

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

Kentenha - The Time of Poverty



October 2020



THIS ISSUE

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

Hydro One Notice

Hydro One will be performing inspections on transmission lines within the Wahta Mohawks Territory. See inside or contact Scott Aubichon for more information.

Employment Opportunities

Wahta Mohawks is looking to hire a Personal Care Worker and a Cannabis Education & Awareness Worker. See inside for the job descriptions and instructions on how to apply.

Community Buildings Closed

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

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

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



CHIEF AND COUNCIL UPDATE

Chief Philip Franks

October has arrived, where does time go? As the seasons change and we prepare for Thanksgiving, this day too is not going to be the same in many ways due to the resurgence of the COVID-19 virus. At the same time there are things we can be thankful for. Here on the territory we have been fortunate not to have experienced any cases of the virus. We are able to carry on in the limited way we have become used to, and we have not had to implement any further measures due to the pandemic. As always, young and old, we must continue to be vigilant in how we live our lives. The use of masks and hand sanitizing are at the top of our priorities.

We should have been able to hold a general meeting at this time however due to the circumstances we cannot. We will aim with some optimism for a January-February meeting. Also complicating the matter is the replacement of the community centre roof. This project has run into difficulty regarding its completion schedule and the discovery of rot in many areas. Those need to be repaired at the same time therefore only the front of the building will be completed this year and work will resume next spring.

Council has been working on some initiatives, one being the ongoing **Citizenship Code**. Information collected over the last three years or so has led to a draft of a Citizenship Code that will be mailed to you soon. The explanation section on changes is being completed so that the document will be easy to understand. There are some key changes to the code especially in the area of entitlement. There is a proposed shift away from the measure of blood quantum to family lineage, which will take its place.

The Citizenship Code will be put forward for comment once again before a vote using the Wahta referendum process. This process will require 50% of the membership to cast a ballot by mail, so it will be important to take part in the decision. Currently as we engage in many matters affecting our future, our very existence, the responsibility of members of Wahta to engage in decision making will define how we carry forward. To do this we all have to make an effort to learn about what it is that leads to having certain rights as members of Wahta Mohawks. This includes not only learning about our recent history since 1881 but further as to what it is that brought us to the point we are at as Mohawks. Council will strive to provide ways and means to learn about these things including our earliest forms of governance, traditions, language, and our position with regard to our relationship with Canada.

A section in the code that has not been included is the Residency section. It has long been seen that residency rules need to be revamped and put into a stand alone code or law that will focus on those eligible to reside on the territory, including what privileges those residents can enjoy. This will be the next item to be developed and will definitely require input from our members.

Council has other duties beyond day to day actions and approvals of projects. A strategic plan was developed this year which outlines areas needing attention. Included in this are refreshing our internal policies and rules dealing with governance and how Council operates.

Other areas will focus on asserting our sovereignty with the federal and provincial governments. This will include our relationship with the organizations we are a part of. It will be important to maintain relationships with other First Nations as we work on our treaty rights, not only within the Iroquois communities, but including our neighbours due to cross treaty boundaries created by Canada and the British Crown throughout history.

Land rights and management including the eventual return of our lands through the Additions to Reserves process is an area we need to deal with. This will include identifying certain sections for specific purposes such as preservation, conservation, residential, and commercial. These discussions will assist in strengthening the territory for the future. Again, these discussions will require input from the membership.

As usual we continue to work on hunting and fishing rights as these rights are being eroded constantly by government legislations that do not heed the original treaties. In Ontario, we are currently contesting an act that will alter how environmental regulations are followed thereby passing the duty to consult with First Nations, something that is entrenched in the Canadian Constitution.

Council and the Administration will continue to work on ways to enable members to learn about our culture and language, those things that have been the backbone of our identity from the beginning.

Ongoing work is community safety which includes many areas other than policing and crime. This includes many of the health and social programs starting from the early years to our aging population, and focusing on how we can ensure safety in our growth and development as well as our everyday lives.

Those items were topping the priorities of the recent community engagement with Future Design School who were hired to help put together not only a governance plan but also to work on improving the Administration and the delivery of services to members.

We need to work around the pandemic to begin this work, and two-way communication will be very important as we find ways to improve our communications with you. We have learned through COVID-19's effect on our lives that technology is so important to make use of, and we will be exploring how we can get input from the membership as we cannot host in person meetings.

The strategic plan is extensive in its scope but hopefully something that can be carried on to successive councils as this work may be a time-consuming process.

Once again, Council contacts are in this newsletter, please feel welcome to comment. Nia:wen for reading this report.



Wahta Mohawks Council Meeting Minutes

Date: Wed August 19, 2020

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Teresa Greasley

Councillor Lorie Fenton-Strength

In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Regrets:

Councillor Lawrence Schell

Adoption of Minutes

Chief and Council discussed the minutes from July 2 to August 12 and agreed to adopt them as presented. Minutes will now be adopted on a weekly basis.

Motion 1:

Moved by Lorie Fenton-Strength and seconded by Teresa Greasley to approve the minutes from July 2nd, 2020 to August 12th, 2020.

ALL IN FAVOUR

CARRIED

Health and Social Advisory Board (HSAB) – New Appointment

Council has been notified by the Association of Iroquois and Allied Indians (AIAI) that a signed Council Resolution is required to appointment new representatives to the HSAB. As such, Council agreed to prepare and sign an MCR appointing Joanne Contant as the technical representative on the HSAB effective August 19th, 2020.

Tobacco Taskforce

Chief discussed the newly established AIAI Tobacco Taskforce with Council. Council then agreed to have the Chief participate in the taskforce's upcoming meetings as Wahta's representative.

Land Lease MCRs

Chief and Council signed two MCR's regarding lease agreements on member held lands.

Royal Homes Invoice – Approval to Pay

Motion 2:

Moved by Teresa Greasley and seconded by Blaine Commandant to approve the payment of the Royal Homes invoice of \$303,355 for the third and final duplex which will be primarily funded through Indigenous Services Canada's On-Reserve Immediate Housing Needs Fund.

ALL IN FAVOUR

CARRIED

Draft Audit Presentation from KPMG

Kyle Ellis from KPMG presented the draft of the 19/20 audit to Council, which once again shows Wahta being in a strong position financially. KPMG will finalize the audit, which will then be provided to external funders as per the financial contribution agreements signed by Wahta. A presentation will also be prepared for the community on the audit.



Wahta Mohawks Council Meeting Minutes

Date: Wed September 9, 2020

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Teresa Greasley

Councillor Lorie Strength-Fenton

Councillor Lawrence Schell

In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Olivia Franks, Graduate Student

Adoption of Minutes

Chief and Council discussed the minutes from the previous meeting on August 19th and agreed to adopt them as presented.

Motion 1:

Moved by Lorie Strength-Fenton and seconded by Lawrence Schell to approve the minutes from August 19th, 2020.

ALL IN FAVOUR

CARRIED

Hammonds Drilling Invoice Approval

Motion 2:

Moved by Teresa Greasley and seconded by Lawrence Schell to approve the payment of the Hammonds Drilling invoice of \$51,565.10 for the work carried out at the site of the three new duplexes.

ALL IN FAVOUR

CARRIED

Indigenous Services Canada – Funding Agreement Amendment #0005

Chief provided information on the newly proposed amendment sent by Indigenous Services Canada to Wahta's current funding agreement that would provide the following additional funding for this fiscal year:

- a) First Nation School Emergencies - \$4,318
- b) First Nation and Inuit Skills Link Program - \$18,638.70
- c) Ontario Works Basic Needs - \$5,100
- d) Ontario Works Service Delivery - \$3,300

Given the pandemic, Indigenous Services Canada has asked for confirmation of acceptance of the proposed amendment by way of email from the Chief. Council agreed to accept the additional funding and directed the Chief to confirm acceptance in the manner requested by Indigenous Service Canada.

2021 Canada Census

Chief Franks received a letter encouraging First Nation participation in the 2021 census. He would like Chief and Council to further examine the request by exploring what other First Nations have done with respect to participation in the Census and what the advantages and disadvantages there may be to Wahta's potential participation.

Meals on Wheels Research Proposal

Olivia Franks, Wahta Mohawks member and graduate student at Queen's University, presented a research proposal to Council for their approval that would explore the relationships between food and wellness amongst older adults. The research would specifically involve a review of the current Meals on Wheels Program and what potential changes could be made to increase participant satisfaction and overall health outcomes. Community engagement would also be a key element of the research, with the necessary protections put in place to protect the data collected and ensure ownership and retention remains with Wahta. Olivia has been working with Christine Cox to do some preliminary information gathering on the current Meals on Wheels program and is seeking Council approval to do conduct the research to support her thesis project. With Council support, the next step will be for Council to review and sign a Memorandum of Understanding from Queen's University.

Motion 3:

Moved by Blaine Commandant and seconded by Lawrence Schell to support the proposal on "Exploring the Relationship between Food and Wellness amongst Older Adults living in Wahta Mohawk Territory: A wholistic understanding of the Meals on Wheels Program," and to designate Senior Administrator, Murray Maracle, as the signing authority of the MOU once it becomes available from Queen's University.

ALL IN FAVOUR

CARRIED



Wahta Mohawks Council Meeting Minutes

Date: Wed September 16, 2020

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Teresa Greasley

Councillor Lorie Strength-Fenton

In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Regrets:

Councillor Lawrence Schell

Adoption of Minutes

Motion 1:

Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to accept the September 16th Agenda and approve the minutes from September 9th, 2020.

ALL IN FAVOUR

CARRIED

Can-Sky Roofing Invoice – Approval to Pay

Council discussed the progress of the Administration Building Roof Project. The anticipated end date of construction will not be met due to COVID-19 and the late start to the project. As such, the contractors will finish the front of the building in November and then resume work in the Spring on the rear portion of the building.

Motion 2:

Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to approve the payment of the July 2020 Can-Sky Roofing progress invoice of \$97,847.43 for the work carried out at the Administration Building.

ALL IN FAVOUR

CARRIED

Hydro One – Permission to Enter Territory

Chief and Council signed an MCR granting Hydro One permission to inspect and conduct danger cutting of trees along the electrical right of way(s) for the transmission lines located within the Wahta Mohawks Territory. Hydro One is to give notice each and every time their employees enter onto the Territory for the purpose described in the Resolution.

Preliminary Design Landfill Closure and Transfer Station Construction Project Application

Murray presented the findings and recommendations from the Solid Waste Management Study and Landfill Assessment conducted by COLE Engineering. Their recommendation is to decommission the landfill and repurpose it as a Waste Transfer Station.

Motion 3:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to approve the recommendation from the Solid Waste Management Study conducted by COLE Engineering for a full conversion of the current landfill to a Waste Transfer Station.

ALL IN FAVOUR

CARRIED

AIAI Chief's Meeting & COVID-19 Funding

Chief attended a virtual AIAI Chief's meeting that was held to discuss endorsing a Resolution to support Curve Lake and other First Nations seeking a judicial review of Bill 197. COVID-19 Funding was also discussed, as it has been discovered that 70% of relief funding is going towards First Nations in the North. This is being challenged and AIAI is seeking support from First Nations. Chief feels that Wahta should provide its support.

Trespassing Signs Locations

Council discussed potential locations for the large trespassing signs. Possible locations that were discussed were on each end of Ragged Rapids Rd., Camp Jackson Rd., as well as on the snowmobile trail entering the Territory near the former Woodsmen Inn. The goal of the signs is to deter the unauthorized access of non-members in the Territory which has markedly increased over the last few months. The signs will also be accompanied by a Mohawk language version as well.

AIAI Annual General Assembly Registration

The Associate of Iroquois and Allied Indians Annual General Assembly is being held virtually in early November. Aside from Chief and Council, Council agrees that Health and Education should be represented as voting delegates, therefore Joanne Contant and Carol Holmes are being invited to attend.

Housing Committee

Murray provided Council with a briefing note on the Housing Policy and its provision for the establishment of a Housing Committee. The Administration would like to establish this committee prior to the new duplexes being ready for occupancy in November/December. The Committee will play a part in the selection process of new tenants as set out in the policy. A draft of the Housing Rental Application form was also presented for discussion.



Wahta Mohawks Council Meeting Minutes

Date: Wed September 23, 2020

Time: 9:30 am

Those Present:

Chief Philip Franks

Councillor Blaine Commandant

Councillor Teresa Greasley

Councillor Lorie Strength-Fenton

Councillor Lawrence Schell

In Attendance:

Murray Maracle, Senior Administrator

Samantha Walker, Council Executive Assistant

Adoption of Agenda & Minutes

Motion 1:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to add a discussion with Scott Aubichon on the Additions to Reserve to the September 23rd agenda.

ALL IN FAVOUR

CARRIED

Motion 2:

Moved by Teresa Greasley and seconded by Lorie Strength-Fenton to approve the minutes from September 16th, 2020.

ALL IN FAVOUR

CARRIED

Home Appliance Quote for Duplexes – Approval to sign Purchase Requisition

Council was presented with a quote for dishwashers, ranges/ovens, refrigerators, and washers and dryers for each unit of the three new duplexes. Council discussed purchasing the appliances and concerns around possible tenant neglect of the appliances. As such, Council asked the Senior Administrator to ensure that clear language is used in the lease agreement with tenants with respect to care for the appliances to ensure they are taken care of over time.

Motion 3:

Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to approve the quote from Home Depot of \$31,200 for appliances for the new duplexes and to approve Senior Administrator, Murray Maracle, to sign the Purchase Request.

ALL IN FAVOUR

CARRIED

Additions to Reserve Update

Scott Aubichon was contacted by phone to provide Council with an update on the Additions to Reserve progress. He informed Council that draft permits have been prepared for the snowmobile trail on ATR land, Bell Canada, and soon Hydro One. Hunt camps on the territory have also been environmentally assessed and discussions on timelines and the cleaning of these areas are ongoing.



Hydro One will be performing Inspections on transmission lines within the Wahta Mohawks Territory including Certificate of Possession and leased lands in October & November Please contact myself or Daniel Kirton Hydro One if you have further inquiries.

Scott Aubichon

Lands & Resources

scott.aubichon@wahtamohawks.ca

705-762-2354 Ext 242

Daniel Kirton

Forestry Technician

Utility Arborist

Hydro One

Daniel.Kirton@HydroOne.com

705-238-8280



Employment Opportunity

Personal Care Worker

Reporting To: Senior Services Co-Ordinator

Progressive. Collaborative. Accountable. Draw on your passion. Share our community. Progressive and collaborative, with a clear, long-term vision. We value employees' contributions and inspire excellence. We are driven by a desire to help shape and serve our aging community. Focused on Elder Care that is reflective of their cultural preferences.

Position Purpose

Reporting to the Senior Services Co-Ordinator, the person is responsible for providing care, support, assistance, and supervision to the Elders within the community of Wahta Mohawks. Promoting independence in activities of daily living, providing care that promotes the Elder's choices and acknowledges the Elder's strengths and limitations as well as their need for safety in order to remain in their own homes as they age.

The ideal Personal Support Worker will have

- Completion of a recognized PSW program
- Excellent attendance and punctuality
- Hardworking, compassionate, positive, solution-oriented, professional, and flexible
- Up to one (1) year experience or practicum placement with resident care in a long-term care facility or other geriatric environment considered an asset
- Knowledge on Wellness Checks on Elders
- Knowledge of maintaining and stocking a medical equipment supply
- Assist with other duties assigned by Wahta Mohawks
- Knowledge and demonstrated ability in corporate core competencies including customer focus, communication, collaboration, and personal ownership.
- Satisfactory Police Vulnerable Sector Checks (PVSC).
- Indigenous knowledge and respect for the cultural preferences of our Elders
- Access to a reliable vehicle and a valid Ontario class "G: drivers license is a must

Your role will require:

- A strong focus on client safety and ethical standards

- Developing respectful working relationships with clients and families to meet their care needs with the ability to maintain customer satisfaction
- Respectful of the dignity, individuality and cultural identity of each Elder
- Providing personal care to meet the physical, psychological, social, and spiritual needs of each client
- Observing, assessing, and reporting changes in clients' behaviors and activities
- Participating in multidisciplinary teamwork
- Physical lifting abilities
- Team player and able to be effective individually
- Knowing the position will require working days, potential evenings, and weekends

Terms of Employment:

This is a full-time position beginning immediately. Hourly wage will be based on qualifications and experience.

We are excited you are considering applying to become a valued member of our Wahta Mohawks Community

Application:

Please submit a resume and cover letter detailing how you meet the requirements of the positions to:

Joanne Contant

HR@wahtamohawks.ca
P.O. Box 260
Bala, Ontario
P0C 1A0

Fax: (705) 762-2376

Deadline for applications is **October 23rd, 2020 at 4:00 pm**. Late applications will not be accepted.

Only those candidates selected for an interview will be contacted. The successful candidate will be required to provide an acceptable Canadian Police Information Check (CPIC) before commencing work.

All qualified candidates are encouraged to apply, however, members of the Wahta Mohawks and Indigenous applicants will be given priority and are asked to self-identify. Only those candidates selected for an interview will be contacted. The successful candidate will be required to provide an acceptable Canadian Police Information Check (CPIC) before commencing work.



Employment Opportunity

Cannabis Education and Awareness Worker

Temporary Full-time Contract (37.5 hours a week)

Reporting To: NNADAP Worker

Overview:

The Wahta Mohawks are seeking a qualified individual to fulfill a short-term role in developing and implementing a community-based cannabis education, awareness, and harm reduction plan.

Key Duties and Responsibilities:

- Conduct research and gather relevant information on cannabis awareness and education
- Conduct community engagement sessions
- Identify community needs
- Identify relevant gaps in current community programming
- Develop and implement a comprehensive community awareness and education strategy
- Develop and design communication and promotional items
- Develop and deliver relevant programming and educational activities

Education and Experience Requirements:

- Mental Health and Addiction Worker Diploma; or
- Any related diploma or university degree

Skills and Knowledge Requirements:

- Well-developed organizational, communicative, interpersonal, time management and analytical skills
- Public speaking and facilitation skills
- High level of initiative and self-direction
- Ability to work in a team environment
- Must be reliable and dependable, and committed to maintaining confidentiality.
- Non-judgmental and positive approach to all service users.
- Experience developing and designing communication products

- Experience using social media and other online tools to implement education and awareness strategies

Other Requirements:

- Must have a valid Ontario Class "G" license and access to a vehicle.

Terms of Employment:

This is a temporary contract position beginning immediately and ending March 31, 2021. Hourly wage will be based on qualifications and experience.

Application:

Please submit a resume and cover letter detailing how you meet the requirements of the position to:

Attention: Joanne Contant

HR@wahtamohawks.ca
P.O. Box 260
Bala, Ontario
P0C 1A0

Fax: (705) 762-2376

Deadline for applications is **October 23rd, 2020 at 4:00 pm**. Late applications will not be accepted.

Only those candidates selected for an interview will be contacted. The successful candidate will be required to provide an acceptable Canadian Police Information Check (CPIC) before commencing work.

All qualified candidates are encouraged to apply, however, members of the Wahta Mohawks and Indigenous applicants will be given priority and are asked to self-identify. Only those candidates selected for an interview will be contacted. The successful candidate will be required to provide an acceptable Canadian Police Information Check (CPIC) before commencing work.

Accepting Applications for the New Rental Units

The Administration is pleased to announce that applications for the six rental units (four two-bedroom units and two three bedroom units) in the three new duplexes are now being accepted. Each unit comes with five main appliances (refrigerator, oven, dishwasher, washer and dryer).

As with the existing rental units, tenants are responsible for payment of all utilities (propane and electricity) and telephone/TV/Internet service.

We are targeting mid-November to have all the units ready for occupancy.

The rental rate for the two-bedroom unit is \$900/month and for the three-bedroom unit is \$1000/month. A deposit of \$500 is required and will be returned when the unit is vacated if there are no damages beyond normal wear.

As per Wahta Mohawk's Housing Policy, to be **eligible** to apply for a rental unit a person must meet the following eligibility requirements:

- a) Only Members qualify to apply for a Unit
- b) The rental unit must be the primary residence of the Applicant
- c) A Member must be at least eighteen (18) years of age, with the exception of a sixteen (16) or seventeen (17) year old Member who can demonstrate that he or she has withdrawn from parental control.
- d) Applicants must provide evidence of sufficient income to support rental payments and utilities (pay stubs, training allowance, shelter allowance, letter from social services). Applicants who are in Arrears (any account) with Wahta Mohawks will not be considered for housing until the Arrears are paid in full.
- e) Existing Tenants may become eligible to apply for a new allocation in cases where there is overcrowding. Overcrowding refers to a situation where Household Composition exceeds the Canadian National Occupancy Standard.

Pets are not permitted in the rental units.

The Administration's Housing Department will assess all applications based on the criteria set out in Wahta Mohawks Housing Policy.

To obtain an application form, please contact Karen Sahanatien at 705 394 5134 or email karen.sahanatien@wahtamohawks.ca



**Wahta Mohawks
Housing Program**



**simcoe
muskoka**
DISTRICT HEALTH UNIT

Tel: 705-721-7520
Toll free: 1-877-721-7520
www.simcoemuskokahealth.org
Your Health Connection

HealthFAX

Dr. Charles Gardner, Medical Officer of Health
Dr. Colin Lee, Associate Medical Officer of Health
Dr. Lisa Simon, Associate Medical Officer of Health

Continuing Hepatitis A Outbreak in Muskoka: Update #3

Consider immunizing your patients with Hep A vaccine

One dose of publicly-funded Hep A vaccine available for a limited time for those who have never been immunized and without private insurance

Attention: Muskoka area: Physicians, Emergency Departments, Nurse Practitioners, Infection Control Practitioners, Occupational Health Professionals, Walk-In Clinics/Urgent Care Clinics, Midwives, Family Health Teams, Moose Deer Point First Nation, Wahta First Nation
Central LHIN, NSM LHIN

Date: August 4, 2020

The Simcoe Muskoka District Health Unit (SMDHU) has been investigating an increase in Hepatitis A (HAV) cases in Muskoka. The investigation thus far has identified that the index case of this cluster was likely a returning traveler in October 2019 who then introduced this subtype into the community. It has now propagated through person-to-person spread with secondary transmission. **There is now a total of 30 confirmed cases throughout Muskoka and the North Bay Parry Sound area with evidence of continuing transmission, and transmission among persons who do not have risk factors or who have not been in close contact with infected persons.**

HAV vaccine is recommended for anyone older than six months of age who is at an increased risk of infection or severe illness, and also for those who would like to decrease their risk of acquiring HAV. Given the cluster of unknown origin in Muskoka, please consider discussing Hepatitis A vaccine with your patients when:

- The patients have private extended health care coverage.
- Can afford the cost of HAV vaccine or Twinrix (if not previously immunized for Hepatitis B).
- Are normally eligible for publicly-funded vaccines (intravenous drug use, liver disease (chronic), including Hepatitis B and C, and men who have sex with men).

The best protection and prevention of the spread of Hepatitis A is vaccination. **We are working with the Ministry of Health to have our community protected by offering one dose of HAV vaccine for a short period of time to residents of Muskoka, South River, Sundridge and Burk's Falls who have never received Hepatitis A vaccine and are without private extended health care coverage and who cannot otherwise afford the cost. A limited supply of Hepatitis A vaccine will be available. SMDHU will be offering immunization clinics by appointment, 1-2 days per week, from August 14 until the end of September or until the supply is exhausted. These clinics will be in Huntsville and Gravenhurst. North Bay Parry Sound District Health Unit (NBPSDHU) will also be offering clinics.**

If your patients may be eligible and they are interested in booking an appointment for Hepatitis A vaccination, please have them call SMDHU Health Connection at (705) 721-7520 ext. 8813 during business hours (Monday to Friday 8:30 a.m. – 4:30 p.m.).

View all HealthFax bulletins at the Health Professionals Portal

www.smdhu.org/HPPortal



Subscribe to urgent health email communications (E.g. Health Fax) by registering at www.smdhu.org/ehealthfax

What We Know:

- Hepatitis A is a liver infection caused by the Hepatitis A virus.
- It is easily transmitted from person-to-person, and can be spread when people who have the virus contaminate food, drinks, surfaces, and everyday objects.
- The Hepatitis A vaccine is effective at preventing symptoms and spreading the virus to family, friends or colleagues.
- Hepatitis A Immunization is free (for those who qualify) by booking an appointment at our health unit office in Huntsville or Gravenhurst.
- Individuals with private extended health care coverage who would like to get the vaccine can contact their health care provider.
- Individuals with private extended health care coverage who would like to get the vaccine and do not have a health care provider may be directed to the health unit.
- NBPSDHU is offering clinics for residents in the areas of South River, Sundridge and Burk's Falls.

For Those Previously Vaccinated with Hepatitis A Vaccine:

- If two previous doses were provided, no additional doses are recommended.
- If only one dose was provided and it was less than six months ago, no additional doses are recommended until at least six months from the last dose.
- If only one dose was provided and it was greater than six months ago, one additional dose is recommended for long-term immunity. **However, they will not be eligible for the publicly-funded, time-limited supply we have for August and September.**

Testing Recommendations:

If patients present in your office with unexplained symptoms that are consistent with HAV, please consider ordering liver function tests (ALT, AST, ALP, GGT), and HAV IgM and IgG antibodies.

Please note outbreak #2260-2020-086 on the lab requisition for HAV serology.

Antibodies are generally detectable in serum five to ten days after infection and usually decrease to undetectable levels within six months after onset of infection. In rare cases, antibodies may persist for longer. Detection of IgG antibodies signals recovery from acute HAV infection. When IgG antibodies are detected alone, they indicate some level of immunity either from past infection or previous immunization.

"Total HAV virus antibody" (total IgM and IgG antibody) is not a confirmatory test for acute HAV infection but is used as an initial screening test in some laboratories. For further information about HAV IgM and IgG human diagnostic testing, contact the Public Health Ontario Laboratories or refer to the Public Health Ontario Laboratory Services webpage:

http://www.publichealthontario.ca/en/ServicesAndTools/LaboratoryServices/Pages/Hepatitis_A_Diagnostic_Serology.aspx#.VxT6K45VhXs

HAV Vaccine is always Publicly Funded for Persons Who Meet the Following High-risk Criteria:

- Intravenous drug use
- Liver disease (chronic), including Hepatitis B and C
- Men who have sex with men

Clinicians are asked to remain vigilant in monitoring for Hepatitis A infection. Please continue to offer pre-exposure prophylaxis to high risk groups.

For further information regarding HAV, to coordinate access to immunoglobulin or to report a suspect or confirmed case of HAV, please contact the Infectious Diseases Team at 705-721-7520 ext. 8809 during business hours (Monday to Friday 8:30 a.m. – 4:30 p.m.).

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)

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

Land for Sale

2 acres adjacent to
Musk. Rd. 38 with
driveway

5 Acres adjacent to
Musk. Rd. 38 with
no driveway

80+ acres with bush
lot and waterfront

For more info, please
call 705-644-4227

Land for Sale

Various locations

Call 705-762-0013
for more information

Land Wanted

Band member
looking to purchase
waterfront property
on lake Gibson.

Please contact
Chantell.
289-440-2464

Land Wanted

Band member
looking for
land.

Please call Diane at
518-827-5207

Education

Students have been in school for almost one month, and to date the local schools where students attend have not had any classrooms shut down due to Covid-19. Parents must remain vigilant to assess children daily before sending on the school bus. Please post the Covid-19 School Screening Chart in a visible place to assist with your assessment. The School community is taking all precautions as directed by the Health Unit and Parents must continue to do a great job in assessing and keeping children home when needed.

In keeping with past practice, we will offer a **Parent Education meeting on October 27 from 7-8 p.m.** This meeting cannot be held in person however we can all connect virtually. Nominal roll parents have been sent an email invitation. If any other parents who have students attending schools within TLDSB would like to join the meeting, please contact me at carol.holmes@wahtamohawks.ca and I can send you the meeting link. Both Principal, Kelli Gates and Tanya Fraser will be attending along with Holly Groome (Indigenous Education) and Dave Golden (Superintendent). They will offer updates and will field questions. It may be an easier process if you send the questions to my email and I forward a week prior to the meeting, allowing time for the TLDSB staff to prepare to answer. Otherwise, your questions may not be answered immediately.

Many of our post secondary students are learning remotely and not in a physical classroom or in combination of classroom and on line. Some of our students are in a classroom setting (depending on the program). We hope that everyone is safe and comply with the plea to socially distance, wear masks, and not gather in groups larger than what is allowable.

Does your child have any new or worsening symptoms of COVID-19?*

*That are not related to seasonal or underlying health conditions.
Please review before sending your child to school today.



Fever



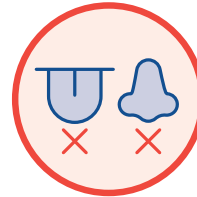
Cough



Shortness
of Breath



Sore Throat/
Difficulty Swallowing



Loss of
taste/smell



Diarrhea



Nausea



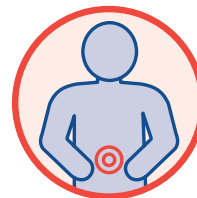
Vomiting



Muscle Aches



Extreme Tiredness



Stomach Pain



Sluggishness/
Lack of Appetite



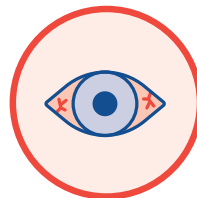
Chills



Headaches



Croup



Pink Eye



Runny Nose/
Nasal Congestion

Sudden decline in
ability to carry out
day-to-day activities

Has your child been in close contact with someone who has tested positive for COVID-19 in the past 14 days?

Has your child returned from travel outside Canada in the past 14 days?

Has your child been in close contact with someone who has symptoms of COVID-19 and travelled outside of Canada in the past 14 days?

**If you have answered YES to any of these
do not go to school. Self-isolate right away.
Testing for COVID-19 is recommended.**

Call 911 if you are experiencing any of the following symptoms:

- Severe difficulty breathing (struggling for each breath, can only speak in single words)
- Severe chest pain (constant tightness or crushing sensation)
- Feeling confused or unsure of where you are
- Losing consciousness



Financial Literacy: The Road Ahead Webinar Series

Financial Literacy: The Road Ahead Webinar Series

The road ahead starts with the first step forward. Let's take the first step together!

We invite you to join us and [Canada Life](#), our national development sponsor, as we map out the uncharted path that lies before us.

Throughout this free comprehensive series, you will be educated on financial literacy topics as they relate to financial wellness, mental health and COVID-19. Experts will weigh in on the tools and resources needed to carve out what our future could look like.

Webinars are eligible for CPD.

See below for a full list of upcoming and on-demand webinar details:

- [Tax After Turbulent Times](#)
October 1, 2020 2:00 PM EST
- [Insurance After COVID-19: Protecting Yourself Now and In the Future](#)
October 14, 2020 2:00 PM EST
- [Financial Planning: Building a Lifelong Financial Plan](#)
October 15, 2020 2:00 PM EST
- [For the Kids: Setting SMART Goals](#)
October 20, 2020 2:00 PM EST
- [Coping with Stress During COVID-19](#)
On-Demand Event
- [Journey Out of Debt After COVID-19](#)
On-Demand Event
- [Protecting Yourself from Fraud During COVID-19](#)
On-Demand Event

Click [here](#) for more series information and to register.

If you have any questions about The Road Ahead Webinar Series, please email us at financialliteracy@cpacanada.ca.

Health and Social Programming & Resources

Walking for Health Program

Join us for a weekly walking program starting Monday September 21st at 9am. We will be meeting at the CHC walking path. Each week we will have information available to participants on various mental health/addiction related topics. Please RSVP to Kristan Sahanatien kristan.sahanatien@wahtamohawks.ca or Sherry Byrne sherry.byrne@wahtamohawks.ca

Three Sister Soup and Stew Kits for Children and Youth

Each kit comes with a recipe and all the ingredients needed to make your own three sister soup and stew. Participants are required to send a photo of their completed meal.

Please register with Kristan Sahanatien – kristan.sahanatien@wahtamohawks.ca

Deadline to register is October 16th, 2020.

Youth Survey

We are seeking input from Youth ages 11-18 for ideas of what you want to see for upcoming programming. If you are interested in completing a survey, please email Kristan Sahanatien – Kristan.sahanatien@wahtamohawks.ca

Winter Outerwear Assistance for Children

If you require assistance with purchasing children's winter outerwear, we may be able to help! Please contact Amy Davidson by October 31st to register your child. This program is available to all children who reside on or off Wahta Mohawks Territory. More details will follow after all request are in.

Amy.davidson@wahtamohawks.ca or 705-205-5181.

Share and Care with Brad Bowland

This program is replacing lunch with Brad until we can get back together as a group.

We will be developing Mental Health packages for you to review at home. The two topics for the up coming months will be preparing for the second wave during Covid and Seasonal affective disorder (SAD) which is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody.

If you are interested in receiving this information please email me at sherry.byrne@wahtamohawks.ca or call 705-762-2354 ext: 250 and leave a message and I will return your call.

Mediatation

Are you interested in attending meditation sessions? These sessions would be provided by way of zoom and would last ½ hr to 45 mins long each session.

“Meditation helps you focus and concentration, improved self-awareness and self-esteem, lower levels of **stress** and **anxiety**, and fostering kindness. Meditation also has benefits for your physical health, as it can improve your tolerance for pain and help fight substance addiction.”

If you are interested please email me sherry.byrne@wahtamohawks.ca or call 705-762-2354 ext: 250 and leave a message and I will return your call.

Bounce Back DVD's are still available (Canadian Mental Health Association Ontario Resource)

This is a video resource to help you feel better and learn to tackle depression, anxiety and stress.

“This self-help system in the video has helped many people struggling with low mood, worry, and stress. You'll learn how to solve problems, build confidence, and start thinking in helpful ways instead of negative ways.”

“BounceBack is **not a crisis service, psychotherapy or counselling**, but a life-skills program that participants work with to develop coping techniques so they can overcome challenges now or in the future. “

If you are interested in receiving a DVD or would like more information , please email me at sherry.byrne@wahtamohawks.ca or call 705-762-2354 ext: 250 and leave me a message.

Calling All Pumpkin Carvers!!

Halloween is creeping around the corner and we are very excited to see what kind of spooky creation you can come up with so...

Get the pencil, Get the knives,
We can't wait til night arrives!
Pumpkin carving is so much fun,
Scoop out the seeds, we're almost done!
Take off the lid, put in a light,
Keep us scared all Halloween Night!



Program open to families with school age children

Please contact Kristan at kristan.sahanatien@wahtamohawks.ca if you would like to sign up by Friday October 9, 2020. 1 pumpkin per family. Participants are asked to send in a photo of their spooky creation.

Family Well-Being Update

Yoga with Sarah – LIVE at the CHC Tennis Courts or via ZOOM (bring your own gear , as there is no admittance in the building) Contact Rubecka to get on the email list for current updates!
<https://zoom.us/j/98204343132>

Anxiety Strategies – join Elke Scholz on Zoom this month on October 20th at 4:40pm; <https://zoom.us/j/98663135584>

Technology Support Available

Are you a professionally diagnosed mental health client struggling with the current Covid 19 restrictions? Do you feel that you would be coping better if your technology were improved? We may be able to help.

Please provide a letter of support if you have one from a Wahta worker and/or a letter from B'Saanibamaadsiwin or another person that you receive support from. This letter should state in addition to how you feel, that they too feel that it would make a significant difference in how you are able to connect with support i.e. online support groups etc.

Follow up: a monthly check in will be required for a specified time to ensure that the provided technology is making a difference and that you are able to participate in various things that were not attainable before.

*please note that the funding is specifically for technology and not for internet provision.

Please get in touch with Sherry Byrne at sherry.byrne@wahtamohawks.ca or call 705-238-2871 or your worker to see if you qualify for assistance.

Ambulance Payment Assistance

Attention: If you have used an Ambulance to West Parry Sound Health Centre (Parry Sound Hospital)

When you receive your bill please get in contact with:

Patricia Austin, M.O.A.

Financial Services Clerk

West Parry Sound Health Centre

6 Albert Street, Parry Sound P2A 3A4

Phone: (705) 746-4540 ext 4112

email: paustin@wpshc.com

www.wpshc.com



Patricia can, with the status number that you provide, send the bill to FNIHB for payment directly!

If any questions arise please contact Christine for assistance.

if you live elsewhere and have to use an ambulance get in touch with that hospital's finance department and see if this can be arranged for you

National Day of Action for Missing and Murdered Indigenous Women and Girls

Important Facts

- Indigenous women make up 16% of all female homicide victims, and 11% of missing women, even though Indigenous people make up 4.3% of the population of Canada.
- Violence against Indigenous women and girls is systemic and a national crisis that requires urgent, informed and collaborative action.
- Indigenous women are three times more likely than non-Indigenous women to be victims of violence.
- Current public data on MMIWG oversimplifies and underrepresents the scale of the issue, yet still demonstrates a complex and pervasive pattern of violence against Indigenous women and girls who are often targeted because of their gender and Indigenous identity.
- The 2014 RCMP Operational Overview notes that police recorded 1,017 incidents of Aboriginal female homicides between 1980 and 2012 and 164 missing Aboriginal female investigations dating back to 1952. There have been a number of reports indicating numbers are significantly higher.
- From 2001 to 2014 the average rate of homicides involving Indigenous female victims was four times higher than that of homicides involving non-Indigenous female victims.

Please take time on October 4th and remember the Indigenous women and girls that have gone missing or have been murdered.



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

The Meals On Wheels Participants were thrilled with their special delivery from Bala Bay Takeaway after a community member donated a gift card they had won in the spring!

Big thanks for the donation and special thanks to Sara Decaire for getting it organized and ready to roll out with Bala Bay Takeaway!!



Good Food Box

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



If you have not signed up and are interested in receiving the Good Food Box, and you live on reserve, please

email Sara at sara.decaire@wahtamohawks.ca. You can also contact our receptionist Skye at 705-762-2354, and she will give Sara the message.

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.

Student Essay Contest Results

The winner of the Student Essay Contest was Faith Smith. Congratulations! Please read her winning essay below.

Mohawk Culture. What Does This Mean? by Faith Smith

At the forefront, it might seem to be a bit blurred by today's westernized perspective. So, if you asked just anyone, you might hear the standardized response about moccasin wearing Indians who live in teepees, who do smudge circles, or sing and dance around fires. Not just anyone understands what it means to be Mohawk, and therefore has not a clue about the true meaning of the culture. Mohawk culture simply cannot be summarized into one word easily, it is a huge collection of stories, people, memories, language, and so much more. Mohawk culture, in my opinion, means family. That is what is most important in our culture and is at the heart of everything. All of our teachings tie in with the theme of family and continuing life through to the next generation.

We hold great respect for the Elders in our community family, in Mohawk culture family is not bound by blood, we see each person in the community as a part of one big family who all care and look out for one another. Our Elders are the ones who have made it possible for our culture to be continued on, and passed down to us through their teachings and life stories. Without their struggles, we would not be here today and that is a main reason why the community Elders are held in such high respects in Mohawk culture. In the same regard, we hold great respect and love for our parents, the ones who raised us through childhood and continue to teach us throughout our lives. They are the ones who bring the culture into the home, the Elders share their teachings, but the parents are the ones who immerse their children in our culture from birth.

Each person is a member of a clan in Mohawk culture, either Bear, Turtle, or Wolf, and your lineage is passed throughout the family matriarch. These clans do not divide us, but bring us closer together by respecting and appreciating the differences each person brings to the table. The clan lineage is passed through the mothers because in our culture we value our women, they are the ones who brought us into the world, and continue to produce new life, continuing our legacy. The people are not the only thing important in Mohawk culture, we also hold great respect for Mother Earth and the many animals/wildlife she is home to. For Mother Earth sustains and houses us from the moment we are born till the day we become a part of her. We never hunt for Mother Nature's creatures for sport, we respect the life of all living things; the wind, the waters, the trees, the bugs, the grasslands, the animals, the fish, the rocks, the wetlands,

and so on and so forth. We only hunt and fish to sustain ourselves, and when we do, we use every part of the animal after giving thanks to Mother Earth for providing for us. We are a non-violent tribe and value peace highly.

Another important aspect is our language, something that is passed down from our Elders, and almost lost as the result of residential schools. There are seldom few who still speak our language fluently. Residential schools made a big impact on Mohawk culture in a very negative way, the lasting effects of which are expected to last a minimum of the next seven generations. Residential schools sought to assimilate us, erase our culture, their aim was to abolish the 'savage Indian'. The Canadian government wanted (and still does) to strip us of our identities, they went about their mission in any way possible. They stole generation after generation of children from their families, with goals to 'civilize' them, to prevent our Elders from passing on their teachings to the children. They beat, raped, assaulted, and deprived our ancestors in unimaginably torturous ways. Many children lost their lives in these schools, and the ones who managed barely managed to survive well, they were irreparably damaged. So much of the Mohawk culture was lost as a result of these schools, and what pieces are left we treasure greatly. Those children were raised in such terribly abusive ways, that is how they were taught to treat children, so when the survivors have children of their own, the cycle continues. Each generation is slowly healing more and more, but it will be a long time before the effects of Residential schools are gone from our lives. A major stereotype that surrounds Mohawk culture is that we are all addicts. It may be true in some cases, that is how survivors and further generations choose to cope with the mistreatments in the past, but that is not who we are. That is what we have been turned into.

However, the Mohawk people are resilient and we do not let the past define us. We struggle everyday with our history, but we are strong and if you knock us down we will just come back stronger. Everyday we are able to learn and discover more and more about our lost culture, and we are not going to stop until we have learned everything that there is to learn. To conclude, mohawk culture does not just mean one thing, our culture is made up of a combination of every aspect and characteristic of each and every individual that is a part of our community, everyone brings something different to the table. We are not defined by our past, we will always remember it, and fight to not let it hold us back. What makes Mohawk culture unique is that it is unlike any other. We have similarities to other tribes, yes, but we are by no means the same. Culture is embedded in who you are. It is a combination of your experiences, your knowledge, and your belief system, Mohawk culture is represented by the people who make up our community. Culture is a shared history, it stretches from the reservation to the big cities and tiny villages that we all live in. We are a strong and creative minded people.

Prevent Type 2 Diabetes in Kids

There's a growing type 2 diabetes problem in our young people. But parents can help turn the tide with healthy changes that are good for the whole family.

Until recently, young children and teens almost never got [type 2 diabetes](#), which is why it used to be called adult-onset diabetes. Now, about one-third of American youth are overweight, a problem closely related to the increase in kids with type 2 diabetes, some as young as 10 years old.

Take Charge, Family Style

Parents can do a lot to help their kids prevent type 2 diabetes. Set a new normal as a family—healthy changes become habits more easily when everyone does them together. Here are some tips to get started:

Mealtime Makeover

- Drink more [water](#) and fewer sugary drinks.
- Eat more [fruits and vegetables](#).
- Make favorite foods healthier.
- Get kids involved in making healthier meals.
- Eat slowly—it takes at least 20 minutes to start feeling full.
- Eat at the dinner table only, not in front of the TV or computer.
- Shop for food together.
- Shop on a full stomach so you're not tempted to buy unhealthy food.
- Teach your kids to read food labels to understand which foods are healthiest.
- Have meals together as a family as often as you can.
- Don't insist kids clean their plates.

- Don't put serving dishes on the table.
- Serve small portions; let kids ask for seconds.
- Reward kids with praise instead of food.

Getting Physical

- Aim for your child to get 60 minutes of physical activity a day, in several 10- or 15-minute sessions or all at once.
- Start slow and build up.
- Keep it positive—focus on progress.
- Take parent and kid fitness classes together.
- Make physical activity more fun; try new things.
- Ask kids what activities they like best—everyone is different.
- Encourage kids to join a sports team.
- Have a “fit kit” available—a jump rope, hand weights, resistance bands.
- Limit screen time to 2 hours a day.
- Plan active outings, like hiking or biking.
- Take walks together.
- Move more in and out of the house—vacuuming, raking leaves, gardening.
- Turn chores into games, like racing to see how fast you can clean the house.

Want to Limit Overeating? Limit TV Time

A recent study showed that when the amount of TV kids watched was limited, they lost weight—but not because they were more active when they weren't watching. The difference was snacking: kids ate more when they were watching TV than when doing other activities, even sedentary (not physically active) ones.

Encourage your kids to reach for fruit, the original fast food.

Young kids and teens are still growing, so if they're overweight the goal is to slow down weight gain while allowing normal growth and development. Don't put them on a weight loss diet without talking to their doctor.

https://www.cdc.gov/diabetes/prevent-type-2/type-2-kids.html?ACSTrackingID=USCDC_384-DM35901&ACSTrackingLabel=Prediabetes%20in%20Youth&deliveryName=USCDC_384-DM35901



B'SAANIBAMAASIWIN

ABORIGINAL MENTAL HEALTH PROGRAM

60 James Street Suite 201, Parry Sound; (705) 746-2512

Agency, self and family referrals accepted; Just a phone call

October

2020

Returning to Work in a Good Way

Now that the kids are back in school and businesses are opening, many of us are returning back to work. This change can bring on many feelings and emotions, such as anxiousness, frustration, worry, relief, excitement, eagerness and hope. It is important to remain balanced and plan a safe transition back to the workplace.

TIPS FOR SPEAKING WITH YOUR EMPLOYER

- Meet with your supervisor or manager. Let them know how you are feeling and concerns that you may have
- Focus on what would make your workplace more conducive to your well-being
- Make an appointment with your health care professional to ask for input for any accommodations that you want to implement
- Be honest as much as possible to help your employer provide appropriate support for your plan to return

Most importantly, take care of yourself. If available, utilize your employee benefits or public programs such as B'saanibamaadsiwin, Bounce Back, MindBeacon, etc. to maintain your wellbeing physically, emotionally, mentally and spiritually

More Information and Guidance on returning to work can be found at:

<https://ontario.cmha.ca/wp-content/uploads/2020/08/>

The Fight of Two Wolves Within You

An old Cherokee is teaching his grandson about life:

"A fight is going on inside me," he said to the boy.

"It is a terrible fight and it is between two wolves. One is evil—he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you—and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

Full Moon OCTOBER 1ST

OJIBWE — MSHKAWJI GIIZIS: FREEZING MOON a time when the Star Nation is closest to us. As every creature being prepares for the coming fasting grounds, we are reminded to prepare ourselves for our spiritual path by learning the sacred teachings and songs that will sustain us.

CREE — PIMAHAMOWIPISIM: MIGRATING MOON when birds begin their flight south

HAUDENOSAUNEE — Kaientókwen: HARVEST FESTIVAL a time to give thanks to everything that has provided us with a bountiful harvest and growing season.

Next Full Moon: October 31





Feeling low? Stressed? Anxious?

BounceBack® can help!

BounceBack®: Reclaim your health is a free skill-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety. It offers two forms of help.

1 Telephone coaching and workbooks

A referral is required to participate. Your family doctor or nurse practitioner can provide you with a referral. Alternatively, you can self-refer. To access the referral form, visit: bouncebackontario.ca

BounceBack is a guided self-help program in which a coach supports you in working through a series of workbooks.

- The program involves three to six telephone coaching sessions, which you can do from the comfort of your home.
- Your coach is there to help you develop new skills, keep you motivated, and monitor how you're doing.
- You and your coach will select from among 20 workbook topics that are best suited to your current needs. Some popular workbooks are: Being assertive; Changing extreme and unhelpful thinking; Overcoming sleep problems.
- Telephone coaching and workbooks are available in multiple languages.

2 BounceBack Today online videos

No referral is necessary. You can start watching our online video series today! Visit: bouncebackvideo.ca and enter access code: **bbtodayon**

BounceBack Today videos offer practical tips on managing mood, sleeping better, building confidence, increasing activity, problem solving, and healthy living.

The videos are available in English, French, Mandarin, Cantonese, Punjabi, Arabic, and Farsi.

DO YOU NEED MORE HELP?

Contact a community organization like the Canadian Mental Health Association to learn more about support and resources in your area.

Founded in 1918, The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness.

Visit the CMHA website at www.cmha.ca today.



**Canadian Mental
Health Association**
Mental health for all

Development of this brochure
generously supported by



© 2014 56310-05/14

MENTAL ILLNESSES

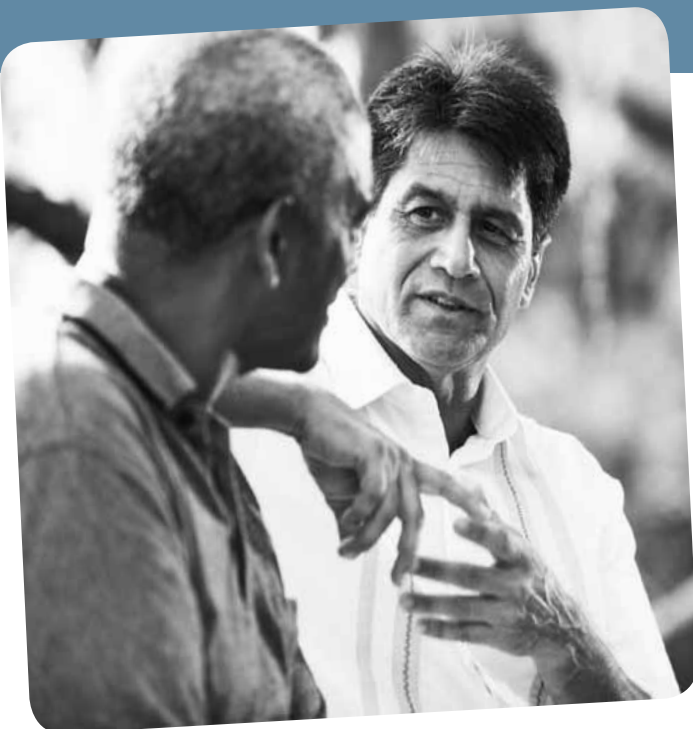


**Canadian Mental
Health Association**
Mental health for all

www.cmha.ca

HOW CAN I MAKE A DIFFERENCE IN MY COMMUNITY?

Mental illness affects everyone. People who experience a mental illness may face challenges in their communities. Capable workers may not find good employment. Housing may come with restrictions or may be limited by inadequate income. Many challenges around living with a mental illness have to do with unfair attitudes and discrimination. You can make a difference by advocating for people who experience mental illnesses. Let leaders and policy-makers know that your community includes everyone, and support organizations that work to give everyone a voice.



DO YOU NEED MORE HELP?

Contact a community organization like the Canadian Mental Health Association to learn more about support and resources in your area.

Founded in 1918, The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness.

Visit the CMHA website at www.cmha.ca today.



**Canadian Mental
Health Association**
Mental health for all

Development of this brochure
generously supported by



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

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.

Sinha, R. (2008). *Chronic stress, drug use, and vulnerability to addiction*. *Annals of the New York Academy of Sciences*, 1141, 105.

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

Leigh-Hunt, N., Bagguley, D., Bash, K., Turner, V., Turnbull, S., Valtorta, N., & Caan, W. (2017). *An overview of systematic reviews on the public health consequences of social isolation and loneliness*. *Public Health*, 152, 157-171.

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

© Canadian Centre on Substance Use and Addiction 2020

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

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.

CV26b / 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

camh

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

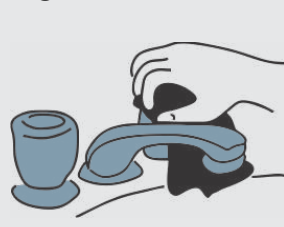
Rub each thumb clasped
in opposite hand.

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
clasped 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.

©Queen's Printer for Ontario, 2020

Ontario 

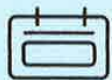


RAAM CLINIC

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



Canadian Mental
Health Association
Learning • Policy • Support

Addictions and
Mental Health Services

West Parry Sound Health Centre

Rural Nurse Practitioner-Led Clinic

WPSHC
CARES



Page 1 of 2

Hours of Operation

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

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

To access RAAM, arrive at the **Admitting Department, Main Floor (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:

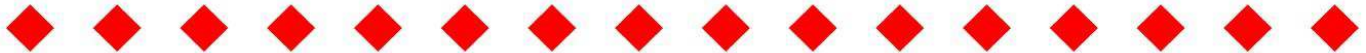
- Withdrawal Management Services of Health Sciences North: (705) 671-7366
- Royal Victoria Hospital Residential Withdrawal Management: (705) 728-4226
- North Bay Withdrawal Management Services: (705) 476-6240

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 Connors** 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>
Commandant Towing & Recovery	705-205-1418	https://commandanttow.ca/services	Automobile towing and recovery
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
Wahta Towing & Recovery	(416) 420-1691	https://www.facebook.com/Wahta-Towing-and-Recovery-1872268606412292/	Automobile towing & recovery
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@wahtamohawksouncil.ca	705-528-9468
Councillor Blaine Commandant	blaine.commandant@wahtamohawksouncil.ca	705-394-8699
Councillor Teresa Greasley	teresa.greasley@wahtamohawksouncil.ca	705-644-9934
Councillor Lorie Strength-Fenton	lorie.fenton-strength@wahtamohawksouncil.ca	705-774-2796
Councillor Lawrence Schell	lawrence.schell@wahtamohawksouncil.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
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

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