

Kebaowek First Na-



Kakone Kizis / September 2022

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An Update from the Chief

As we have just finished Countryfest this past weekend, it makes sense that I start my article talking about this event. As we were and still are living with the realities of the Covid-19 pandemic, it was not an easy decision for the Council this spring when we finally authorized the Committee to go ahead with the planning of this annual event. This late decision impacted the Committee and the time they had to organize, book the talent and manage all the logistics that come with such a large event.

That being said, they pulled it off, I heard so many positive comments from folks who attended, telling me thank you for the great event, great music and that we have the most beautiful First Nation community and the friendliness people. My hearts swell when I hear this but I could not just simply take the credit, there are so many people who worked hard to ensure that those were the comments we were hearing from people attending.

On behalf of myself, Council and community, I want to personally acknowledge and thank the Committee, Roxane McKenzie, Tina Chevrier and Jennifer Chevrier for doing an excellent job and ensuring we had a successful event. Thank you as well to all the volunteers, staff and their spouses who volunteered to help, it was noticed and greatly appreciated.

The other comment I heard a lot throughout the weekend was how beautiful and clean our community is, and that they'd like to come back. I was always quick to give the credit to those who did the hard work, namely Councillor Chaput and his dedicated men and woman who worked hard in the heat the last month to clean up the community and do the set up on the field for the Countryfest. I want again to acknowledge and say Miigwetch to Doug Chevrier, Jacob McKenzie, Noah Savard, Austin Labelle, Matt Chevrier, Collin McKenzie, Owen Mongrain and Mandy Perrier. A final shout out to Candy Dandy and Daniel Joly as well who did whatever was needed to get things working.

With Countryfest weekend behind us and summer vacations coming to an end, for many parents and children, their attention turns to the reality that school restarts in a few days' time. They, like me, are asking where the summer went, as it seems to have passed so quickly. It is that time of the year when parents have to buy school supplies and go shopping for new clothes and shoes for the start of the new school year. To all our students, from those going to school for the first time and to all those returning to elementary and secondary schools, we hope you have a great school year. To our new and returning college and university students, we again hope that you all have a successful semester and academic year and that your studies bring you one step closer to what you aspire to be. (Cont'd on page 2)

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Kebaowek QC J0Z 3R1
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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 ...

Again this year, the National Truth and Reconciliation Day (Orange Shirt Day) is September 30th. This day is a day to honour the survivors of residential schools, their families and communities and to remember those who never made it back home. There will be a day of activities here in the community and I respectfully ask you to come out and help us honour our survivors and participate in the planned activities.

As September is not so far away, the minds and dreams of our hunters will soon be filled with moose hunting and filling of freezers. As a Council we want you to have a great hunt and we ask that you harvest only what you need for you and your family.

As you may recall last year, we received a notice which we shared in this newsletter and social media from the province advising everyone not to eat the heart, liver or kidneys as they had high levels of cadmium and posed a potential risk to the health of those who consumed them. We now know from recent reports in the news about the pollution from the smelter in Rouyn and the fact it's exceeding provincial regulations. We have asked for the environment studies from the government but we are not convinced they will give us them so we would like to do our own study and collect data on the cadmium levels. To that end we are asking you to harvest the organs, heart liver and kidneys so we can send to a lab to be tested. This project will be done in collaboration with our Health Department. Having our own data is vital to knowing the reality rather than depending on the government to give us this information but it will require your cooperation. We will provide details in a notice in the upcoming weeks to give more details and where and how to drop the organs for testing.

In closing I just wanted the community to know that after months of negotiations on providing Policing services to the community of Long Point First nation (Winneway), it will become a reality next week when Kebaowek officers and the SQ do their first joint patrol of the community. This joint patrol will be done for the next year and then Kebaowek and Temiskaming First Nations Police services will take over the patrolling until we complete the development of a Regional Police Service for all three communities!

Miigwetch

Chief Lance Haymond

15th Annual Kipawa Countryfest

The 15th Annual Countryfest has come to an end and what a weekend it was! This was our first festival since Covid and we had some doubts and didn't know what to expect for this year. Wow, the crowd blew us away and after two years without a festival we think everyone was ready for this to happen again. This year we saw several new faces and several familiar ones as well. People come for music and we are happy to finally be able to offer it to them again. The little sleep we get and the busy days of organizing this event makes it all worth it just seeing everyone happy and enjoying the festival. We had a lot of great entertainment on stage over the weekend and in our opinion everyone is star when they step onto the stage no matter if you're a local band or the headlining show.

A huge thank you to our Volunteers, Roger and his Security Team, Billy and his bar crew, our Shuttle drivers, Dan and Nancy and the Admin team, MDJ for keeping our canteen and inflatables going, Yogi and the Public Works team for the set-up and the clean-up, Keith our Photographer and everyone that just helped out in anyway. It takes many to make this weekend happen and we would not get through Countryfest without you!

Thank you to the businesses that sold our wristbands and to all of our sponsors whose contributions help make our event a success, special mention to our platinum sponsor Desjardins for handing out the green glow lights before The Reklaws show! The crowd loved it!

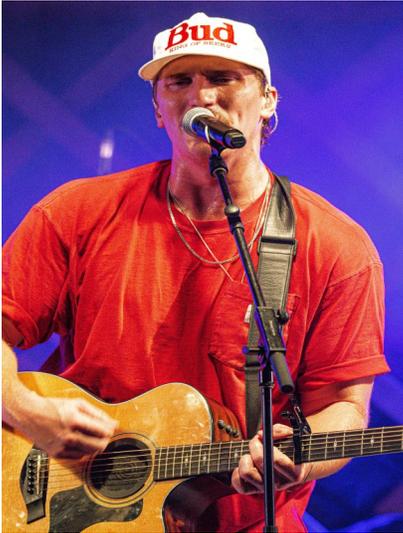


And to the festival-goers, you're all absolutely amazing and we can't thank you enough for coming out and supporting the 15th annual Kipawa Countryfest !! See you in 2023 on the 3rd week of August!

Roxane, Tina and Jennifer

On a side note we'd like to say we missed our fellow Committee member Gail this year !

15th Annual Kipawa Countryfest





CKFF 104.1
Drumbeat
THE HEART OF KBAOWEK

Package includes multiple games and
\$1000 JACKPOT

LIVE ON 104.1 FM
RADIO BINGO
SEPTEMBER 21ST, 2022

Bingo cards are on sale at
Lakeview Store,
Migizy Gas, Stop 102,
Depanneur Dandy's, &
Station Centre-Ville

TUNE IN AT
7:00 P.M.
Price: \$20.00



Every Child Matters

THE KBAOWEK EDUCATION DEPARTMENT INVITES ALL
KBAOWEK BAND MEMBERS
TO WEAR THEIR ORANGE EVERY CHILD MATTERS SHIRTS
ON THE 30TH OF EVERY MONTH

*Send us a picture of you wearing your tshirt on the
30th of every month for a chance to win a prize!*

- * A NEW PICTURE MUST BE SUBMITTED ON THE 30TH OF EVERY MONTH *
- * THERE WILL BE A MONTHLY DRAW FOR ADULTS AND A DRAW FOR CHILDREN *
- * MUST BE A KFN BAND MEMBER TO BE ELIGIBLE FOR THE DRAW *

YOU CAN SEND YOUR PICTURE BY ONE OF THE FOLLOWING OPTIONS:
Private Message to Kebaowek Health and Wellness page on Facebook.
By email to tchevrier@kebaowek.ca or rjawbone@kebaowek.ca
Text to 819-627-6888



CKFF 104.1
Drumbeat
THE HEART OF KBAOWEK

RADIO BINGO
GIFT CERTIFICATES

Drumbeat now has
gift certificates available for
radio bingo
\$20.00 each
Good for one radio bingo package

You can purchase gift certificates at:
Drumbeat Radio (cash only), Migizy Gas,
and the Kebaowek Band Office

For more information call
Drumbeat at 819-627-9595



KBAOWEK FIRST NATION
CHASE THE ACE

50% OF SALES WILL BE ALLOCATED TO REPAIR THE OLD SCHOOL IN HUNTERS POINT
30% OF SALES WILL GO TO THE PROGRESSIVE
20% OF SALES WILL GO TO BI-WEEKLY WINNER

6TH DRAW ON WEDNESDAY SEPT. 7TH
PROGRESSIVE PRIZE \$2895.00 +
PRIZE \$\$ TO BE ANNOUNCED

TICKETS CAN BE PURCHASED AT:
LAKEVIEW - MIGIZY - BAND OFFICE
OR FROM LYNN GRANDLOUIS,
VERNA POLSON & TINA CHEVRIER

TICKETS SALES START AUGUST 10TH UNTIL
SEPT. 6TH AT NOON NO EXCEPTIONS!

\$5.00/TICKET

Kebaowek Cultural Program

Traditional Full Moon Ceremony



with Stephanie McMartin

Thursday September 8th, 2022

Ceremony starting at 7:00 pm

At the Arbour

Open to all women and girls.

Please wear your skirt.

For more information please contact:
Verna Polson - Cultural Coordinator
Phone: 819-627-3309 Email: vpolson@kebaowek.ca

HAND DRUM WORKSHOP



Monday September 12th & Wednesday September 13th

6:00 pm - 9:00 pm

at the Kebaowek Community Hall

MAXIMUM OF 12 PEOPLE

For more info or to register:

Verna Polson 819-627-3309 vpolson@kebaowek.ca

RIBBON SKIRT WORKSHOP



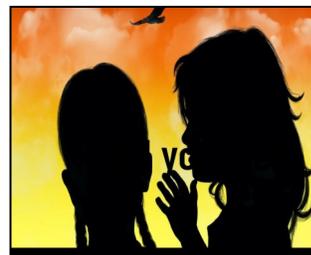
Join us for a Ribbon Skirt Making Workshop, including and embracing the teachings of the Ribbon Skirt.

Monday
September 19th
and
Wednesday
September 21st

6:00 pm - 8:30 pm
at the Kebaowek
Community Hall

Contact Verna
to register
819-627-3309
vpolson@kebaowek.ca

Limited spaces ...
Maximum of 15 people



NATIONAL DAY
for Truth and
Reconciliation

SAVE
THE DATE

In collaboration with WLFN,
we invite you to join us on
Thursday September 30th
as we have planned a day
for us and our neighbors
to observe the
National Day for
Truth and Reconciliation
~ Orange Shirt Day ~

Please don't forget to wear
an orange t-shirt.

Watch for more info:

Sunrise Ceremony

Sacred Fire

BBQ Lunch

Feast for Supper

Teachings

Every Child Matter's Awareness
Walk in Temiscaming

and much more ...

Everyone Welcome

Every Child Matters

Kebaowek Fire Department



IMPORTANT NOTICE

Effective Immediately please call "911" to report a fire.

Kebaowek Police Department's phone number is for police calls only.

9-1-1 calls are answered immediately by a dispatcher. In the first seconds, the caller will be asked:

- What's the address of the emergency and if there is an apartment number or room number;
- What's the phone number he/she is calling from and extension number, if applicable;
- What's his/her name;
- What is the emergency (the nature of the emergency)

Different information will be asked depending on the nature of the emergency. Details about the emergency, such as a description of any fire that may be burning, or a description of injuries or symptoms being experienced by a person having a medical emergency.

Remember, the dispatcher's questions are important to get the right kind of help to you quickly. Be prepared to follow any instructions the dispatcher gives you. They will tell you exactly what to do until help arrives e.g. what to do if you are trapped in a burning building, providing step-by-step instructions or to aid someone who is in need of medical services. Do not hang up until the dispatcher instructs you to do so.

Additional Tips:

- Know your location at all times.
- Do not program 9-1-1- into any phone. If you call 9-1-1 accidentally, stay on the line and let them know.
- Lock and store your cell phone carefully to prevent accidental 9-1-1 calls.

KEBAOWEK FIRE DEPARTMENT

Community Wishes



Happy Birthday Wishes to
Mathieu McKenzie - August 20th
Shelly Grandlouis - September 3rd
Ronnie Raymond - September 25th

From your
Fire Department Team



Happy 5th Birthday to our amazing
Granddaughter Nylah ♥

We love you to the moon and back
have a great day ♥

Love Gramma & Poppa xo



The family of FRANCIS HONEN would like
to thank everyone
for their support and kind words in our time
of grief.

A special thank you to all who prepared the lovely meal
after the service.

A huge thank you to all who donated food and beverages.
Thank you to Lloyd Paul for being our Sacred Fire Keeper, to
the ladies who cleaned the Dome and to the men for
preparing the graveyard.

A very big thank you to Shawn Piquette and Erin Mongrain
for the beautiful music during the service.

We very much appreciate everything that was done for us .
Your presence and condolences gave us much comfort in our
time of grief.

Elizabeth, Mary , Barb and Jackie

A Message from David McLaren, Health & Social Services Director

Kwe to all members of Kebaowek First Nation. Since May 29th, the date when the 7th wave was declared to have started, Covid -19 under its B.A 5 variant, hung around all summer infecting many as opposed to taking the path of the influenza virus that fades away during the warmer months.

Since around mid-August, our Region has been sitting a positivity rate of around 15.7 %, 5 points higher than the provincial average of 10.4%. Our fragile Healthcare system and the load Covid can impose on it, has become the scale we use to measure the impacts. For this reason, Quebec Public Health is ramping up another vaccine campaign to protect our people from severe illness and at the same time, reduce the burden on the healthcare system with hospitalization due to complications stemming from a Covid infection.

Your Kebaowek Health & Wellness Center is participating in the “booster” campaign and has opened up some slots from September 13 to the 15, so we encourage you all to give us a call to book your booster shot so in turn we can order the correct amount of vaccines from the CISSS-AT. Please be informed that it's not about which booster dose number you receive that matters, for if it has been more than 3 months from your last vaccine or covid infection, Public Health recommends a booster to stimulate your immune system to be ready to fight against an infection. Although most people recover from an infection, some may develop what is known to be “Long Haul Covid” or some other serious sequelae. Developing breathing and energy problems along with losing your capacity to taste and smell is not something to ignore especially if it can be prevented.

If you have any questions or require more information about the booster dose against covid-19, please call our Health center and ask to speak to one of our nurses or visit <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/basic-health-instructions>

It's never too late to get vaccinated and it is still very relevant to follow these tips:

- Washing your hands frequently and using hand sanitizer when soap and water are not available.
- Wearing a face mask when you have symptoms
- Coughing in the crook of your elbow
- Wearing masks in public transit or when in close proximity at large venues.
- Self-monitor if you are a close contact of a known positive case.

- Do a Rapid Test if you develop flu like symptoms. Please be aware that many test positive after 48 hrs of the first sign or symptoms relevant to Covid so re-testing after 24 to 48 hrs is recommended if you got a negative on your first test.

We have slowed down on the PCR testing at the Health Center to give our staff a well deserved break but we continue to supply rapid home test for which we encourage you all to use if you display symptoms related to Covid.

Meetings Held in August:

- New Health Center Project Architects
- Governance Training with AFOA
- Onimiki Working Group
- Coalition for English Speaking First Nations of Quebec

The necessary updated plans and specs for our new Health & Wellness Center is nearing completion. This pandemic has put a hold on our project and required the Architects to revise certain standards and building codes that were modified since 2019. The call out for tenders should start by the end of September. If all goes as planned, we will break ground next Spring.

Special Note: Erica Miness, a Registered nurse and Kebaowek Band Member has decided to join our Clinical Team here at the Health Center. She will have a broad range of duties working in many aspects of our service delivery that includes Homecare, Community Health, and Wellness Program Support to name a few. Welcome to the team Erica !

Don't miss the important information session on September 8th about Wild Meat. Dr. Harvey and Dr. Lair will update us on the importance of handling our precious traditional foods and it will include information on fish.

Big shout out to all those involved with the success of this year's Countryfest. Great job everyone!

David McLaren
Director of Health & Social Services

Quotes About Back to School and Learning

The work of education is divided between the teacher and the environment.” ~ Maria Montessori

“Every day, in a 100 small ways, our children ask, ‘Do you hear me? Do you see me? Do I matter?’

Their behavior often reflects our response.” ~ L.R. Knost

DO YOU HUNT, TRAP OR FISH AND/OR EAT VENISON AND WILD FISH?



WILD GAME MEAT SESSION

with Dr. Denis Harvey and Dr. Stéphane Lair

TOPICS TO BE DISCUSSED

- Why should we hunt and fish in 2022
 - Venison and fish contamination (lead, mercury, cadmium)
 - Wildlife and fish diseases
 - Venison safety and handling
 - Nutritional values of venison vs commercial meat
 - Fish biology and fishing practices
- and more ...

THURSDAY SEPTEMBER 8TH, 2022
AT THE
KEABOWEK COMMUNITY HALL

8:30 AM

LUNCH AND REFRESHMENTS
WILL BE SERVED

PLEASE REGISTER BEFORE
SEPTEMBER 5TH AT 4:30 PM
VIRGINIA MCMARTIN
819-627-9060

EVERYONE WELCOME !!

KEBAOWEK HEALTH AND WELLNESS CENTER



COVID-19

AUTUMN VACCINATION CLINIC

September 13-14-15-21, 2022

You can receive your:

- Booster**
- 1st Dose**
- 2nd Dose**

18 YEARS OF AGE AND OLDER

PRIORITY FOR THOSE 60 YEARS +

TRANSPORTATION AVAILABLE

**If you have been recently infected with
COVID-19, it is recommended to wait
3 months before receiving a booster dose.**

**You can private message our Facebook page
or call 819-627-9060
for more information or to book an appointment.**

Medical Transportation and NIHB

Medical Transportation After Hours Schedule

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

IMPORTANT MEDICAL TRANSPORTATION SCHEDULE CHANGES FOR UPCOMING 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.

Monday September 5th (Labour Day): Medical Transportation available 8:30 am - 12:30 pm.

Thursday September 29th (NDTR): The office is closed at noon. Medical Transportation available 12:00 pm – 8:30 pm.

Friday September 30th (NDTR): The office is closed. Medical Transportation available 8:30 am – 12:30 pm.

Monday September 5th (Thanksgiving): Medical Transportation available 8:30 am - 12:30 pm.

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 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.

NIHB ... Covid-19 Questions and Answers

QUESTION	ANSWER
During the COVID-19 pandemic, can I still access Non-Insured Health Benefits?	Yes, the NIHB Program continues to provide benefits and services. The NIHB Drug Exception Centre, Dental Pre-Determination Centre and NIHB regional call centres continue to operate and receive calls, faxes and emails from clients and providers. Claims processing services continue as usual.
Should I travel to my health care appointment?	NIHB clients are encouraged to consult with their health professional to confirm their appointments. If the health professional determines the appointment should be attended in person, NIHB staff will work with the client to facilitate travel. Clients are encouraged to review local public health orders/guidance prior to travelling, and take all necessary precautions to reduce the risk of infection. Some First Nation communities may have restrictions regarding re-entry into the community after travelling out, so travelers should ensure they are aware of any restrictions before travelling.
Does NIHB cover medical transportation to get the COVID-19 vaccine or booster?	Vaccination is being provided to all residents through the provincial or territorial health system. In some cases, the COVID-19 vaccine is being transported into Indigenous communities to vaccinate residents. In the event NIHB clients need to travel out of their community of residence to get to their vaccination appointment, the travel is eligible under NIHB. When your appointment has been booked, contact your NIHB regional office or your community's medical transportation coordinator to arrange your travel.
Will NIHB cover the cost of a COVID-19 test?	COVID-19 testing may be available in your community, or is otherwise covered by provincial and territorial health services when recommended by a health care provider or public health authorities. Check with your local health or public health services if you think you may need a COVID-19 test. If you require a test for personal reasons (e.g. leisure travel or activities), this is not covered by the NIHB Program.
Is there a vaccination requirement for traveling?	As of June 20, 2022 vaccination is no longer required to board a plane or train in Canada. Travelers on federally regulated planes and trains are still required to wear a mask throughout their journey except for brief periods (e.g. eating or drinking). For more information see: https://www.canada.ca/en/transport-canada/news/2022/06/suspension-of-the-mandatory-vaccination-requirement-for-domestic-travellers-and-federally-regulated-transportation-workers.htm
I am vulnerable due to my health condition but I need to travel to a Medical appointment. How can NIHB support me?	NIHB clients are encouraged to consult with their health professional to confirm their appointments. Where there is a medical need, vulnerable clients will be supported to use private modes of transportation where necessary. Additional information regarding infection prevention/control measures was shared with transportation service providers for their information.

QUESTION	ANSWER
	NIHB has advised partners that additional expenses for increased cleaning and sanitization measures are eligible administrative expenses under Contribution Agreements. Boarding homes have been advised to take measures to support social-distancing and self-isolation, and that vulnerable people at higher risk for severe disease can be placed in facilities outside the boarding home, such as hotels, to limit exposure. For vulnerable clients who have an ongoing need to attend essential or urgent medical appointments, NIHB will continue to provide coverage of your medical transportation, accommodation and meals. You may be eligible for temporary relocation to reduce your need to travel.
I am currently out of the community and my return trip is delayed due to COVID-19 travel or isolation requirements. Will NIHB pay for extended accommodation and meals for me until I am cleared to travel home?	If you were out of your community on NIHB eligible medical travel, NIHB can extend your meals and accommodation coverage for up to 10 days or as advised by local public health authorities, to enable you to self-isolate for that period before returning to your community. If you were out of your community for any other reason (e.g. work-related travel, meetings, vacation), contact your community to confirm what actions you should take prior to returning home and what supports may be available to you.
Is the cost of meal delivery eligible?	In addition to NIHB meal allowance rates, NIHB will also provide coverage up to an additional \$7.00 per meal, or \$21.00 per day, for meal delivery charges, per family/group of travelers
How can I continue with my mental health counselling?	In addition to in-person counselling, NIHB covers mental health counselling by telephone or video. Contact your mental health counsellor to see if this is an option.
Does NIHB cover fever and pain medication? What about thermometers?	NIHB covers a range of over-the-counter fever and pain medications for adults and children. These are open benefits and can be covered with a prescription from a doctor or nurse practitioner, or a written recommendation from a pharmacist. Oral digital thermometers are covered. as open benefits (up to \$16, every 5 years) and can be covered with a prescription from a doctor or nurse practitioner, or a written recommendation from a registered nurse or licensed practical nurse.
I am hearing about potential drug shortages. Should I be concerned?	NIHB works closely with federal and provincial partners as well as distributors to monitor drug shortages. If a shortage occurs, NIHB can make quick policy changes to ensure other drugs are made eligible. This may take place by removing the prior approval requirements from alternative drugs or reimbursing compounded therapies.
What benefits are covered for treatment for opioid dependence?	NIHB covers methadone, Suboxone and Sublocade for the treatment of opioid dependence, without prior approval. Clients will continue to be enrolled into the NIHB Client Safety Program. (next page)

NIHB ... Covid-19 Questions and Answers

QUESTION	ANSWER
	In jurisdictions where regulatory bodies have permitted extra carries of methadone for certain clients, when deemed to be safe, NIHB has made the necessary system changes to allow larger quantities to be reimbursed. NIHB also covers mental health counselling, including by telephone or video.
How do I obtain oxygen benefits?	As of July 1st, 2022, all requests for supplemental home oxygen (initial or renewal) require testing results. Testing can be either an arterial blood gas (ABG) or an oximetry for all coverage periods (initial 3 months, renewal 9 months or renewal 12 months).
I need to replace my medical equipment or supply. What do I do?	If you are unable to get a new prescription for the replacement of equipment or supplies and your medical status has not changed, your Medical Supply and Equipment provider may use the existing prescription on file for the replacement of: <ul style="list-style-type: none"> • Limb and body orthotics • Custom made shoes • Medical grade compression stockings • Mobility equipment • Incontinence and ostomy supplies • Laryngectomy and tracheostomy supplies • Self-care benefits such as lifts, transfer equipment, dressing and feeding aids, and bathing and toileting aids. <p>The existing prescription must not be older than one year and be available from your provider. All other prescription requirements for MS&E benefits apply, and can be found in section 1.6 of the NIHB Mental Supplies and Equipment Guide and Benefit Lists.</p>
I need to access audiology benefits, but am unable to visit the audiology provider in person (e.g. due to vulnerable health status, community travel restrictions, etc.) What are my options?	Individuals who live in a remote area may obtain certain audiology services through tele-audiology from audiology clinics that are set up to provide these services remotely. The services that can be provided remotely include a hearing aid performance check and readjustment, and the fitting and dispensing of certain hearing devices such as hearing aids, bone-anchored hearing systems (BAHS) processor and replacement of cochlear implant processors. These hearing devices will be shipped directly to the client. The client must then make arrangements to schedule a virtual appointment for the first-fit.
Can I have my eye glasses shipped to me?	Vision care providers can bill NIHB for the cost of shipping eligible eyewear to clients who are unable to visit the retail location. Let your eyewear provider know if you would like the item shipped to you so they can include the shipping cost in the prior approval request to NIHB.
Am I still eligible for NIHB benefits even though my Indian Status card has expired?	NIHB clients should not be denied services because their Indian Status cards have expired. Health services providers and vendors require client identity information to bill NIHB for services provided to you. If you are a registered First Nations person, providers may ask to see your Indian status card because your Indian status registration number is

QUESTION	ANSWER
	also your NIHB client identification number. The number remains valid even if the card has expired. Services providers/vendors can call Express Scripts Canada to verify client eligibility. For Medical Transportation benefits, contact the NIHB regional office (see contact information below).
Do unregistered infants have coverage under NIHB?	Yes. In order to allow time for parents to register their infant children for First Nation status or with their Inuit land claim organization, NIHB provides coverage for unregistered infants with at least one NIHB eligible parent. NIHB permanently extended coverage of unregistered infants up to 24 months of age (extended from 18 months, previously) if they have a parent or guardian who is NIHB eligible. Some types of benefits may require unregistered infants to have a temporary client ID number. If your unregistered infant requires access to benefits, please contact the NIHB program (see contact information below). It is important that parents or guardians begin the application process for First Nation status or recognition by an Inuit land claim organization as soon as possible and well in advance of their child's second birthday. Applications for First Nation status take 6-8 months to process (on average), and may take longer in some cases. For more information on First Nation registration, visit Indian status https://www.sac-isc.gc.ca/eng/1100100032374/1572457769548 or visit www.canada.ca , and search for 'Indian status'.

NIHB Contact Information:

Pharmacy Benefits:

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

Dental and Orthodontic Services:

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

For other benefit areas, contact your NIHB regional office.

Contact information can be found at online at:

Canada.ca/nihb-contacts

Express Scripts Canada:

NIHB Client Call Centre: 1-888-441-4777

For assistance with services provided by Express Scripts Canada, including NIHB client web accounts and submission of client reimbursement requests for pharmacy, dental, MS&E, vision care and mental health counselling benefits.

THE BENEFITS OF HUNTING FOR HEALTH AND WELLNESS



Hunting is one of the oldest human activities and it is deeply linked with survival and the evolution of society. Although today it is mostly seen as a leisure activity, it still has a bigger impact than we realize.

Hunting is, at the same time, a sport, a way of providing food, a social activity, and a fitness workout. Thanks to its complexity, it has numerous benefits for overall health.

Several studies have researched hunting as a phenomenon and its positive impact on general health and wellbeing. Here are some of the main benefits of hunting that you should consider when deciding to practice it.

Improving Physical Fitness and Stamina

Hunting represents one of the most physically demanding types of exercise, that engages the entire body in a complex manner. Hunters are required to march for hours, while carrying heavy equipment, including rifles, crossbows, hunting accessories, plus regular items needed on any kind of trip to the woods. This is a great way to develop endurance and strength.

Also, hunting big game such as moose requires extra effort. It involves dealing with rugged terrain, low temperatures, and unpredictable weather conditions. Hunters need to be able to stay in shape for days, have impressive body strength and also adapt quickly to any unforeseen events. Simply walking long distances while carrying weight is a demanding exercise in itself.

Add to that having to run, balance, stay still or go uphill, and you will have a better picture of how challenging hunting is for your body. However, you must always remember the importance of wearing protective gear, in order to prevent possible risks for your health.

Developing Mental Strength

Hunting is one of the most complex types of sports because

it also engages your mental strength. Some say it is even a mostly mental sport because it relies heavily on strategy and planning. Regularly practicing hunting is a great way of training mental skills such as focus, perception, and attention, problem-solving and multitasking. Seasoned hunters know that performance is not possible without mental discipline.

Decreasing Stress Levels and Boosting Wellbeing

Hunting is such a complex activity, that it manages to completely disconnect the hunter from the mundane. It forces them to live in the moment, concentrate on a singular purpose and forget about the stress of everyday life. Another known fact is that hunting boosts adrenaline levels, which are responsible for the feelings of exhilaration and excitement.

People who hunt speak of this activity as being therapeutic. When they are away, being in nature and focusing on the target, they feel more relaxed. Hunting is a great way to clear your thoughts, look at things from a different perspective and interact with nature.

Supporting Connections and Bonding

Although hunting can be a completely solitary activity, most of the time, people who share the same passion feel a need to enjoy this hobby together. Plus, it is always a great idea to learn from seasoned hunters, ask for advice and discuss best practices. There are hunting communities all over the world and the connections between members are quite unique.



Another layer of hunting as a social activity is the bond between parents and children. Being able to pass down a skill to your child offers a sense of accomplishment. At the same time, children will always remember the time that they spent with their family members, during hunting. Feeling one with nature and bonding with your family is a great benefit of hunting.

Community Wellness and Healthy Living

ANNUAL HUNTER'S POINT CAMPING TRIP

Our Hunter's Point Trip 2022 was a great success!! All participants and parents including our Elders enjoyed their time. Our kids got to enjoy a wide range of activities.

On our first full day (Monday), we separated the group into two and Lynn had the younger group and they did berry picking, looking for medicines while the older group went on a paddle to Ostaboningue. We portaged the canoes, stopped at an island and jumped off the rocks while having a snack and then went to a beach and swam.

On Tuesday, we set up a badminton tournament with the young kids partnering up with the older kids and adults. We had an outdoor movie night that went better when the mosquitoes went away.

On Wednesday, Shelly Grandlouis organized a day for the Elders to come up to Hunter's Point. Wayne McKenzie joined us to share some stories and do some drumming with our kids and last but not least we had our Christmas in July. Santa came in on truck and gave our presents to all the kids and Elders.

Now I want to mention my favorite part of the week since it was a great moment for the kids. I asked all the kids to come inside of the school and keep quiet as everyone had a chance to ask Janet Grandlouis different questions about Hunter's Point since she went to school there. She spoke about how they would walk and paddle to school in the summer and winter plus how the teacher was a mean person. She told stories about how things were way different like showering, walking to get water, and how much it cost for candies and junk food. She even shared a story when Santa flew into Hunter's Point on a plane and when he got out he took a tumble. It was a great time and I hope we can have other Elders come up next year and speak about their childhood and the differences between the past and now.

On Thursday, we had a little dance party and had our annual fear factor challenge and at the end of the night we had all the kids bring in their air mattress and had a movie night.

Then Friday, it was take down the tents and go home. We hope more people can come and enjoy a week with us in 2023.

Mitchell McMartin





September is Alzheimer Month

Many diseases, injuries and conditions can affect different parts of the brain in ways that may result in dementia. Some conditions like Huntington's disease, Creutzfeldt-Jakob disease and multiple sclerosis have been linked to dementia.

Starting with the most common, here are some types of dementia:

- Alzheimer's disease
- Vascular dementia
- Lewy body disease (dementia with Lewy bodies)
- Mixed dementia
- Frontotemporal dementia
- Korsakoff dementia (also called Korsakoff's syndrome)

Dementia Prevention

Researchers do not yet know how to prevent all forms of dementia. Most research studies show associations between certain lifestyle factors and dementia, but this does not necessarily mean that the factors cause a reduction in risk for dementia. Specifically...

- a) engaging in **physical exercise**,
- b) maintaining regular **social interaction**, and
- c) engaging in **mentally-challenging activities**
- d) (like learning a new language in adulthood, learning an instrument, or playing challenging chess games are associated with **reduced age of onset** and **reduced risk of developing dementia**.)

At this point in time, there are no medications, foods, or vitamins that have been shown conclusively to reduce the risk of progressive dementia, like Alzheimer's disease. People who maintain a healthy, Japanese, or Mediterranean diet do have a reduced risk of dementia. This is typically attributed to the **cardiovascular benefits** of such diets.

**JOIN
US
FOR OUR
MORNING
WALKING
GROUP**

3 days a week !!

10:00 AM

MONDAY - WEDNESDAY - FRIDAY

ALL AGES WELCOME

KEBAOWEK COMMUNITY HALL

HOPE TO SEE YOU THERE !!

PLEASE WEAR PROPER SHOES

BRING A BOTTLE OF WATER

Woody's Walk

OCTOBER 11TH, 2022

Annual Woody's Walk
SAVE THE DATE !!

WATCH FOR MORE DETAILS AND INFORMATION !!

LUMINARIES ON SALE SOON !!

Why A Daily Routine So Important For Your Child

It Creates Structure In Their Life

They might not understand it till later, but children, like all adults, take comfort in a sense of structure. Even though they love their version of chaos and fun, children like it when certain activities are familiar to them and easy to do. If every day is too unpredictable, and the child keeps failing to complete tasks because of their unfamiliarity with them, they might grow up to suffer from confidence issues and low self-esteem.



You can include simple household chores in the routine like 'helping clean up after lunch' or 'tidy up after playtime'. Soon, these will be a part of their everyday routine that they can follow.

It Creates Good Habits In Them

Above everything, the primary objective of giving your child a routine to follow is to inculcate some good habits in them. Young children are mostly incapable of noticing when they start falling into bad patterns of behavior. Some of these behaviors develop into worse habits like a lack of sleep and excessive screen time. These can actually interfere with their growth and development if they are not curbed at the proper time.

Kids are also incapable of setting dos and don'ts for themselves as adults do. A well-crafted routine can act as a list of dos and don'ts for them. It can actually be used to break some bad habits that your child might have accidentally assimilated into their behavior.

It Makes Them Try New Things

Brushing teeth, taking baths, washing hands after they touch something dirty, and so much more – in the eyes of a child, none of these actions are interesting or beneficial in any way. Children will hesitate to try anything that is not immediately interesting to them, even if it is good for them in the long run.

But if you include these tasks in the list of things that they are supposed to do, they're more likely to follow them. Soon, these good habits will become part of their daily lives, and something they'll do without a second thought. The longer they do it, the easier they'll build it into their daily lives.

It Makes Them Independent

Routines are a way of making your kids practice certain things again and again until it becomes a habit for them, and until they can eventually do them without your assistance. This also helps your kids develop things like their motor skills and memory.



Simple actions like getting dressed for school, tying their own shoelaces, & packing their books can all be taught to them by making them practice these actions through their routines.

It Teaches Them Time Management And Discipline

We all struggle with time management every now and then, and children are no different. In their case, they can take as long as they please to do even the most basic tasks if they go unchecked! Setting a routine tells them how long a task should ideally take, and builds up the habit of focusing on the task at hand instead of playing around.

For instance, you can insist they brush their teeth for 10 minutes, no more no less. Dressing up before bed should be another 10-minute activity. If their routine has them going to bed at 10 pm, they'll soon learn that they need to wind down around then. Having such points of reference allows the child to gain a sense of time, and helps decrease their many distractions by making them focus.

Features Of A Good Routine

- **It Is Flexible:** The timelines and guidelines of the routine should allow room for mistakes. Children are young and inexperienced, and are bound to make mistakes. Rigidity will only make them look at the routine as a bad thing.
- **It Is Fun To Follow:** Children respond well to fun and games. Create games out of tasks that seem too boring or unstimulating to them. Also make it a point to include fun activities in their routine e.g. playtime, family movie night, etc. This way they'll be encouraged to follow it more.

It Covers Tasks That They Need To Be Independent About

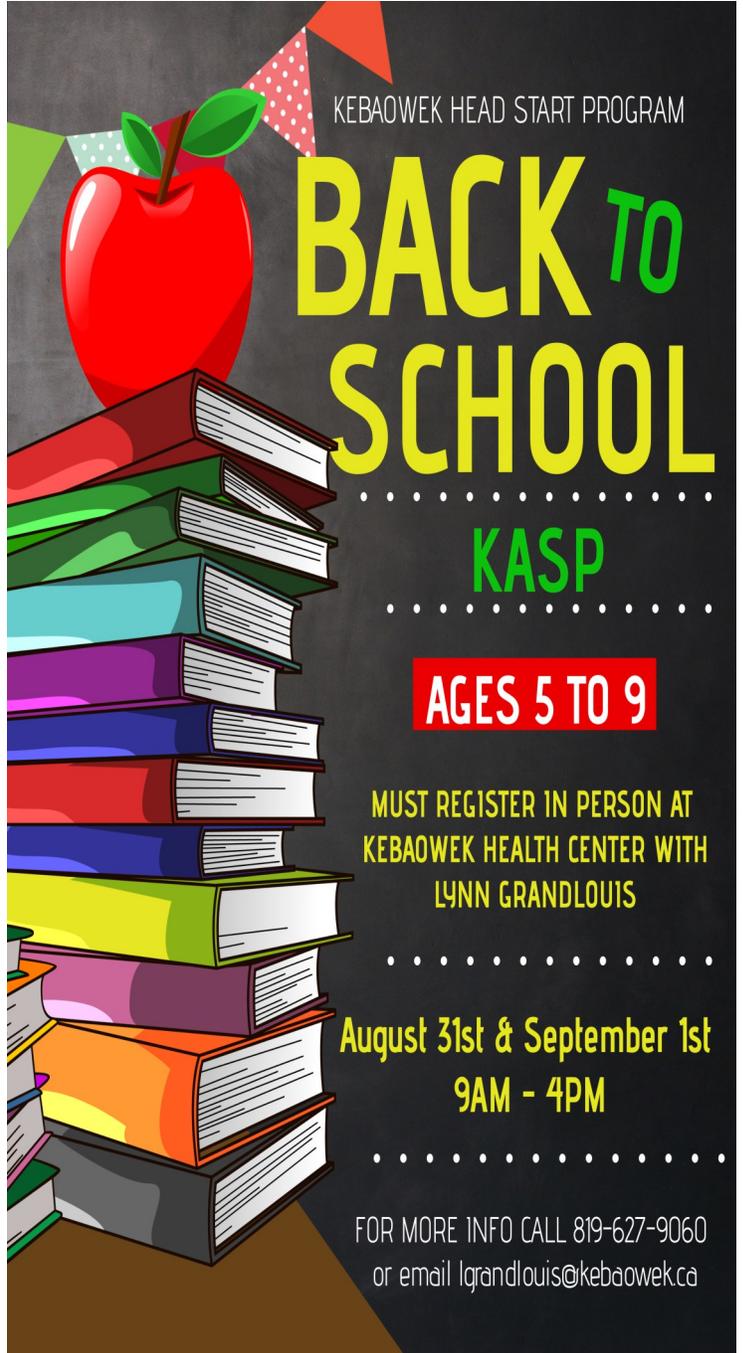
Add simple yet essential tasks that they need to master as they grow. This can include things like dental hygiene, body hygiene, tidiness, and eating etiquette.

Signs Of A Bad Routine

- **Tasks Are Too Random:** Tasks added in the routine shouldn't be disconnected from each other. This is bound to confuse the child, as they might not see the relevance of following the routine. A routine that they understand is easier for them to follow.
- **There Are Punishment Mechanisms:** If your child is punished for not following the routine, it will only discourage them from following it in the future. Be patient with their growth and development for them to truly benefit.
- **Timelines Are Too Rigid:** If the timelines are too strict and you keep trying to enforce them as such, your child is bound to feel like a failure for not meeting them.
- **Parents Are Not Involved:** Involvement of the parents, especially during the initial days of the routine, will be crucial. The child will turn to you for guidance and approval. It is important to assure them that they are doing a good job. Plus, make sure you have some family activities planned into their routine as well.

There are many such reasons why a daily routine is important for your child, but keep in mind that it can only truly be effective if you enforce it well. A child's mind is impressionable, and if they find a routine to be negative, it can pose bigger problems as they grow.

Lynn Grandlouis- MCH/Head Start Program



KEBAOWEK HEAD START PROGRAM

BACK TO SCHOOL

KASP

AGES 5 TO 9

MUST REGISTER IN PERSON AT
KEBAOWEK HEALTH CENTER WITH
LYNN GRANDLOUIS

August 31st & September 1st
9AM - 4PM

FOR MORE INFO CALL 819-627-9060
or email lgrandlouis@kebaowek.ca



For a strong future generation. No alcohol during pregnancy is the best choice.

FETAL ALCOHOL SPECTRUM DISORDER (FASD) AWARENESS DAY
SEPTEMBER 9TH !!

THE SPEECH CORNER

BY TARA GLICKMAN

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

LITERACY: NOT JUST READING & WRITING

With a brand new school year upon us, many families have been reaching out and asking me about how they can set up their child for success in terms of reading and writing skill development. Reading is one of the key skills needed for children to succeed academically. Learning how to be a skilled reader takes much more than just memorization of words. Skilled reading involves making connections between many areas, including language comprehension (understanding), executive functioning (thinking skills) and word recognition (reading).



What can we do to help build strong readers?

Here are some ways that we help support strong literacy skills:

Helpful Strategies We Use:

- Providing explicit instruction, teaching how things work and why they work that way.
- Building self-monitoring and self-evaluation skills (i.e., catching and fixing their own errors) through asking the right questions rather than giving the answers.
- Providing individualized support, focusing on exactly where the person is at a given moment-not where they think they should be.

Strategies We Do Not Use:

- Looking at just reading and writing without considering the bigger picture of a person's communication skills.
- Memorizing lists of common sight words without learning the strategies involved in reading them.
- Telling kids to guess words using pictures on the page. Why not? Two main reasons: 1) This strategy stops working as soon as you reach a grade where you're reading texts without pictures, 2) It doesn't always work.
- Memorizing levelled readers (but not actually practicing the skill of reading new words on a page).
- Skipping steps and jumping to where they 'should' be reading at a given age or grade rather than building from where they are.

SCIENCE OF READING

Heard the term 'science of reading' before and wondering what it means? Science of reading is the name given to the body of research completed by experts in fields like psychology, neuroscience and speech-language pathology that focuses on how to help develop literacy skills. They study how the brain develops reading skills and how to use this knowledge to help kids learn to read and write. Experts continue to learn more and more as reading and the brain become better understood.

Look At The Whole Picture

When it comes to reading and writing development, there are many skills that are closely connected and have to be considered when we figure out how to best support our learning readers. Language (understanding and expressing a message with meaning behind it), speech (talking/making sounds), and executive functioning (thinking skills/behaviours) are closely interconnected with reading and writing development. It's important to consider all of these areas when we figure out how to best support skilled learning.

Have any questions? Feel free to get in touch!

 info@constellationspeechtherapy.ca

 (514) 400-4551

Orthophonie
CONSTELLATION
Speech Therapy

WELLNESS TOGETHER Canada

Mental Health and Substance Use Support

Wellness Together Canada is a mental health and substance use website to support people across Canada and Canadians living abroad in both official languages. They provide the following resources for you at no cost:

Immediate Text Support

Information and videos on common mental health and substance use issues, understanding depression and on managing stress.

Wellness programs you can do on your own or with coaching, such as the BreathingRoom, this mindfulness program by Mindwell, or these substance use coping strategies by Breaking Free: Wellness.

Community and peer support such as Togetherall and CAPSA for mental and substance abuse.

Individual Phone, Video, and Text Counselling

This online service was launched in response to growing mental health and substance use concerns related to the COVID-19 pandemic.

To access all of their resources, you'll need to create an account, which you can delete at any time. If you're not sure you want to sign up, you can still access many tools and resources from the homepage.

Wellness Together Canada is a Health Canada funded project that is a partnership among Stepped Care Solutions, Kids Help Phone and Homewood Health – three of Canada's leading and most innovative mental health and substance use organizations.

If you are interested in learning more about Wellness Together Canada, it offers self-guided courses, webinars, peer-to-peer support groups, live counselling, mindfulness meditations, and more, **you can create an account for free.** You'll also be able to complete a wellness assessment and track your progress towards your wellness goals.

<https://www.wellnesstogether.ca>



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

Photo credit: Krista Hamelin

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, contact us at the number below.

You can reach Jennifer Bourdon



873-998-7521

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

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

Québec



KEBAOWEK HEALTH & WELLNESS CENTER
AND FIRST LINE SERVICES

GRANDPARENTS DAY BREAKFAST

**SUNDAY SEPTEMBER 11TH
AT THE COMMUNITY HALL**

**8:00 AM TO 10:00 AM
BREAKFAST AND CRAFT**

**FOR GRANDPARENTS AND GRANDCHILDREN
OF KEBAOWEK FIRST NATION**

TO REGISTER PLEASE CONTACT LYNN GRANDLOUIS
OR DARLENE MCLAREN
BY WEDNESDAY, SEPTEMBER 7TH!



YOUTH ACTIVITY

Youth - Ages 10 to 17

YOUTH NIGHTS
September 7th, 2022 at 4:30 pm
September 21st, 2022 at 4:30 pm

**MEET AT THE FIRST LINE SERVICES
BASEMENT**

**COME JOIN US TO FIND OUT WHAT
THE ACTIVITY IS !!**

If you have questions regarding these activities
please call Sheila @ 819-627-9877
or message us on Facebook.
Masks will be mandatory indoors and all
sanitary measures will be in place.



Community Breakfast

**Thursday,
September 22nd**

**6:45 am - 9:00 am
at the
Community Hall**

Phelps Bus: Pick-Up @ 7:25 outside hall
Temis Bus: Pick-Up @ 7:40 outside hall
(1st run)
Temis Bus: Pick-Up @ 8:40 outside hall
(2nd run)

Theme: Celebrating Fall!

**There will be a display of new
recipes to try in the cooler weather,
family activities to do etc!**



Community Kitchen

ON THE MENU:
Cabbage Roll Chicken Enchiladas



Tuesday September 20th, 2022
Deadline to register: September 14th, 2022
4:30 pm - 6:30 pm at the Dome !!

To register call Sheila at First Line Services @ 819-627-9877



FAMILY
MOVIE
NIGHT
AT THE BALLFEILD

Sept 23 | Free to Attend
Showing: **BAD GUYS**

POPCORN AND WATER WILL BE SERVED
Movie will begin at 7:30pm. Be sure to bring chairs and blankets. **DRESS WARM!!**

ACTIVITY MAY BE CANCELLED DUE TO WEATHER

A SPECIAL PROJECT WITH
ENTRAINMENT INTELLIGENT TRAINING

Let's Get Fit!

MIND ~ BODY ~ SPIRIT

Limited spots available!



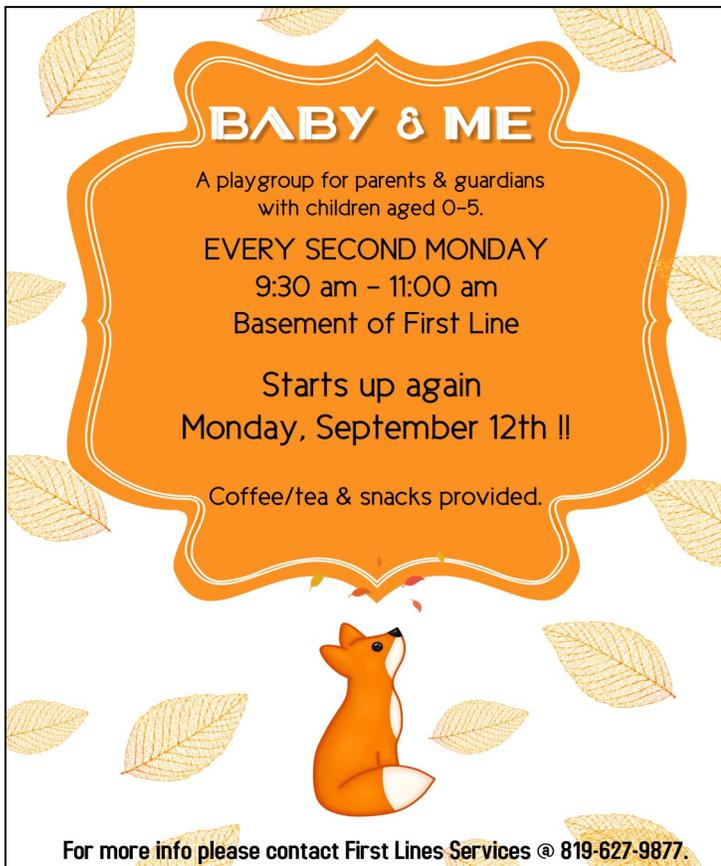
Upon registration, you will have access to any zoom class with E.I.T (Joanie). Registration is done monthly, so you must sign-up at the beginning of each month. Must provide proof of class attendance (send photo of before,during or after each class) .

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.



BABY & ME

A playgroup for parents & guardians with children aged 0-5.

EVERY SECOND MONDAY
9:30 am - 11:00 am
Basement of First Line

Starts up again
Monday, September 12th !!

Coffee/tea & snacks provided.

For more info please contact First Lines Services @ 819-627-9877.



MINI-PALS

Mini-Pals is a collaboration between First Line Services & the Kebaowek Childcare Center.

Starts Tuesday, September 13th!

- Tuesdays : Cuddle Cubs (ages 0-18months)
- Wednesdays : Busy Bees (ages 19 months- 3 years old)
- Thursdays : Laughing Loons (ages 3-5 years old)

If your a member of Kebaowek First Nation or community member and you have a child not in daycare, you are encouraged to join!

It allows children to build social skills and supports early childhood development.



Explore! Discover! Grow! Enrich!

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

Elder's (55+) Craft Time

Every Child Matters Wreaths

Date of Activity: Tuesday Sept. 27, 2022

Time: 1:00 pm to 3:00 pm

Place: Dome

Sign Up Date: Wednesday Sept. 14, 2022

To sign up please call Shelly @ 819-627-9877 or message our Facebook page. Thank you !



SENIOR SOCIAL ELDERS 55+



Come out and join us for Crib or Yahtzee

1:15 pm - 3:15 pm at the First Line Services (Basement)

Beginning on Thursday September 1st, 2022 Senior Social will be weekly on Thursdays except for **** Wednesday September 28th, 2022 ****

Snacks, tea & coffee will be provided !

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+



Frozen Yogurt Bars

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.

Date to Sign Up by:
Thursday September 15, 2022 @ 12:00pm

Snack Date of Delivery:
Tuesday September 20th, 2022 between 10 am - 11 am

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.

Meals On Wheels

Meals on Wheels Dates for September

Wednesday Sept. 7th ... Delivery between 2 - 3 pm

Wednesday Sept. 21st ... Delivery between 2 - 3 pm

Meals on Wheels Dates for October

Wednesday Oct. 5th ... Delivery between 2 - 3 pm

Wednesday Se 19th ... Delivery between 2 - 3 pm

Please keep the weather in mind.

If it is really hot or raining,
please leave a cooler or bag outside.

Community Shopping in North Bay



Pick Up Time: 9:00 am

Shopping at:

Giant Tiger - Dollarama

Walmart - Northgate Mall - Freshco

Return to Kebaowek: 3:00 pm

Dates:

Saturday September 10th, 2022

Saturday October 1st, 2022

Saturday November 5th, 2022

**Contact Shelly @ 819-627-9877
the Wednesday before the trip to save
your seat as spaces are limited.**

Reminder to bring your own Grocery Bags!

Kebaowek First Nation

FOOD BANK

Food Bank Schedule

**Please call Monday to register for a
pick up on Tuesday
Please call Wednesday to register for
pick up for Thursday**

**For more information contact
Sheila @ 819-627-9877.**



2022 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 4:30 pm
on Thursday December 15th, 2022 to be eligible for the draw.
THIS CONTEST WILL RUN ALL YEAR !!**

Psychologist Services

Arlene Laliberte is a Clinical Psychologist who provides services to Kebaowek First Nation.

**In-Person Appointments:
** Every Second Monday ****

**Appointments by Phone:
** Every Second Thursday ****

**If you would like to book an appointment
with Arlene Laliberte ...
Please call Darlene at 819-627-9877
or by email darmclaren@kebaowek.ca**

Kebaowek First Nation Community Calendars

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2022				1 Senior Social Garbage	2	3
4 HOLIDAYS Tina Chevrier Jamie Lee McKenzie Shelly Grandlouis Lisa Chevrier	5 KFN Offices are closed for Labour Day	6	7 Meals on Wheels Chase the Ace Draw Youth Activity	8 Wild Game Meat Session Senior Social Full Moon Ceremony Recycle	9 FASD Awareness Day	10 Shopping in North Bay
11 Grandparents Day Breakfast HOLIDAYS Mitchell McMartin	12 Hand Drum Workshop	13 Hand Drum Workshop Covid-19 Autumn Vaccination Clinic	14 Covid-19 Autumn Vaccination Clinic Back to School Series Session 1	15 Covid-19 Autumn Vaccination Clinic Senior Social Garbage	16	17
18	19 Ribbon Skirt Workshop	20 Snack Time for Elders Community Kitchen	21 Meals on Wheels Chase the Ace Draw Youth Activity Ribbon Skirt Workshop Radio Bingo	22 Community Breakfast Senior Social Recycle	23 Family Movie Night	24
25	26	27 Elder's Craft Time	28 Back to School Series Session 2 Senior Social	29 Garbage	30 KFN Offices are closed for National Day for Truth and Reconciliation (Thurs pm & Fri am)	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2022						1 Shopping in North Bay
2	3	4	5 Meals on Wheels Chase the Ace Draw Radio Bingo	6 Recycle	7	8
9	10 KFN Offices are closed for Thanksgiving	11 Woody's Walk	12	13 Garbage	14	15
16	17	18	19 Meals on Wheels Chase the Ace Draw Radio Bingo	20 Recycle	21	22
23 30	24 31 Halloween	25	26	27 Garbage	28	29