

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

Onerahtohko:wa - The Time of the Big Leaf



May 2020



THIS ISSUE

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

Election Rescheduled

The Election for Council has been postponed until Saturday, June 6th, 2020 and will run from 9:00am to 7:00pm at the Wahta Mohawks Administration Building. We strongly encourage all electors to request a Main-In ballot package. 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 inside.

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



COUNCIL UPDATE APRIL 30th, 2020

Chief Philip Franks

There has not been a time that our everyday lives have been affected to the extent we have experienced with the COVID-19 virus affecting so many people so quickly. I know we are all looking forward to getting some of our normal activities back on track. Looking to this, Council has been meeting weekly by telephone to monitor the situation as it evolves and deal with events as they occur. Our situation is largely dependant on what is happening in the province with regard to the number of daily reported cases and what trend is happening. Regretfully, at this time there is still not much progress in numbers coming down to where they should be.

Regarding business closures, we are monitoring the situation and will work according to public health reports as well as coordinating with other First Nations so that when the time comes there is not a flood of traffic on our roadways.

Next week on May 6th, Council will be looking at some guidelines provided by the province on how to safely open community gardens. Working on recommendations from the Emergency Control Group, there will be a decision if all conditions can be met. Such conditions would include personal safety equipment and sanitization means, including a very limited number of people working at the garden at one time.

Regarding essential foot care services, Council did agree on April 29th that operations could continue with the foot care nurse. Keep in mind there will be changes concerning wait times and great care to be taken for distancing people while at the clinic. Details will be coming from the Health and Social department at Wahta.

A report from Wahta Administration was posted on our website on April 29th. This report gives a good indication of what the managers and staff have been responsible for during this time of pandemic, as well as outlining the measures that have been taken to ensure business continuity and services. Working in remote locations, the Administration deserves our appreciation for all they are doing working with what they have, and for exploring and instituting different methods to ensure continuation of service provision and accountability.

Meanwhile, Wahta Council has been undertaking maintenance of their responsibilities. Over the course of the last few weeks there have been considerations for ongoing capital projects including the administration building roof project, the provision of safe drinking water in the community, and the three new housing duplexes. Working to satisfy funding requirements on these projects as well as endorsing new funding for the coming year are areas of routine responsibility for Council. There have been motions for expenditures regarding these, and signatures for new contribution agreements that need to be carried out. Council has deferred some policy adjustment items until a new council is established in June.

I have been engaged in numerous teleconferences at the federal and provincial level as part of the surveillance on COVID-19. In addition, I have been on calls with the Association of Iroquois and Allied Indians (AIAI) regarding our member nation's local situations, and the Chiefs of Ontario updates.

Due to the current circumstances the annual Elders Conference for this year has been cancelled upon recommendation to the Chiefs Council of the AIAI. Given the vulnerability to COVID-19 of the participants, it was felt it is best to not chance the usual late summer gathering. It was to be held at Oneida Nation near London and will take place there in the summer of 2021.

This week the AIAI leadership and communities are mourning the loss of Elder Lois Cornelius of the Oneida Nation. Those who have been to the annual Elders Conferences would know her. Lois was for many years the Association's Elder and attended so many Chief's meetings, General Assemblies, health, social, and education conferences. Lois was small in stature but big in heart. Her smile and kind words would put anyone at ease immediately, all the time. She was one of the last 100 speakers of Oneida in Canada and a real advocate for language revitalization, student education, and the continued well being of our communities. Our condolences go out to her family and the Oneida people.

Council wishes to thank all of our businesses, and members, who have cooperated with the measures we have had to take regarding the current pandemic. As I stated we are continuing to monitor the progress in the province. The provincial emergency orders come to an end on May 12th and we eagerly await some positive news that restrictions may slowly be lifted in a staged process.

In the meantime, persons of all ages, please continue to practice the guidelines for social distancing to curb the growth of the virus transmission. The Wahta seniors either on or off the territory have done their part for a month and a half now by being isolated. Let us recognize them for that hardship they have been going through by not relaxing our practices until it is safe to do so.

Once again, I and Council are available if anyone has particular questions that I cannot cover in this brief update, so we can provide you with more information.

Nia:wen for taking time to read this.

Chief Philip Franks



2020 ELECTION NOTICE

DATE CHANGE DUE TO COVID-19 PANDEMIC JUNE 6, 2020 from 9 a.m. to 7 p.m

**We strongly encourage you to consider voting by
Mail-In ballot to avoid having to attend the polls on
June 6, 2020.**

Due to the COVID-19 pandemic, for the safety of all Wahta Mohawk Electors, and to reduce the spread of COVID-19, we have postponed the election of the Wahta Mohawks.

June 6, 2020 is still not a date where we will be able to guarantee that there will not be a risk for the spread of the virus, however, we are hopeful. We are encouraging all electors to request a Mail-In ballot package and vote through this process to avoid attending the polls where possible. **This is the safest way for you to exercise your right to vote.**

Should you choose to still attend the polls on June 6, 2020 we will be following the local Health Unit's recommendations on COVID-19 protocols, which may include a limited number of people in the premise at any one time, sanitizing areas regularly, COVID-19 screening to enter premises, safe distancing, etc. This may slow down the process, and we ask that you be patient and bear with us as we do our best to decrease the spread.

**ELECTION DAY – JUNE 6, 2020 from 9 a.m. – 7 p.m.
2664 Muskoka Road, Wahta Mohawk Territory**

For a mail in ballot package, please mail or email your enclosed Vote-By-Mail Ballot Application Form to Kelly or Matthew using contact information shown below:

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

Matthew Commandant
2664 Muskoka Rd. 38 Wahta
Box 260, Bala, ON POC 1A0
matthew.commandant@wahtamohawks.ca
705-644-4227

Please stay home, practice physical distancing, and most of all stay safe!



Wahta Mohawks Election Mail-In Ballots Frequently Asked Questions

Although this is the first election where Wahta electors have been able to vote through a mail in process, First Nations have been using this process since 2001. I personally have been an Electoral Officer since 1997 and have conducted many elections that use this safe mail in process. Here are some FAQ's to assist you with any questions you might have. Should you wish to discuss this process with me, please contact me by telephone 613-920-1676 or by email kelly@m-powerconsulting.ca

How do I get my mail in ballot?

Enclosed in this package is a *2020 Election – Vote-By-Mail Ballot Application Form*. Please fill out this form, including your name, date of birth, address and phone number. Please sign this form and have a witness fill out the bottom portion and also sign the form. Send this back to Kelly Maracle or Matthew Commandant as soon as possible and a Mail out Package will be sent.

Where do I send my 2020 Election – Vote-By-Mail Ballot Application Form?

This form can be sent by mail to either:

Kelly Maracle

831 Lower Slash Road, Deseronto, ON K0K 1X0

Or

Matthew Commandant

2664 Muskoka Rd. 38 Wahta, Box 260, Bala, ON P0C 1A0

Or by email to:

kelly@m-powerconsulting.ca Or Matthew.commandant@wahtamohawks.ca

How long will it take to get my Ballot Package once I send in my form?

According to Canada Post, standard regular mail takes 2 business days for local delivery, 3 business days for delivery within the province and 4 business days anywhere else within Canada. It can take up to 6 business days outside of Canada. Please ensure you mail your packages back as soon as possible once received, to ensure they get back to us before the election day.

What does the ballot package consist of?

Once you send us in your application form, we will send out your Ballot package. This package includes instructions, a declaration form, a ballot, a ballot only envelope and an outer self-addressed stamped envelope to return your ballot and declaration to Wahta Mohawks Election.

What will I have to do once I receive the package?

You will need to follow the instructions, which include filling out the declaration, which includes name, address, date of birth, band number and signature. You will then need this to be witnessed. You will then fill out your ballot by marking an X beside the name of up to 4 candidates that you would like to vote for. You will then seal your ballot into the smaller

envelope marked ballot only. You will then place the signed and completed declaration form and the ballot only envelope (with the ballot inside) into the outer stamped envelope, which is already addressed. You will then take this to your local post office and place it into the mail.

Why do I have to provide my band number or date of birth?

This is the information we use to verify that it is the correct person on the voters list. If we cannot verify that you are an elector, we will not be able to accept your ballot and your package will be rejected.

What happens if I do not return the fully completed Declaration Accompanying the Mail-In Ballot form?

If this form is not completed and enclosed as part of your package, your ballot will not be accepted and will not be placed in the ballot box.

Do I have to vote for 4 candidates?

No, you do not have to vote for 4 candidates. You can vote for 1, 2, 3 or 4 candidates using an X beside their name. You cannot vote for more than 4. If you vote for more than 4, your ballot will be rejected, and your vote will not count.

What happens once I mail in my ballot?

All ballots are mailed to the secured post office box located at the Bala post office. These mail ins will be retrieved by the Election staff after the last mail sort of the day prior to the election. (There is no access to the post office on election day). These will be counted and verified by the Election Staff and documented. They will then be kept in a secured location in a locked box and brought to the polls by the election staff. At the close of the polls, the mail in ballots will then be processed. Each envelope will be carefully opened, the declaration will be verified against the voters list and the name, date of birth and/or band number will be compared to ensure that the person filling out the information is a qualified elector. Once this is done the ballot only envelope will be opened, keeping the ballot closed and confidential and will be placed in the ballot box with all of the ballots received during the polls. If a declaration cannot be verified, it will not be accepted, and the ballot will remain in the sealed ballot only envelope. Once all mail has been opened the ballots will then be counted.

What happens if my ballot isn't mailed back in time?

Any ballot not received by the close of the polls, will not be counted.

If I have already voted, do I need to vote again?

No, if you have already requested a ballot package, you cannot request another one. The same ballots are sitting securely at the Post Office until June 6th, 2020. You are not required to request another package or mail in a second ballot.

If you have any further questions, please contact Kelly Maracle at 613-920-1676 or kelly@m-powerconsulting.ca

Firewood Available

During the recent clearing of the site on Wahta Road 5 for the duplex housing project, the hardwood logs were set aside. The Administration will be cutting and splitting the logs in early May. The firewood will be available to members of the community for their own personal home heating use and at no cost.

Please call or email Randell Sonmor (Director of Capital Assets) at 705 644 4228 or randell.sonmor@wahtamohawks.ca or Berry Berwick (Head of Public Works) at 705 641 0722 or berry.berwick@wahtamohawks.ca by **May 21st** if you are interested in obtaining any of the wood. The firewood will then be distributed in equal proportions to those who expressed an interest.

Good Food Box

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

May 5th – Families with children

May 12th – Seniors/Adults

May 19th – Families with Children

May 26th – Everyone.



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 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

It is our hope that everyone is safe and in good health as we readjust our lives to comply with the expectations that we have been provided. We have been doing all we can to provide supports to students upon parent request.

Trillium Lakelands Updates:

Trillium Lakelands District School Board launched the TLDSB Learning@Home program. In preparation of this Teachers/Principals reached out to students to check in. Two weeks following March break a plan was developed and teaching staff were given some time to set up to be able to offer learning options to students. Once the Learning@Home program was launched, digital devices were available to prioritized students. This included students with special needs, students from grades 7 to 10 using backpack Edwin program, students in grades 11 and 12, and students enrolled in ongoing dual credit programs. There was an emphasis with teaching staff that home learning is not necessarily an online learning program. Over 300 families are receiving printed materials across the Board for those students who cannot access on line learning due to no internet or limited internet access. Last week parents would have received a survey to complete in order for the Board to gain an understanding of how things are going. Those results were shared at a Board meeting on April 28. 3200 responded to the following questions: Level of Satisfaction with On Line Programs and Tools with 68% being satisfied or extremely satisfied; 20% being neither satisfied nor dissatisfied and 11% being dissatisfied. Level of Satisfaction with Communication with almost 80% being satisfied or extremely satisfied; 13% being neither satisfied nor dissatisfied and 7% being dissatisfied. Level of Satisfaction with Quantity of Work with 65% being satisfied; 20% neither satisfied nor dissatisfied and 14% being dissatisfied. As a Provincial directive secondary student marks going into the March break will be the lowest mark a student will receive; of course this mark can go up with work completed. Alternatives to graduation ceremonies and celebrations are being considered as it is recognized that graduation ceremonies are important to students.

Supports for Students

We will continue to offer support to students as needed. We are currently brainstorming options to prepare students for the next school year over the summer months as we recognize how much time has been lost with strike days, snow days and the Covid-19 school closures. We want our students to be as prepared as possible for the new school year.

Post Secondary

Applications are available on line at <https://wahta.dadavan.com/student/pseapplication.jsp> until May 15.

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



MEMORANDUM

DATE: APRIL 21, 2020

PREPARED FOR: AIAI FIRST NATIONS

SUBJECT: COVID-19 Issues Update - Indigenous Business Supports

The Government of Canada has announced up to \$306.8 million in funding to help small and medium-sized Indigenous businesses, and to support the 59 Aboriginal Financial Institutions that offer financing to these businesses. It is estimated that these measures will help 6,000 Indigenous-owned businesses. It was acknowledged that many Indigenous businesses are being disproportionately affected by the economic downturn of the pandemic, especially smaller companies and those that do not have access to financing from larger banks.

The funding will allow for short-term, interest-free loans and non-repayable contributions through Aboriginal Financial Institutions, which offer financing and business support services to First Nations, Inuit, and Métis businesses. This funding will be administered by the National Aboriginal Capital Corporations Association and the Metis capital corporations along with Indigenous Services Canada. Specific information on how funding will be divided and administered amongst Indigenous groups and regions is not yet available.

In addition to the Indigenous-specific supports mentioned above, mainstream business supports will also be available to Indigenous businesses.

Canada Emergency Wage Subsidy (CEWS)

This subsidy covers 75% of an employee's wages (up to \$847 per week) for employers of all sizes and across all sectors who have suffered a drop in gross revenues of at least 15% in March, and 30% in April and May. The program will be in place for a 12-week period, from March 15 to June 6, 2020.

Employers eligible for the CEWS are entitled to receive a 100% refund for certain employer contributions to Employment Insurance and the Canada Pension Plan paid in respect of employees who are on leave with pay. For employers that are eligible for both the CEWS and the 10% Temporary Wage Subsidy, any benefit from the Temporary 10% Wage Subsidy will

generally reduce the amount available to be claimed under the CEWS in that same period.

Temporary 10% Wage Subsidy

The Temporary 10% Wage Subsidy is a three-month measure that will allow eligible employers to reduce the amount of payroll deduction required to be remitted to the Canada Revenue Agency (CRA). You are an eligible employer if you:

- are a(n):
 - individual (excluding trusts),
 - partnership,
 - non-profit organization,
 - registered charity, or
 - Canadian-controlled private corporation (including a cooperative corporation) eligible for the small business deduction;
- have an existing business number and payroll program account with the CRA on March 18, 2020; and
- pay salary, wages, bonuses, or other remuneration to an eligible employee.

Note: Partnerships are only eligible for the subsidy if their members consist exclusively of individuals (excluding trusts), registered charities, or Canadian-controlled private corporations eligible for the small business deduction.

Extending the Work-Sharing Program

The Government of Canada is extending the maximum duration of the Work-Sharing program from 38 weeks to 76 weeks for employers affected by COVID-19. This measure will provide income support to employees eligible for Employment Insurance who agree to reduce their normal working hours because of developments beyond the control of their employers. Please visit this website for more information: <https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html#h4.01>

Deferred Payments

The Government of Canada is allowing all businesses to defer, until after August 31, 2020, the payment of any income tax amounts that are owed on or after March 18, 2020 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.

The Government of Canada is also allowing businesses, including self-employed individuals, to defer until June 30, 2020 payments of the GST/HST, as well as customs duty owing on their imports. Any GST/HST payment that becomes owing from March 27 until the end of May can be deferred until the end of June. For GST and customs duty payments for imported goods, deferral will include amounts owing for March, April and May.

May is **Foot Care** month and even during these times it is important to remember to care for your feet

Diabetes: Tips for Daily Foot Care

By [Jeanie Lerche Davis](#)

If you have [diabetes](#), it's essential to make foot care part of your daily self-care routine.

That's because "people can develop complications before they realize they even have a problem," says Bresta Miranda-Palma, MD, a professor with the [Diabetes](#) Research Institute at the University of Miami Medical School. "I've seen people walk on a nail for weeks until infection has developed."

When feet and legs have [nerve damage](#), a small cut or wound can go unnoticed. That's why it's critical to check for problems before they get infected and lead to serious complications -- like [gangrene](#) or [amputation](#).

"Daily foot care is the most important thing," says Miranda-Palma. "About 85% of amputations can be prevented if the patient gets a wound treated in time."

That means checking your feet daily and seeing a foot doctor (podiatrist) every two or three months in order to catch problems early.

Diabetes: Tips for Regular Foot Care

Daily Care

- **Wash and dry your feet** with mild soap and warm water. Dry your feet thoroughly, especially between the toes, an area more prone to fungal infections. Use lotion on your feet to prevent cracking, but don't put the lotion between your toes.
- **Do not soak feet**, or you'll risk infection if the [skin](#) begins to break down. And if you have [nerve damage](#), take care with water temperature. You risk burning your skin if you can't feel that the water is too hot.

Weekly Care

- **Trim toenails** straight across with a nail clipper. You can prevent ingrown toenails if you don't round the corners of the nails or cut down the sides. Smooth the nails with an emery board.

Your Daily Foot Exam Checklist

Check the tops and bottoms of your feet, using a mirror if you need it; you can also ask someone else to check your feet for you. Also, be sure to get your feet examined at every doctor's visit.

When examining your feet, look for:

- **Cuts/scratches:** Wash any you find with mild soap and water. Use antibiotic creams recommended by your doctor and apply sterile bandages to protect cuts. If your cut has redness, is oozing, or has a foul-smelling discharge, contact your doctor right away.
- **Ulcers:** Minor scrapes or cuts that heal slowly -- or sores from badly-fitting shoes -- can become infected, causing ulcers. To prevent foot ulcers, treat scrapes or cuts right away. Talk to your doctor about any foot sores you have. It's important to get them treated immediately.
- **Dry skin:** Use moisturizing soaps and lotions to keep your skin soft, but don't put lotion between toes; moisture there can cause fungus growth.
- **Blisters:** If shoes don't fit properly, blisters can develop. Don't break a blister open, risking infection. Simply clean it and apply an antibacterial cream, then cover it with a bandage.
- **Cracking, itching, red skin between the toes** are signs of athlete's foot fungus. Treat it right away to prevent further infection -- your doctor can recommend a pill or cream.
- **Corns/calluses:** After every shower or bath smooth these with an emery board or pumice stone -- but don't try to remove a callus all at once, give it several attempts. Do not use drugstore remedies for corns and calluses and do not try to cut or remove a corn or callus.
- **Plantar warts:** These painful callus look-alikes are caused by a virus and develop on the foot's underside. See a doctor for treatment.
- **Ingrown toenails:** Trimming toenails regularly -- cutting only across the top -- helps prevent ingrown toenails. When toenails cut into the skin, pain, redness, and infection may result. See a doctor if you develop an ingrown toenail.

- **Discolored/yellowed toenails** that are thick and brittle means you likely have a fungal nail infection. Your doctor can prescribe long-term medication to treat the infection and improve your nail's appearance.
- **Redness, warmth, swelling, or pain:** These are symptoms of inflammation and infection. See a doctor right away.
- **Blue or black skin color** indicates blood flow problems. If your foot is cold and blue or black *this is an emergency*; get to a hospital immediately.

Source : <https://www.webmd.com/diabetes/features/diabetes-daily-foot-care#1>

We look forward to Lynn returning to Wahta to care for your feet...but for now please take care.

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

Dr. Connors is providing counselling services over the telephone under NIHB for status members. The days he is doing his counselling are Mondays and Fridays. Please call his office at 705-329-0400.

Family Well-Being Update

- We are excited to have connected with an external Registered Psychotherapist, Elke Scholz. She is available to work with adults, families, children and youth needing support or assistance. Elke helps address an identified gap we have had in terms of counselling support specific to children and youth. She is here for Wahta during this crisis period and is available to work with everyone in the future through one on one appointments, family sessions and creative art therapies. Elke lives in Bracebridge and be contacted at 1-705-646-2300, 1-888-522-8770, escholz@vianet.ca, or at www.elkescholz.com. Many insurance plans along with NIHB (Non-Insured Health Benefits for First Nations) cover the costs of her services.
- Food Security for off territory members. If you feel you could use some assistance with food security during The Covid-19 -- Pandemic please contact Danielle with your full updated contact information. danielle.neelands@wahtamohawks.ca 705-330-1875
- A limited amount of Mental Health @ Home Books will soon be available to any local interested families/individuals looking for resources to assist with their well-being and self-care during these uncertain times. The kits include reading materials, journal and creative art expression therapies, follow up through online exercises and/or group discussions (well-being Book Club) and possible 1 on 1 therapy with Elke Scholz. If interested please contact Rubecka
- Our Band Representative services are continuing as we continue to work alongside Dnaagdawenmag Binnoojiiyag Child and Family Services. Our focus is on prevention-based measures, family well-being services and supporting ongoing cases. Any Wahta families in need of assistance, please contact Rubecka to determine what resources and supports are currently available.
- The “Gardening at Home” initiative, where local Wahta homes are provided with seedling kits to instill a green thumb in self sustaining, is currently being rolled out. Individuals receiving a kit are encouraged to share your progress and experience with the

kits online through Wahta's new Sharing is Caring Facebook group. Kits will also be followed up with a DIY Garden Box instructions and/or online tutorials by staff. If you are interested in a kit as numbers are limited please contact Rubecka

- Indigenous Healthy Babies Healthy Children - is being revitalized for our Wahta families by providing the best opportunities for healthy development for children from 0 - 6 years of age. The program would involve supports for preparing for parenting, prenatal and postpartum. Supports could include, home/hospital visits, traditional teachings, assessments/referrals and participant based group activities and workshops. Utilising the supports of IHBHC is voluntary and services rolled out during the Covid-19 crisis are modified. Please contact Rubecka at rubecka.davidson@wahtamohawks.ca or 705-644-4969 to be a part of this wonderful program!
- Jordan's Principle Navigator work continues through the pandemic. Any families needing assistance with requests and appeals can continue to work with Danielle Neelands at danielle.neelands@wahtamohawks.ca.
- A new Facebook group has been created, Sharing is Caring: Connecting Wahta Mohawks, for the purpose of keeping the community connected and sharing information and resources of interest. The group is open to all to participate and share information with all connected through it. Staff have been sharing information related to:
 - Government Support Information and Links
 - Health and Wellbeing
 - Arts and Crafts Recipes
 - Gardening/Sustainability
 - Educational Resources
 - Cooking and Recipe tips from a Nutritionist
 - Free events through FB like the At Home Free Paint Nights
 - Videos/tutorials---No sew face masks

Dealing with problems in a structured way

Coping with stress and anxiety during the COVID-19 pandemic

All the issues you might need to address during this pandemic situation may feel overwhelming. It can be useful to identify which things are actually problems that need to be solved or addressed, and which are just worries that are not necessarily grounded in reality. Here are some steps you can take to resolve issues that come up for you.

1. Take some time to identify what you feel are problems. As we deal with the COVID-19 pandemic, planning for self-isolation or quarantine might be something you identify. What concerns are causing you stress or anxiety?
2. Break each problem down into smaller parts, so you don't feel so overwhelmed. Think about what parts of the issue are most immediate and urgent: what needs to be done now, what can be tackled tomorrow, and what can be delayed or even dropped completely because it doesn't really matter in the long run.
3. Brainstorm some options that can help address the problem. List all possible options.
4. Identify the pros and cons of each option.
5. Narrow down to the best option you have.
6. Put the solution into practice and see how it goes. Did it solve the problem? Did it help a bit? Do you need to adjust the solution or consider another solution from your list?
7. Ask others how they see your "problem"? If they agree that it is a real problem, ask for feedback on your solution.
8. Consider writing things down—putting this process down on paper. You can cross off tasks as you do them. This can help you feel you are getting things resolved and can combat feelings of helplessness.
9. If you may need to plan for self-isolation or quarantine, do so ahead of time. Here are some resources that may be helpful:
 - **U.S. Centers for Disease Control and Prevention (CDC)**
 - **Conference Board of Canada**

Talking to children about COVID-19 and its impact

Coping with stress and anxiety during the COVID-19 pandemic

This time may be very challenging for children and adolescents, some of whom might not understand the reasons for school closures and the cancellation of extracurricular activities. In addition, they are likely to be bombarded with information through social media and from their friends that can cause anxiety and alarm.

Young people may also sense the anxiety of their parents, and worry about their own health and that of other family members. For example, young children may not understand why they can no longer hug a grandparent.

Children need to be reassured in a way that is age appropriate. As a first step, you may consider a family meeting to:

- Acknowledge their fears.
- Explain the overall risk of getting the virus and what happens if they do get sick.
- Outline the steps you are taking to keep them and yourself safe during this pandemic.
- Reassure them that young children tend to get a mild form of the virus.
- Discuss any questions they may have.

You may also consider:

- Limiting your children's amount of TV and social media.
- Engaging them in activities that can help them feel empowered.
- Helping your children become better consumers of health information. For example, if they ask you a question, help them to identify credible online sources of information and help them understand the information provided.
- Helping adolescents understand the importance of social distancing, and encouraging them to socialize with friends through digital technology (i.e. videoconference chats, social networks or texts).
- Encouraging your children not to share drinks, makeup or other personal items during this time.
- Advising adolescents not to smoke or vape, and assisting them to stop immediately since sharing vapes or cigarettes are fairly common.



Virtual Traditional Healing

Everyone reacts differently to the stress of our rapidly changing environment. The COVID-19 pandemic is a rare situation that can affect individuals in many different ways. Having access to Traditional Healing services during this period of isolation and stress is an essential part of holistic health care and can help individuals cope with a variety of stressors.

CHIGAMIK's Indigenous Traditional Healing service understands that sickness begins in spirit, then impacts one's mind, emotions, and body. The Traditional Healers provide non-judgmental and compassionate support, working with individuals on a broad range of issues including stress, depression, abuse, effects of the residential school system, identity, substance abuse, self-esteem, and relationship issues. Through culture and Traditional Healing methods, the Healers strive to help individuals achieve balance, harmony, and good health.

All Traditional Healing appointments are provided at no cost and conducted using the virtual video conferencing platform called 'Zoom.'

Eligibility: To access this service, you must reside in the North Simcoe Muskoka region and be 12 years of age or older. You must also have access to the Internet through a computer, tablet or mobile phone.

How to Access:

Please complete the registration on the website: <https://www.chigamik.ca/your-health/virtual-counselling/>

You will receive a phone call within two business days from our Reception Team to schedule your Traditional Healing session. Our Reception Team will review with you which Healers are available for your upcoming appointment. Prior to your appointment, you will be emailed consent forms to complete electronically. These forms **must** be completed prior to your appointment.

Available Appointments: Below are the upcoming dates that each Healer is available to provide service:

Pamela Tremblay-Hayes – April 20th-22nd, May 4th-6th and May 11th-13th

Terry Swan – April 28th-30th and May 25th-28th

Troy Greene – May 15th, 21st, 22nd, and June 8th-11th

Contact Chigamik for Information

Tel: 705.527.4154

Toll free 1.855.527.4154



NON-INSURED HEALTH BENEFITS (NIHB) AND COVID-19

The Assembly of First Nations (AFN) is providing the following information on the Non-Insured Health Benefits (NIHB) program response to the COVID-19 pandemic. The NIHB program is continuing to provide benefits and services while following the current and evolving public health guidance from health professionals. The following information has been collected from the NIHB program website. For the most relevant information visit the NIHB program updates page here: <https://www.sac-isc.gc.ca/eng/1578079214611/1578079236012>

What should I know?

Pharmacy

- The NIHB Drug Exception Centre and regional call centers continue to operate and receive calls from clients and providers.
- Prior approvals for many medications covered under NIHB have been temporarily lifted, and duration of approvals for some medications has been extended.
- The NIHB program normally covers up to a 100-day supply of chronic medications. In determining the quantity to refill for clients, pharmacists will consider advice from professional associations and regulatory bodies, as well as patient-specific factors. NIHB has asked pharmacists to consider the unique living circumstances of some NIHB clients (for example, the need to travel long distances to a pharmacy).

Mental Health Counselling

- NIHB covers mental health counselling through telephone or video conferencing. Contact your mental health service provider to confirm whether they can provide counselling services through tele-health.
- To find an enrolled mental health counsellor in your area, please contact your NIHB regional office here: <https://www.sac-isc.gc.ca/eng/1579274812116/1579708265237>

Medical Transportation

- NIHB is continuing to support clients who need medical transportation benefits to access urgent and essential medical services.
- Vulnerable clients will be supported by prioritizing private modes of transportation, such as use of their own vehicle or having a family member drive them.
- Check with your health or benefit service provider to confirm whether routine, non-urgent appointments should be postponed.

Medical Supplies and Equipment (MS&E)

- The regional offices continue to operate and receive calls from clients and providers.
- Those with serious medical conditions, compromised immune systems, and adults of 70 years or over will have their MS&E benefit requests reviewed as a priority.
- If you are unable to see your prescriber to get a new prescription for the replacement of equipment or supplies, your provider may use the existing prescription on file for the replacement of:
 - › limb and body orthotics,
 - › custom shoes and orthotics,
 - › medical grade compression stockings,
 - › mobility equipment,
 - › incontinence and ostomy supplies,
 - › self-care benefits.
- If you are unable to see your physician, testing requirements (ABG and oximetry testing) are being waived for clients applying for 9 month, 1 year and yearly renewal coverage for home supplemental oxygen.
- For circumstances caused by the current COVID-19 pandemic, higher quantities of supplies can be requested without medical justification.
- Please contact your regional office if you have questions about MS&E benefits.

Dental and Vision

- Non-emergency services should be postponed. Call your provider's office to see if any scheduled appointments have been cancelled or postponed.

Updates and resources:

Government of Canada COVID-19 updates:

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Outbreak Update: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

Regional Office Contacts: <https://www.sac-isc.gc.ca/eng/1579274812116/1579708265237>



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.



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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

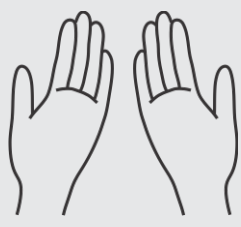
Rinse thoroughly under
running water.

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.



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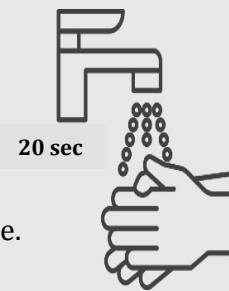
Cover your coughs and sneezes

- 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)

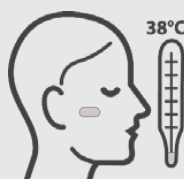
How to self-quarantine

(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.

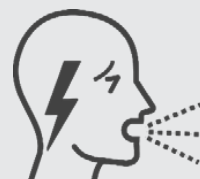
Monitor for symptoms for 14 days if you have travelled outside of Canada or you have been in close contact with someone with symptoms of COVID-19



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



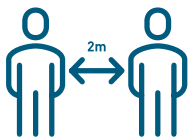
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SOCIAL DISTANCING

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

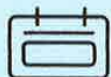


RAAM CLINIC

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



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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:

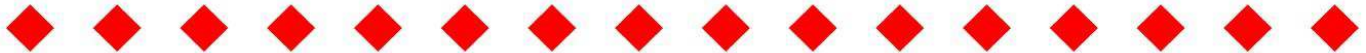
- Withdrawal Management Services of Health Sciences North: (705) 671-7366
- Royal Victoria Hospital Residential Withdrawal Management: (705) 728-4226
- North Bay Withdrawal Management Services: (705) 476-6240

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.Balaautodetailing.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

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