

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

Kentenhko:wa - The Time of Much Poverty



November 2020



## THIS ISSUE

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

### Tobacco & Alcohol Awareness Workshop

On Nov 30, Nicole Moore, counsellor from B'saani will be hosting a workshop. Contact [kristan.sahanatien@wahtamohawks.ca](mailto:kristan.sahanatien@wahtamohawks.ca) to sign up.

### Family Movie Night

On Nov 20, a family dinner and DVD will be provided to each family who sign up for the program. To sign up, contact Amy at [amy.davidson@wahtamohawks.ca](mailto:amy.davidson@wahtamohawks.ca)

### 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](mailto:karen.sahanatien@wahtamohawks.ca)  
[matthew.commandant@wahtamohawks.ca](mailto:matthew.commandant@wahtamohawks.ca)



## **COUNCIL UPDATE**

**Chief Philip Franks**

It has been close to a month since the community lost Councillor Lawrence Schell. His presence at Council has been missed as I am sure it is for many in Wahta. Lawrence began his work with a number of Councils thirty years ago, and when not serving he was still quite involved in the affairs of the community.

Some people have asked about how his seat will be filled. The election regulations do call for a by-election but with no specific time frame. That aside, Council will be looking to announce a date in the new year. The pandemic plays a factor still so mail in ballots will likely be utilized.

On November 3-5, Council will participate in the Association of Iroquois and Allied Indians Annual General Assembly by video conference. This meeting wraps up the work of the Association on behalf of the First Nation communities, and develops positions to work on in the coming year. Issues deal with health and social, education, taxation and tobacco, and other legislation that both governments bring forward, usually without full buy in from the communities.

Within Wahta, Council has been looking to put forward a new citizenship code for discussion. The code will be a departure from blood quantum and work on family ties, that being descendants of members. Also noticeably absent is the residency portion. This will be a separate document that will be developed as soon as possible. It will have to tie in with a number of other factors such as the trespass bylaw, and also give consideration to the Matrimonial Real Property Act.

Council has a strategic plan to work from and will be tuning it with the guidance of the community study but from time to time things come up that have to be included. One consideration is our Fire Protection agreement. In the beginning this was fairly simple, we pay for fire calls under the agreement from band funding. However lately the 911 paramedic calls are increasing. This is exasperated by call for non members who are customers at local businesses.

Our capital projects are ongoing. While the work will not be complete on the new roof it is expected by the end of this month, the building can be cleaned and prepared for staff to get back in there to do their work. Of course this is all COVID-19 dependent.

We continue to work on the hunting and fishing rights we have. This area also shows up in Ontario's Bill 156 that passed recently. Regulations are being worked on. The harvesting rights issue is very slow due to lack of provincial coordination of their ministries in my opinion but we cannot let it go just because it is taking so long to make headway.

In short there are many issues on the go as usual and Council meets Wednesdays to keep up with everything. As per practice the governance tries to stay out of the work of the administration except for legal duties as required.

I will end this report for now, we look forward to finding a way to have your input on these and other issues. Niawen for reading as usual you call in any question you have.



## Wahta Mohawks Council Meeting Minutes

Date: Wed September 30th, 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

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### Adoption of Agenda & Minutes

#### Motion 1:

Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to adopt the September 30<sup>th</sup> agenda.

ALL IN FAVOUR

CARRIED

#### Motion 2:

Moved by Blaine Commandant and seconded by Teresa Greasley to approve the minutes from September 23<sup>rd</sup>, 2020.

ALL IN FAVOUR

CARRIED

### Minor Capital Application for Transfer Station Preliminary Design – Mohawk Council Resolution

Council approved the Minor Capital Application prepared to seek federal funding for the costs associated with proposed Transfer Station Preliminary Design and signed the accompanying Council Resolution to accompany the Application.

### Post Secondary COVID-19 Supports

Council reviewed the purchase requisition for supports related to supporting post-secondary students and decided to defer approval until a complete COVID-19 plan is presented to Council for all funding received to date.

#### Creation of New PSW Role

Council reviewed and discussed a proposed job description for a full-time Personal Support Worker. The new position would work full time within the Administration and oversee current personal support workers hired from outside service providers as well as provide in home supports to those in need in the community.

#### **Motion 3:**

**Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to approve the Personal Care Worker job posting.**

**ALL IN FAVOUR**

**CARRIED**

#### Cannabis Education and Awareness Worker Job Posting

Council reviewed and approved the job posting for the contract position of Cannabis Education and Awareness Worker, which will be funded by the Cannabis Education and Awareness Project funding from the Association of Iroquois and Allied Indians.

#### **Motion 4:**

**Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to approve the Cannabis Education and Awareness job posting.**

**ALL IN FAVOUR**

**CARRIED**

#### Financial Report and Update

Murray presented an update on the current fiscal year expenditures up to the end of August and answered questions brought forward by Chief and Council. Overall budgets are on track to be somewhat under spent, with challenges related to normal programming activities being disrupted due to the pandemic being a key reason for this. Council has asked for a clear breakdown of COVID-19 Funding provided to Wahta Mohawks.



## Wahta Mohawks Council Meeting Minutes

Date: Wed October 7<sup>th</sup>, 2020

Time: 9:00 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

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### Adoption of Agenda & Minutes

#### Motion 1:

Moved by Teresa Greasley and seconded by Lorie Strength-Fenton to adopt the October 7<sup>th</sup> agenda.

ALL IN FAVOUR

CARRIED

#### Motion 2:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to approve the minutes from September 30<sup>th</sup>, 2020.

ALL IN FAVOUR

CARRIED

### Home & Community Care Funding – Approval to Return

Council considered the reasons that the funding was not spent and discussed possible ways it could be spent in the future, including the newly approved PSW position within the Administration that will be posted shortly. Council deferred the approval of the cheque requisition until the Administration can include a reason for the surplus funds within the final

report to the funder. Council is hoping this will mitigate any potential for having this funding scaled back in the future.

#### 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 a number of factors such as the delayed start of the project due to the COVID-19 pandemic and the roof being in worse shape than expected. The contractors will finish the front section of the roof and then resume work on the rear portion of the building in the Spring. Council agreed to pay the August 2020 invoice.

#### **Motion 3:**

**Moved by Blaine Commandant and seconded by Lorie Strength Fenton to approve the payment of the August 2020 Can-Sky Roofing progress invoice of \$154,706.94 for the work carried out at the Administration Building.**

**ALL IN FAVOUR**

**CARRIED**

#### Sahanatien Haulage Invoice – Duplex Project

Council would like an updated breakdown of the duplex project budget from Administration before approving the cheque requisition for Sahanatien Haulage.

#### Mortgage Application Letter of Guarantee

Council reviewed the application and Chief Franks signed a Letter of Guarantee for a community member looking to access the First Nations Market Housing Fund for a home renovation.

#### Education COVID-19 Funding Plan Approval

Council reviewed the Education COVID-19 funding plan provided by Carol Holmes, which described how the funding would be used to support students. Council approved the plan and the request to approve a purchase requisition to provide device funding support for post-secondary students as part of that plan.

#### **Motion 4:**

**Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to approve the 2020/21 Education COVID-19 Funding Plan.**

**ALL IN FAVOUR**

**CARRIED**

### Approval of Land Lease MCR's

Council approved and signed a number of Resolutions related to Land Leases in the community.

### AIAI Chief's Council Update

Chief Franks attended a virtual meeting with the AIAI Chief's Council on Monday, October 5<sup>th</sup>. They discussed the logistics of the upcoming virtual General Assembly and the possible ways they can collect the votes virtually. They also requested that an MCR be passed with the voting delegates from Wahta Mohawks prior to the General Assembly. The assembly will also include an update from OKT Law on Bill 197.

### Health and Social Advisory Board Update

Chief Franks sat on a meeting with the AIAI Health and Social Advisory Board where they discussed COVID-19 funding and the inequality between the amounts given to the southern communities compared to the north. The 1965 Welfare Agreement was also discussed as it is currently being redesigned.



## **Wahta Mohawks Council Meeting Minutes**

**Date: Wed October 14<sup>th</sup>, 2020**

**Time: 9:00 am**

### **Those Present:**

Chief Philip Franks

Councillor Blaine Commandant

Councillor Teresa Greasley

Councillor Lorie Strength-Fenton

### **In Attendance:**

Murray Maracle, Senior Administrator

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## Adoption of Agenda & Minutes

### **Motion 1:**

**Moved by Blaine Commandant and seconded by Teresa Greasley to adopt the October 14<sup>th</sup> agenda.**

**ALL IN FAVOUR**

**CARRIED**

### **Motion 2:**

**Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to approve the minutes from October 7<sup>th</sup>, 2020.**

**ALL IN FAVOUR**

**CARRIED**

## Update on Administration Roof Repair Project – Change Orders

Murray provided an update on the Administration Roof repair project. Water damage to the underlying layers of the roof have unfortunately been worse and more widespread than predicted during the envelope study conducted to develop the scope of work for the project. As a result, 3 change orders were approved as they were deemed critical to ensuring the repair work is not only completed properly but that the structural integrity of the building is maintained. The project scope expansion also unfortunately comes with expanded timelines for the project. The first phase of the work is set to conclude in mid December. The contractors will then return next Spring to complete the remaining portion of the work. A plan is currently being developed to safely return staff to the building once the first phase of the work is completed in December.

## Sahanatien Haulage Invoice – Approval to Pay

Two invoices were received for the duplex project that require Council's approval for processing.

### **Motion 3:**

**Moved by Blaine Commandant and seconded by Teresa Greasley to approve the payment of the Sahanatien Haulage invoice of \$40,570 for site work carried out at the Duplex project site.**

**ALL IN FAVOUR**

**CARRIED**



**Motion 4:**

**Moved by Lorie Strength-Fenton and seconded by Blaine Commandant to approve the payment of the Sahanatien Haulage invoice of \$119,050 for work on the septic systems carried out at the Duplex project site.**

**ALL IN FAVOUR**

**CARRIED**

Mohawk Council Resolution for Association of Iroquois and Allied Indians (AIAI) Annual Assembly Voting Delegates

Council reviewed the proposed wording of the Resolution and are in agreement with the draft wording. A copy of the Resolution will be printed for signatures at an upcoming Council meeting for submission to AIAI prior to the Assembly.

Indigenous Services Canada Funding Agreement Amendment – Communicable Disease Emergencies Initiative

Council reviewed the proposed amendment to the current funding agreement which would provide Wahta with \$2,000 this fiscal year to support work around Communicable Disease planning. Indigenous Services Canada has requested email acceptances of amendments during the pandemic, as such Council approved the Chief to respond by email accepting the proposed amendment.

Indigenous Transitions Facilitator – Request for Letter of Support

Council discussed the Indigenous Health Circle's request for a letter of support for their funding application to seek an Indigenous Transitions Facilitator for the Royal Victoria Hospital in Barrie. The proposed Indigenous Transition Facilitator will improve access and coordination of culturally relevant palliative care services to Indigenous patients and their families. It will also support the necessary connections to culturally safe resources in the hospital as well as accessing other federal or provincial supports like OHIP and NIHB. This proposal will ensure that seamless referrals happen to Indigenous services when clients with palliative needs transition to their home community from RVH. Council agreed with the need for these supports for patients and their families and approved the Chief providing a letter of support to the Indigenous Health Circle as requested.

### Commercial Lease Extension - TEAM Boats

Council discussed its lease with TEAM Boats for the former Mohawk Food Processing building at the marsh. The lease's current term ends at the end of October. Council agreed to renew the lease under its current terms for another 6 months.

### Association of Iroquois and Allied Indians (AIAI) Tobacco Project – Letter of Agreement

AIAI has received funding from Indigenous Affairs Ontario to support the continuation of the AIAI Tobacco Project for the 2020-21 fiscal year. The fourth phase of the project is focused on inter-nation trade and preparations for potential future negotiations with Ontario. AIAI is allocating \$5,000 to each member community to assist with preparing for this fourth phase of work. Council in approval of receiving the funds and directed the Administration to sign the letter of agreement.

### COVID-19 Second Wave

Council held a discussion on the recent increase in active cases across the region and what measures are being taken outside the community to combat this. Council is going to continue to watch development closely and explore other potential actions it could take to protect the community as well. Murray participates in a weekly call with the Chief Medical Officer of the Simcoe Muskoka Health Unit and municipal CAO's in the region. Currently, the Health Unit is monitoring the situation across the region and has indicated no plans to enact any further restrictions or measures at this time.

### AIAI Chiefs Update

Chief Franks provided Council with an update on the work being done on Bill 156 by OKT Law on behalf of AIAI. OKT Law has provided comments to the Province on the Bill on behalf of the Chiefs that essentially speak to the necessity of engaging First Nations on the development of the Bill's regulations. OKT continues to work on other strategies for addressing concerns raised by the Bill that will be further developed and tabled at the upcoming Annual Assembly.

There is more funding being made available to communities to support children in Customary Care arrangements. The exact parameters of the funding have not been announced, but it sounds as though there will be flexibility involved in order to provide supports to arrangements falling outside the formal customary care agreements through CAS. More details to be made available soon on this support.

Wahta has a second representative spot available on the AIAI Youth Council. AIAI will pass along information to assist Council in advertising this opportunity to the youth.



## Wahta Mohawks Council Meeting Minutes

Date: Wed October 21<sup>st</sup>, 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

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### Adoption of Agenda & Minutes

#### Motion 1:

Moved by Lorie Strength-Fenton and seconded by Teresa Greasley to adopt the October 21<sup>st</sup> agenda.

ALL IN FAVOUR

CARRIED

#### Motion 2:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to approve the minutes from October 14<sup>th</sup> 2020.

ALL IN FAVOUR

CARRIED

### Addendum to the Health MOA 2020/21

The Association of Iroquois and Allied Indians is providing \$15,000 for diabetes funding. The funding is needed and there is currently a plan in place on how it will be used. Council agrees that Murray sign the agreement

#### Motion 3:

Moved by Blaine Commandant and seconded by Lorie Strength-Fenton to have Murray sign and accept the AIAI diabetes funding of \$15,000.

## **ALL IN FAVOUR**

## **CARRIED**

### Roof Repair Change Order – Neegan Burnside

Due to the roof project length being extended, Neegan Burnside has put in a change order to increase the costs of their consulting services. Council would like Murray to hold a meeting with Randy Sonmor, Director of Capital Assets, and Neegan Burnside to further discuss the change order.

### Discussion on Members Purchasing Band Land

A member is looking to purchase band land and was wondering what the process would be. Council would like to work on a policy in the near future to ensure fairness of land use.

### Letter of Support for Mi'kma'ki Nation Fisheries

Council would like to draft a letter of support for the Mi'kma'ki Nation fisheries that focuses on First Nation rights and the lack of cooperation from the federal government. Chief Franks will draft a letter and provide the letter to Council for review.

### Fire Response Costs on Reserve

A business owner on reserve has brought their concerns to Council about being billed for a medical assist at their business. Council agrees there should be a review of the current Fire Protection and Prevention Act with the Township of Muskoka Lakes. Council will look at how other First Nations without fire departments operate and gather more information to discuss what changes could be made to ensure more consistency.

### MCR – Canadian Standards Association Inspection Approval

Council reviewed the Canadian Standards Association inspection results for a new prefabricated home on the reserve. Council agrees with the inspection and that the home meets the standard for housing in Wahta and signed the MCR.

## 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](mailto:karen.sahanatien@wahtamohawks.ca)




**Wahta Mohawks  
Housing Program**

## Gravel Delivery Notice

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

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### 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	Land for Sale	Land for Sale	Land Wanted	Land Wanted
Lot 5-2 Concession 5 (23.40 Acres)	2 acres adjacent to Musk. Rd. 38 with driveway	Various locations	Band member looking to purchase waterfront property on lake Gibson.	Band member looking for land.
For more information, please call Teresa DeCaire at 778-587-3784	5 Acres adjacent to Musk. Rd. 38 with no driveway	Call 705-762-0013 for more information	Please contact Chantell. 289-440-2464	Please call Diane at 518-827-5207
	80+ acres with bush lot and waterfront			
	For more info, please call 705-644-4227			

# Education Update

Would you like to be more involved with Indigenous Education offered through TLDSB?

There are a few ways you can become involved:

1. Share Indigenous knowledge through a virtual platform to students at Glen Orchard or other schools within the Board.
2. Become a parent committee member with the TLDSB Indigenous Education Committee. This committee is meeting virtually 4 x per year November 27, January 29, March 26 and May 21.

If either of these opportunities speaks to you, contact Carol at [carol.holmes@wahtamohawks.ca](mailto:carol.holmes@wahtamohawks.ca) for more details.

## Land Based Learning Committee

We are looking for interested people, young and elderly who have the following skills/passion:

- Those with knowledge of local and native plants and or traditional medicines
- Those with historical knowledge of the area surrounding McMaster Lake.
- Those with an interest in trails, hiking, adventuring
- Those with skills in proposal writing

If you have an interest and would like to be part of the land based learning development contact Carol at [carol.holmes@wahtamohawks.ca](mailto:carol.holmes@wahtamohawks.ca) 705-641-1548.

## November is Autism Month

Autism is a lifelong neurodevelopmental disorder that exists in all cultures and genders. It affects the way a person communicates and relates to people and the world around them. It can affect body language and posture, social interactions and relationships, how one engages with interests and sensory processing capacities. All people with autism are on the spectrum and will have their own unique experiences in various degrees. Autism is NOT an illness, temporary, contagious. Autism is not caused by vaccinations or parenting techniques. 2018 statistics indicate that 1 in 66 Canadian Children and youth are diagnosed with Autism Spectrum Disorder.

For more information and supports visit [www.autismontario.com](http://www.autismontario.com)



## What's Happening in TLDSB?

Shé:kon, we wanted to begin by saying how deeply honoured we are to continue to get to work with families and students from the Wahta Mohawk Community. We are grateful for the opportunity to share with you some of the programs and initiatives that are happening across TLDSB in the area of Indigenous Education.

We are very excited to share that a team from TLDSB is working in partnership with the Ministry of Education and members of the Wahta community to bring Mohawk Language Programming to some TLDSB schools for the fall of 2021. We have been able to connect with the Ministry of Education, the Upper Grand District School Board (who currently have Mohawk Language Programs running in several schools), and Language Speakers from the community to begin this process. As we are in the early stages, should you wish to be involved, please reach out directly to [holly.groome@tldb.on.ca](mailto:holly.groome@tldb.on.ca) for more information.

This year in an effort to continue to bring Indigenous Voices into TLDSB schools we are organizing virtual visits from Elders, Knowledge Keepers, Métis Senators, and community partners. These visits are being offered through the safe and supported google classroom platform where educators, students, and guests can interact to learn about Indigenous culture. If you are interested in being a part of this programming or would like more information please reach out to [holly.groome@tldb.on.ca](mailto:holly.groome@tldb.on.ca)

Some of the other programs that are being offered this year across TLDSB include; land-based learning in the Early Years, Indigenous programming for grade 5 French Immersion classrooms, a Leadership Program for Indigenous students from across the board, social justice learning in the secondary arts program, and a virtual learning opportunity for all staff to learn more about the 94 Calls to Action and the United Nations Declaration on the Rights of Indigenous Peoples.

The work to integrate Indigenous ways of knowing and being, continues to be of great importance to all of us here in TLDSB. Please feel welcome to reach out anytime.

Nia:wen Kowa,  
Dave Golden, Superintendent of Learning & Indigenous Education  
Holly Groome, Indigenous Education Curriculum Consultant



# Health and Social Programming & Resources

## **Walking Program**

Join us for a walking program every Monday and Friday mornings at 9am (weather permitting). We will be meeting at the CHC walking path. Please RSVP to Kristan Sahanatien [kristan.sahanatien@wahtamohawks.ca](mailto:kristan.sahanatien@wahtamohawks.ca) or Sherry Byrne [sherry.byrne@wahtamohawks.ca](mailto:sherry.byrne@wahtamohawks.ca)

## **Birdhouse Kits for Youth and Children**

Each kit comes with all the supplies need to build your own Birdhouse. Participants are required to send photos of their completed projects.

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

Deadline to register is November 13th, 2020.

## **Hide Tanning**

November 16 – 20<sup>th</sup>, 2020, running from 9am-3pm daily, Friday 9am- 12pm – Public Works building by the Administration office. Registration is limited to 8 participants.

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

Deadline to register is November 13<sup>th</sup>, 2020.

## **Soap Making**

November 30<sup>th</sup>, 2020, 5pm-7pm CHC. Registration is limited to 8 participants. Please register with Kristan Sahanatien – [kristan.sahanatien@wahtamohawks.ca](mailto:kristan.sahanatien@wahtamohawks.ca)

## **In recognition of National Addiction Awareness Week, we are hosting a Tobacco and Alcohol Awareness Workshop**

November 23<sup>rd</sup>, 2020 5pm-7:00pm – CHC. Nicole Moore, addiction counsellor from B'saanibamaadsiwin will be joining us for a dinner and workshop. Please RSVP to Kristan Sahanatien – [Kristan.sahanatien@wahtamohawks.ca](mailto:Kristan.sahanatien@wahtamohawks.ca) Registration is limited to 8 participants.

For those who are unable to attend but still want to participate, we invite you to share your tips and strategies you would implement or share with a family or friend who is quitting smoking. Email your submissions to [Kristan.sahanatien@wahtamohawks.ca](mailto:Kristan.sahanatien@wahtamohawks.ca) by November 27<sup>th</sup>. All entries will be entered into a draw for prizes!

Are you trying to quit smoking, or struggling with an addiction and looking for additional support? Please contact Kristan Sahanatien – contact information above.

# Cookie Making Program for Children and Youth

During this time of isolation, it gives us the opportunity to learn and teach each other different skills that we might not have considered before Covid 19. Baking cookies from scratch is a technique that is not always our first choice. This program will provide you a cookie making kit that will include recipes and ingredients to make cookies from scratch.



If you are interested in receiving a kit (one per household) please call to register with Sherry Byrne at [sherry.byrne@wahtamohawks.ca](mailto:sherry.byrne@wahtamohawks.ca) or call 705-238-2871.

Participants are required to send a photo of their creations and do a program evaluation.

Deadline to register for this program is November 10<sup>th</sup>, 2020

## Christmas Wreath Making

(Women's Group)

The Christmas holiday season is just around the corner, if you are interested in receiving a wreath making kit this year (one kit per household), please call to register with Sherry Byrne at [sherry.byrne@wahtamohawks.ca](mailto:sherry.byrne@wahtamohawks.ca) or call 705-238-2871.



Participants are required to send a photo of their creations and do a program evaluation.

Deadline to register for this program is November 10<sup>th</sup>, 2020

## Cookie Making Program for Seniors and Adults

Due to Covid 19 we need to cancel our annual gift and cookie exchange. So... we would like to offer you a cookie making kit. This kit will include recipes and ingredients to make cookies from scratch.



If you are interested in receiving a kit (one per household) please call to register with Sherry Byrne at [sherry.byrne@wahtamohawks.ca](mailto:sherry.byrne@wahtamohawks.ca) or call 705-238-2871.

Participants are required to send a photo of their creations and do a program evaluation.

Deadline to register for this program is November 10<sup>th</sup>, 2020

# **Workshop with Brad Bowland from B'sannibamaadsiwin Native Mental Health**

December 2<sup>nd</sup> at the CHC

Starting at 5:15am with checking in, which will include the COVID screening.

Topic: Stresses during the Holiday season and how to manage them

You must wear a mask.

If you are interested in attending please call to register with Sherry Byrne at [sherry.byrne@wahtamohawks.ca](mailto:sherry.byrne@wahtamohawks.ca) or call 705-238-2871 by November 23<sup>rd</sup>.

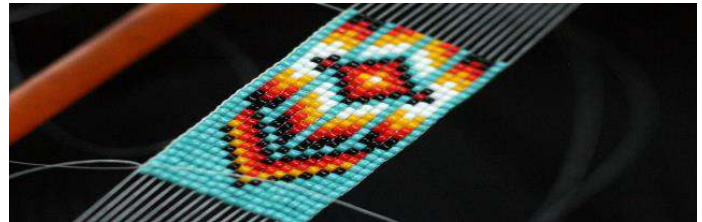
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## **Loom Beading for Beginners**

If you are interested learning how to loom bead, please call to register with Sherry Byrne at [sherry.byrne@wahtamohawks.ca](mailto:sherry.byrne@wahtamohawks.ca) or call 705-238-2871 by November 20<sup>th</sup>.



**Completed quilting made by Darlene Scott, its beautiful. Great job Darlene!**



## **Jane Burning Sessions**

Jane offers training that incorporates traditional values and spiritual principles. A holistic consultant is conscious of the inter-connectedness of our minds, bodies and spirits.

Her training is vastly unique as it includes private consultations with your agency/organization to suit your needs. After the initial consultation, Jane includes any spiritual insight or guidance she receives from meditation and will develop an agenda for your training.

What: We would like to offer these six sessions to community members.

How: Virtual Series

When: To be determined

## **Creators of The New Earth**

**Session 1 Introduction :** Setting up guidelines and creating a sacred space for one another to share and be heard. The format in which I ran this group is sharing and processing the first half hour - hour and teaching the second hour. Each week there is homework and an opportunity to reflect on what the weeks teaching was about.

**Session 2 Understanding Trauma;** This session allows us to take a look at what is happening in our world today and how are we the human race managing the change. What is it that we carry within that either inhibits us or allows us to be in our center. We will learn of the traumatized brain and how it effects us today with the world changes.

**Session 3 Connecting and Grounding;** This session is about understanding when we are triggered and reacting rather than responding to situations. We will learn and practice grounding to keep us connected to our bodies and our sacred bundle within.

**Session 4 The Process of Letting Go;** This session we will look at the doorways between life and death. We will explore our fears of death and how we can be in a place of non-duality and connected with our source energy. We will explore what keeps us disconnected and what tends to happen when we are in a place of disconnection.

**Session 5 Transcendence;** This session we will look at how do we begin to embrace our own internal darkness; feel, resolve, transform and transcend our own pain. We will learn what it means to know the absolute truth and how we can become self healers.

**Session 6 Moving Forward;** This is a closing session. We will explore any unfinished business and ensure everyone gets a chance to do a healthy closure

If you would be interested in attending these sessions please call to register with Sherry Byrne at [sherry.byrne@wahtamohawks.ca](mailto:sherry.byrne@wahtamohawks.ca) or call 705-238-2871 by November 20<sup>th</sup>.



School Age Families (0-18) lets start 2021 with a healthy focus!!  
Interested? Want to know more. Consider a program running  
from January- March featuring the importance of water, quick  
and easy snacks, family time and maybe...some fun exercises  
for the family!! Let's say goodbye to 2020 and hello to the  
potential of 2021!!

Contact Kristan (241) or Christine (273)!  
[kristan.sahanatien@wahtamohawks.ca](mailto:kristan.sahanatien@wahtamohawks.ca) or  
[christine.cox@wahtamohawks.ca](mailto:christine.cox@wahtamohawks.ca)

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## Butternut Squash Soup Making

Easy homemade butternut squash soup is naturally thick  
and creamy, perfect for the season when squash is  
available in abundance. Full of butternut flavour, this  
soup is perfect for when you're craving a warm and  
creamy bowl of comfort.



Each kit comes with a recipe and the ingredients needed to  
make your own Butternut Squash soup.

Participants are required to send a photo of their creation.

Please Register with Sherry Byrne or Sara DeCaire at  
[sherry.byrne@wahtamohawks.ca](mailto:sherry.byrne@wahtamohawks.ca) [sara.decaire@wahtamohawks.ca](mailto:sara.decaire@wahtamohawks.ca)

Deadline to register for this program is November 13, 2020

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We have had another donation to  
our Meals on Wheels program!

On behalf of all of the seniors  
enjoying this meal Thank you to  
**Charlotte**

**Sahanatien and family!**

Congratulations to Charlotte on  
her 10-point buck!!



# Bracelet Making Workshop



Friendship bracelets can have many meanings and symbolic uses, such as friendship, folk art, or social statements. Although it is generally accepted that the origins of these colorful bands lie with the Indigenous Peoples in Central and South America, some decorative knots can be traced back to China from 481 to 221 B.C. According to tradition, one ties a bracelet onto the wrist of a friend as a symbol of friendship and may wish for something at that moment. The bracelet should be worn until it is totally worn out and falls off by itself to honour the hard work and love put into making it. The moment at which the band falls off on its own, the wish is supposed to come true.

Each kit comes with an instructional book and all necessary products to make your own bracelets. These beautiful, colourful bracelets make special gifts and with the holiday season just around the corner what better way to spend some relaxing time then to make some gifts for your friends and family.

This is an open program for anyone

Please Register with Sara DeCaire [sara.decaire@wahtamohawks.ca](mailto:sara.decaire@wahtamohawks.ca)

Deadline to register is November 13<sup>th</sup>, 2020

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***Families, are you feeling like you stuck in the same old environment, and feeling like you need a change?***

How about participating in a bedroom update program! Its time to refresh and enjoy your time spent at home. If you think you need to update your bedroom and would like to participate contact Amy Davidson at [amy.davidson@wahtamohawks.ca](mailto:amy.davidson@wahtamohawks.ca). Participants must take before and after photos of the bedroom they are updating. Sign up by November 16<sup>th</sup>.

## **Attention after school program children and families**

Starting November 18<sup>th</sup>, we will be hosting a virtual afterschool program via “zoom”. Program participants will meet every Wednesday from 430-530 and Saturdays from 11-12, to participate in a variety of crafts and activities. Thursday nights from 530-630 will be an open chat for children who want to meet up with myself and other children from the community. Please contact Amy Davidson to register. A link for the program will be emailed out to all participants.

Contact [amy.davidson@wahtamohawks.ca](mailto:amy.davidson@wahtamohawks.ca)

# 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](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.

# 8 Hour's a Night Sleep Challenge

## How many hours of sleep can you get in a night?

If you can complete five cycles a night, you would get 8 hours of sleep a night.

## Why is it so important to finish your sleep cycle?

Because you will feel more refreshed and energized if you wake up at the end of a sleep cycle.

## How long does it take to go through each cycle of sleep?

It takes, on average, about 90 minutes to go through each cycle. If you can complete five cycles a night, you would get 8 hours of sleep a night.

This challenge is designed to motivate and help you achieve these important hours of sleep nightly.

## Step 1- Register now to secure your spot in the 8 Hours a Night Sleep Challenge Program

Contact Danielle at ( [danielle.neelands@wahtamohawks.ca](mailto:danielle.neelands@wahtamohawks.ca) )

**Step 2-** Keep a sleep log. Track down how many times you wake up, how many hours you sleep, time you go to bed at and time you wake up at.

**Step 3-** Participants are expected to submit weekly sleep records to program facilitator for review and they will receive feedback and tips on how to further aid in sleep management.

**Step 4-** Participants in this program will receive a "Sleep Kit" to aid in their sleep preparation.

Remember, that great health begins by getting a great night sleep!

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## Family Dinner and Movie Night November 20<sup>th</sup>

A family dinner and DVD will be provided for each participating household to enjoy. DVDs will need to be returned after viewing and can be dropped off at the cultural centre. If you wish to participate please contact Amy Davidson by Nov 16<sup>th</sup>, at [amy.davidson@wahtamohawks.ca](mailto:amy.davidson@wahtamohawks.ca)



## 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](mailto:sherry.byrne@wahtamohawks.ca) or call 705-238-2871 or your worker to see if you qualify for assistance.

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## 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](mailto:paustin@wpshc.com)

[www.wpshc.com](http://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\***

## 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

## **Wahta Health Hub**

### **Hepatitis A Outbreak in Muskoka**

Hepatitis A is a liver infection caused by 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 every day objects. The vaccine is effective at preventing symptoms and spreading the virus to family, friends, colleagues.

In order to protect and prevent the spread of hepatitis A in Muskoka and in our community we have a limited supply of hepatitis A vaccine for people whom do not have any private health benefits and have never previously had the vaccine (Twinrix/Havrix).

It may be beneficial for the community members that run a business, (food, retail) and have exposure to a wide range of customers from all over Muskoka to be vaccinated.

Please call the Wahta Health Hub and book an appointment if you wish to have the vaccine (705) 762-1274.

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## **Shoes and Orthotics**

Visit Zach, the onsite pedorthist at the Wahta Health Hub.

Specializing in orthotics, footwear, compression socks and braces Diabetics or those with a family history are now eligible for footwear coverage Booking new appointments for October 28<sup>th</sup>, November 18<sup>th</sup> and December 9<sup>th</sup>, 2020 Please call Zach at 705-796-0050 to book an appointment

Thank you!





**simcoe  
muskoka**  
DISTRICT HEALTH UNIT

Tel: 705-721-7520  
Toll free: 1-877-721-7520  
[www.simcoemuskokahealth.org](http://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](http://www.smdhu.org/HPPortal)



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





## B'SAANIBAMAASIWIN

ABORIGINAL MENTAL HEALTH PROGRAM

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

*Agency, self and family referrals accepted*

November

2020

### Addictions Awareness Week - Change Begins with ME!

This year, **National Addictions Awareness Week** is from **November 22 to 28**. The theme is **Change Begins with Me**, which puts the focus on the efforts and actions of individuals. It's about making a choice to play a part in reducing the stigma surrounding substance use and people who use substances and committing to one change.

Substance use issues and associated mental health issues continue to be some of the more visible and dramatic symptoms of many underlying issues, such as unemployment, housing concerns, inaccessibility to health services, displacement of language and culture, and social and economic marginalization.

When wanting to make a change in reducing the stigma, reduce individual use or provide support to those in your community, it is important to keep these principles in mind:

- **Spirit-Centered**—outward expression of spirit and revitalization of spirit is central to promoting health and well-being
- **Connection**—Strong connections are the basis for holistic and integrated services and supports.
- **Resiliency-focused**—recognize, support, and foster the natural strength and resilience of yourself, family, and community.
- **Holistic Support**—holistic consider all potential factors contributing to well-being (e.g., physical, spiritual, mental, cultural, emotional, and social) over the lifespan, and seek to achieve balance within and across these areas
- **Community-focus**—Community is viewed as its own best resource when seeking and providing support
- **Respect**—Respect for yourself, family, and community should be demonstrated throughout engagement, at all levels, when seeking and providing support
- **Balance**—Inclusion of both Indigenous and Western forms of evidence and approaches to all aspects of care demonstrates respect and balance.
- **Shared Responsibility**—Recognition of the individual, shared, and collective levels of responsibility to promote health and well-being. This begins with yourself managing your own health and extends to families, communities, service providers, and governments who all have a shared responsibility to ensure services, supports, and systems are effective and accessible, both now and for future generations.
- **Culturally Competent**—Cultural competence requires that service providers, both on- and off reserve, are aware of their own worldviews and attitudes towards cultural differences; and include both knowledge of, and openness to, the cultural realities and environments of the clients they serve.
- **Culturally Safe**—a process of ongoing self-reflection and organizational growth for service providers and the system as a whole to respond effectively to First Nations people.

#### Spirit Road

"Go Back!" Go back and listen  
To the truth of your ancient teachings  
They are the voice of the Creator guiding you.

"Go Back!" Go back and look-  
See! The spirit Road is bright  
It radiates the sacred colours  
Of the four directions, all the nations.  
My people, your people,  
The Red and Yellow, the Black and White,  
See! All our relations together on the Spirit Road.

Follow! Follow this road out of the canyons of  
despair,  
Over the steep cliffs of pain and rejection.  
That road's light is always enough,  
Even for only one step at a time.

"Go Back!" Go back and walk,  
Walk with firmness and care,  
Stay close to your hearts light.  
Learn all that the Creator teaches, hold it close to  
your heart.  
Know that on this Spirit Road you are never alone.

Know that you are loved and that you walk in love  
On the Spirit Road

- Annie Elizabeth Wenger



*Full Moon November 30<sup>th</sup>*

**OJIBWE — MNIDOONS GIIZISOONHG LITTLE SPIRIT MOON:** a time of healing. By receiving both vision of the spirits and good health, we may walk the Red Road with purest intentions, and we can share this most positive energy with our families and friends for the good of all.

**CREE — KASKATINOWIPISIM FREEZE UP MOON:** when lakes and rivers start to freeze

**HAUDENOSAUNEE — Atierakhonsera'kó:wa** End of Season Feast

Next Full Moon: December 29<sup>th</sup>



## Feeling low? Stressed? Anxious?

**BounceBack<sup>®</sup> can help!**

**BounceBack<sup>®</sup>: 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](http://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](http://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.

# 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.

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.

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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)

© Canadian Centre on Substance Use and Addiction 2020



## Coronavirus Disease 2019 (COVID-19)

# How to wash your hands



Wash hands for  
at least 15 seconds

**1**



Wet hands with  
warm water.

**2**



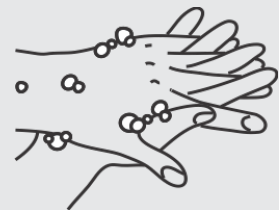
Apply soap.

**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**



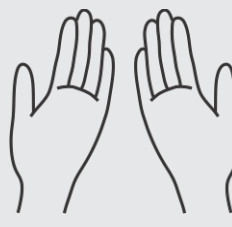
Pat hands dry with  
paper towel.

**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.

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Ontario 

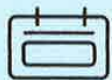


# RAAM CLINIC

## 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  
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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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## 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

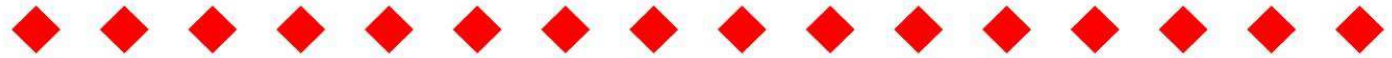


# Kagita Mikam Employment & Training

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 Jo-Anne Green at [joanne@kagitamikam.ca](mailto:joanne@kagitamikam.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	<a href="https://commandanttow.ca/services">https://commandanttow.ca/services</a>	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
Wahta Towing & Recovery	(416) 420-1691	<a href="https://www.facebook.com/Wahta-Towing-and-Recovery-1872268606412292/">https://www.facebook.com/Wahta-Towing-and-Recovery-1872268606412292/</a>	Automobile towing & recovery
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@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