

# Orihwase'shón: 'a ne Wahta Rontenro Raotirihwá:ke

Tsothorkowa - The Big Cold



January 2020



## THIS ISSUE

- ◆ Calendar of Events
- ◆ Chief/Council Update
- ◆ Minutes
- ◆ FYI & Notices
- ◆ Education & Training
- ◆ Health Services
- ◆ Cultural Centre Events

## Public Council Meeting

There will be Public Council Meeting  
on January 7th at 7:00PM at the  
Administration Building

## Notice of Nominations

Nominations for the positions on  
Chief and Council will take place on  
Saturday, January 18th, 2020, between  
the hours of 2:00PM and 6:00PM at  
the Administration Building

## Emergency Contact Information

If anyone has an emergency, during the  
Christmas closure please contact the  
appropriate department head.

For Public Works & Maintenance  
contact Randy Sonmor at  
705-644-4228

For Health & Social or any other  
emergencies contact Muray Maracle at  
705-330-9863

For Education contact Carol Holmes at  
705-641-1548

**Are you thinking about building or renovating? Contact Karen or Matthew for help with the various Housing Programs, Subsidy Programs & Mortgage Programs that are available. 705-762-2354**

karen.sahanatien@wahtamohawks.ca  
matthew.commandant@wahtamohawks.ca



# JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 Community Shopping 9AM  Public Council Meeting 7PM	8 Yoga 5PM CHC	9	10	11 Dream Catcher Workshop 10AM CHC
12	13 Mindfulness 9AM	14	15	16	17	18 Election Nominations 2PM-6PM AB
19	20 Quill Box Making 9AM  Salad in a Jar 6PM	21 Quill Box Making 9AM	22 Quill Box Making 9AM	23 Quill Box Making 9AM	24 SafeTalk Training	25 Women's How-To Building and Tool Workshop 9AM CHC
26	27 Mindfulness 9AM	28	29	30	31	

## **2019 Council Weekly Meeting Summaries**

### **Council Weekly Meeting Summary – Wed October 2, 2019**

#### **In Attendance:**

☒ Philip Franks   ☐ Lawrence Schell   ☒ Blaine Commandant   ☒ Teresa Greasley   ☒ Lorie Strength-Fenton

#### **Agenda:**

**10.02.01 CCFHT Update/Discussion** – Shelly Van den Heuvel – The Minister of Health is looking for support from Indigenous communities to create an Ontario Health Team. The LHIN Local Health Integrated Networks have been reduced and there are concerns First Nation communities have not been adequately consulted and submitting inaccurate information to the Province on our behalf. We require a government to government approach on the health changes. The Wahta Health Hub services will not change.

**10.02.02 Development Corporation Strategic Planning** – Meeting set for October 9 to set strategic priorities.

**10.02.03 Health Budgets** – Health Budgets ongoing for 2019/2020 as provided by the Health Manager approved.

**10.02.04 Plow Truck Repair Costs** - deferred more information on costs needed.

**10.02.05 ISC Agreement** – Amendment No.21 – See motion below.

**10.02.06 Private Driveway Snow Clearing** – New Pricing/Options – Discussions took place on options for driveway clearing, no decision has been made yet. Councillor Greasley declared a conflict.

**10.02.07 Senior Administrator Contract Amendment** – Reviewed new contract for Senior Administrator. Employment Position is now permanent.

#### **Motions:**

**10.02.05** – Motion to approve the signing of the Indigenous Services Canada water feasibility study agreement for the funding installment of \$246 833. Carried.

**Next Meeting:** Wed October 9, 2019

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#### **Motions:**

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**Next Meeting:** Wed October 9, 2019

## **Council Weekly Meeting Summary – Wed October 16, 2019**

### **In Attendance:**

☒ Philip Franks   ☐ Lawrence Schell   ☒ Blaine Commandant   ☒ Teresa Greasley   ☒ Lorie Strength-Fenton

### **Agenda:**

**10.16.01 Neegan Burnside Invoice – Approval for Payment** – see motion below

**10.16.02 Economic Development Board – Priorities Discussion** – Another Board member is required, notice to go into newsletter. Review shareholder declaration and Terms of Reference and continue to set priorities.

**10.16.03 Sarah (Future Design School) – Community Engagement / Survey** – As part of the ongoing process for the development of an Administration strategy, a community engagement survey will be sent out to members. All staff have already been interviewed, Chief and Council will be interviewed and provide feedback at a later date.

### **Motions:**

**10.16.01** – Motion to approve \$30 263 for professional fees for Neeghan Burnside design services for the Duplex units. Carried.

**Next Meeting:** Wed November 6, 2019

## **November 2019 Community Meeting Minutes**

### **Wahta Mohawks Community Meeting Minutes**

**Date: Tuesday November 5, 2019**

- I. **Present:** Chief Philip Franks, Councillor Lawrence Schell, Councillor Strength-Fenton. Regrets Councillor Teresa Greasley, Councillor Blaine Commandant.
- II. **Call to Order:** The meeting was called to order at 7:05 pm.
- III. **Adoption of the Agenda:** Moved by Councillor Strength-Fenton, Seconded by Councillor Schell. Carried.
- IV. **Adoption of Minutes of October 1, 2019:** Moved by Councillor Schell Seconded by Councillor Strength-Fenton. Carried.

**V. October Motion Summary**

**10.02.05** – Motion to approve the signing of the Indigenous Services Canada water feasibility study agreement for the funding installment of \$246 833. Carried.

**10.09.08** – Motion to increase the shared cost limit of the Water and Sanitation Assistance Program to \$6000. Carried.

**10.16.01** – Motion to approve \$30 263 for professional fees for Neeghan Burnside design services for the Duplex units. Carried.

**VI. Old Business Updates**

- **Additions to Reserve Process** – Permits needed for Roderick Lake property owners and fees to be determined. Permits to be issued to Hydro One, Bell, Sandy Lake, Ontario Snowmobile club. Surveys still not complete, some wording issues to be resolved. Environmental assessment underway to inspect Hunt Camp sites and McMaster Lake.
- **CCFHT Meeting** – Cottage Country Family Health Team have applied to be an Ontario Health Team and will be reviewed by Ministry of Health. Discussions still ongoing for Wahta concerns.
- **Development Corp** – Terms of reference and Shareholder Declaration documents to be reviewed.
- **Trust Application – Monument** – Application has been reviewed and approved for \$10 000 for monument revitalization.

**VII. New Business**

- **AIAI Family Revitalization Letter of Agreement** – Child Welfare Community support funding for \$5000 approved.
- **ISC/FNIHB Agreement Amendment** – Indigenous Services Canada and First Nations Inuit Health Branch amendment for additional funding of \$5000 for Tobacco strategy and research initiative.
- **ISC Agreement Amendment** – Funding of \$50 000 approved and signed for land fill study to investigate alternatives for waste disposal.
- **Hydro One** – Consultations held in Toronto for First Nation concerns, a one on one meeting is preferred in Wahta to discuss unresolved issues concerning the 2012 amendment agreement for in kind services and the Distribution station.

- **Carbon Tax – Heating Fuels Exemption.** First Nations oppose the carbon tax, Indian Affairs stated it is a delivery charge and not a tax. AIAI Grand Chief has written a letter requesting exemption for heating fuels.
- **Community Engagement Survey** – Survey to be distributed to members December 2019, the purpose is to help improve service delivery and assess the overall needs.
- **Indigenous Leadership Table – Muskoka** – Various discussions to include common interests; water and waste management, road safety, infrastructure etc. The land acknowledgment process is still under discussions with local area First Nations to develop stronger understanding of Indigenous communities. Wahta representatives attending.
- **Mining Claim** – A local mining claim in underway in the Bracebridge area. Follow up confirmed it is not on Wahta's Additions to reserve lands.

**VIII. Questions/Comments:**

Councillor Strength-Fenton stated that she has been working on a Cannabis Law and does have a rough draft, it must first be approved by Council and then community consultation. Nippising First Nation proposed law and further licensing was discussed.

**IX. Next Meeting Date:** December 3, 2019

**X. Adjournment**

**XI. Closing**



## **Wahta Mohawks**

2664 Muskoka Road 38, Wahta  
Box 260, Bala, Ontario,  
Canada, P0C 1A0  
Phone 705-762-2354  
Fax 705-762-2376  
[www.wahtamohawks.ca](http://www.wahtamohawks.ca)

### **NOTICE OF ELECTION**

2019.11.15

#### **Notice of Nomination**

Nominations for the positions on Chief and Council will take place on Saturday, January 18, 2020 at 2664 Muskoka Road 38 on Wahta Mohawk Territory between the hours of 14h00 and 18h00 local time. If more than one nomination for a position is received, there will be a poll. Eligibility for Nominators and Nominees are contained in the Wahta Mohawks Election Rules and Regulations.

#### **Qualifying Candidates Forum**

In accordance with the Wahta Mohawks Election Rules and Regulations, a Qualifying Candidates Forum will be held on Saturday, February 15, 2020 at 2664 Muskoka Road 38 on Wahta Mohawk Territory between the hours of 10h00 and 12h00 local time. All Candidates must attend this meeting.

#### **Mail-In-Ballot Request**

If an Elector wishes, they may request a Mail-In-Ballot package by completing a Mail-In-Ballot Request Form and returning the Form to the Electoral Officer at Wahta Mohawks. A Mail-In-Ballot Request Form package with instructions will be mailed to all Electors.

#### **Notice of Poll**

In accordance with the Wahta Mohawks Election Rules and Regulations, if more than one Nominee is nominated for a position of Chief and more than four are nominated for the position of Councilor, a Poll will be conducted for the positions on Saturday, March 21, 2020 at 2664 Muskoka Road 38 on Wahta Mohawk Territory between the hours of 09h00 and 19h00 local time.

The Election process will follow the Wahta Mohawks Election Rules and Regulations approved by Show-of-hands vote on 2019.10.05.

**Photo identification is required for all Electors, without exception.**

For more information please call Matthew Commandant, Assistant Electoral Officer or Kelly Maracle, Electoral Officer as noted below.

For more information about the election, please contact:

Kelly Maracle  
Electoral Officer  
831 Lower Slash Road  
Deseronto, ON  
K0K 1X0

613-920-1676  
[Kelly@m-powerconsulting.ca](mailto:Kelly@m-powerconsulting.ca)

Matthew Commandant  
Assistant Electoral Officer  
2664 Muskoka Rd. 38, Wahta  
Box 260, Bala, ON  
POC 1A0

705-762-2354 Ext. 275  
[Matthew.commandant@wahtamohawks.ca](mailto:Matthew.commandant@wahtamohawks.ca)



## Gravel Delivery Notice

Following the purchase of each gravel order, members are now requested to call Sahanatien Haulage to provide delivery instructions. Their number is 705 762 5346.

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We have some remaining cranberry juice available for free to community members.

Contact Harry Byrne at 705-641-0833 for more information, and to arrange pick up.

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### GET YOUR WATER TESTED

The best time to sample your well water is when the probability of contamination is greatest. This is likely to be in early spring just after the thaw, after an extended dry spell, following heavy rains or after lengthy periods of non-use. If you live on the Territory and would like your water to be tested, please contact Evan Holmes at 705-644-9884.

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### Lot for Sale

Lot 5-2, Concession 5 (23.40 Acres)

Please call Teresa DeCaire  
at 778-587-3784 for more information

### Land for Sale

- Two 2 acre lots off Wahta Road 2
- Three lots off Muskoka Road 38

For more information, please call  
705-644-4227

## **Notice of Land Sale**

Council wishes to inform the community that it has reached an agreement with a community member to sell approximately 2.5 hectares of community land along the service road running north of Iroquois Cranberry Growers Drive. The new parcel will be formed by severing parts of lots 13-8-2 and 13-8-4. Council was not actively seeking to sell community held land, however the request to purchase this parcel was agreed to after much deliberation of the offer and the potential benefits it brings. Key among those benefits is the fact that the sale of this parcel will assist in facilitating the completion of a significant economic development project by the purchasing member. This project once completed will bring jobs to the community and provide a boost to the local economy. The sale was somewhat a time sensitive issue so that an early start for construction can begin in the Spring. With interest beginning in members developing their Certificate of Possession (C.P.) lots along Highway 400, the development signifies a need for a land use policy developed in conjunction with the membership in 2020. This will provide clear direction for Councils to follow from this point on.

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## **Call for Potential Development Corporation Directors**

We are looking for additional people who would be interested in sitting on a Board of Directors for our Development Corporation.

We are especially looking for members with business, accounting, or legal expertise.

If you are interested, please contact Murray Maracle at 705 762 2354 ext. 231 or email at: [murray.maracle@wahtamohawks.ca](mailto:murray.maracle@wahtamohawks.ca)

## **Seeking a Graphic Designer!**

Wahta Mohawks is seeking expressions of interest from Graphic Designers for community projects. Working in concert with the Education Department this individual would be tasked with planning and hosting sessions for selected youth, sharing with them the fundamentals of graphic design.

For more information on this exciting opportunity please contact Simon Sutherland at [simon.sutherland@wahtamohawks.ca](mailto:simon.sutherland@wahtamohawks.ca) or 705-762-2354 ext. 245

## **Youth Opportunity!**

Are you a youth, or a parent or caregiver to a youth, aged 10-20 that is artistic or wants to learn more about graphic design? If so, please get in touch with Simon Sutherland at 705-762-2345 ext. 245 or by email at [simon.sutherland@wahtamohawks.ca](mailto:simon.sutherland@wahtamohawks.ca) by **January 17<sup>th</sup>**.

We will be hosting a series of sessions teaching the basics of graphic design and working on a project that will be shared in the community and at Glen Orchard Public School and we want your participation!!

## **Resource Teachers Needed!**

Wahta Mohawks is currently seeking members interested in sharing their traditional knowledge and/or language in teaching sessions with young people. If you are interested in sharing your knowledge, or would like more information about this opportunity, please contact Simon Sutherland at [simon.sutherland@wahtamohawks.ca](mailto:simon.sutherland@wahtamohawks.ca) or at 705-762-2385 ext. 245.

## Language Revitalization

Shé:kon!

My name is Sarah Chaloux and I am pleased to introduce myself as the Language Activator here in Wáhta. I proudly come from the Strength family, and some may know my grand parents Leah and Wilbur Strength, and my mother Kimberly Strength. I have been residing here with my husband and three children over the last year and a half and we have all been thrilled with the warm welcoming of the community, the school, and the programming as we continue to build connections and integrate into the culture and community as fellow Wahtahhró:non.

I look forward to continuing the development of language revitalization policies, strategies and programming by working closely with community members and building inter-department relations. The position is on contract from December through May 2020 and is possible through available funding from the Association of Iroquois Allied Indians (AIAI).

I am looking forward to meeting with community members who share a strong vision and passion for language revitalization, so together we can build an effective plan for increasing sustainable use of Kanien'kéha here in Wáhta. Please feel free to reach out to me if you are interested in contributing to the vision, have resources to offer, or are interested in future programming.

[sarah.chaloux@wahtamohawks.ca](mailto:sarah.chaloux@wahtamohawks.ca) or Ext. 259

## **South Muskoka Job Fair**

Did you miss the Wahta Mohawks Career Fair in November but are still interested in exploring what career options and opportunities may be available to you?

If so, contact Simon Sutherland at 705-762-2354 or by email at [simon.sutherland@wahtamohawks.ca](mailto:simon.sutherland@wahtamohawks.ca) to sign up to attend the South Muskoka Job Fair on Thursday, March 5<sup>th</sup>, 2020. Please let Simon know if you are interested in attending by February 21<sup>st</sup>, 2020

We will provide transportation to and from the event and work with anyone interested in providing pre-employment supports like resume building, interview skills, and tips for how to navigate the fair.

## New Ontario Autism Program

At our most recent Education meeting for parents, our guest speaker, Erin Nightingale from Autism Ontario joined us to present the New Ontario Autism Program (OAP). Highlights of her presentation are as follows:

- Children under the age of six and older are eligible for up to \$20,000 annually
- Children and youth aged six and older are eligible for up to \$5,000 annually
- Families on the waitlist on April 1, 2019 can expect to receive their first Childhood Budget within the next 18 months.

### NAVIGATING THE OAP

If you are a new family entering the OAP contact the Central Intake and Registration Team (CIRT) (1-888-444-4530) [oap@ontario.com](mailto:oap@ontario.com) and complete the Registration Form →in order to complete the form you will need proof of diagnosis and proof of residence and birthdate.

If you are a family currently waiting for service you can expect to receive a personalized Childhood Budget Letter that includes: OAP reference Number, Child Birthdate on file, instructions for accessing their Childhood Budget Form →families submit their Childhood Budget Form to CIRT →upon successful completion of form families will receive an Authorization to Spend Letter, funds as requested (cheque or direct to Service Provider)

If you are a family currently in service, prior to end of Behaviour Plan families will receive a personalized Childhood Budget Letter that includes: OAP reference Number, Child birthdate on file, instructions for accessing their Childhood Budget Form →Families submit their Childhood Budget Form to CIRT →upon successful completion of form families will receive an Authorization to Spend Letter, funds as requested (cheque or direct to Service Provider).

#### Eligible expenses:

- ✓ Eligible Based Behavioural Services (includes assessments, consultation, services)
- ✓ Additional Autism Supports (ex. Interventions based on ABA, life skills, social skills training, employment supports, parent training, specialized school)
- ✓ Speech and Language, Occupational Therapy, Physiotherapy
- ✓ Respite (workers or programs, fees for recreational activities, camp sports, arts/music programs)
- ✓ Family Service Planning and Support up to 10% of budget (ex. Budgeting/bookkeeping, service coordination)
- ✓ Travel to access eligible service/supports/training
- ✓ Technology to support child's goals, ex. computer, tablet every 2 years, applicable software
- ✓ Equipment and Materials related to eligible services/supports

#### Ineligible expenses:

- ✓ Fees for therapies/specialized services not identified as eligible ex. Nursing, dieticians, massage, dental
- ✓ Housing and household items or services ex. Rent, furniture, appliances, phone/internet bills
- ✓ Indirect respite services and supports ex. Cleaning, meal preparation, housekeeping
- ✓ Vitamins, medical supplies, orthotics, supplements, incontinence supplies, special diets, groceries etc.
- ✓ Cancellation fees for missed or cancelled sessions.

**For more information find your local contact at [www.ontario.ca/autism](http://www.ontario.ca/autism) or call 1-888-444-4530**





## DreamCatcher Foundation

Thank you DreamCatcher Foundation for supporting me as I try to obtain an NCAA scholarship for soccer. This past year I played for the Burlington Bayhawks u21 Premier team that plays at some of the top showcases in the USA as well as in the OWSL u21 Premier League in Ontario. We won the league in Ontario and found much success at Disney, Jefferson Cup and Umbro Elite Showcases. As an underager I received recognition and contact from many NCAA schools and look forward to next season. The Dreamcatcher Foundation and support of the Wahta Mohawks made all of this possible.

Thank you!

Koby Commandant  
November 2019



## Health & Social Services Events

**Lunch with Brad** January 2020, please call Sherry for more information

**Community Shopping** January 7<sup>th</sup>, Barrie, Mall, Food Court, Walmart (weather dependant)

**Mindfulness** January 13<sup>th</sup> & 27<sup>th</sup> at 9:00am

**Quill Box Making** January 20<sup>th</sup>, 21<sup>st</sup>, 22<sup>nd</sup> & 23<sup>rd</sup> from 9:00am to 4:00pm. Limited space, sign up with Kristan or Sherry.

**SafeTalk Training (suicide prevention training)** January 24<sup>th</sup>. Call Kristan to register at ext. 241

### Family Well-Being Programming

**School Age Program (SAP)** Jan 6<sup>th</sup> 2020, 3:30 – 5:00, Mon – Thurs

Must pre-register Contact Patti 705-762-3343 x 204 or [patricia.benson@wahtamohawks.ca](mailto:patricia.benson@wahtamohawks.ca)

**Yoga** is back Wednesdays Jan 8<sup>th</sup>, at 5:00pm, at CHC All welcome, just come! Any questions contact Rubecka 705-762-3343 X 202

**Dream Catcher Workshop** Jan 11<sup>th</sup> 10:00- 2:00. All ages

Save a spot, Contact Patti 705-762-3343 x 204 or [patricia.benson@wahtamohawks.ca](mailto:patricia.benson@wahtamohawks.ca)

**Healthy Living and Lifeskills Classes!** Jan 20<sup>th</sup>, 6:00- 8:00. 10 spots only, First class – Salad in a Jar! Must pre-register Contact Patti 705-762-3343 x 204 or [patricia.benson@wahtamohawks.ca](mailto:patricia.benson@wahtamohawks.ca)

**Women's How-To Building and Tool Workshop** January 25<sup>th</sup>, February 29<sup>th</sup>, and March 28<sup>th</sup> 9am- 4pm at the Cultural Centre. Limited spots contact Amy to sign up 705-762-3343 ext. 203

### Ongoing

**AA Meetings** – Parry Sound Friendship Centre, Sundays at 10am

**NA Meetings** – Parry Sound Friendship Centre, Monday and Fridays at 6:30pm

If you would like to attend, but transportation is an issue, please contact Kristan, 705 762 2354 ext. 241.

**Saturday February 22nd, 2020**

**Starts at 8am**

# Ice Fishing Derby 2020

## *Activities Include:*

- snowshoeing
- Chili Cook off with Prizes
- Door prizes
- Horse and Sleigh rides
- Giveaways
- Indoor Bouncy Castle for the Kids
- Ice Fishing

*Hotdogs, hamburgers, fried pickerel and other delicious food will be served for lunch*

*Please plan on attending and please dress warm.*

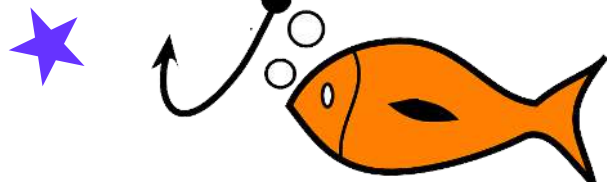
*Webster Lake*

*Fun for the whole Family*

*Have a great day out on the ice*

*Everyone is Welcome*

*Hope to see you there!*





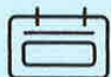


# RAAM CLINIC

## West Parry Sound Rapid Access Addiction Medicine Clinic

The Rapid Access Addiction Medicine (RAAM) Clinic is a low-barrier, culturally safe clinic for individuals 16 years of age and older who are struggling with substance use concerns; or for friends and family seeking personal support around a loved one's substance use.

Although not required, referrals are helpful and appreciated. Walk-ins are welcome.



Start Date:  
Monday May 27, 2019



Mondays: 2 PM - 6 PM  
Thursdays: 8 AM - 12 PM



West Parry Sound Health  
Centre - Ambulatory Care  
6 Albert St., Parry Sound



Check-in at Admitting

For additional information, referral forms, patient hand-outs, and brochures, please contact us:



**705-375-9900**

or call:



**705-746-4264**

and ask for a RAAM counsellor



Canadian Mental  
Health Association

Addictions and  
Mental Health Services



West Parry Sound Health Centre

*Rural Nurse Practitioner-Led Clinic*



Canadian Mental  
Health Association

Addictions and  
Mental Health Services

West Parry Sound Health Centre

Rural Nurse Practitioner-Led Clinic

WPSHC  
CARES



Phone: 705-375-9900

West Parry Sound

Fax: 705-375-9905

RAAM (Rapid Access Addiction Medicine) Clinic

## Patient Handout

*Note: Calls and Referrals answered by Moose Deer Point Nurse Practitioner Led*

### What is the RAAM Clinic?

RAAM is a low-barrier, culturally safe clinic available by Walk-in or Referral. Although not required, referrals are helpful and appreciated. It is for individuals aged 16 or older, who are looking for help with their substance use. The providers (Nurse Practitioner or Physician), have experience treating people who are struggling with their drinking or substance use, and know how difficult it can be to ask for help.

Individuals are welcome to come to the clinic even if there is uncertainty as to whether the addiction is an issue or alternatively if it is a known issue and support is desired.

### Services Provided

- Care that is culturally competent
- Assess substance use concerns (includes multisubstance use) and concurrent mental health concerns
- Initiate pharmacotherapy if indicated: *Alcohol Use Disorders, Opioid Use Disorders*
- Anticraving medication for alcohol
- Suboxone induction and stabilization
- Provide harm reduction interventions and advice
- Provide solution-focused counselling
- Provide trauma-informed care
- Make appropriate links to community partners for addiction, psychosocial and social support services
- Transition clients back to their primary care provider when stable
- Help in connecting clients to a primary care provider if needed

### Services Not Provided

- Management of acute/severe withdrawal. Clients in severe withdrawal should call 911 or present to the emergency department
- Management of acute intoxication; for alcohol Client should have their last drink the night before
- Replacement of primary care services
- Long-term psychotherapy
- Management of acute psychiatric illness
- Diagnosis, treatment, or opioid prescriptions for chronic pain
- Safe injection site services



Canadian Mental  
Health Association  
*Learning • Policy • Support*

Addictions and  
Mental Health Services

West Parry Sound Health Centre

*Rural Nurse Practitioner-Led Clinic*

WPSHC  
CARES



Page 1 of 2

### Hours of Operation

- Monday: 2:00 pm-6:00 pm
- Thursday: 8:00 am- 12:00 pm

**\*New clients are encouraged to arrive at the beginning of the clinic\***

To access RAAM, arrive at the **Admitting Department, Main Floor (3<sup>rd</sup>), WPSHC between 1:45-5:30 pm Mondays and 7:45-11:30 am Thursdays.**

### What to Bring

- OHIP card
- List of medications, including prescribed and non-prescribed. Bring in the medication bottle if possible.
- Please bring a copy of your referral form if you have one.
- **Please feel free to bring support, for example a close family member or friend.** If you are feeling anxious or hesitant about coming to the RAAM clinic, a supportive person with you may help you feel less overwhelmed and alone.

### Please Call for an Appointment (705-375-9900)

While **Walk-in appointments are welcome**, pre-booking your appointment helps us to plan for your visit, as well as helps plan your transportation (if transportation is a barrier for you coming to our clinic).

**Note: Calls and Referrals answered by Moose Deer Point Nurse Practitioner Led Clinic**

### What to Expect

- Safe, comfortable, accessible meeting space
- Provide a urine sample for drug screening at each clinic visit
- Appointments with medical staff (Nurse Practitioner or Physician), and addictions counsellors
- Detailed history, explore substance use concerns and recovery
- Regularly scheduled clinic visits based on clinical progress

**We do not provide emergency medical services, or acute/severe withdrawal detox. If you are in severe withdrawal please visit the emergency department. Please do not present intoxicated. Have your last drink the night before.**

**If you require a residential (inpatient) withdrawal management service, here are some services you may contact:**

- Withdrawal Management Services of Health Sciences North: (705) 671-7366
- Royal Victoria Hospital Residential Withdrawal Management: (705) 728-4226
- North Bay Withdrawal Management Services: (705) 476-6240

We are Excited to announce YOUR LOCAL HEARING CLINIC  
RIGHT HERE IN WAHTA. Partnered with the Wahta Health and  
Social Services Department and for now, clinic will held out of  
Administration Office. First Clinic will be held March 26, 2019  
from 10 am-4:30 pm

Do you need HEARING TEST?

Do you have or need HEARING AIDS?

Do you need Custom Swim Plugs, Custom Noise Protection,  
Home Alerting Devices or anything to do you with your EARS?

# PLIMMER

## hearing centres

[www.plimmerhearing.com](http://www.plimmerhearing.com)

CALL TODAY TO RESERVE YOUR SPOT.

1 (833) 350-1165 or (647) 350-1165

[www.plimmerhearingcentres@hotmail.com](mailto:www.plimmerhearingcentres@hotmail.com)

(Ages 4 to 18 can have screen hearing tests)

(Ages 18+ can have hearing tests and hearing aid evaluations)

**WE'VE GOT YOU COVERED:**

ALL NIHB (Indian Affairs), ALL WSIB

(Workers Safety Insurance Board)

ALL ODSP, OW (Social Services), ALL DVA (Veterans Affairs) and

ALL Private Insurance

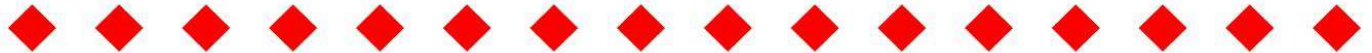


# Kagita Mikam Employment & Training

Intake applications are ongoing for Kagita Mikam Employment & Training Programs. If you are unemployed, underemployed or out of school and would like to receive training to get back into the workforce then support is available upon meeting the criteria and funding availability.



Programs available through Kagita Mikam are: Purchase of Training, Targeted Wage Subsidy, Mobility Assistance, Youth Work Experience, Employment Assistance Supports and Self Employment Assistance. Funding for training is for 1 year only. Members of Wahta Mohawks without status are eligible for funding. A Letter from Wahta Mohawks stating that you have membership must be provided. Members with status must provide status number and membership letter. For more information on the program please contact **Simon Sutherland** at **705-762-3343 x. 245** or by email at **[simon.sutherland@wahtamohawks.ca](mailto:simon.sutherland@wahtamohawks.ca)**



**Do you need support...someone to talk to?? Everyone needs support at one time or another.**

**Aboriginal Mental Health and Addictions Program (B'saanibaamaadsiwin)  
705-746-2512 24/7 Support Line**

This program is aimed at providing culturally appropriate support and treatment for Indigenous individuals, families, and community. Model of service is culturally relevant and community specific therapeutic interventions that are based on best practices.

Please contact Sherry for referral (ext. 250) or referrals for counselling and treatment can come through any source or self-referral throughout the districts of Muskoka and Parry Sound. Services can be accessed by calling the Parry Sound Office. People can be supported in community or go into their offices...whatever your preference may be.

If you would like an appointment with **Dr. Ed Connors** please call **Sherry Byrne** at 705-762-2354 ext. 250.

# Join our Newsletter Email List!

In an effort to help save paper and postage costs, we would like to email the newsletter to as many community members as possible. There are two ways to join the newsletter list.

1. Register at [www.wahtamohawks.com/member-registration](http://www.wahtamohawks.com/member-registration)
2. Email us at [info@wahtamohawks.com](mailto:info@wahtamohawks.com) and let us know you would like to have the newsletter emailed to you

## Why Switch to Email?

### Why should I opt in for Newsletters?

Help save on postage and paper! With over 300 newsletters sent out each month, it is a time consuming and costly procedure for staff. Electronic newsletters also make it easier to visit links provided for websites and contact information.

### When will I get the Newsletter?

You will receive the newsletter as soon as it is ready. You will not have to wait for it to be sent out in the mail.

### Do I need to be a member to receive the newsletter?

If you are the spouse or parent of a member of the community, please email us at [info@wahtamohawks.com](mailto:info@wahtamohawks.com), and let us know you would like to receive the newsletter.

### How else will my email address be used?

Your email address will not be shared with anyone and will only be used for newsletters and the occasional communication regarding community updates.

## The Good Food Box



The Good Food Box is a monthly box of assorted fresh fruits and vegetables. Bulk ordering of fresh, high-quality produce (mostly local and Ontario) offers a sizable discount to customers. Each box contains a monthly newsletter with health and dietary information along with produce information and recipes to prepare meals from the box of produce you receive.

Boxes can be purchased and picked up from the administration building.

Small boxes cost \$10.00 and large boxes cost \$15.00.

Boxes must be pre-ordered and paid for by the 7<sup>th</sup> of each month, and they are available for pick up on the fourth Tuesday of every month

Please contact Christine or Kristan

# Contact Information

## Chief & Council

Chief Philip Franks	philip.franks@wahtamohawksCouncil.ca	705-528-9468
Councillor Blaine Commandant	blaine.commandant@wahtamohawksCouncil.ca	705-394-8699
Councillor Teresa Greasley	teresa.greasley@wahtamohawks.ca	705-644-9934
Councillor Lorie Strength-Fenton	lorie.fenton-strength@wahtamohawksCouncil.ca	705-774-2796
Councillor Lawrence Schell	lawrence.schell@wahtamohawksCouncil.ca	705-644-3001

## Administration

**705-762-2354**

Scott Aubichon	Lands and Resources Coordinator	Ext. 242
Sherry Byrne	Health Services	Ext. 250
Sarah Chaloux	Language Activator	Ext. 259
Matthew Commandant	Housing Coordinator	Ext. 275
Joanne Contant	Chief Financial Officer	Ext. 227
Christine Cox	Health Services	Ext. 273
Brittany DeCaire	Ontario Works Administrator	Ext. 240
Sara DeCaire	Cook/Custodian	
Skye DeCaire	Receptionist	Ext. 221
Carol Holmes	Education Services Manager	Ext. 233
Murray Maracle	Senior Administrator	Ext. 231
Kim North	Finance Clerk	Ext. 237
Karen Sahanatien	Membership/Lands and Housing Clerk	Ext. 222
Kristan Sahanatien	NNADAP	Ext. 241
Randell Sonmor	Director of Capital Assets	Ext. 224
Simon Sutherland	Edu. Assist/Employment & Training	Ext. 245
Samantha Walker	Executive Assistant/Librarian	Ext. 272

## Maintenance and Public Works

Berry Berwick	Public Works Supervisor	705-641-0722
Harry Byrne	Maintenance Supervisor	705-641-0833
Terry DeCaire	Maintenance	705-644-9862
Evan Holmes	Public Works	705-644-9884

## Cultural Healing Centre

**705-762-3343**

Patricia Benson	Family Well-Being Worker	Ext. 201
Amy Davidson	Health and Social Assistant	Ext. 203
Rubecka Davidson	Family Well-Being Coordinator	Ext. 202
Danielle Neelands	Family Well-Being Worker	Ext. 201

Please Feel Free to Call with any Questions or Concerns

Administration Office Hours:

Monday through Thursday, 8:00 am-4:30 pm

Fridays 8:00 am-2:00 pm