonjudgmental.

## Questions to Consider when you're concerned:

(The responses to the following questions will enable you to reflect back your concern to the person and/or communicate to a trained professional.)

- Are you thinking of suicide?
- Have you tried to end your life before?
- Have you been feeling left out or alone?
- Have you been feeling like you're a burden?
- Do you feel isolated and or disconnected?
- Are you experiencing the feeling of being trapped?
- Has someone close to you recently died by suicide?
- How are you thinking of ending your life?
- Do you have the means to do this (firearms, drugs, ropes)?
- Have you been drinking or taken any drugs or medications?
- How have you been sleeping?
- Are you feeling more anxious than usual?
- Who can we contact that you feel safe and/or comfortable with?

## For the helper:

- Are you noticing or have you noticed any dramatic mood changes?
- Changes in work behavior or school attendance/marks dropping?
- Does the person seem to be out of touch with reality?

## Resources

For inspiring videos on supporting your loved ones  
Google ... Mark Lukach Tedx Talk

## How to be Helpful When Someone is Suicidal

- Take all threats or attempts seriously
- Be aware and learn warning signs of suicide
- Be direct and ask if the person is thinking of suicide. If the answer is yes, ask if the person has a plan and what the time line is.
- Be non-judgmental and empathic
- Do not minimize the feelings expressed by the person
- Do not be sworn to secrecy ...seek out the support of appropriate professionals
- Ask if there is anything you can do
- Draw on resources in the person's network
- Do not use clichés or try to debate with the person
- In an acute crisis take the person to an emergency room or walk in clinic or call a mobile crisis service if one is available
- Do not leave them alone until help is provided
- Remove any obvious means e.g. firearms, drugs or sharp objects) from the immediate vicinity

<https://suicideprevention.ca/im-concerned-about-someone>

## What are Warning Signs?

Suicide prevention depends heavily on our ability to recognize people who are in distress and may be at risk. The American Association of Suicidology developed a simple tool that we can all use to remember the warning signs of suicide. This tool is called "IS PATH WARM" and outlines the key points to remember.

See next page ...

## Suicide and Life Promotion

**Suicide is preventable. Help is available. There is hope.**  
**Know Suicide Warning Signs**

**I** Ideation (Suicidal Thoughts)  
**S** Substance Abuse

**P** Purposelessness  
**A** Anxiety  
**T** Trapped  
**H** Hopelessness/Helplessness

**W** Withdrawal  
**A** Anger  
**R** Recklessness  
**M** Mood changes

## World Suicide Prevention Day



# Thursday, September 10th, 2020

First Line Services needs your support !!

We are asking the community to join our cause in raising awareness for Suicide Prevention Day by painting your windows with messages of encouragement for those that have been impacted by suicide.

There will be a fire by the Arbour for anyone who would like to pray/smudge from 6:00pm - 9:00pm.

For anyone who participates in the window messages, please submit your photo to Darlene: [darmclaren@kebaowek.ca](mailto:darmclaren@kebaowek.ca) or Kebaowek First Line Services Facebook page.  
(Paint & brushes can be provided)

For more information please contact Darlene @ 819-627-9877



## 8 BACK TO SCHOOL PARENTING TIPS

Wait, what? It's already time for school to start? How did this happen when it seems like just yesterday kids were doing the happy dance as they got off the bus and headed home for summer break?

While most parents love the more relaxed schedule during the summer months, plenty of parents will be doing their own happy dance as their children head off to school and everybody settles into a routine.

In an effort to kick off the school year with less stress and as little drama as possible, there are some things parents can do ahead of time to set the stage.

1. **Straight out of the gates, decide what your family can handle** when it comes to extracurricular activities. Many child experts warn parents about the stress children experience when they are involved in too many activities, which ultimately leads to meltdowns while trying to finish homework and handle later bedtimes.
2. **Know what you as a parent can handle.** On top of children being stressed, parents really have to consider their own bandwidth when it comes to school, work and additional commitments. A stressed-out, tired parent who is always at the end of their rope typically leads to lots of drama. Can we agree that parental meltdowns just aren't pretty? Knowing what you can handle sets the stage for what can actually be on the table at this time and what is just not an option.
3. **Establish routines that provide consistency and structure at home:** It's best for children and parents alike. Having a consistent bedtime, wake up time,

morning and nighttime routine actually decreases stress for children (and adults) because they know what to expect. Just because the kids complain about things doesn't mean it isn't good for them.

4. **Include prep for the next day into your evening routine.** Things like choosing an outfit, packing lunches, getting backpacks ready with completed homework inside and signing papers before going to bed can make the morning better. Anything you can do the night before to make the morning less hectic is a serious plus!
5. **Let your children do what they are capable of doing for themselves.** If this is new for you, one way to get the ball rolling is to tell your children that the beginning of each school year is significant. They are capable of handling more responsibility as they get older, so give each child a short list of things they are responsible for making sure gets done as their contribution to the family. You may be tempted to jump in and do things yourself because it is faster or easier, but unless you want your child dependent on you later in life, it's really good to develop the habit of delegating things you know they can handle.
6. **Establish a homework station** that is an organized study space with all of the materials needed to do homework.
7. **Think about technology** and how you want your family to use it during the school year. You can find helpful information as you seek to make decisions about this at "Families Managing Media".
8. **Schedule a 15 to 30-minute opportunity once a week** for everyone to come together and compare calendars. A great time to pull everything together is during a family meeting on Sunday evening. Talk about what's on deck in the coming week for everyone, see if anybody is responsible for taking food or materials to school, plan meal prep for the week, or discuss anything important for everybody to know.

Most people don't do well with surprises that throw them off their game. Making time for your family to connect and communicate is one of the most effective ways to decrease stress and drama. Here's to a stress-free start to the school year for your family!

<https://firstthings.org/8-back-to-school-parenting-tips>

# 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 FOOD BANK NEEDS YOUR HELP!

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

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



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

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

Help us keep the children in their community!

You can reach Francine Chevrier



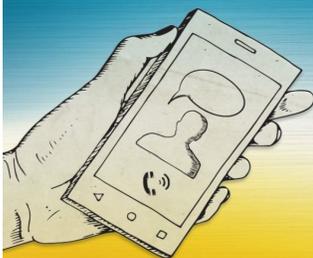
819-629-2676, extension 325

And remember, it takes a community to raise a child!

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

## FEELING SAD OR DISTRESSED?

Support is available for all Indigenous People in Canada



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

**1-855-242-3310**

or through online chat at [hopeforwellness.ca](http://hopeforwellness.ca)



Indigenous Services Canada / Services aux Autochtones Canada



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

# Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Holidays</b> Tina Chevrier Jennifer Presseault Stacey McBride Shelly Grandlouis	2 <b>Holidays</b> Jamie Lee McKenzie <b>Meals on Wheels</b> <b>Women's Paint Night</b>	3 <b>GARBAGE</b>	4	5
6	7 Band Office and Health Center is closed for Labour Day	8 <b>Pilates</b>	9 <b>FASD Awareness Stop</b>	10 <b>RECYCLE</b>	11	12
13 <b>GRANDPARENTS DAY</b>	14 <b>Youth CCP Focus Group</b>	15 <b>Pilates</b> <b>Virtual Community Kitchen</b> <b>Women CCP Focus Group</b>	16 <b>Meals on Wheels</b> <b>Drive - In Bingo</b> <b>Women's Paint Night</b>	17 <b>Elder's Cultural Activity</b> <b>Adult/Elders CCP Focus Group</b> <b>GARBAGE</b>	18	19
20	21 <b>Work Out Class</b>	22 <b>Pilates</b>	23 <b>Work Out Class</b>	24 <b>RECYCLE</b>	25 <b>Work Out Class</b>	26
27	28 <b>Work Out Class</b> <b>Youth CCP Focus Group</b>	29 <b>Women CCP Focus Group</b>	30 <b>Work Out Class</b> <b>Meals on Wheels</b> <b>Women's Paint Night</b> <b>Adult/Elders CCP Focus Group</b>	<b>September 2020</b>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October 2020</b>				1 <b>Pilates</b> <b>GARBAGE</b>	2 <b>Work Out Class</b>	3
4	5 <b>Work Out Class</b> <b>Youth CCP Focus Group</b>	6 <b>Women CCP Focus Group</b>	7 <b>Work Out Class</b> <b>Adult/Elders CCP Focus Group</b>	8 <b>Pilates</b> <b>RECYCLE</b>	9 <b>Work Out Class</b>	10
11	12 Band Office and Health Center is closed for Thanksgiving	13	14 <b>Work Out Class</b> <b>Meals on Wheels</b> <b>Women's Paint Night</b>	15 <b>GARBAGE</b>	16 <b>Work Out Class</b>	17
18	19 <b>Work Out Class</b> <b>Youth CCP Focus Group</b>	20 <b>Annual Woody's Walk</b>	21 <b>Work Out Class</b> <b>Women CCP Focus Group</b>	22 <b>Adult/Elders CCP Focus Group</b> <b>RECYCLE</b>	23 <b>Work Out Class</b>	24
25	26 <b>Work Out Class</b>	27	28 <b>Work Out Class</b> <b>Meals on Wheels</b> <b>Women's Paint Night</b>	29 <b>GARBAGE</b>	30 <b>Work Out Class</b>	31 <b>HALLOWEEN</b>