

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

Ohiarihko:wa - The Time of Much Ripening



July 2020



## THIS ISSUE

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

## Election Results

Blaine Commandant, Teresa Greasley, Lawrence Schell, and Lorie Fenton-Strength have been re-elected to Council. See inside for more information on the election results.

## Ontario Power Generation Notice

2020 Fall maintenance activities planned for Ragged Rapids and Big Eddy Generating Stations may result in water level fluctuations. See inside for more information.

## 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 JULY 2020**

**Chief Philip Franks**

As most people are aware of the election results brought no change to the Wahta Mohawks Council, so I welcome council members back to the table. As usual after an election Council gathers to examine past progress and revisit the Strategic Plan to outline a course of action for the next three years. This process has begun and should be completed in the month of July. If members have issues that they would like to have addressed, please contact any member of council.

A strategic plan is a flexible thing that can be altered at anytime because as we know with Covid-19, circumstances in our lives can change quickly. Council has identified certain areas for consideration such as governance review, policy review, land use, housing and water, cannabis, trespass, harvesting rights, completion of the return of our lands through the ATR process, and membership.

Other areas Council will focus on are renewing our relationships with Hydro One, OPG, the Ministry of Transportation, and other agencies that have facilities located on the territory in an effort to renew and or improve on existing agreements. Also included is our participation with organizations dealing with intergovernmental affairs, i.e. Association of Iroquois and Allied Indians, Iroquois Caucus, Child and Family Services.

Since the last newsletter Council had not been tackling any large issues because of the delayed election. Access to parts of the territory by non-member weekenders have increased in the areas of parking on Wahta lands along the Musquash River, including intrusions from some of our roads. Council has been reviewing our legal standing on exercising vehicle towing and trespassing. Regulations will be put in place to ensure that can happen without unnecessary legal costs to Wahta members.

I was glad to participate by video and in the education celebration parade, it was a fun ride. Congratulations to all Wahta member students for their educational successes, and to the parents and guardians for adapting to the unique school situation. I know it has not been an easy experience.

Council has been following the Wahta Emergency Control Group and the work they have been doing related to our changing world through Covid-19. Compliments go out to them and all the staff for their work in dealing with combating the virus from spreading in the community. A big thanks as well to all community members and community businesses who have done their part in stopping the spread of Covid-19. That being said the pandemic is not over, the numbers are getting lower but as we have seen in other countries there could be an increase in the number of cases if we let our guard down too early.

I hope everyone has a safe and enjoyable summer during these challenging circumstances.

## **2020 Council Weekly Meeting Summaries**

### **Council Weekly Meeting Summary – Date: Wed May 27, 2020**

**05.27.01 Post Secondary Application Approvals** – Tuition support approved for all applicants across all 5 priority categories. Council and the Administration will continue to review the living allowance support against the projected budget with support details approved and communicated to all approved applicants before the end of June 2020.

### **Council Weekly Meeting Summary – Date: Wed June 10, 2020**

**06.10.01 AIAI Heath and Social Advisory Board** – Council approves the Chief sending written confirmation to AIAI appointing Joanne Contant, CFO and Acting Health and Social Services Director, as Wahta's technical representative on the Health and Social Advisory Board, with Murray Maracle, Senior Administrator, serving as the alternate.

**06.10.02 Woodland Cultural Centre Donation** – Council approves making a \$500 donation to the Woodland Cultural Centre to support their Save the Evidence Campaign.

### **Council Weekly Meeting Summary – Date: Wed June 17, 2020**

**06.17.01 AIAI Mental Wellness Crisis Response Team** - Council approves the Senior Administrator to sign the Letter of Agreement with AIAI to accept funds in the amount of \$56,250 for 2020-2021 to support Wahta's involvement in the AIAI's Mental Wellness Crisis Response Team implementation.

**06.17.02 National Indigenous Day Office Closure** - Council approves closing the office on Monday June 22, 2020 to observe National Indigenous Day.

**06.17.03 Council Trust Appointment** – Council approves appointing Teresa Greasley to replace Lori Fenton-Strength as one of Council's appointed representative Trustees on the Wahta Community Trust.

### **Council Weekly Meeting Summary – Date: Wed June 24, 2020**

**06.24.01 Post Secondary Living Allowance Approval** – Council approves providing all approved post-secondary applicants with living allowance support as provided for in the *Wahta Mohawks Post-Secondary Policy*.

***Conflict Declared*** – Philip Franks



## Wahta Mohawks

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

### ELECTION RESULTS


The election of the Wahta Mohawks was held in accordance with the Wahta Mohawks Election Rules and Regulations 2019. All ballots that were placed in the ballot box were counted or deemed to be rejected. The results are as follows:

Candidate's Name	# of Votes
<b>Commandant, Blaine</b>	<b>117</b>
<b>Greasley, Teresa</b>	<b>87</b>
Hay, Shirley	67
Mendes, Colleen	70
<b>Schell, Lawrence</b>	<b>107</b>
<b>Strength-Fenton, Lorie</b>	<b>94</b>

# of rejected ballots 2

This count was diligently conducted in accordance with the Wahta Mohawks Election Rules and Regulations.





# Notice: 2020 Fall Maintenance activities planned for Ragged Rapids & Big Eddy Generating Stations may result in water level fluctuations

In September and October, Ontario Power Generation will be performing station and underwater maintenance activities at Ragged Rapids Generating Station (GS) and Big Eddy GS. During the work, the stations will not be operating (also called an outage).

## **MAINTENANCE/OUTAGES WILL OCCUR DURING THE FOLLOWING TIMES:**

**Ragged Rapids:** September 15 to 25

**Big Eddy:** October 5 to 23

## **What will this look like?**

During the Ragged Rapids outage, property owners and users of the river could see fluctuations in river levels and flows. OPG will attempt to minimize variations to the river system. You are unlikely to notice any changes during the Big Eddy outage.

## **Why is the outage planned for September and October?**

The outage is scheduled during this time to avoid prime recreation use in the summer and before water flows increase in the fall.

## **Both outages will not affect power or emergency access.**

As always, and particularly during these outages, OPG reminds everyone to **Stay Clear and Stay Safe** of hydroelectric dams and stations – please obey all warning signs!



For more information contact:  
Jennifer Grossi, Stakeholder Relations  
Mobile: 905-641-5366  
jennifer.grossi@opg.com

[opg.com](https://www.opg.com)

**ONTARIOPOWER**  
GENERATION

## 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.

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### GET YOUR WATER TESTED

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

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### Lot for Sale

Lot 5-2 Concession 5 (23.40 Acres)

For more information, please call Teresa DeCaire at 778-587-3784

### Land for Sale

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

For more information, please call 705-644-4227

### Land for Sale

Various locations  
Call 705-762-0013 for more information

## Notice on CMHC Renovation Assistance Programs

For anyone wanting to apply for RRAP, RRAP disabled, ERP or any CMHC renovation assistance program, please have your application in by July 31<sup>st</sup>, 2020.

These programs may assist with structural, electrical, plumbing, heating, fire safety, disability needs including ramps, walk in showers etc.

There is an income threshold that you must be under, your home will be inspected by a qualified inspector, you will need to obtain 2 quotes and we will submit to CMHC.

Our annual funding from CMHC is limited. Therefore, not all applications will be approved.

To complete an application or for more information, please contact [karen.sahanatien@wahtamohawks.ca](mailto:karen.sahanatien@wahtamohawks.ca) or [matthew.commandant@wahtamohawks.ca](mailto:matthew.commandant@wahtamohawks.ca)

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## Call for Members – AIAI Youth Council

Wahta Mohawks is seeking an individual interested in advocating and addressing the issues that impact Indigenous youth in the community for appointment to the AIAI Youth Council for one term (2 years).

Those interested must meet the following criteria:

- Between 14-29 years of age;
- Be available to attend meetings and or training opportunities as required;
- Update Wahta Mohawks on initiatives and work being done from the AIAI Youth Council.

Interested applicants should indicate their interest in writing to Human Resources **no later than July 31, 2020 at 2:00pm.**

Joanne Contant, CFO and Human Resources

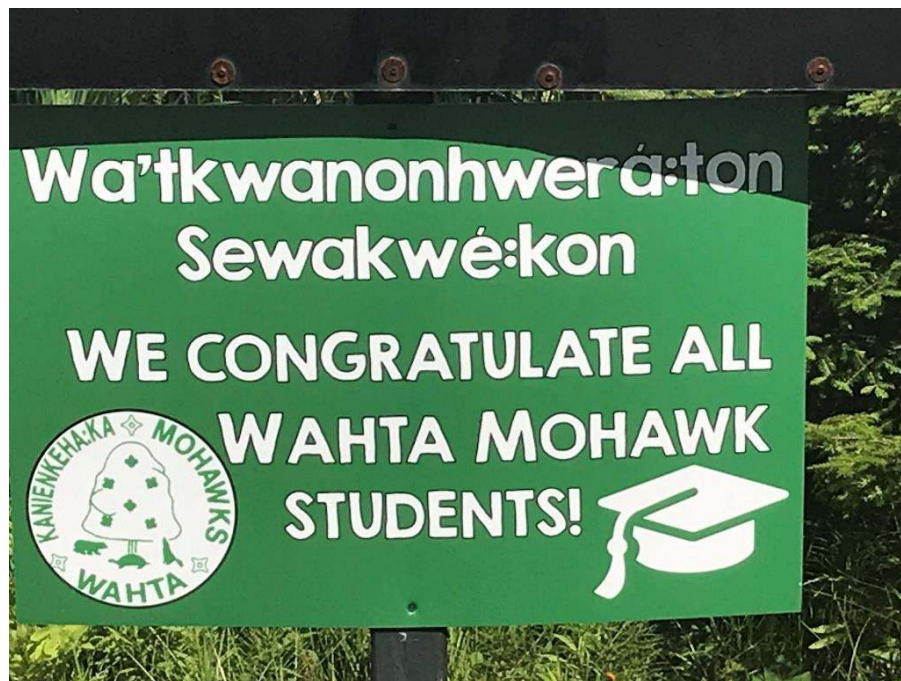
Wahta Mohawks, PO Box 260, Bala, ON, P0C1A0

[joanne.contant@wahtamohawks.ca](mailto:joanne.contant@wahtamohawks.ca)

## 2019-20 Year End Celebration

The Wahta Mohawks Administration staff, and our wonderful volunteers, were thrilled to host a Year End Celebration for our students this year. Although a little bit different than most years, this year's celebration was a rousing success!! Highlighted by a parade along Muskoka Rd. #38, we hope that our students know just how proud we are of all of them for all of their successes during this difficult school year!

Have a happy and safe summer!!



Niawen Kowa to Terry, Lucia, Iohate Sahanatien, Christopher Stock and Jacqualeen Beaver for time spent in schools sharing cultural teaching with the students of TLDSB. Your contribution over the past year has been invaluable and is very much appreciated by all!

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## Congratulations to Kristan Sahanatien!

Chief & Council and the Wahta Mohawks staff would like to congratulate Kristan Sahanatien for graduating from the Social Service Worker Program from Canadore College/FNTI. She finished the program with a 3.99 average receiving an A+ in every class for the past two years!! Kristen joined us September of 2018 as the National Native Alcohol and Drug Abuse Program (NNDAP) worker.





# TLDSB Social Entrepreneurship Program

July 20-24, 2020 & August 17-21, 2020

**Trillium Lakelands District School Board is excited to announce an opportunity for all students grade 4-12 who identify as Indigenous, to participate in a Social Entrepreneurship Program this summer!**



This experience is designed to provide participants with the tools and methods to identify opportunities within their Indigenous community they feel passionate about taking initiative in and work to design solutions that have positive impact for others.

Through a fun, engaging and culturally responsive process - participants will learn the same tools and methods that are used inside of the world's most successful companies to design new products and services and have an opportunity to infuse cultural knowledge, understanding and practice into the entire program.



**This program will be offered for two separate weeks this summer:**

**July 20-24, 2020**

- Grade 4-8
- Grade 9-12

**August 17-21, 2020**

- Grade 4-8
- Grade 9-12

*This program will be a mix of online and outdoor activities to allow for flexibility and mentorship throughout the week! The program will have synchronous sessions daily via an online portal.*



Participants who complete the program will receive an Official Certificate from Future Design School as well as a Certificate from Trillium Lakelands District School Board.

## KEY TAKEAWAYS FROM THE PROGRAM:

- ✓ Learn Design Thinking Strategy
- ✓ Create and Pitch Your Idea
- ✓ Build Solutions to Real World Challenges and Opportunities Within your Indigenous Community

**Join us for one or both weeks!**

To register or for information about the Kindergarten - Grade 3 program on August 10-14, please contact Holly Groome: [Holly.Groome@tldsbc.on.ca](mailto:Holly.Groome@tldsbc.on.ca)





# building brighter futures

Bursaries, Scholarships, and Awards



Support for  
Indigenous  
Students

## Indspire helps thousands of Indigenous students complete their education. We can help you too!

Each of us has a unique potential to achieve, and for First Nations, Inuit and Métis students, Indspire is here to help make that happen through financial assistance.

### Deadlines

All Post-Secondary Education Programs (full-time studies in a post-secondary education program)

- February 1
- August 1
- November 1

Apprenticeships, Skilled Trades and Technology Incentives Program

- February 1
- August 1
- November 1

\*Deadlines may change or additional deadlines may be added. Please visit [indspire.ca](http://indspire.ca) regularly or sign up to receive updates by email.

### Eligibility

- Canadian Indigenous person
- Enrolled in an accredited institution such as
  - An accredited education program
  - Trades or trade-related training

### Types of Financial Assistance

**Scholarships** – based on academic merit;

**Bursaries** – based on financial need;

**Awards** – based on both academic merit and financial need; and

**Incentives** – encourages students to stay in school



## How much could I receive?

Each application is reviewed individually, and the amount disbursed depends on the assessed financial needs of the applicant, the number of applicants, and the availability of funds. Historically, amounts have ranged from \$1,000 to \$30,000.

## Can I re-apply if my application was successful?

You do not need to re-apply. Should funding become available, Indspire staff will follow up with you.

## Thank you to our generous supporters!



Bill and Penny  
Eakin

Estate of Norma  
Panaro Dietz



Stronger  
Communities  
Together™



Rick George  
Family



[indspire.ca/apply](https://indspire.ca/apply)

[education@indspire.ca](mailto:education@indspire.ca) | 1.855.INDSPIRE (463.7747) x253

# Health & Social Services Programming

## Children's Book Club



Children ages 9-13

Starting in July

If you wish to participate, please contact Amy to sign up

705-205-5181 [amy.davidson@wahtamohawks.ca](mailto:amy.davidson@wahtamohawks.ca)

## Children's at Home Summer Camp

Starts July 20<sup>th</sup>

Children will receive a box of activities with instructions to complete each week. Children will be required to submit Photos, videos and journals on the dates indicated throughout the summer camp.

There are only 15 family spots available. Please sign up by July 15<sup>th</sup> to ensure your spot. Contact Amy at, [amy.davidson@wahtamohawks.ca](mailto:amy.davidson@wahtamohawks.ca)

## Student Essay Contest

For high school graduates entering College or university this fall.

Students can compete for a, \$1000.00 cash award.

All those who wish to participate must submit a 1000-word essay on "Mohawk Culture. What does this mean?" Submissions must be sent to [amy.davidson@wahtamohawks.ca](mailto:amy.davidson@wahtamohawks.ca), by Aug 31<sup>st</sup>, 2020. Participants must be willing to have their essay posted in the Wahta Mohawk, September newsletter and on the Wahta Mohawks Facebook page if they are declared the winner. A panel of judges will review and vote on the submissions. The winner will be announced on September 1<sup>st</sup>, 2020.

## Video talent contest

All ages, great prizes!

Do you have a talent to share! Maybe music, dance, art, crocheting, knitting etc. Video tape or take a photo of your talent and send it to us. The contest will run until Aug 30<sup>th</sup>. A panel of judges will review all submissions and determine the winner. Participants must be willing to have their talent submission posted in the Wahta Mohawk, September newsletter and on the Wahta Mohawks Facebook page if they are declared the winner. Categories will be children/youth, adult, and seniors. Email your submissions by August 31st to [amy.davidson@wahtamohawks.ca](mailto:amy.davidson@wahtamohawks.ca)



## August Bass Fishing Derby



Great prizes for those who participate.

If you wish to participate you must sign up by July 17<sup>th</sup>.

Contact Karen Sahanatien at [karen.sahanatien@wahtamohawks.ca](mailto:karen.sahanatien@wahtamohawks.ca)

Due to the circumstances the annual August Bass Fishing derby will not take place as per usual. This year persons can participate by fishing at any location on the day of August 1st. If you have a great catch take a photo of yourself with your Bass, along with a measuring device that clearly shows the measurements, and email it to [karen.sahanatien@wahtamohawks.ca](mailto:karen.sahanatien@wahtamohawks.ca). Group categories will be for men, women, and children. Pictures submitted may be used in the newsletter and on Wahta Mohawks Facebook page.

## Movie Night at Home

How about a family movie night at home? We will send you a one-time movie rental from Cineplex.com. You can choose from over nine thousand movies including the latest releases.

1 code (one movie) will be given to each family who registers.

You must have Internet access to use this movie rental. It is a one-time use rental. For more information on how online rentals work, please visit their website: Cineplex.com



Once registration closes, we will send the movie code to each family via email, the email address provided in your registration. Please make sure you double check you have given the correct email address.

Please register with Kristan Sahanatien – [kristan.sahanatien@wahtamohawks.ca](mailto:kristan.sahanatien@wahtamohawks.ca)

Deadline to register is: July 20, 2020.

## Book Club



This summer we have picked the book ***Hidden Valley Road*** by best-selling author Robert Kolker. This book has also been featured on Oprah's book club list. To read more about the book visit <http://hidden-valley-road.com/>

If you are interested in joining the book club and would like a copy of the book please register with Kristan Sahanatien by July 20, 2020. [Kristan.sahanatien@wahtamohawks.ca](mailto:Kristan.sahanatien@wahtamohawks.ca)

Once registration closes, we will be in contact with those who have signed up.

# Family Well-Being Update

- Registered Psychotherapist, Elke Scholz is available to work with adults, families, children and youth needing support or assistance. 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](http://www.elkescholz.com). Many insurance plans along with NIHB (Non-Insured Health Benefits for First Nations) cover the costs of her services.
- Anxiety Warrior Workshop July 07th and 21st 2020, 4:40 – 5:30 Registered Psychotherapist, and Author Elke Scholz will be doing an online Group Therapy Presentation via Zoom. The focus of the presentations would be “Strategies to manage and/or lessen anxiety/stress. As part of the Zoom meeting participants can type in questions for Elke <https://zoom.us/j/98663135584> or call in at 1-647-374- 4685. You can also refer to the Sharing is Caring Page on Facebook for information on how to connect, or contact Rubecka.
- Do you miss YOGA with Sarah Beaton? July 08th 2020, we will be having Yoga through Microsoft Teams every Wednesday at 5pm! Please contact Rubecka with your email address for the online invite!
- 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](mailto:danielle.neelands@wahtamohawks.ca) 705-330-1875
- 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](mailto:danielle.neelands@wahtamohawks.ca).
- Our Band Representative services are continuing as we work alongside Dnaagdawenmag Binnoojiyag 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.
- 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 to be a part of this wonderful program!

# Good Food Box

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

July 7th – Families with children

July 14th – Seniors/Adults

July 21st – Families with Children

July 28th – Everyone



If you have not signed up and are interested in receiving the Good Food Box, and you live on reserve, please email Sara at [sara.decaire@wahtamohawks.ca](mailto:sara.decaire@wahtamohawks.ca). You can also contact our receptionist Skye at 705-762-2354, and she will give Sara the message.

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## 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.

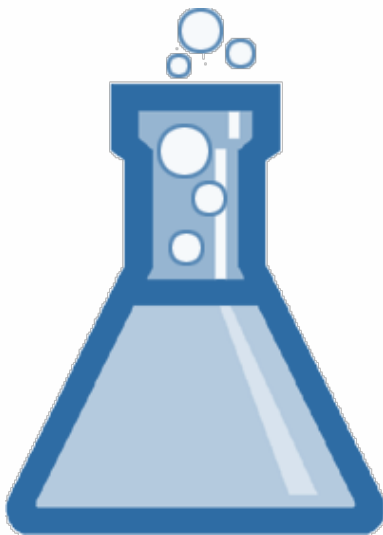
# STEMMINDS

## VIRTUAL SUMMER CAMP

Ages 4- 14

Week 1- Innovators & Entrepreneurs  
(July 27<sup>th</sup> to 31<sup>st</sup>)

Week 2- Computer Captains  
(August 24<sup>th</sup> to 28<sup>th</sup>)



For sign up and more information please  
contact Danielle at  
(705-330-1875)



## Strawberry Jam at Home Workshop



Strawberry season is here! Let's make some fresh yummy jam. All it takes is a few simple ingredients and minimal time. Nothing is better than your own homemade Strawberry Jam!

Please register with Christine by July 10<sup>th</sup> at [christine.cox@wahtamohawks.ca](mailto:christine.cox@wahtamohawks.ca) or 705-762-2354

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## Bird Watching

With birdwatching coming to an end we would like to thank all the people who took part! It was great for conversation and a great past time. It made for some wonderful pictures as well!



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## Dietician

Worried about eating right? Have concerns regarding diet? Have you noticed new food "sensitivities". Appointments for an over the phone can be made with the dietician Holly who normally comes to Wahta on Wednesdays. Please get in touch with Christine at [christine.cox@wahtamohawks.ca](mailto:christine.cox@wahtamohawks.ca) or 705-762-2354



# **SALAD DRESSING IN A JAR**

**With the warm summer weather approaching  
and the fresh vegetables growing it is that  
salad time of year!**

**Let's have some fun creating our own  
dressing to enjoy!**

**Please register by July 10<sup>th</sup> with Christine**

**[christine.cox@wahtamohawks.ca](mailto:christine.cox@wahtamohawks.ca)**

**705-762-2354**

**We will be making 3 Healthy Dressings**

**Honey Mustard Dressing**

**Italian Dressing**

**Lemon Vinaigrette**



## Protect your Mental Health

These are unprecedented times and there is a lot of change in our lives. In managing this situation, you may experience:

- increased anxiety
- increased stress
- fear or worry about your own health and the health of your loved ones
- changes in sleeping or eating patterns
- difficulty sleeping or concentrating

The following is a list of tips to support your mental well-being.

1. Stay informed but set limits for information. Take breaks from COVID-19 information in news stories and social media.

2. Stay connected to others. Try to stay connected with others using various methods, such as: e-mail, social media, video calls, phone calls, and text messages.

3. Maintain healthy routines. Where possible, maintain aspects of your usual daily routine.

- Exercise regularly. Enjoy a walk, jog, or bike ride while maintaining a safe 2 metre (6 feet) distance from others. If you would like to exercise indoors, search for online exercises.
- Get plenty of sleep. Also, practice healthy sleep routines by avoiding screens before bed and cutting back on caffeine.
- Eat a variety of healthy foods.
- Limit consumption of alcohol, tobacco, cannabis, or other drugs.
- Practice mindfulness – try meditation, relaxation or yoga exercises.

4. Look for ways to have fun! Make time to relax and unwind. Play a game, try a new hobby, read a book, etc.

## Journaling



Have you ever wondered about starting a journal, but really did not know where to start! Here is your opportunity!

Please sign up for journaling for beginner's session.

We will go over the benefits of journaling, provide you the tools and will help you get started.

If you are interested please contact Sherry at [sherry.byrne@wahtamohawks.ca](mailto:sherry.byrne@wahtamohawks.ca) , or call/text me at 705-238-2871 for more information.

## Meditation for Beginners 101



Do you find yourself stressed out during daily the day?

Do you want to start looking after your health of your mind?

We will look at the benefits of meditation, how you can do it from your home, work...

You will be provided information to help to get you started during these sessions.

If you are interested please contact Sherry at [sherry.byrne@wahtamohawks.ca](mailto:sherry.byrne@wahtamohawks.ca) , or call/text me at 705-238-2871 for more information



# Face coverings and face masks

Information from: [ontario.ca/coronavirus](https://ontario.ca/coronavirus) website



The best way to stop the spread of COVID-19 is by staying home and avoiding close contact with others outside of your household.

- It is recommended that you use a face covering (non-medical mask such as a cloth mask) to reduce the risk of transmission of COVID-19 when physical distancing and keeping two-metres' distance from others may be challenging or not possible. public transit
- smaller grocery stores or pharmacies
- when you are receiving essential services

**Face coverings will not protect you from getting COVID-19.**

## Fit

Non-medical masks or face coverings should:

- fit securely to the head with ties or ear loops
- maintain their shape after washing and drying
- be made of at least two layers of tightly woven material (such as cotton or linen)
- be large enough to completely and comfortably cover the nose and mouth without gaping

Face coverings should not be placed on or used by:

- children under the age of two
- anyone who has trouble breathing
- anyone who is unconscious, incapacitated or otherwise unable to remove the mask without assistance

## How to properly use face coverings

When wearing a face covering, you should:

- wash your hands immediately before putting it on and immediately after taking it off (practise good hand hygiene while you are wearing the face covering)
- make sure the face covering fits well around your nose and mouth
- avoid moving the mask around or adjusting it often
- avoid touching the covering while using it
- not share it with others

Face coverings should be changed when they get slightly wet or dirty.

## Remove or dispose of face coverings

When removing a face covering, you should:

- throw it out into a lined garbage bin
- wash your hands

Do not leave any discarded face coverings in shopping carts or on the ground.

## **Cleaning**

If the face covering **can be cleaned**, you should:

- put it directly into the washing machine or a bag that can be emptied into the washing machine
- wash with other items using a hot cycle with laundry detergent (no special soaps are needed), and dry thoroughly
- wash your hands after putting the face covering into the laundry

All face coverings **that cannot be cleaned** should be thrown out and replaced as soon as they get slightly wet, dirty or crumpled.

## **Summary dos and don'ts**

Do:

- wash your hands immediately before putting on and immediately after taking off a face covering or face mask
- practise good hand hygiene while you are wearing the face covering
- make sure the face covering fits well around your nose and mouth
- avoid moving the mask around or adjusting it often
- avoid touching the covering while using it
- change the face covering or face mask when it gets slightly wet or dirty

Do not:

- share face coverings or face masks with others
- place on children under the age of two years or on anyone unable to remove without assistance or who has trouble breathing
- use plastic or other non-breathable materials as a face covering or face mask

## **Reusable Face Masks**

Where are you purchase, here are few web sites that you can try for reusable face masks.

<https://plusguardiancanada.ca/>

<https://www.takecaresupply.com/>

## **Disposable Face Masks**

Can try your local drug stores for disposable ones (Gravenhurst IDA, Shoppers ...)

## **Muskoka Women's Shelters and Services**

There are two shelters in Muskoka for abused women (with or without children): **Muskoka Interval House** (MIH) in Bracebridge, 1-800-461-1740 or 705-645-4461 and **Chrysalis** in Huntsville, 1-866-789-8488 or 705-789-8488.

Safe, short-term shelter \* 24 hour phone support/ 24 hour staffing \* child and youth programming \* outreach support \* support groups \* assistance with navigating the legal system \* accompaniment and advocacy \* safety planning \* risk assessment \* practical needs assistance

### **Assaulted Women's Helpline**

With assistance in English and up to 154 other languages

GTA: 416-863-0511

TTY: 416-364-8762

Toll-Free: 1-866-863-0511

Toll-Free TTY: 1-866-863-7868

Rogers, Fido, Bell & Telus: #SAFE (#7233)

### **Muskoka/Parry Sound Sexual Assault Services**

#### **Muskoka District Office**

29 Manitoba St., Suite # 1, Bracebridge, ON P1L 1S4

Phone: (705) 646-2122 or

1-877-406-1268

Fax: (705) 645-7839

#### **Parry Sound District Office**

7 William Street, Suite # 3,

Parry Sound, ON P2A 1V2

Phone: (705) 774-9083 or

1-877-851-6662

Fax: (705) 774-9728

July  
2020

## B'SAANIBAMAADSIWIN ABORIGINAL MENTAL HEALTH PROGRAM

### Land-Based Activities & Spending Time Outdoors to Improve Mental Wellness

Brad Bowland is your Aboriginal Mental Health and Addiction worker from B'saanibamaadsiwin, a program of the Canadian Mental Health Association.

Please call your community worker for a referral and to arrange appointment times or call Brad's office directly at (705) 746-2512.

July is generally a warm and bright month with some of our longest hours of daylight, making it a good time of year to remind ourselves of the importance of spending time outdoors. Not only does time spent outdoors benefit our health and wellness, it is something that is accessible to all of us. Below you will find some examples of how you may choose to spend time outside and some ways in which it may benefit you.

“Land is and always has been fundamental for the health and cultural identity of Indigenous peoples, playing an essential role in wholistic healing and wellness” – Thunderbird Partnership Foundation

#### Examples of Land-Based & Outdoor Activities:

- Fishing, Trapping & Hunting
- Medicine Walks & Walks
- Ceremonial Activities (such as sweats, blanket ceremony & pipe ceremony)
- Camp Maintenance
- Gardening
- Enjoying meals outside & Many More

#### Benefits on Mental Health:

- Increased hope, sense of belonging & sense of purpose
- Reduced depression & anxiety
- Reduced feelings of anger
- Increased energy
- Improved memory & focus
- Reduced levels of stress & Many More

#### Benefits on Physical Health:

- Reduced blood pressure
- Reduced inflammation
- Improved immune system
- Improved levels of Vitamin D
- Facilitates healthy weight management & Many More



# COVID-19, ALCOHOL and CANNABIS USE



There are increased risks associated with alcohol and cannabis use during the COVID-19 pandemic.

## WHAT YOU SHOULD KNOW

### Alcohol, cannabis use and the immune system:



Excessive or high-risk cannabis and alcohol use\* can weaken your immune system and make you more susceptible to COVID-19 and other illness.

### The conditions around COVID-19 may lead people to increase alcohol and cannabis use due to:



Feeling stress and anxiety from the pandemic and economic downturn



Feelings of social isolation and loneliness due to physical distancing



Blurring of daily and weekly routines because of the closing of non-essential workplaces



More alcohol and cannabis in the home from stockpiling

\*For more information on reducing risk, see **Canada's Low-Risk Alcohol Drinking Guidelines** and **Canada's Lower-Risk Cannabis Use Guidelines**.

If you are seeking support for substance use visit, [www.ccsa.ca/addictions-treatment-helplines-canada](http://www.ccsa.ca/addictions-treatment-helplines-canada)

Canadian Centre on Substance Use and Addiction (2020). *COVID-19 and cannabis smoking and vaping: Four things you should know*. Ottawa, Ont.: Canadian Centre on Substance Use and Addiction.

Simet, S. M., & Sisson, J. H. (2015). *Alcohol's effects on lung health and immunity*. *Alcohol Research: Current Reviews*, 37(2), 199.

Szabo, G., & Saha, B. (2015). *Alcohol's effect on host defense*. *Alcohol Research: Current Reviews*, 37(2), 159.

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Andersen, S. L. (2019). *Stress, sensitive periods, and substance abuse*. *Neurobiology of stress*, 10, 100140.

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Paradis, C., Demers, A., Picard, E., & Graham, K. (2009). *The importance of drinking frequency in evaluating individuals' drinking patterns: Implications for the development of national drinking guidelines*. *Addiction*, 104(7), 1179-1184.



Canadian Centre  
on Substance Use  
and Addiction

For more information visit

[www.ccsa.ca/Impacts-COVID-19-Substance-Use](http://www.ccsa.ca/Impacts-COVID-19-Substance-Use)

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# Tobacco use and COVID-19

*Information for people who smoke*

As the COVID-19 pandemic continues, it is important to understand the role that smoking may play in catching and passing on the virus. Although more research is needed, this resource is based on the latest evidence as of March 2020. It also includes tips and resources for quitting or reducing smoking during the pandemic.

## How does smoking affect the risk of getting COVID-19?

- COVID-19 affects your lungs, chest and other parts of your breathing system. When you inhale cigarette smoke, chemicals damage your lungs and weaken your immune response. This can cause viruses to enter your lungs more easily and increase your chance of getting respiratory infections, such as COVID-19.
- The action of moving cigarettes from your hand to your mouth, as well as sharing cigarettes with others, can also increase your risk of catching and transmitting COVID-19.

## Do smokers have worse symptoms of COVID-19?

- Current and past smokers are more likely than other people to have severe symptoms of COVID-19, such as pneumonia.
- Current and past smokers are also at a higher risk than others of needing admission to the ICU and mechanical ventilation, and are at a higher risk of death.
- Exposure to second-hand smoke can cause damage to the heart and lungs, which could increase the risk of more serious symptoms of COVID-19 for those around you.



CV26a / 05-13-2020

This information sheet is not intended to be a resource for people who require screening for COVID-19 or who are experiencing a mental health crisis. If you are experiencing a mental health crisis, please call 911 immediately or go to your nearest emergency department.

For more information, visit [www.camh.ca/covid19](http://www.camh.ca/covid19)

**camh**

# Vaping and COVID-19

*Information for people who use e-cigarettes*

As of March 2020, there is no evidence that vaping directly increases the risk of getting COVID-19. However, it is important to consider how you can best manage your health and prevent spreading the virus to others. If you currently use e-cigarettes, think about your reasons for vaping and whether quitting might benefit you. This resource gives information on the risks associated with e-cigarettes, and tips for quitting or reducing vaping during the pandemic.

## How might vaping affect the risk of getting COVID-19?

- Ingredients in e-cigarettes and cannabis vape products can damage your lungs and may make it harder for your immune system to fight infections.
- COVID-19 starts by infecting the lungs, so researchers believe that vaping may increase the risk of more serious symptoms if you get the virus. More research is needed to confirm this.
- Many e-cigarette users previously smoked and may already have respiratory conditions, including chronic obstructive pulmonary disease (COPD). These people have a higher risk than others of having more severe COVID-19 symptoms if they are infected.



## How can I manage my vaping during the pandemic?

You may feel a strong urge to vape right now, to help you cope with feelings of stress, loneliness and boredom. Here are some tips for quitting or managing vaping:

- If you currently vape to help you quit smoking cigarettes, don't stop if you think you will start smoking again. The health risks of cigarettes are greater than those of vaping.
- If you both smoke and vape, or are vaping to quit smoking, try to quit cigarettes. Never vape and smoke at the same time because this will increase your exposure to harmful chemicals.

This information sheet is not intended to be a resource for people who require screening for COVID-19 or who are experiencing a mental health crisis. If you are experiencing a mental health crisis, please call 911 immediately or go to your nearest emergency department.

For more information, visit [www.camh.ca/covid19](http://www.camh.ca/covid19)

**camh**

## Coronavirus Disease 2019 (COVID-19)

# When and How to Wear a Mask

## Recommendations for the General Public

Wearing a mask can help to prevent the spread of some respiratory illnesses, but it can also become a source of infection if not worn or discarded properly. If you need to wear a mask, you should also be sure to clean your hands frequently with soap and water or alcohol-based hand sanitizer.

### Wear a mask if:

- You have symptoms of COVID-19 (i.e., fever, cough, difficulty breathing, sore throat, runny nose or sneezing) and are around other people.
- You are caring for someone who has COVID-19.
- Unless you have symptoms of COVID-19, there is no clear evidence that wearing a mask will protect you from the virus, however wearing a mask may help protect others around you if you are sick.



### How to wear a mask:

- Before putting on your mask, wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer.
- Secure the elastic loops of the mask around your ears. If your mask has strings, tie them securely behind your head.
- Cover your mouth and nose with the mask and make sure there are no gaps between your face and the mask.
- Do not touch the front of the mask while you wear it. Wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer if you accidentally touch your mask.

### How to throw away your mask:

- Do not touch the front of your mask to remove it.
- Remove the elastic loops of the mask from around your ears or untie the strings from behind your head.
- Hold only the loops or strings and place the mask in a garbage bin with a lid.
- Wash your hands with soap and water for at least 15 seconds or use alcohol-based hand sanitizer after you have discarded your mask.

### More information about masks:

- When a mask becomes damp or humid, replace it with a new mask.
- Do not reuse a single-use mask. Discard your mask when you have finished using it.

## 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**

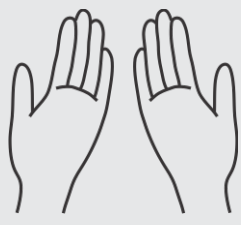
Rinse thoroughly under  
running water.

**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 

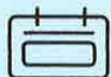


# RAAM CLINIC

## 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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*Rural Nurse Practitioner-Led Clinic*

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Page 1 of 2

## Hours of Operation

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

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

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

## What to Bring

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

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

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

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

## What to Expect

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

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

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

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

# Kagita Mikam Employment & Training

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



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



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

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

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

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

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



## Wahta Mohawks Business Directory

<b><u>Business Name</u></b>	<b><u>Phone Number</u></b>	<b><u>Website</u></b>	<b><u>Services Offered</u></b>
Commandant Towing & Recovery	705-205-1418		Automobile towing and recovery
First Nations Liquidation	(705) 762-0101	<a href="https://www.facebook.com/FirstNationLiquidation">https://www.facebook.com/FirstNationLiquidation</a>	convenience/gifts/fireworks/house wares
Handy Man Dan	(705) 706-2710		repair/maintenance/construction/property management
Mrs. H's Fish & Chips	(705) 762-4262	<a href="http://mrshsfishandchips.ca/">mrshsfishandchips.ca/</a>	Restaurant
Muskoka Rural Electric	(705) 762-3440	<a href="http://www.muskokaruralelectric.com">www.muskokaruralelectric.com</a>	Licensed Electricians
Poseidon Plumbing	(705) 801-6164	<a href="http://www.godofwater.ca">www.godofwater.ca</a>	Full-Service Plumber
Sahanatien Haulage	(705) 762-5346	<a href="https://lshaulage.com/">https://lshaulage.com/</a>	Site development/roads and driveways/ septic systems/landscaping and landscaping supplies/material delivery
Team Boats	1 855-770-8326	<a href="http://www.teamboats.ca">www.teamboats.ca</a>	Custom Aluminum Boats
Wahta Station	(705) 762-2195	<a href="http://thewahtastation.com/">thewahtastation.com/</a>	Convenience/grocery
Wahta Springs	1 800-593-0127	<a href="http://www.wahtasprings.com">www.wahtasprings.com</a>	Water Bottling
What-a-Convenience	(705) 762-1923	<a href="https://www.facebook.com/whatabakery/">https://www.facebook.com/whatabakery/</a>	Gas Bar/bakery/Gifts
Womb Rising	(705) 323-5599	<a href="http://www.wombrising.com">www.wombrising.com</a>	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](mailto: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
Courtnei DeCaire	Financial Assistant	Ext. 201
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
	Ontario Works Administrator	Ext. 240

## Maintenance and Public Works

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

## Cultural Healing Centre

**705-762-3343**

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

Please Feel Free to Call with any Questions or Concerns

Administration Office Hours:

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