



# Kebaowek First Nation Mazinaigan / Newsletter

Miskomine Kizis / July 2021

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## An Update from the Chief

I must begin by thanking the members of Kebaowek First Nation for the trust you have placed in me, with my reelection as Chief of our community. I look forward to another term and your overwhelming majority support is a confirmation that the Council and I are addressing the issues that are important to the community and you want us to continue the work we have started.

According to our Elders, since time immemorial, our Nations were here and existed in simple, but seemingly sophisticated societies, that were self-governing and self-sufficient. Our cultures, traditions and ceremonies were the foundation that empowered our communities' way of life. Our sustenance came from the land, water, and air!

Although colonialization has been devastating and filled with atrocities for our people, our leaders of yesteryear stayed consistent in the fight to reclaim our rightful place in this country, encouraging us to be courageous, stand up and continue to gain ground on behalf of our peoples and we intend to carry on that fight on behalf of the community and Nation. Today, we find ourselves in a time of significant change and opportunity. The range of topics on the Indigenous agenda are reflective of our Nations' current realities – how far we have come and where we are going. There is a lot of work ahead of us to empower and strengthen our diverse Nations. We must establish a new reality in the hearts and lives of our people. We all have an important role to play in a time of fighting to remove the impacts and limitations of the Indian Act.

Today, we are in an exciting period of change, a period of Nation building or Nation rebuilding. This change has come due to leadership and political pressure supported by significant advances in the courts – good and bad – establishing some legal boundaries that guide our relationships with Ontario and Canada. The Algonquin communities have worked hard to put aside past differences to work together on many files that are Nation files especially those in the Ottawa area like 100 Wellington and the LeBreton Flats redevelopment

We will continue to defend the rights and title of the community, prioritize community and economic developments and continue to provide quality programs and services to our population.

We also intend to continue to provide support and direction to the community as we slowly emerge from the Covid Pandemic which has dictated how we lived our lives these last 16 months. With the province and the country slowly reopening, we can look forward to better days ahead but it doesn't mean we are completely out of the woods yet, with the threat of new variants, staying vigilant and getting vaccinated will go a long way in protecting you, your family and loved ones and the community. I want to again personally thank the (page 2)

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**Kebaowek Police Department**  
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Kebaowek, QC J0Z 3R1  
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# An Update from the Chief Cont'd

members of the community for buckling down, following Public Health guidelines and coming out in great numbers to be vaccinated. I'd be remiss if I did not acknowledge the hard and important work done by our Health Center team throughout the pandemic as well as organizing 2 successful Mass Vaccination Clinics here in Kebaowek. While we remain under a State of Emergency, we anticipate that in late fall, if we maintain the course and see no new waves of the virus, this will be lifted. Let's continue to be vigilant to save the efforts we have done thus far.

Last week we celebrated Indigenous People's Day and as they have done every year, staff from various sectors came together to offer the community a range of activities to celebrate the day. The day started with a Sunrise Ceremony followed by workshops later in the day that were well attended and I heard nothing but good comments from those who participated. The Community Drive Thru Feast was another great success and many thanks to the cooks and helpers who worked all day preparing the meal. Thanks also to the folks who cooked the fish and to those who packed the meals for takeout, we fed over 300 members. The day ended with a great fireworks show and I heard from many members that they greatly appreciated the effort by everyone to make the day a huge success.

The celebration however was tempered by the news of the unmarked graves of children who attended residential schools being found in BC and Saskatchewan. It was a reminder that we get to celebrate being Indigenous because of the resilience that our people had to maintain language, culture and ceremonies in spite of the horrors that residential schools has caused. I know this news is difficult for people especially survivors of these schools and their families as the discoveries of the graves has been a trigger. If you are struggling there are supports and a help line to direct you to resources.

The saddest part of this is the realization that this is just the beginning and that there are more children buried in unmarked graves in many of the 139 residential school sites and cemeteries in this country. In the coming days, weeks and months we will hear of new discoveries that will continue to shock us and Canadians as well.

I have read that there will be a delegation of leaders who will meet the Pope in December and are hoping to secure an apology from him and the Catholic Church for the harm and hurt caused by the church run schools. I hope it happens as this is what many have said is needed for closure.

We had a surprise visit from the new Minister of Indian Affairs for the province, Mr. Ian Lafreniere. He was in the region on vacation with his family and asked to come and visit the community and see the progress on the marina and to have an informal discussion on where he and his government could continue to support in the community. It was a short visit but he will be back for a more formal visit when we have the opening of our new marina.



In closing, I just want to remind members that the Census is still happening and if you haven't done so already, please take the time to complete it, especially those households with children. As I've mentioned previously the data from the Census is used by ISC government to allocate funding and resources.

Finally, with school finished and holidays upon us, I know many families who are looking forward to the time off to spend time with family and friends and for many, much needed holidays. With the gradual reopening happening, it looks like we will all have a great summer. While the pandemic is not over, we have come a long way thanks to the hard work we all did together. To ensure we stay on this path, Public Health has identified that getting vaccinated is the best decision we can make, so if you haven't been vaccinated for the first dose please do so as soon as possible and if you need a second dose, book your appointment now and get it done. Have a great summer and stay safe.

Chief Lance Haymond

# KFN Election Results



On Friday June 4th Kebaowek First Nation held an Election for 1 Chief and 3 Councillor positions. Pictured above from left to right ... Councillor Justin Roy, Councillor Gerald Chaput, Chief Lance Haymond and Councillor Verna Polson.

Name of Candidate for Chief	Total Votes Received
Michael Grandlouis	40
Lance Haymond	303
Number of ballots counted: 343	
Number of rejected/spoiled ballots: 12	
Number of ballots received: 355	
Name of Candidate for Councillor	Total Votes Received
Gerald Chaput	212
Kimberly (Kim) Chevrier	60
Doris Hunter	111
Gerald (Buddy) Jawbone	92
Justin (Chummy) McKenzie	13
David McLaren	96
Dennis (Jungo) Perrier	75
Verna Polson	122
Justin Roy	185
Lori Tepiscum	23
Number of ballots cast for Councillor: 353	
Number of rejected ballots for Councillor: 3	

On May 27th, 2021 the world was finally awakened to the genocide that Indigenous children suffered, when the Canadian Government created a law that forced parents to hand over their children to Indian Agents and have the attend Residential School. Although we have heard the horror stories from our ancestors it seemed that the world wasn't ready to accept that more than 150 000 innocent children were being abused and murdered. Needless to say we were all in shock, we needed to find a way to make sense of this terrible tragedy.

On Facebook I saw a post from a woman, Verna Olsen, wanting to make a display, she called it "For the Children Lost" after hearing about the remains found of the 215 children at Kamloops Residential School, in British Columbia. People are mourning and the sorrow that we were experiencing for these 215 innocent children was felt throughout the world. I created a post to request that if people were interested in making a vamp if I would provided the materials and we had 23 people who decided that they would make a vamp to be sent to this woman. I collected the vamps from our local members and sent then to Ms. Olsen in the Yukon. Several people from afar requested a vamp package as well and they accepted the responsibility to send her their vamps when completed.

Miigwetch to everyone who participated, Karen Young, Renee Lemoyne, Jennifer Chevrier, Lisa Chevrier, Mary Down, LouAnn Grandlouis, Lois Grandlouis, Alice McKenzie, Richard McKenzie, Danielle Duguay, Karen Rannou, Roxane McKenzie, Jamie Lee McKenzie, Laura Moore, Jenna Belanger, Joan St. Denis, Lori Ann Jawbone, Anna Lefebvre, Justine Lefebvre, Julie Wabie, Gail Jawbone, Kim Constant, and myself, Rose Jawbone.

It is a small gesture but so meaningful for us to ensure that these acts of genocide cannot take place in the future.



# From the Desk of Employment and Training Service Center

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: May 9th - June 9th, 2021	Min. # of Hours Required	Min. # of Weeks Payable
Kebaowek	14.3%	N/D	N/D	12.1	455	26
Community	Unemployment Rate Stats Can – 2006	Unemployment Rate Stats Can – 2011	Unemployment Rate Stats Can – 2016	Unemployment Rate: June 10th - July 11th, 2021	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 **June 15th, 2021** by the **First Nation Human Resources Development Commission of Quebec (FNHRDCQ)**.

### SUMMER STUDENT EMPLOYMENT 2021

The summer students have started to work. They will be working with the Maintenance Department and will be available to do work for our Elders in the community. Please contact Terry Perrier at 819-627-3455 Extension 216.

### MEET AND GREAT FOR YOUTH AGES 15 TO 35

Employment & Training is preparing to have a Meet & Greet for our youth ages 15 to 35.

You will be introduced to Louis-Philippe Gauthier who has been working with our community to search for training and learning possibilities to have a job outside of the community for our youth.

He would like to meet with our youth to introduce himself and to get to know what the youth in Kebaowek would like to see as their future career or job.

Louis-Philippe will be collecting your information to work towards your job possibilities.

He will return with ideas for steps to start your journey to have a job outside the community or perhaps in the community.

**Please join us on**

**Wednesday July 14th , 2021 at the Community Hall at 2:00 pm**

**Covid-19 Safety Protocols will be in place.**



**CALLING ALL  
YOUTH**

### CARPENTRY COURSE

Long Point First Nation is organizing a DEP in Carpentry in Rouyn at the Polymétier Center (given by an English teacher). They need 18 participants however they only have 12 so far so there are 6 places left. If you are interested in this training for Carpentry, please contact Glenda Moore for more information at 819-627-3455 Ext. 204 or by email at [gmoore@kebaowek.ca](mailto:gmoore@kebaowek.ca). I will be happy to answer your questions.

### **IMPORTANT NOTICE TO OUR URBAN CLIENT COMMUNITY MEMBERS LIVING OUTSIDE THE COMMUNITY**

As of Mid-January our community members who are living outside the community/in an urban city and who are looking to join a Training or Employability measure are asked to contact the Employment and Training Service Center of Val d'Or. The staff will be happy to help you open a file. To reach the Administrative Assistant by email: [sdrhpnqvd@cdrhpnq.gc.ca](mailto:sdrhpnqvd@cdrhpnq.gc.ca), telephone number: 819-874-6605 or fax number: 819-874-6606. Website: [www.cdrhpnq-fnhrdcq.ca](http://www.cdrhpnq-fnhrdcq.ca) or [facebook.com/CSEFVD](https://www.facebook.com/CSEFVD)



## KEBAOWEK MARINA & BOARDWALK PROJECT UPDATE

Completion of project further delayed: We regret to inform the community that the completion of the Marina and Boardwalk project has encountered further delays.

New date for completion and opening of the marina will be the **week of July 12th**.

Due to this delay, we would like to inform all Marina Slip renters that we will be issuing a credit off of next year's dock fees or refund in the form of cheque.

For more information on credit/refund, please contact Karen Young at our Land Management Office, 819-627-3309.

Meegwetch again to all for your understanding and our apologies for the inconvenience these delays may have caused you during the summer boating season.

For more information or questions please contact Justin Roy [jroy@kebaowek.ca](mailto:jroy@kebaowek.ca) 819-627-3309 Ext. 215



**To the Parents of Kebaowek, Kipawa,  
and the Temiscaming Area**

**Are you planning to enter your child into  
JK/SK or PreK Kindergarten in the fall of 2021?**

**If you are please contact Rose Jawbone,  
Education Administrator at 819 627 3455  
or email at [rjawbone@Kebaowek.ca](mailto:rjawbone@Kebaowek.ca)**



## PROPANE SAFETY GUIDELINES

Propane is a safe, clean burning and efficient fuel, but it must be handled properly and safely. Please read and follow these safety guidelines and share them with your family to help keep everyone safe and to reduce the risk of serious and potentially fatal injury, fire or explosion.

Propane (also called LPG – Liquefied Petroleum Gas – or LP gas) is a widely used fuel. To make propane easier to detect in the event of a leak or spill, a chemical compound is added to give it a distinctive smell, like rotten eggs or boiling cabbage. It may be hard for some people to smell propane due to diminished sense of smell or the odour of propane may not be strong enough to awaken a sleeping person. If you are concerned that you or others in your family may have difficulty smelling propane, consider installing a propane leak alarm in any residence, cottage or recreational vehicle using propane-powered appliances. Special 12v propane leak alarms, designed specifically for RVs, are available from specialized retailers.

Severe freeze burns or frostbite can result if propane liquid comes in contact with your skin.

Propane is flammable when mixed with air (oxygen) and can be ignited by many sources, including open flames, smoking materials, electrical sparks and static electricity. Trust your nose; never ignore the smell of propane. Always treat it as an actual leak until confirmed otherwise.

Propane vapours, like gasoline vapours, are heavier than air and may accumulate in low-lying areas such as

basements, crawl spaces, or along floors.

As with any fuel, safety must come first whenever you transport, handle, store or use propane.

### SMALL PROPANE CYLINDER SAFETY

- 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.
  - 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.
  - Never store propane tanks indoors
- or near any heat source.
  - 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.
  - If you discover a propane leak – clear all people from the area – remove any heat sources – if it is safe to do so, turn off the gas supply valve on your propane tank.
  - If your propane cylinder is involved in a fire – clear all people from the area – **call 911**.
  - 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.

# BBQ SAFETY



**Nothing says summer like food straight from the grill!**

*Learn tips and precautions to take to help you grill safely.*

## BBQ Set-Up

- Ensure BBQ is located outside in a well-ventilated area away from the home and structures.
- Ensure the BBQ is set on an even and flat surface.
- Always check the BBQ prior to use to ensure it is in good working order: no loose parts, no cracks, and ensure burners are clean from excess grease and build-up.

## Ignition

- Always open the BBQ lid when lighting the grill.
- If for some reason the BBQ doesn't light right away, keep the lid open, turn off gas and try again in 2-3 minutes.

## Cooking

- Never leave the BBQ unattended.
- Ensure you have a fire extinguisher nearby in case of emergency.
- Keep kids and pets a safe distance away from the grill at all times.
- Wear oven mitts and an apron to keep yourself protected while grilling.
- Always use BBQ utensils to flip food -- never your hand.

## After Use

- Turn off the gas first, then turn off the BBQ itself.
- Turn off the gas first, then turn off the BBQ itself.
- Ensure the grill has fully cooled before covering.

## Wishes for the Month of July



Happy 60th Birthday Linda from your family!

Linda Drouin and her two grandsons ♥♥



Happy birthday to Tori  
Wishing you an extra special day on July 6<sup>th</sup>!!

Love, Mom, Laurier, Kieran & Gage



Happy Birthday Mom

We love you lots ♥  
Eric & Hayden



Happy Birthday Wishes to Donna Goulet who celebrates her special day on July 10<sup>th</sup> !!

Love Mom and Family



Congratulations Candice !!

We so proud of you and wish you nothing but the best when you start college in the fall !!

Love Mom, George (Dad)  
Jacob & Jessica

# A Message from the Health & Social Services Director

## **KFN REACHES 75% VACCINATION RATE**

Kwe to all members of Kebaowek First Nation. Like the subtitle above mentions, we have attained what we hoped for as per the vaccination coverage for our community. We can all be very proud of this accomplishment. We can look forward to a decent summer where numerous activities can be held and we can be with our friends and family who were kept at bay from the Pandemic restrictions.

Added to the Green zone as of June 28TH, a maximum of 20 people will be permitted for outdoor gatherings and a maximum of 10 people from different addresses or the occupants from 3 households is permitted for indoor private gatherings. The reception following the wedding ceremony is limited to 25 people if it takes place indoors, and to 50 people if it takes place outdoors.

Statistically, our region of Abitibi-Temiscamingue has had one new cases in the last 7 days. We don't have anyone hospitalized for Covid-19 and the numbers across the entire Quebec province continue to decline. Quebec seems to have vaccinated about 80% of its population with at least 1 dose and are working hard to get everyone a second dose before the end of August. There is still a callout to get vaccinated for those in the 18 to 40 year old bracket as their numbers are not quite where they should be.

The CLSC in Temmising continues to offer vaccinations against Covid-19 for everyone 12 and up every Monday and Tuesday by appointment from 9am to 6pm and every second weekend.

Moving forward in the Green level of alert reminds us that we are not done with this virus and certain sanitary measure still need to be applied.

- Washing your hands frequently and using hand sanitizer when soap and water are not available
- Wearing a face mask when the 2m distance is not applicable outside your bubble.
- Coughing in the crook of your elbow
- Adhering to safety protocols in public places like wearing your mask
- Getting tested if you develop flu like symptoms.
- Getting vaccinated if you haven't already.

It remains important to remember that symptoms monitoring is 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 that you exhibit symptoms compatible with those of Covid-19, you can call the Health Center from Monday to Thursday to set up an appointment with the Nursing personnel. It is only after you have spoken to a Nurse that we can set you up with a time to get tested. You will need to call the telephone line: 819 644-4545 or (833) 525-5858 outside our office hours from Monday to Thursday or if our holiday season has put us short of personnel. This is very important if we want to limit the spread of Covid-19 amongst our communities.

Please consult the Quebec government's website for detailed information on the measure applying to our current Green level.

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progressive-regional-alert-and-intervention-system/map-of-covid-19-alert-levels-by-region>

## **Meetings Held During June via Zoom**

- Kebaowek Emergency Response Group
- FN of QC Health & Social Services Directors
- Drumbeat Radio Public Information Announcement
- CISSSAT Board of Directors & Verifications Meetings
- Public Health Department at CISSSAT with English FN's
- First Nations with INSPQ (National institute for QC Public Health)
- Coalition for English Speaking First Nations of Quebec

## **Quotes About Hard Work and Rest**

"I'm a great believer in luck, and I find the harder I work the more I have of it." ~ Thomas Jefferson ~

"Hard work beats talent when talent doesn't work hard."  
~Tim Notke ~

" Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time."  
~ John Lubbock ~

"As important as it is to have a plan for doing work, it is perhaps more important to have a plan for rest, relaxation, self-care, and sleep." ~ Akiroq Brost ~

# Health Center Notes and Information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WALK IN CLINIC 9:00 AM - 12:00 PM	<b>LABS/BLOODWORK</b> <b>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</b> <b>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 9:00 AM - 12:00 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**



Starting from June 28, 2021, all regions will move to the new green zone

### Easing of measures in the new green zone

#### Private outdoor gatherings and terraces:



- a maximum of 20 people on private outdoor lots;
- a maximum of 20 people can be seated at the same table on restaurant and bar terraces.



It is worth noting that in the green zone a maximum of 10 people or the occupants of three different residences can assemble inside private homes.

Weddings and funerals can be held in indoor and outdoor public spaces with a maximum of 250 people, who must remain seated.

[Quebec.ca/reopeningplan](https://Quebec.ca/reopeningplan)

1 877 644-4545

Votre gouvernement

Québec

# Medical Transportation and NIHB

## Medical Transportation After Hours Schedule

SUNDAY	MONDAY - TUESDAY - WEDNESDAY - THURSDAY	FRIDAY	SATURDAY
<p><b>HOURS</b></p> <p>8:30 AM - 12:30 PM</p> <p>CALL 819-627-6887</p>	<p><b>AFTER HOURS</b></p> <p>4:30 PM - 8:30 P.M. CALL 819-627-6887</p>	<p><b>HOURS</b></p> <p>12:00 PM - 5:00 PM</p> <p>CALL 819-627-6887</p>	<p><b>HOURS</b></p> <p>8:30 AM - 12:30 PM</p> <p>CALL 819-627-6887</p>

### **IMPORTANT MEDICAL TRANSPORTATION SCHEDULE CHANGES FOR JULY AND AUGUST OFFICE CLOSURES**

Medical transportation to the Temiscaming hospital emergency department is available during the following office closures: Unless prior arrangements have been made, during the specified hours, you will need to call 819-627-6887.

Thursday July 1, 2021 (Canada Day): The office is closed at noon. Medical Transportation available 12 pm – 8:30 pm

Friday July 2, 2021: The office is closed. Medical Transportation available 8:30 am – 12:30 pm

Monday August 2nd, 2021 (Civic Holiday): The office is closed. Medical Transportation available 8:30 am – 12:30 pm

**If you have scheduled appointments, we ask that you please contact us as soon as possible to book arrangements.**

### 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.

- 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.

### 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.

### 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 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.

# Medical Transportation and NIHB

In July of 2020 NIHB launched new claims processing system and services via Express Scripts Canada as described below. I've added this information again for people who haven't taken a look at this yet. On the Welcome page shown below, you can click on Client to get to the Client Benefits where you can create a web account. It's fairly easy and they provide contact information if you need help. There is also a small YouTube video (The link is right in the middle of the page under "Need help with the web-site") that can be watched to give an idea of the web account and what can be done online.

- Express Scripts Canada has been providing claims processing services to the program for dental, pharmacy and medical supplies and equipment benefits since 2009
- Vision care and mental health counselling benefit claims will also begin to be processed by Express Scripts' new system
- **Express Scripts Canada will not process medical transportation benefits**, which continue to be administered by NIHB
- Client reimbursement requests for pharmacy, dental, MS&E, vision care and mental health counselling benefits should be sent to Express Scripts, once the new system is launched
- Express Scripts will provide the NIHB program and clients with a number of new tools and features, including:
  - online services, such as claims history and

submission, through secure, web-based client and provider accounts

- call centre support
- an improved and accessible on-line drug benefit list, updated daily
- Detailed information will be available on this page after the launch of the new system
- Contact NIHB with any questions

## NIHB CLIENT INQUIRIES

**Email** [sac.nihb-ssna.isc@canada.ca](mailto: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](mailto: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](mailto: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](mailto:sac.sasknihb_inquiries.isc@canada.ca)

The screenshot shows the Express Scripts website for providers. The header includes the Express Scripts logo and navigation links for Provider, Client, About Us, Alerts, Reports, and Contact Us. A 'Log In' button is visible. The main content area features a 'Welcome to the Non-Insured Health Benefits (NIHB) Program' section with a brief description and a 'Government of Canada website' link. Below this is a 'I am a' section with buttons for 'Provider' and 'Client'. The footer contains 'Quick Links' for various services like Dental, Vision Care, and Pharmacy, along with contact information for help and support.

The screenshot shows the Express Scripts website for clients. The header is similar to the provider page. The main content area features a 'Client Benefits' section with a 'Select the section you would like to view' dropdown menu. Below this are four main sections: 'Policy and Program Information', 'Benefit Lists and Guides', 'Updates and Announcements', and 'NIHB Client Reimbursement'. A prominent orange button at the bottom says 'Create Web Account' with the text 'Set up an account to view and submit claims online.'

# 5 Risks When Drinking Alcohol in the Summer Sun

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Summer is a great time to get outside and enjoy the outdoors by going to the beach or pool, taking the boat out, or attending a backyard barbecue. However, many of these fun warm weather activities include drinking alcoholic beverages, and this can be a dangerous mix. Drinking impairs both physical and mental abilities, and also decreases inhibitions and the ability to make decisions. Heat and sun exposure can further amplify these effects which can lead to disastrous consequences such as injury on the water or on the road.

## 1. Dehydration

One of the main risks of drinking out in the summer sun is dehydration. Alcohol consumption can cause an onset of dehydration more easily due to the fact that it is a diuretic, meaning it rids the body of more fluid than it takes in. When hot weather is accompanied by heavy drinking, your body temperature begins to rise faster than if you weren't drinking, and you start to sweat more – perspiration helps cool the body.

Then, alcohol further dehydrates you because it causes you to both urinate and perspire more than normal. Excess consumption of alcohol can also irritate the stomach and result in vomiting, which further depletes the body of much needed fluid and heightens the risk of dehydration.

Mild dehydration can be treated by drinking large amounts of hydrating fluids such as water or sports drinks. However, moderate-to-severe dehydration often requires immediate medical attention and intravenous fluids.

## 2. Heat Stroke

In addition to dehydration, another serious heat-related illness that can happen when drinking outside for extended periods of time is heat stroke. Heat stroke occurs when the body is unable to regulate its temperature. The human body produces a large amount of internal heat that is normally cooled by perspiration. If the body lacks enough fluids to make this process work (due to excessive drinking), you're unable to sweat enough to cool yourself down. Being out in the hot summer sun without a way to regulate your temperature can cause it to rise to dangerously high levels.

Symptoms of heat stroke include headache, dizziness, disorientation, confusion, loss of consciousness, hallucinations, seizures and several other serious symptoms similar to those of dehydration. Immediate cooling and replenishment of fluids is necessary to help relieve symptoms and prevent permanent damage.

## 3. Drowning

During a hot summer's day, a dip in the pool, lake, or ocean may seem like the ideal way to cool down; however, it can be deadly when alcohol is involved. According to the World Health Organization (WHO), alcohol use contributes to at least 20 percent of all adult drowning deaths each year.

Alcohol suppresses the body's gag reflex, which means that drinking can increase your risk of drowning if you start to struggle in the water. You may also become disoriented and have trouble figuring out which way to go to get out of the water and back to the shore or edge of the pool. Additionally, alcohol impairs judgment and increases risk-taking behavior. Intoxicated swimmers may misjudge swimming distances and venture out further than they realize, struggling to get back to safety. Alcohol also reduces coordination and impairs reaction time, which increases the likelihood of slipping or falling near pools and other bodies of water.

## 4. Boating Accidents

Nearly one-third of all boating fatalities involve alcohol use. Alcohol causes loss of coordination and balance, which is critical when on a boat. At least one in four boating fatalities is a result of a passenger simply falling overboard and drowning. Alcohol also reduces inhibitions, causing normally cautious people to try stunts such as driving at high speeds or engage in high-risk situations that a sober person would avoid like driving too close to another boating vessel.

Furthermore, alcohol consumption severely diminishes your reaction time and ability to respond to different situations at once. It takes longer to receive information from your eyes, ears and other senses, and to react once that information is received. All of this increases the chance of a boating accident.

## 5. Car Accidents

The summer months see a substantial increase in both alcohol-involved crashes and DUIs, especially around holiday weekends. It's a time of year when many families take vacations and may be traveling unfamiliar routes, which can increase the chance of a crash when intoxicated drivers are on the road. Young drivers are also more likely to engage in drunk driving during the months between Victoria Day and Labor Day.

Summer fun can quickly come to an end when alcohol is involved. If you do decide to have a drink, limit yourself and try to stay somewhere cool and away from the water.

# SUMMER schedule

## MAKE IT MONDAY

CRAFT · SEW · BAKE  
COOK · DIY · PAINT

## THINKING TUESDAY

LEARNING PRINTABLES · QUIET BOOKS  
STEM PROJECTS · SCIENCE EXPERIMENTS

## WATER DAY WEDNESDAY

GO TO THE LAKE · VISIT A POND  
GO SWIMMING · GO TO THE BEACH  
PLAY WITH WATER BALLOONS, SPRINKLERS,  
SQUIRT GUNS, OR SET UP A SLIP AND SLIDE

## TAKE A TRIP THURSDAY

GO ON A SCAVENGER HUNT  
BOWLING · LIBRARY · SPLASH PAD  
ZOO · MUSEUM · PARK · PLAYGROUND

## FUN DAY FRIDAY

FAMILY PICNIC · MOVIE DAY AT HOME  
LEMONADE STAND · CAMP IN THE BACKYARD  
PLAY DATE · LIBRARY STORY TIME · TEA PARTY

## SELFLESS SATURDAY

DO SOMETHING NICE FOR YOUR PARENTS  
HELP A NEIGHBOR · WALK THE DOG · VOLUNTEER

## SPONTANEOUS SUNDAY

KIDS DECIDE WHAT TO DO.

PRINTABLESFAIRY.COM

# New schedule for the zoom sharing circles

English circles

YOU ARE  
NOT ALONE!

Monday: 1:00 pm

Thursday: 7:30 pm

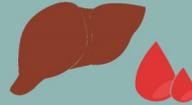
ZOOM ID: 622 814 1392



## HEP YES, Hepatitis C can be Treated and Cured

Hepatitis C is a liver disease caused by the hepatitis C virus.

### FACTS ABOUT HEPATITIS C



44%

of those living with hepatitis C are unaware of their infection



67%

of Canadians reported never being tested for hepatitis C\*



44%

of Canadians reported that their most recent test was > 5 years ago\*

You could have hepatitis C and not have any signs or symptoms

### PROTECT YOURSELF. KNOW YOUR RISK.

You may be at risk if you:



Shared drug-use equipment, even once



Had a tattoo or piercing done where non-sterile equipment is used



Shared personal care items (e.g. razor or toothbrush)



Lived in a region where hepatitis C is common



Were exposed to blood during sexual activity



Received a blood transfusion or blood products before 1992

### THERE IS NO VACCINE FOR HEPATITIS C

BUT, did you know?



Hepatitis C can be treated with medication that has cure rates >90%



Earlier diagnosis and treatment lead to better health outcomes



Early treatment may even prevent liver disease, liver cancer, or cirrhosis



Testing is quick and simple with a blood test  
ASK your HEALTHCARE PROVIDER for a test, if you think you could have hepatitis C

The best way to know is to get tested

To learn more about how to protect yourself and where you can get tested:

Visit [Canada.ca](http://Canada.ca) and search hepatitis C

\*As reported in the Canadians' Awareness, Knowledge, and Attitudes Related to Sexually Transmitted and Blood-Borne Infections: 2018 Findings Report

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Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

# July 5th is National Injury Prevention Day

**Injury prevention is critical to saving lives: Did you know that unintentional injury is the No. 1 cause of death of Canadians ages 1 to 34? Or that injury costs the Canadian economy \$29.4 billion a year?**

## **QUICK FACTS**

- Every day, 48 Canadians die and 634 are hospitalized because of injuries.
- Preventable injury kills more Canadian children than any disease, and more youth than all other causes combined.
- 75 per cent of injury-related deaths are from unintentional causes, such as falls, car crashes and poisonings.
- Falls are the leading cause of injury deaths, hospitalizations, emergency department visits and disabilities in Canada.

## **FALLS IN SENIORS**

Falls are the No. 1 reason for injury-related hospitalizations for older adults and in Canada, more than 1.6 million seniors fall each year. Almost half experience serious injuries, such as fractures and sprains; falls cause 95 per cent of hip fractures in those over 65. Close to 20 per cent of seniors die within one year of a fall.

Our bodies naturally change with age, and these changes affect the way we feel, move, and behave. A fall can have a devastating and lasting impact on a person, resulting in injury, chronic pain and a reduced quality of life. Even without an injury, a fall can cause an older adult to lose confidence and reduce their activities. The good news is that there are actions you can take to prevent falls.

Check out our resources section below to find information on how to assess risk, how to prevent a fall, how to get up safely after a fall, falls and their connection to various issues such as vision, medication, chronic diseases, cognitive impairment, and more.

## **KEY STRATEGIES TO PREVENT FALLS**

These are the most effective steps you can take to prevent a fall, as assessed by the Public Health Agency of Canada and Finding Balance, a program for seniors and caregivers created by the Injury Prevention Centre at the University of

Alberta.

- Exercise: challenge your balance and build strength.
- Get enough sleep.
- Take your time: don't rush when walking or getting up.
- Balance your body through good nutrition and hydration.
- Get your sight and hearing checked regularly.
- Manage your medications and review them regularly with your pharmacist or doctor as some may make you prone to dizziness and falling.
- Wear well-fitting, sturdy shoes.
- Consider using a cane or other mobility device if needed.
- Maintain proper use of eyeglasses and hearing aids.
- In your home
  - Make sure you have proper lighting in hallways, stairs, and walkways as well as in the bedroom and bathroom.
  - Keep stairs free of clutter and exterior stairs and walkways free of clutter, ice or snow.
  - Install hand rails along stairs and safety grab bars in the bathroom.
  - Check your home for slipping and tripping hazards, and use non-slip mats or rugs.
  - Ensure regularly used items are within reach.

## **FALLS IN CHILDREN**

Falling is a normal part of development as children walk, climb, run, jump, play and explore their environment. While most falls in children don't cause serious injury, nearly 4,000 children from birth to 9 years were admitted to a hospital as a result of a fall in 2018/19. As children grow older, where they fall changes.

- Infants and young toddlers typically fall around the home – from furniture, beds, change tables, high chairs or down the stairs.
- Older toddlers tend to fall while walking, running or crawling around the house.
- Children between 5 and 9 years of age most often fall at playgrounds.

# July 5th is National Injury Prevention Day

## IN THE HOME

Home should be a safe place for children to learn and grow. However, most fall-related injuries to children under five happen in the home. Children are vulnerable in this environment because heights, space and structures are built for adult use and comfort, often creating hazards for children. Children also have a natural curiosity about their environment and love to explore.

### Here's how to fall proof your home for children ...

Follow these tips to keep your kids safe from falls in the home

- *Get on your child's level!* Take time to get down on the ground and look around to see the world through your child's eyes to identify hazards around your home.
- *Buckle your child in their high chair or stroller every time.* This will prevent your child from falling out as they move, wiggle and reach.



- *Always set car seats and other carriers down on the floor, never on top of furniture.*
- *Always keep one hand on your child when they are on a high surface, such as a changing table or other furniture, to prevent them from falling to the ground.*
- *Never use a baby walker with wheels – use stationary activity centers instead.* Baby walkers with wheels are banned for sale in Canada because they put children at serious risk of falling down stairs and getting to areas of the home they wouldn't normally be able to reach.
- *Use stair gates in your home.* Always use hardware mount gates at the top of stairs. Pressure mount gates can be used at the bottom of stairs. Install gates properly, according to the manufacturer's instructions

and with locking mechanisms placed on the side away from the child. Use the correct gates. Once your child's chin is in line with the top of the gate or when they are two years old, the gate is no longer effective.

## PRODUCT SAFETY

Survey results show that most Canadians believe that, if a product is available for sale, it is safe or has been tested for safety. But this is not always the case in Canada, particularly for children's products. In fact, many consumer products, including many children's products, do not have to meet any standards or regulations.

The result is an increasing risk of product-related injuries to children and youth due to their age, cognitive abilities and developmental stage. Injuries from the use of consumer products are common, often serious and sometimes fatal.

### Regulation of Products in Canada

The federal government's Canada Consumer Product Safety Act, created in 2010, is meant to protect the public by addressing or preventing dangers to human health or safety posed by consumer products in Canada. Says the act's summary: It "applies to suppliers of consumer products in Canada, including manufacturers, importers, distributors, advertisers and retailers."

### Health Canada and Consumer Product Safety

Health Canada provides information and services on incident reporting, recalls and alerts, cosmetic information, product safety education and consumer product requirements. On the Consumer Products and Cosmetics website, you can:

- Check for product recalls. The website lists products recalled by the manufacturer due to concerns with safety.
- Find more information on the safety and requirements of consumer products.
- Report an incident where a consumer product or cosmetic caused an injury.
- Report an unsafe product if you are out shopping and see a product you think is a concern or is banned, such as yo-yo balls or baby walkers.

<https://www.canada.ca/en/health-canada/services/consumer-product-safety.html>



## DO NOT FORGET

### Protect Your Eyes With Sunglasses

Sunlight reflecting off sand, water, or even snow, further increases exposure to UV radiation and increases your risk of developing eye problems. Certain sunglasses can help protect your eyes.

#### When using sunglasses:

- Choose sunglasses with a UV400 rating or "100% UV protection" on the label. These sunglasses block more than 99% of UVA and UVB radiation and provide the most protection against UV rays.
- Do not mistake dark-tinted sunglasses as having UV protection. The darkness of the lens does not indicate its ability to shield your eyes from UV rays. Many sunglasses with light-colored tints – such as green, amber, red, and gray – can offer the same UV protection as very dark lenses.
- Check to see if your tinted glasses have UV protection. If you are unsure, your eye care professional may be able to check for you. When you wear tinted glasses, your pupils dilate and can increase exposure of your retinas to UV light. Without UV protection, you are putting yourself at risk to harmful effects associated with solar radiation.
- Be aware that children should wear sunglasses that indicate the UV protection level. Toy sunglasses may not have UV protection; so be sure to look for the UV protection label.
- Consider large, wraparound-style frames, which may provide more UV protection because they cover the entire eye socket.
- Know that pricier sunglasses don't ensure greater UV protection.
- Even if you wear UV absorbing contact lenses, wear quality sunglasses that offer UV protection.
- Even when you wear sunglasses, wearing a wide-brim hat and sunscreen can help further protect you from sun exposure.

# **YOUTH HUNTER'S POINT CAMPING TRIP**

**July 18th - 23rd, 2021**



**OUR 20TH YEAR GOING TO HUNTER'S POINT !!**

**LEAVING SUNDAY JULY 18TH AT 1:30 PM AND RETURNING FRIDAY JULY 23RD AT 12:00 PM**

**GREAT NEWS EVERYONE ... WE ARE EXCITED TO BE PLANNING OUR ANNUAL TRIP TO HUNTER'S POINT FOR THE YOUTH. WE ARE HAPPY TO BE GOING BACK TO OUR TRADITIONAL LANDS TO HAVE A WEEK FULL OF ACTIVITES !! LIMITED SPOTS AVAILABLE !! YOU CAN SEND YOU CHILD OR COME AS A FAMILY FOR ALL OR PART OF THE TRIP !!**

**A LIST WILL BE GIVEN TO THE PARENT UPON REGISTRATION SO YOU KNOW WHAT TO SEND WITH YOUR CHILD(REN). DEADLINE TO REGISTER IS TUESDAY JULY 13TH. PLEASE CALL LYNN OR MITCH AT THE HEALTH CENTER 819-627-9060**



**SUBJECT TO  
CANCELLATION IF  
REQUIRED BY  
PUBLIC HEALTH**

**COVID-19 HEALTH  
PROTOCOLS WILL  
BE RESPECTED**



# Early Literacy ... Getting Ready to Read

Babies are born able to process language. In the early years, they become increasingly aware of the language we use and start to use it themselves. Reading, talking and singing with them helps to build their understanding of the language they'll come to use themselves. Reading in particular helps them understand how text works and positions them to increase their language and literacy skills throughout their lives. This early phase, before children are conventional readers is called the Early Literacy Phase. Many people believe that children learn to read and write in kindergarten or first grade. However, the foundation for literacy skills is laid years before children enter school.



Eventually the baby learns to understand certain patterns of sounds and tries to reproduce them, which marks the beginning of personal expression and two-way communication. Reading books aloud, showing pictures, and letting even infants handle written materials encourages to the child to learn visual recognition and to identify what she hears with what she sees.

Parents may not always think of giving books to infants, but even young infants can visually attend to book pages with black-and-white patterns or with bright, contrasting colors for short periods of time.

No one expects an infant to read, but simply having a book in her hands can start the process of getting familiar with books and reading materials. Although a 9- to 12-month-old may chew on a book or bang it on the floor, parents should still encourage children by including books in their repertoire of play objects. The same goes for reading to younger infants and toddlers. Parents need to be reminded of the power their voice has, and how their own babies will prefer to attend to their parent's voice, given the opportunity, over other noises — such as a television.

An important and normal part of developing early literacy skills for very young children is repetition. Sure, they may want to read the same storybook or look at the same pictures over and over. But this activity is actually “hard-wiring” their brains and providing consistent stimulation for language development, the cornerstone of literacy.

## What are Early Literary Skills?

Children learn many important things during the early literacy phase. They:

- Build vocabulary
- Learn how our language works and use it to tell stories, share ideas and ask questions
- Learn how to handle and use books as well as learning about different types of books like stories, fact books, poetry, cookbooks, etc.
- Begin to write through drawing and scribbling
- Play with the sounds of language through songs, rhymes and tongue twisters
- Build their knowledge of the world around them
- Understand letter-sound connections
- Develop a love of literacy (reading and writing)

## Babies, Toddlers and Early Reading

In light of a child's need for early and frequent brain stimulation, there are several important steps parents and caregivers can take to help a child's brain and language skills develop.

Engaging a child's senses is very important right from birth. Singing, rhyming, and talking are very important. Babies develop listening skills and an interest in sounds and words from this activity.

Lynn Grandlouis  
MCH/Head Start Program Worker  
Special Needs Educator



MCH/PALS Activities will be posted on our Facebook pages please keep your eye out for the RSVP dates.

You can see more information on page 17 of the Newsletter !!

# THE SPEECH CORNER

BY TARA GLICKMAN

SPEECH-LANGUAGE PATHOLOGIST, S-LP (C), REG. CASLPO, OOAQ  
ORTHOPHONIE CONSTELLATION SPEECH THERAPY



## SUMMERTIME SPEECH

To celebrate the end of the school year and the official start of summer, I thought it would be fun to play some speech and language rich games. I put this short activity sheet together to get kids of all ages thinking, playing, moving and having fun. While doing these activities, here are a few of the speech, language and thinking skills you are building:

- Vocabulary
- Categories and relationships
- Concepts
- Literacy skills (reading and writing)
- Self-monitoring (keeping track of what's done, what's left, what's missing)
- Problem-solving



## CONTEST FUN

Scan or take a picture of your completed activity page and DM it to the Kebaowek Health and Wellness Center Facebook page for your chance to win a \$50 gift card to Indigo!

Contest closes August 2, 2021.

Let's explore opposites. Look around your house (or outside) for something:

Heavy: \_\_\_\_\_

Light: \_\_\_\_\_

Big: \_\_\_\_\_

Small: \_\_\_\_\_

Hot: \_\_\_\_\_

Cold: \_\_\_\_\_

Go outside and find 5 things that are alive (e.g., plants, people, animals):

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Write out the letters of your first name. Think of a food, plant or animal that begins with each letter (e.g., here's mine for 'Tara': T=Turtle, A=Apple, R=Rabbit, A=Avocado)



Speech Therapy



tara@constellationspeechtherapy.ca



(514) 400-4551

# Creating Deep Connections in Crisis

If you know someone who feels depressed or suicidal, there are things you can do to help dissuade them from following through on their suicidal ideation.

**Here are five different ways to create deep connections and resonance with those who need it most.**

## Listen like nobody else

It is really easy to let your own emotions get in the way when speaking to someone you care about who doesn't feel like there is any point in them existing.

When we let our emotions get in the way, we go into 'fix-it' or 'make it better' mode. This does nothing except make you like everyone else: unable to hear their thoughts and be with their feelings, which they are so desperately trying to escape themselves.

Most people who are idealizing suicide are longing for deep connection, to know people care about them and to know that they are cared about. When you start trying to fix things you stop listening and are searching for answers. That creates disconnection.

## Acknowledge them

When someone is sharing their pain and despair, acknowledge it.

Thank them for sharing it with you. You will likely surprise them, because often people who are suicidal don't want to tell anyone for fear of burdening them with their negativity. When you thank them, you open up the door to more sharing.

Acknowledge the 'suck' they are talking about. If they tell you they went through a horrible, painful experience like abuse or divorce, tell them how much that must have sucked, and that

you're not surprised that they feel so bad about it. It validates their feelings; not as a way to keep them feeling that way, but instead for them to know that it's okay to feel that way.

## Find out what is important to them

Values are the things that we hold most sacred to ourselves. They are personal and unique to all of us. When someone is telling you their struggles and pain, listen for their values.

I once sat with a friend who was about to take his life. He felt like he had failed his family, friends and that he was going to hell for all the pain he'd caused. Just listening to him I heard religion was important to him and we started talking about his faith and forgiveness. Religion is not something that is important to me, but this was not about me. This was about him, his needs, and how he felt.

We talked at length about God and religion, and discussed how religion teaches about forgiveness as much as punishment. We talked about what was important to him about his faith, and then I spoke to those values. I also told him that if he decided against taking his life, I would be there to reconnect him to his values when he got lost and overwhelmed. I also told him that if he did try to kill himself, I'd still be there with him and wouldn't abandon him, so he'd see that at least one person cares about him.

## Be there for them no matter what

When someone shares their feelings with you, they may fear that you'll abandon them like other people in their life have. They feel like a burden.

Keep reassuring them that you will be there for them if they decide to carry on. Be there as someone to listen, be

there as someone to go with them to see a doctor, or be there to keep them company.

## Don't underestimate companionships

When someone feels lost and like ending their life, there is often a longing to not feel alone. Your company and desire to be there can be the most magical medicine. You don't even have to say anything. If you can be completely relaxed and just be there, you're winning a big battle.

In our digital age, it is often hard to remember what compassion and care look like their raw forms, since so much of our lives are on social media where cries for help get emoji reactions without any substance.

Physical connection cannot be replaced by emails, online messages, or texts. It is something that requires you to be present. It is a human craving to feel connected to others, and no amount of social media or online forums can make up for physical presence with someone.

Nurture it and honour the need. It saves people's lives.

The most important part of being there for someone who is in need is being able to just 'be'. Be peaceful, listen, be calm, and be present. The chaos will calm when you do.

Important note – if you are supporting someone with mental health issues or who is suicidal, do not forget to look after yourself. Find someone you can talk to – you do not have to do it alone either, and it can be mentally exhausting helping people no matter how much you want to be there.

<https://sossafetymagazine.com/health-and-well-being/creating-deep-connections-in-crisis/>

# PALS: UPCOMING Activities

# SUMMER

<p><b>Week of July 5th</b> Fruit Kabobs Register by July 1st</p>		<p><b>Week of July 19th</b> Tye Dye Register by July 16th</p>
<p><b>Week of Aug 2nd</b> Badminton Register by July 30th *leave msg @ FLS*</p>		<p><b>Week of Aug 16th</b> Scavenger Hunt 'Medicines' Register by Aug 13th</p>

PALS is for parents with children aged 0-9 years. Parents must register their families to receive the kits by the Friday before the scheduled activity. Kits will be delivered on reserve, however if you live off-reserve you can pick up the kit at First Line.

For more information and/or to register contact Darlene 819-627-9877 or Lynn 819-627-9060

# Mini-Pals is back!

In the basement of First Line Services

Tuesdays (0-2 years) 9:30 am - 11:00 am	Wednesdays (3-5 years) 9:30 am - 11:00 am
--	--

Mini-Pals is for parents or caregivers to interact and build skills with their children aged 0-5 through play, while allowing families to connect with one another. Coffee/tea/water and snacks will be available!



Explore! Discover! Grow! Enrich!

For more information contact First Line Services 819-627-9877.

## KFLS YOUTH GROUP

# FEEL GOOD THURSDAY'S

ALL SUMMER ENDS AUG. 26

HOW IT WORKS

- CHOOSE A FEEL GOOD TASK
- COMPLETE THE TASK
- GET REWARDED!

IT'S THAT SIMPLE!

**STARTS THURSDAY JULY 15TH**  
**EVERY THURSDAY @ 1 PM**  
MUST MEET AT FIRST LINE SERVICES TO BE ASSIGNED YOUR TASK.

FOR MORE INFO PLEASE CALL AMANDA - FIRST LINE SERVICES 819-627-9877

# SENIOR SOCIAL



**DATES:**  
**WEDNESDAY JULY 14, 2021**  
**THURSDAY JULY 15, 2021**  
**TUESDAY JULY 28, 2021**  
**WEDNESDAY JULY 29, 2021**

Time: 1:15 pm to 3:15 pm  
 Place: First Line Basement

Snacks, Tea and Coffee will be provided!!

Please remember to call Shelly 819-627-9877 to reserve your spot. You may only sign up for one of the days during the same week. Masks will be mandatory and all sanitary measures will be in place including social distancing. We hope to see you there!

## Snack Time for Elders 55+



We will be providing all supplies to create this healthy snack and we will deliver it to your house the day of for you to make at home.

**Snack and Date of Delivery:**  
**Tuesday July 13th, 2021 (10 am - 11 am)**  
**Frozen Yogurt & Berries**

**Dates to sign up by:**  
**July 9th, 2021 by 12:00 pm**

It's important to call for each snack time to ensure your name is on the list.  
 Please call Shelly @ 819-627-9877 to sign up or if you have any questions or need more information.



## Community Kitchen

**On the Menu:**  
 Grilled Steak Fajitas



Done through zoom!  
 You will receive the Zoom ID the day of.

<p><b>Tuesday July 13th</b></p> <p>2:00 pm - 3:30 pm                  You must register by Friday July 9th @ noon.</p> <p>Food will be delivered by 1:30 pm and Zoom will start at 2:00 pm</p>	<p><b>Monday July 19th</b></p> <p>4:45 pm - 6:00 pm                  You must register by Friday July 16th @ noon.</p> <p>Food will be delivered by 4:00 pm and Zoom will start at 4:45 pm</p>
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To register ... call Darlene @ 819-627-9877

A SPECIAL PROJECT WITH  
 ENTRAINMENT INTELLIGENT TRAINING

# Let's Get Fit!

MIND ~ BODY ~ SPIRIT



Limited spots available!

Upon registration, you will have access to any zoom class with E.I.T (Joanie). Registration is done monthly, so you must sign-up at the beginning of each month. Must provide proof of class attendance (send photo of before, during or after each class).

**YOU'LL HAVE ACCESS TO:**

- Pre-recorded and live zoom classes such as: pilates (beginner and intermediate level), Fitness (a mix of body weight, tabata, cardio classes)



For more information and/or to register call Darlene @ 819-627-9877.



## 2021 Medicine Cabinet Clean Up Contest

Don't forget to drop off your expired medications or medications you no longer use to the Health Center and have a chance to win a prize.

This includes any prescription drugs and/or over-the-counter medication that you may have such as pills, cough syrup, cold remedies and blister packs.

If you need help or if you have any questions please do not hesitate to call the Kebaowek Health and Wellness Center for help.

For each bottle of medication brought in for disposal, you will have your name entered in a draw for a chance to win a \$100 Gift Card.

*Drugs that are thrown in the garbage can be retrieved by others and sold, while flushing medications can potentially contaminate the water supply. By safely disposing, you will help prevent poisoning, misuse and overdose in our community.*

All medications must be dropped off before 12:00 pm on Friday December 10th, 2021 to be eligible for the draw.  
**THIS CONTEST WILL RUN ALL YEAR !!**

# Meals On Wheels

With the warmer weather coming we are asking if you are not home at the delivery time, please leave a cooler outside for your meal.

### Meals on Wheels Dates for July

Wednesday July 7th ... Delivery between 2 pm - 3 pm  
Wednesday July 21st ... Delivery between 2 pm - 3 pm

### Meals on Wheels Dates for August

Thursday August 5th ... Delivery between 2 pm - 3 pm  
Wednesday August 18th ... Delivery between 2 pm - 3 pm

## Psychologist Services

For Kebaowek First Nation

Arlene Laliberte is a clinical psychologist from Timiskaming First Nation.

Due to the safety regulations put in place by Public Health, she will be offering her services over the phone.

If you would like to book an appointment, call Darlene @ 819-627-9877 or by email [darmclaren@kebaowek.ca](mailto:darmclaren@kebaowek.ca)

KEBAOWEK FIRST NATION

# FOOD BANK

KEBAOWEK FOOD BANK HOURS

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

THE FOOD BANK WILL BE BY APPOINTMENT ONLY !!

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

# Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2021				1	2 <b>KFN OFFICES ARE CLOSED FOR CANADA DAY THURSDAY AT 12 PM AND FRIDAY AM</b>	3
4 <u>HOLIDAYS</u> Virginia McMartin Mitchell McMartin Priscillia Durocher Amanda Joly	5 <u>HOLIDAYS</u> Stacey McBride Jennifer Presseault Joan St-Denis Jamie-Lee McKenzie	6 Mini-Pals	7 Mini-Pals Meals on Wheels	8	9	10
11 <u>HOLIDAYS</u> Roxane McKenzie Tina Chevrier Stacey McBride Karleigh Miness	12 <u>HOLIDAYS</u> Billy Trepanier	13 Mini-Pals Snack Time For Elder's Community Kitchen	14 Mini-Pals Senior Social	15 Senior Social	16	17
18 <u>HOLIDAYS</u> Glenda Moore Tina Chevrier Bonnie Down Priscillia Durocher	19 Community Kitchen	20 Mini-Pals	21 Mini-Pals Meals on Wheels	22	23	24
◀◀ <b>YOUTH ANNUAL HUNTER'S POINT CAMPING TRIP</b> ▶▶						
25 <u>HOLIDAYS</u> Roxane McKenzie Glenda Moore Priscillia Durocher Darlene McLaren	26 <u>HOLIDAYS</u> Shelly Grandlouis Bonnie Down Mitchell McMartin Lynn Grandlouis	27 Mini-Pals  <u>HOLIDAYS</u> Billy Trepanier	28 Mini-Pals Senior Social	29 Senior Social	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>HOLIDAYS</u> Donna Pariseau Darlene McLaren Tina Chevrier Jennifer Presseault	2 <b>KFN OFFICES ARE CLOSED FOR CIVIC HOLIDAY</b>	3 Mini-Pals  <u>HOLIDAYS</u> Donna Pariseau Virginia McMartin	4 Mini-Pals	5 Meals on Wheels	6	7
8 <u>HOLIDAYS</u> Jennifer Presseault Mitchell McMartin Billy Trepanier Shirai Chevrier	9	10 Mini-Pals	11 Mini-Pals Senior Social	12 Senior Social	13	14
15 <u>HOLIDAYS</u> Priscillia Durocher Bonnie Down Jennifer King	16	17 Mini-Pals	18 Meals on Wheels	19 Elder's Snack Time	20	21
22 <u>HOLIDAYS</u> Jennifer Presseault Mitchell McMartin Lynn Grandlouis Billy Trepanier	23 <u>HOLIDAYS</u> Jamie-Lee McKenzie	24 Mini-Pals	25 Mini-Pals Senior Social	26 Senior Social	27	28
29 <u>HOLIDAYS</u> Tina Chevrier Bonnie Down	30	31 Mini-Pals	August 2021			