

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

Onerahtokha - The Budding Time



April 2020



THIS ISSUE

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

Election Rescheduled

The Election for Council is currently scheduled for Saturday, April 25, 2020 from 9:00am to 7:00pm at the Wahta Mohawks Administration Building. The Election Code allows for a Mail-in-Ballot, which will be mailed to every elector upon request. If you have any questions regarding the process, or would like to vote by Mail-in-Ballot, please contact Matthew or Kelly as soon as possible. You will find their contact information on Page 7.

Community Buildings Closed

The Administration Building, Cultural Healing Centre, and Gym are closed for the time being in order to help prevent the spread of COVID-19. We will continue to reassess the situation and reopen when it is safe to do so. You will find updates on the [website](#) and [Facebook](#) page. The Landfill will remain open during its normal schedule. If you have any questions about the status of the closures, please call 705-762-2354.

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



Chief and Council Update

Chief Philip Franks

The Covid-19 pandemic is dominating the news and for good reason. As increased testing in Ontario takes place the numbers of confirmed cases in the last few days have spiralled upward at a tremendous rate.

Just two weeks ago I said in my first announcement on the pandemic that “At this point in time the risk in our area is low”. I do not believe that was an accurate statement with what we have learned since then. You might look at the numbers and say 1706 cases out of a provincial population of 14 million is not that high of a number. Let us not forget that that number is just what we know about as of March 29. Each day the numbers rises.

I feel confident in saying at this time if you are out of your home to get groceries, for many who still are going to work, consider anyone that you come into contact with to be carrying the virus. This is the only way we will be able to stem the tide. That means following the messages that are being put out about keeping your distance from other people and washing your hands often. For example, if you need to go to the grocery store, clean your hands before getting back in your car. You will be touching the car handle, your keys, your shifter, steering wheel, and seat belts within the first minute.

I know many people who are younger and many who are young at heart might be thinking that you won't get the virus. Numbers show that close to 40 percent of people hospitalized in the US are between 20 and 50 years of age. If we are going to look at numbers to justify that this is not that serious, lets look at the numbers the other way, the virus hits everyone young or old. This is serious. And guys, it is looking like men are not faring as well as women when it comes to getting sick. And so the message remains simple, stay home as much as possible and use proper hygiene at all times.

The administration at Wahta continues to do as much as possible to help those who are home, our elders and families with children. The managers speak every day to update each other on what is happening and what the needs of people are. The emergency control group speak on the phone every second day. I urge everyone to let someone know if you are experiencing difficulties. The Wahta administration also has a [Facebook](#) group where you can participate with ideas.

Many First Nations are locking down their communities, but for many others this is not a possibility as District or County roads go right through the community. The best we can do in these cases is to keep educating people about the dangers of not being careful.

Wahta Council will be meeting by phone very shortly. The health and security of the community remains the focus point, and other business can wait until after this hard time is over. Two points that will be discussed are to locate funding for financial relief to those in need, and to put forth a position statement on businesses in the community that are not deemed essential.

Any new developments will be posted to the Wahta Mohawks website and Facebook.

Lets all be super vigilant to do the best we can and in the way we go about our daily lives to protect our families, our elders, and our community as a whole.

Nia:wen,

Chief Philip Franks

2020 Council Weekly Meeting Summaries

Council Weekly Meeting Summary – Date: Wed February 5, 2020

In Attendance:

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

Agenda:

02.05.01 Dnaagdawenmag Binnoojiiyag Child and Family Services Update Meeting

Amber Crowe attended a meeting with council for an update on the organization. The organization has now transferred 890 cases province wide and closed 274. Wahta's statistics were reviewed outlining the number of cases and progress as well as closed cases. Discussions on any trends or social issues that may need to be addressed.

Amber would like Chief and Council to meet with the Community Navigator to look into more detail at those statistics and to discuss what Wahta's needs are in terms of resources and information required ongoing from the organization. Funding, education and employment were also discussed.

Next Meeting: Wed February 12, 2020

Council Weekly Meeting Summary – Wed Feb 12, 2020

In Attendance:

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

Agenda:

02.12.01 Citizenship Code – Inquiry into Residency Section – Member was inquiring about house rentals, the current membership code residency section states that permission from council must be obtained.

02.12.02 Requests to Hunt/Fish in the area – Non members are free to hunt on crown land.

02.12.03 AIAI Tobacco Task Force – Request to Appoint Rep – See motion below

02.12.04 Health Hub Service Agreement Review – Need up to date data on expenses and inventory in the building. The agreement will be revised and updated.

02.12.05 Comprehensive Funding Agreement Wording – The new funding template has added several wording changes to recognize language and treaties as a formality on the agreements.

02.12.06 Update on land Survey sale and Signs – Survey for band land sale to be completed and invoice issued. Highway signs are at a set rate as per Wahta signs inc.

02.12.07 Administration Roof Refurbishment Update – Project milestones were discussed, there are 8 potential bids. A decision will be made by mid March and projected completion date is November 2020.

Motions:

02.12.03 – Motion to appoint Councilor Blaine Commandant to the Association of Iroquois and Allied Indians Tobacco Task Force. Carried.

Next Meeting: Feb 19, 2020

Council Weekly Meeting Summary – Wed February 19, 2020

In Attendance:

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

Agenda:

02.19.01 LHIN 20/21 Agreement – For Signature Defer signing the agreement until analysis of changes is done

02.19.02 Fleet Vehicles – Proposed Plan to sell Jeep and Traverse - See motion below

02.19.03 Tobacco Allocations 20/21 – Update The administration will carry out the procedure for filling out the permit forms.

02.19.04 Policing Options - Update Discussion was held on alternative possibilities to the provision of policing on Wahta territory. No conclusions for options after discussing our own police force, joining APS, or having a dedicated officer of the OPP.

02.19.05 Salary Chart for 20/21 Council accepted the proposed salary chart for the coming year by consensus.

Motions:

02.19.02 – look in motion summary

Next Meeting: Wed February 26, 2020

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Council Weekly Meeting Summary – Wed February 26, 2020

In Attendance:

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

Agenda:

02.26.01 Finance Budgets and Policy Meeting – Went over 2020/2021 projected budgets, Administration and community infrastructure has ongoing shortages. Reviewed fixed assets request including some new equipment and possible church expenditures.

Revenues such as Hydro payments and Ontario First Nation Limited Partnership should be earmarked for possible deficits.

Finance Policy – the policy was revised for more detailed council travel and honourarium policy, changes reflect more specific hours and travel time. Discussion was held on streamlining all guest speaker honourarium so that it is consistent. Minor changes to be made and final motions to be made in the upcoming weeks.

Next Meeting: March 4, 2020

March 2020 Wahta Community Meeting Minutes

Date: Tuesday March 3, 2020

- I. **Present:** Chief Philip Franks, Councillor Lawrence Schell, Councillor Blaine Commandant, Councillor Teresa Greasley, Councillor Strength-Fenton.
- II. **Call to Order:** The meeting was called to order at 7:06 pm.
- III. **Adoption of the Agenda:** Moved by Councillor Commandant, Seconded by Councillor Strength-Fenton. Carried.
- IV. **Adoption of Minutes of February 4, 2020:** Moved by Councillor Strength-Fenton Seconded by Councillor Commandant. Carried.
- V. **February Motion Summary:**
Tuesday February 4, 2020 - Ontario Transfer Payment Agreement – Motion to sign the Ontario transfer payment of \$158 696. This agreement is for the Family Well Being programs and student nutrition program. Motion carried

02.12.03 – Motion to appoint Councilor Blaine Commandant to the Association of Iroquois and Allied Indians Tobacco Task Force. Carried.

02.19.02 Fleet Vehicles Motion to dispose of the 2010 Jeep and the 2012 GMC Traverse according to the Disposal of Assets policy. Motion carried.

VI. New Business:

- **Lippa Quarry correspondence** – A request was made to advocate for stopping a new dump in the Huntsville area. Scott Aubichon will research the issue further and see if there are any environmental impacts.
- **Electronic Solidarity Messaging on 400** – Approval required for message on the Highway 400 electronic signage to support Indigenous rights. The signage use is free of charge and will read “Wahta Mohawks stand in solidarity with those protecting the inherent rights of First Nations.”
- **AIAI Tobacco Task Force member** – Councilor Commandant approved for this task force through motion made February 12, 2020.
- **District of Muskoka Emergency Planning Group** – Wahta emergency group planning staff will join the District emergency planning group to see how emergency plans can coincide and benefit each other.
- **Residency Permit** – A member has applied for a residency permit for the rental of their house. A Band Council Resolution was approved and signed for one year. The current residency code was followed.

VII. Questions/Comments:

VIII. Next Meeting Date: April 7, 2020 (To be determined)

IX. Adjournment

X. Closing

Update on Mental Health Services

B'saanibaamaadsiwin Aboriginal Mental Health's office is closed until April 6th tentatively, and they are discouraging face to face interactions. Their crisis on-call service remains intact for anyone who calls, and a worker will be available to speak to 24/7.

Referrals can still be made over the phone. An intake worker will call back to arrange an intake appointment, also over the phone. If a crisis referral comes in, it will be given directly to the crisis worker on-call that day.

Contact Information:

Office Phone: 705-746-2512

Toll Free Phone: 1-866-829-7049

Crisis Phone: 1-888-893-8333



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

IMPORTANT NOTICE ELECTION CHANGE

March 17, 2020

The election staff of the Wahta Mohawks election are advising that due to the current outbreak of the COVID-19 virus, that the date of the election has been postponed.

This decision was based on the following factors:

- Many surrounding areas, including the province of Ontario and the Wahta Mohawk Territory have declared a state of emergency
- That Public Health and the Government of Canada encourage that all residents, in order to protect themselves, should remain self-isolated
- That many of our Indigenous peoples have higher risk factors, such as diabetes, and are therefore more susceptible to the virus
- All gathering of peoples are discouraged in order to lessen the risk of transmitting the virus

Currently, we do not know a lot about COVID-19, and therefore cannot predict when these cautionary measures will be lifted. Taking this into consideration, the Election Day has been moved. The election for the Wahta Mohawks will be held on **Saturday, April 25, 2020** at 2664 Muskoka Road 38 on Wahta Mohawk Territory between the hours of **9h00 to 19h00** local time.

This change allows electors to decide if they would like to receive a mail-in ballot package instead of attending the polls in order to lessen being around others. This changed date provides ample time to get the required paperwork to the Election staff and have the ballot sent out and returned.

If an Elector wishes, they may request a mail-in ballot by returning the *Vote-By-Mail Ballot Application Form* enclosed. Please return this form to either the Electoral Officer or Assistant Electoral Officer **as soon as possible** (contact information below). **If you have previously requested a ballot you will not require another one. Photo identification is required for all Electors, without exception.**

For more information or if you have any questions, please contact:

Kelly Maracle
Electoral Officer
831 Lower Slash Road
Deseronto, ON
K0K 1X0
613-920-1676
kelly@m-powerconsulting.ca

Matthew Commandant
Assistant Electoral Officer
2664 Muskoka Rd. 38, Wahta
Box 260, Bala, ON
P0C 1A0
705-762-2354 Ext 275
matthew.commandant@wahtamohawks.ca



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Covid-19 Financial Information

Covid-19 Fraud

Please protect yourself from potential fraud, and beware that scams associated with the global pandemic have been cropping up and feeding on people's fear, uncertainty and misinformation during this difficult time.

- Beware of spoofed government, healthcare or research information meant to deceive you
- Unsolicited calls, emails or texts giving medical advice or requesting urgent action or payment
- Do not provide any personal or financial details to anyone you do not know, or you did not make initial contact with
- Do not click on suspicious links or attachments
- Beware of unauthorized or fraudulent charities requesting money for victims, products or research, and if you do wish to make a donation, verify that a charity is registered [here](#)
- High-priced or low-quality products purchased in bulk by consumers and resold for profit, and these items may be expired and/or dangerous to your health
- Beware of questionable offers, such as, miracle cures, herbal remedies, vaccinations or faster testing
- Beware of fake and deceptive online ads, including cleaning products, hand sanitizers, or other items in high demand
- For more information on how to protect yourself from scams or fraud, click this link <https://bit.ly/2WHjChw>

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Canada's COVID-19 Economic Response Plan

Government Benefits/Income tax

Individuals

- For individuals (other than trusts), the return filing due date will be deferred until June 1, 2020. **However, the Agency encourages individuals who expect to receive benefits under the GSTC or the Canada Child Benefit not to delay the filing** of their return to ensure their entitlements for the 2020-21 benefit year are properly determined.
- The CRA will allow all taxpayers to defer until after Aug. 31, 2020, and the payment of any income tax amounts that are owed on, or after today, and before September 2020. This relief would apply to tax balances due, as well as instalments, under Part I of the Income Tax Act. No interest or penalties will accumulate on these amounts during this period.
- For low- and modest-income families, the Government will provide a one-time special payment by early May 2020 through the GSTC. This will double the maximum annual GSTC payment amounts for the 2019-20 benefit year. The average boost to income for those benefitting from this measure will be close to \$400 for single individuals and close to \$600 for couples.

Businesses

- Support for small employers at temporary wage subsidy for a period of 3 months. The subsidy will be equal to 10 per cent of remuneration paid during that period, up to a maximum subsidy of \$1,375 per employee and \$25,000 per employer.
- The CRA will allow all businesses to defer, until after Aug. 31, 2020, the payment of any income tax amounts that become owing on or after today and before September 2020.

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Homeowners

- The Canada Mortgage and Housing Corporation (CMHC) and other mortgage insurers offer tools to lenders that can assist homeowners who may be experiencing financial difficulty. These include payment deferral, loan re-amortization, capitalization of outstanding interest arrears and other eligible expenses, and special payment arrangements.

For more information on the Canada COVID-19 Economic Response Plan, visit <https://www.canada.ca/en/departement-finance/economic-response-plan.html#business>

Good Food Box

Northern Produce will be delivering Good Food Boxes to everyone who is signed up.



If you have not signed up and are interested in receiving the Good Food Box, and you live on reserve, please email Kristan at kristan.sahanatien@wahtamohawks.ca no later than Friday April 24th. You can also contact our receptionist Skye at 705-762-2354, and she will give Kristan the message.

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.



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.



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.

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

Education Department Update

During this difficult time, the Education and Employment Services department have been working to provide continuity of service to the best of our ability. Working remotely from home, we have managed to continue to manage the Post Secondary Education Program, the Employment and Training Program as well as our Community Language Revitalization Program. Much of our work is also dependent upon other organizations, schools, Ministry's etc. and this has been a frustrating process for us, as all of our partner offices have closed with their staff working from home or not at all. The staff, Simon Sutherland and Sarah Chaloux have really shown dedication and have persevered throughout this change. We have some exciting opportunities in language that you can read more about in Sarah's submission in this edition!

In terms of supports for our elementary and secondary students, we have shared many online links for education resources prior to the launching of the Learn at Home website that Minister Lecce launched, and we will continue to share information.

The Learn at Home website has provided learning resources and have worked in partnership with TVO and TFO in doing so. Adapted versions of secondary online courses have been developed by Ontario educators. Resources will continue to be added to the Learn at Home website; it received over 1.5 million visits within the first week of operation.

Ongoing teleconferences are occurring between teacher federations, representatives of education worker unions, school board directors, and trustee associations. There have been two key tables established to serve as a source of advice; a Continuity of Learning Planning Table and the Ministry/Affiliate 2020 Continuous Learning Workgroup (2020 CLW) with reps from all teacher unions. Other working groups are being established this week. The Ministry will continue to work through the issues and work toward common objectives for the continuity of learning.

POST SECONDARY APPLICATIONS

Wahta Mohawks is now ready to accept on-line applications for the Wahta Mohawks Post Secondary Education Program. This is a new process for us. Applicants can apply by visiting the following site:

<https://wahta.dadavan.com/student/pseapplication.jsp>

If you experience any difficulties please contact me at carol.holmes@wahtamohawks.ca

Applications are due May 15th, 2020.

Wáhta Kanien'kéha Language

Shé:kon

I hope you are all well and staying safe and sane during these difficult times. In the absence of in person programming and services, many people have turned to online learning opportunities to meet their families needs, and to fill the time.

We have partnered with a Mohawk Kanien'kéha teacher to provide an online course for families, staff, and community members to work through at their own pace so you may build language into your everyday activities, and build new skills for yourself and family.

Courses are in development and will be available shortly at:

wahta-mohawks-community-learning.teachable.com

For other resources and opportunities to learn Kanien'kéha (Mohawk) please go to the Kanien'kéha Language page of Wahta Mohawks website where we will continue to update with learning resources.

www.wahtamohawks.com/kanienkeha/

If you have any questions about learning opportunities, please reach me directly on my cell and we can discuss your needs or suggestions.

Niá:wen,



Sarah Chaloux

Language Activator

Wahta Mohawks

sarah.chaloux@wahtamohawks.ca

+ 1 705 323 5599



Association of Iroquois and Allied Indians

2020 ANNUAL HEALTH SCHOLARSHIP

2 Scholarships - \$1000.00 each



AIAI

The Association of Iroquois and Allied Indians (AIAI) is a Political Territorial Organization (PTO) established in 1969, to represent their seven member First Nation communities at all levels of government. AIAI represents approximately 20,000 Status First Nation people from Batchewana First Nation, Caldwell First Nation, Eelunaapéewii Lahkéewiit (Delaware Nation), Oneida Nation of the Thames, Wahta Mohawks, Hiawatha First Nation, and Mohawks of the Bay of Quinte (Tyendinaga).

PURPOSE

The AIAI Health Scholarship Award was created in 1989 to promote and recognize First Nations excellence in a Health or Traditional Healing post-secondary program. Ultimately, we strive to increase the number of First Nations people entering into a health profession as their career goal. The successful applicants (2) will receive the \$1000 Health Scholarship and honourable recognition by AIAI's Grand Chief at the 2020 Annual General Assembly.



SCHOLARSHIP CRITERIA

- All applicants must be of First Nation heritage and be a registered band member with one of the seven (7) AIAI member Nations - Batchewana, Caldwell, Eelunaapéewii Lahkéewiit (Delaware), Hiawatha, Oneida, Mohawks of the Bay of Quinte (Tyendinaga), and Wahta Mohawks.
- Applicants can only accept this scholarship as a **ONE TIME** recipient.
- Applicants must be enrolled as a full-time student in a Health related or Traditional Healing post-secondary program for the 2019/2020 academic school year.

Applications must include the following:

- A **SELF PROFILE** describing why you are deserving of such a scholarship.
- Transcripts displaying your current academics
- One (1) letter of support from your current program advisor, school counselor, or professor/instructor, etc.
- One (1) letter of support from your Administration Office confirming that you are a registered First Nations member of your community.

AIAI Health Scholarship APPLICATION DEADLINE:

APRIL 24, 2020 at 4:30 P.M.

NOTE: Any applications received after the deadline will not be considered.

REMINDER: include your contact information: *i.e. Return address, email, and phone number.*

SUBMIT YOUR APPLICATION TO THE ATTENTION OF:

Suzanne Nicholas, Health and Wellness Coordinator

Association of Iroquois & Allied Indians

387 Princess Ave. London, ON N6B 2A7

Phone: (519) 434-2761 Fax: (519) 675-1053

Email: snicholas@aiai.on.ca



Speaker's Award for Youth Writers

Calling all young writers! The Speaker's Award for Youth Writers invites Ontario youth in grades 7-12 to submit their short stories and personal essays to this writing contest.

Original fiction and non-fiction essay submissions are welcome, and a winner from each of the following three grade categories will be chosen: grades 7-8, grades 9-10, and grades 11-12.

Winners will be announced at an awards ceremony at the Legislative Building in Toronto and have their work published on the Legislative Assembly of Ontario website.

[Online applications](#) are accepted from March 2nd to April 15th, 2020.

Eligibility Criteria and Guidelines

- Writers must be in grades 7 to 12.
- Writers must reside in Ontario and attend school in Ontario.
- Original fiction and non-fiction submissions will be accepted. Poetry will not be accepted.
- Short stories or personal essays must be between 500 and 2500 words in length.
- Entries will be judged on the basis of originality, style, general presentation, as well as spelling and grammar.
- Submissions will be accepted through an online application. The next application period is March 2nd to April 15th, 2020.
- Submissions will be accepted by both individual writers and from teachers on behalf of their students. Teachers may submit up to ten personal essays/short stories per class, but no more than one per student.
- Only one submission per writer will be accepted.



B'saanibamaadsiwin

Aboriginal Mental Health Program

NOTICE on RESPONSE TO COVID-19

March 20, 2020

B'saanibamaadsiwin acknowledges the spiritual, emotional, physical, and intellectual strength and resilience of the people. We share in your prayers and encourage wellness focus for all. Gratitude for creator, creation, the medicines, and ceremonies are in our body, mind, and spirit.

We are taking precautions with regard to COVID-19 seriously. The World Health Organization has declared the outbreak of COVID-19 as a pandemic. Provincially there are emergency planning tables in place, with daily updates on the public health response. Canadian Mental Health Association Muskoka Parry Sound is meeting regularly to plan our local health response as well.

B'saanibamaadsiwin is committed to helping our communities. Our staff remains devoted to working in these challenging times. We continue to support clients, receive referrals, and manage crisis services. Please do not hesitate to call should you require support. We understand your mental health is a critical service.

It is with the safety of our communities and employees in mind, that we have made the adjustments to limit contact until further notice.

We remind community members to continue good health practices, such as hand-washing, disinfecting, and being mindful of social distancing, travel, and contact.

Please check for updates on Ontario's COVID-19 website for further information on the virus and how to seek care:

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus>

North Bay Parry Sound Public Health Unit also has information on their web site at <https://www.myhealthunit.ca/en/index.asp>

Miigwech

Shane Tabobondung, Program Manager



Canadian Mental
Health Association
Muskoka - Parry Sound

Addictions and
Mental Health Services



60 James Street, Suite 201, Parry Sound, Ontario, P2A 1T5
Tel: (705) 746-2512 / Fax: (705) 746-9590

Coronavirus Disease 2019 (COVID-19)

Frequently Asked Questions

General

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel worse, contact the nursing station/health center, your health care provider, Telehealth (1-877-797-0000) or your local public health unit.

When should people clean their hands?

- Before and after preparing food
- Before and after eating
- After using the toilet or changing a diaper
- Before and after using a mask or gloves
- After getting rid of waste or handling contaminated laundry
- Whenever hands look dirty

What is the best way to clean high-touch surfaces?

- High-touch areas (such as toilets, tables and door handles) and electronics (phones, computers) should be disinfected daily.
- Can use store bought disinfectant, or if not available, can use a diluted bleach solution (1 part bleach to 9 parts water) to disinfect high-touch areas. Can use 70% alcohol (alcohol prep wipes) to disinfect high-touch electronics.
- Disinfectants can kill the virus making it no longer possible to infect people.

What is the best way to practice hand washing?

- Best with water and plain soap. Wash for at least 20 seconds.
- If soap and water are not available, hands can be cleaned with an alcohol-based sanitizer that contains at least 60% alcohol.
 - Ensure that all surfaces of the hands are covered (e.g. front and back of hands as well as between fingers) and rub them together until they feel dry. For visibly soiled hands, remove soiling with a wipe first, followed by use of alcohol-based hand sanitizer.



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

Is there a specific treatment for COVID-19?

- At this time, there is no specific treatment for COVID-19.
- The isolating person should rest, eat nutritious food, stay hydrated with fluids like water, and manage their symptoms.

Can people with COVID-19 stay at home?

- Most people who develop COVID-19 will have mild illness and not require care in a hospital.
- People who do not require hospital-level care can stay at home as long as isolation and appropriate monitoring can be provided.

Can mothers continue breastfeeding?

- Yes. Considering the benefits of breastfeeding and the insignificant role of breast milk in transmission of other respiratory viruses, breastfeeding can continue.
- If the breastfeeding mother is ill with COVID-19, she should wear a medical or procedural mask when near the baby, practice respiratory etiquette, and perform hand hygiene before and after close contact with the baby.

Who should avoid providing care?

- Household members with conditions that put them at greater risk of complications of COVID-19 such as people with underlying chronic or immunocompromising conditions or elders should not provide care for the isolating person if possible.

What can I do if it is not possible to limit contact with others in home?

- People in the home may all decide to isolate together (that is all stay home and follow the advice for people who are self-isolating).
- If there is additional accommodation available, these people could decide to stay somewhere else until the self-isolating person is well.

Coronavirus Disease 2019 (COVID-19)

How to wash your hands



Wash hands for
at least 15 seconds

1

Wet hands with
warm water.

2

Apply soap.

3

Lather soap and rub
hands palm to palm.

4

Rub in between and
around fingers.

5

Rub back of each hand
with palm of other hand.

6

Rub fingertips of each
hand in opposite palm.

7

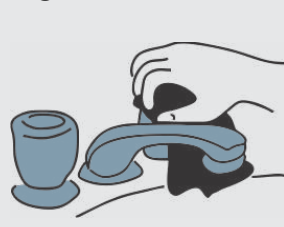
Rub each thumb clasped
in opposite hand.

8

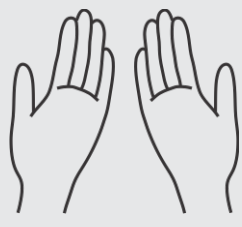
Rinse thoroughly under
running water.

9

Pat hands dry with
paper towel.

10

Turn off water
using paper towel.

11

Your hands are now
clean.

How to use hand sanitizer



Rub hands for
at least 15 seconds

1



Apply 1 to 2 pumps
of product to palms
of dry hands.

2



Rub hands together,
palm to palm.

3



Rub in between and
around fingers.

4



Rub back of each hand
with palm of other
hand.

5



Rub fingertips of each
hand in opposite palm.

6



Rub each thumb
clapsed in opposite
hand.

7



Rub hands until
product is dry. Do not
use paper towels.

8



Once dry, your hands
are clean.

Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for hand hygiene in all health care settings [Internet]. 4th ed. Toronto, ON: Queen's Printer for Ontario; 2014. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-hand-hygiene.pdf?la=en>

The information in this document is current as of March 16, 2020.

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Ontario 

Coronavirus Disease 2019 (COVID-19)

How to self-isolate

(for anyone being asked to stay home)

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel worse, contact the nursing station/health center, your health care provider, Telehealth (1-877-797-0000) or your local public health unit.

Stay home

- Do not go to work, school or other public places.
- Do not use taxis or share car rides.
- Your health care provider, public health unit or community leadership will tell you when it is safe to leave your home.



Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep away from elders and people with chronic medical conditions like high blood pressure, a history of heart attack or stroke, diabetes, lung problems or immune system problems.



Avoid contact with others

- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow and open windows if possible



Keep distance

- If you are in a room with other people, keep a distance of one to two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



Indigenous Services
Canada

Services aux
Autochtones Canada

Canada

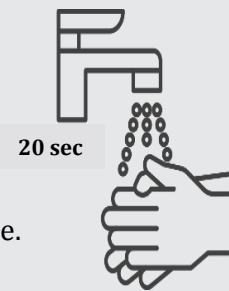
Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- After emptying the wastebasket, wash your hands.



Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Avoid touching your eyes, nose and mouth unless you have just washed your hands with soap.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- You can continue to use tap water under a Boil Water Advisory (BWAs) for handwashing and personal hygiene



Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two metres of other people.



How to treat yourself

- If you need to take pain relief, ask your health care provider.
- It is still recommended to get your flu shot if you haven't already.

Stay informed

You can access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus

Coronavirus Disease 2019 (COVID-19)

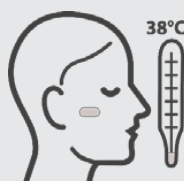
How to self-quarantine

(for people who are investigating if they are ill)

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel worse, contact the nursing station/health centre, your health care provider, Telehealth (1-877-797-0000) or your local public health unit.

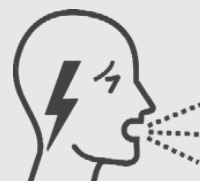
Monitor for symptoms for 14 days if you have travelled outside of Canada or you have been in close contact with someone with symptoms of COVID-19



Fever



Cough



Difficulty breathing

Avoid public spaces

- Avoid public spaces and places where you cannot easily be 1 to 2 meters apart from others.

What to do if you develop these or any other symptoms?

- Self-isolate immediately and contact your nursing station/health center or health care provider.
- To self-isolate you will need:
 - Instructions on how to self-isolate
 - Supply of procedure/surgical masks (enough for 14 days)
 - Soap, water and/or alcohol-based hand sanitizer to clean your hands
- When you visit your health care provider, avoid using taxis or sharing rides. If unavoidable, wear a mask and sit in the backseat.

Stay informed

You can access up to date information on COVID-19 on the Ontario Ministry of Health's website:

ontario.ca/coronavirus

Adapted from the Public Health Ontario – COVID-19: How to self-isolate fact sheet
The information in this document is current as of March 23, 2020



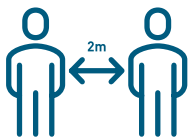
Indigenous Services
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SOCIAL DISTANCING

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.



What does Social Distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including:

- ▶ avoiding crowded places and non-essential gatherings
- ▶ avoiding common greetings, such as handshakes
- ▶ limiting contact with people at higher risk (e.g. older adults and those in poor health)
- ▶ keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible



Here's how you can practice social distancing:

- ▶ greet with a wave instead of a handshake, a kiss or a hug
- ▶ stay home as much as possible, including for meals and entertainment
- ▶ shop or take public transportation during off-peak hours
- ▶ conduct virtual meetings
- ▶ host virtual playdates for your kids
- ▶ use technology to keep in touch with friends and family

If possible,

- ▶ use food delivery services or online shopping
- ▶ exercise at home or outside
- ▶ work from home



Remember to:

- ▶ wash your hands often for at least 20 seconds and avoid touching your face
- ▶ cough or sneeze into the bend of your arm
- ▶ avoid touching surfaces people touch often



If you're concerned you may have COVID-19:

- ▶ separate yourself from others as soon as you have symptoms
- ▶ if you are outside the home when a symptom develops, go home immediately and avoid taking public transit
- ▶ stay home and follow the advice of your Public Health Authority, who may recommend self-isolation
- ▶ call ahead to a health care provider if you are ill and seeking medical attention

FOR MORE INFORMATION:

@ canada.ca/coronavirus

1-833-784-4397



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children

As public conversations around coronavirus disease 2019 (COVID-19) increase, children may worry about themselves, their family, and friends getting ill with COVID-19. Parents, family members, school staff, and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear. CDC has created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.

General principles for talking to children

Remain calm and reassuring.

- Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.

Make yourself available to listen and to talk.

- Make time to talk. Be sure children know they can come to you when they have questions.

Avoid language that might blame others and lead to [stigma](#).

- Remember that viruses can make anyone sick, regardless of a person's race or ethnicity. Avoid making assumptions about who might have COVID-19.

Pay attention to what children see or hear on television, radio, or online.

- Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.

Provide information that is honest and accurate.

- Give children information that is truthful and appropriate for the age and developmental level of the child.
- Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information.

Teach children everyday actions to reduce the spread of germs.

- Remind children to stay away from people who are coughing or sneezing or sick.
- Remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.
- Discuss any new actions that may be taken at school to help protect children and school staff.
(e.g., increased handwashing, cancellation of events or activities)
- Get children into a handwashing habit.
 - Teach them to wash their hands with soap and water for at least 20 seconds, especially after blowing their nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
 - If soap and water are not available, teach them to use hand sanitizer. Hand sanitizer should contain at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

Facts about COVID-19 for discussions with children

Try to keep information simple and remind them that health and school officials are working hard to keep everyone safe and healthy.

What is COVID-19?

- COVID-19 is the short name for “coronavirus disease 2019.” It is a new virus. Doctors and scientists are still learning about it.
- Recently, this virus has made a lot of people sick. Scientists and doctors think that most people will be ok, especially kids, but some people might get pretty sick.
- Doctors and health experts are working hard to help people stay healthy.

What can I do so that I don’t get COVID-19?

- You can practice healthy habits at home, school, and play to help protect against the spread of COVID-19:
 - Cough or sneeze into a tissue or your elbow. If you sneeze or cough into a tissue, throw it in the trash right away.
 - Keep your hands out of your mouth, nose, and eyes. This will help keep germs out of your body.
 - Wash your hands with soap and water for at least 20 seconds. Follow these five steps—wet, lather (make bubbles), scrub (rub together), rinse and dry. You can sing the “Happy Birthday” song twice.
 - If you don’t have soap and water, have an adult help you use a special hand cleaner.
 - Keep things clean. Older children can help adults at home and school clean the things we touch the most, like desks, doorknobs, light switches, and remote

controls. (Note for adults: you can find more information about cleaning and disinfecting on [CDC's website](#).)

- If you feel sick, stay home. Just like you don't want to get other people's germs in your body, other people don't want to get your germs either.

What happens if you get sick with COVID-19?

- COVID-19 can look different in different people. For many people, being sick with COVID-19 would be a little bit like having the flu. People can get a fever, cough, or have a hard time taking deep breaths. Most people who have gotten COVID-19 have not gotten very sick. Only a small group of people who get it have had more serious problems. From what doctors have seen so far, most children don't seem to get very sick. While a lot of adults get sick, most adults get better.
- If you do get sick, it doesn't mean you have COVID-19. People can get sick from all kinds of germs. What's important to remember is that if you do get sick, the adults at home and school will help get you any help that you need.
- If you suspect your child may have COVID-19, call the healthcare facility to let them know before you bring your child in to see them.

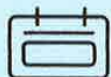


RAAM CLINIC

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
Leading. Policy. Change.

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 (3rd), 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:

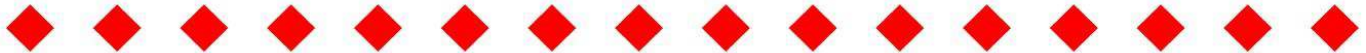
- Withdrawal Management Services of Health Sciences North: (705) 671-7366
- Royal Victoria Hospital Residential Withdrawal Management: (705) 728-4226
- North Bay Withdrawal Management Services: (705) 476-6240

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



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 Conners** please call **Sherry Byrne** at 705-762-2354 ext. 250.

Wahta Mohawks Business Directory

<u>Business Name</u>	<u>Phone Number</u>	<u>Website</u>	<u>Services Offered</u>
Bala Auto Detailing	(705) 641-1263	www.Balaaautodetailing.com	Full-service auto detailing
First Nations Liquidation	(705) 762-0101	https://www.facebook.com/FirstNationLiquidation	convenience/gifts/fireworks/house wares
Handy Man Dan	(705) 706-2710		repair/maintenance/construction/property management
Mrs. H's Fish & Chips	(705) 762-4262	mrshsfishandchips.ca/	Restaurant
Muskoka Rural Electric	(705) 762-3440	www.muskokaruralelectric.com	Licensed Electricians
Poseidon Plumbing	(705) 801-6164	www.godofwater.ca	Full-Service Plumber
Sahanatien Haulage	(705) 762-5346	https://lshaulage.com/	Site development/roads and driveways/ septic systems/landscaping and landscaping supplies/ material delivery
Team Boats	1 855-770-8326	www.teamboats.ca	Custom Aluminum Boats
Wahta Station	(705) 762-2195	thewahtastation.com/	Convenience/grocery
Wahta Springs	1 800-593-0127	www.wahtasprings.com	Water Bottling
What-a-Convenience	(705) 762-1923	https://www.facebook.com/whatabakery/	Gas Bar/bakery/Gifts
Womb Rising	(705) 323-5599	www.wombrising.com	Birth Services

If you own and operate a business on the territory of the Wahta Mohawks and would like to be included in this directory please contact Simon Sutherland at simon.sutherland@wahtamohawks.ca or 705-762-2354 ext. 245 to share the details of your business.

You will be asked to provide the name of your business, the type of services provided, and contact details.

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. 204
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