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Community Flyer

Wednesday, May 20, 2020



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Community Information
MFN Student & Family Cultural Room Facebook Page
Contacts & Resources
Current Programs
Message from Tia Kusic - FSW

COVID-19 Weekly Report
COVID-19: Status Cards
Transmission & Infection
Virtual Wellness Group

Tie Blanket Kits
Maamwesying Information
Norpro Group Opportunity
Dilico: May Calendar

Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th	Monday 25th	Tuesday 26th
19°C	20°C	21°C	22°C	22°C	16°C	18°C
8°C	7°C	9°C	11°C	13°C	8°C	9°C
7W	15SW	12SW	13SW	16S	19SW	8NE
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COMMUNITY INFO



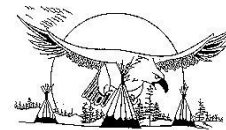
Meals on Moccasin



Delivered every Thursday to Elders
& disabled citizens on reserve.
For more information, contact Lena
Andre at: (705) 856-1993 ext. 224

RENT

Members: To pay your rent, please
contact Roberta Day by phone at:
(705)856-1993 #233
She will arrange a time to meet at
the Band Office.



Information on Wawa's Businesses

Please visit the link below for a list of
Wawa's businesses and community
services. The link offers their hours of
operation and contact information.



[http://edcwawa.ca/wp-content/uploads/2020/05/
Business List 2020 CVD19.pdf](http://edcwawa.ca/wp-content/uploads/2020/05/Business List 2020 CVD19.pdf)

Wednesday Night Bible Study at The Complex



CANCELLED



**Note: Monthly "Songs and Praise" will be at
7:00 pm (no meal) on the 4th Wednesday.**



MICHIPICOTEN STUDENTS & FAMILY CULTURAL ROOM FACEBOOK PAGE

This Facebook Page is a dedicated Indigenous resource group rich in culture and education for students, peers, and families. A place where we can learn and grow together and a place to learn from Elders and Knowledge Keepers.



**Please search the groups name
on Facebook to join! Miigwetch.**





Contacts & Resources

Kids Help Phone Line

1-800-668-6868| 24/7 services

Website: kidshelpphone.ca

Melody Hawdon—Maamwesying
Registered Psychotherapist

705-904-4158| Monday-Friday 830-6

Email: Melody.hawdon@nmninoeyaa.ca

Please email or call if you are interested in making appointments outside of the above hours

Children's Aid Society Wawa

705-856-2960| 24/7 services

The North East Mental Wellness and Crisis Team

1-866-209-9582| 24/7 services

Facebook: facebook.com/NorthEastWCT

Dilico Anishinabek Family Care

Emergency child welfare line

1-855-623-8511 | 24/7 services

First Nation Inuit Hope for Wellness Help Line

1-855-242-3310 | 24/7 services

Online chat: hopeforwellness.ca

Dilico Mental Health and Addictions

807-629-7554 | Mondays, Wednesday &
Fridays 9:00am – 4:30pm

807-624-7908| Tuesdays and Thursdays
12:00pm – 7:30pm

Chadwic Home Women's Shelter

1-800-461-2242 | 24/7 Services

Website: <https://chadwichome.com/>

Box 1, Site 8, RR 1, Wawa, ON P0S 1K0
Phone (705) 856-1993 Toll Free 1-888-303-7723. Fax (705) 856-1642
www.michipicoten.com



MICHIPICOTEN FIRST NATION

Tia Kusic—MFN Family Support
Worker

<https://ca.portal.qs/>

705-914-0430 | *Monday-Thursday 8-4:30;
Friday 8-1:30*

Email: t.kusic@michipicoten.com

Joanne Wilson—Band
Representative

705-914-0004 | *Monday-Thursday 8-4:30;
Friday 8-1:30*

Email: j.wilson@michipicoten.com

AA & NA Online Meetings &
Support Chatrooms

2 Step Online

12step-online.com/meetings/online-aa-meetings/

AA Chat

<https://aachat.org/>

Step Chat

<https://stepchat.com/>

Wellness Together

Government of Canada—Mental Health &
Substance Use Support



Current Programs

Michipicoten First Nation Health & Social Services

Drum Circle—Tuesday Nights, 6pm-8pm

- Learn traditional songs and connect with the community with host Ashley Berry, Family Wellbeing Worker
- To join please go to the Facebook group
<https://www.facebook.com/groups/1640707029411065/?ref=share>

or, contact Ashley at a.berry@michipicoten.com, 705-297-0392

Live Ojibwe Lessons & Pre-recorded Story Telling—Wednesday Nights, 6pm-7pm

- Learn our language with Brian Outinen Ojibwe Teacher and Translator
- Live lessons will be offered once a week from May 13th – June 17th
- Story telling will be pre-recorded for you to listen to whenever you like!
- To join, please contact our Community Health Promotor, Nancy Andre at nandre@michipicoten.com, 705-852-1094

Wellness Group—Thursday Nights, 6pm-8pm

- A private group sharing circle for community members hosted by Ashley Berry, Family Wellbeing Worker
- To join please contact Ashley at a.berry@michipicoten.com, 705-297-0392

Dilico Anishinabek Family Care

Please see the [attached May 2020 calendar](#) for programs including:

- Morning Smudge and Prayer
- Body Mindfulness
- Craft Corner
- Grandfather Drum Teachings

Box 1, Site 8, RR 1, Wawa, ON P0S 1K0
Phone (705) 856-1993 Toll Free 1-888-303-7723 Fax (705) 856-1642
www.michipicoten.com



- Children's Programming
- Men's Group and More!!

Dilico Anishinabek Family Care Facebook Page

<http://tiny.cc/uxs6nz>

Bimaadiziwin Wildookaaawewin Facebook Page

<http://tiny.cc/vvs6nz>

Red Table Wisdom

- Join Elder Diane Longboat—ceremonial leader, traditional teacher and healer—Thursdays at 8pm for Indigenous teachings through Zoom
- To participate, please go to the website below and click on the zoom meeting link
<https://www.reachyogalifestyle.ca/red-table-wisdom-talks-2/>

Message from Tia Kusic, Family Support Worker

I hope everyone is doing well, and staying safe during this uncertain time. I know how difficult it has been with social distancing but hopefully we are close to flattening the curve and can be reunited with our friends and families soon.

As I just started working with Michipicoten First Nation before COVID-19, I haven't been able to meet many of you yet. I am looking forward to the times when I can meet you in all in person and build relationships with you. At this time, please know I am thinking of everyone and I am available to still be contacted and offer help with supports to you and your family.

Please see below my hours of contact and methods to contact me at.

Monday-Thursday 8-4:30pm; Fridays 8-1:30pm

Work cell- call or text: 705-914-0430

Email: t.kusic@michipicoten.com

Miigwetch and take care,

Tia Kusic

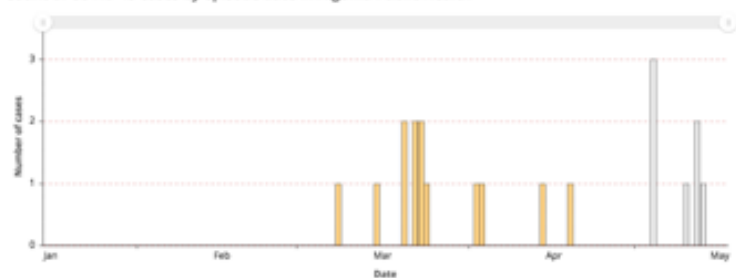
Weekly COVID-19 Situation Report 20/05/2020

Case Update

As of May 20th, 2020, there are 20 confirmed COVID-19 cases in Algoma.

There are no known cases in Wawa, however, the number of cases is expected to increase as restrictions are lifted.

Count of COVID-19 cases by episode date in Algoma Public Health



Did you know?



Health records show that 1 in 2 on-reserve MFN citizens have a **HIGH** or **VERY HIGH RISK** of getting COVID-19 and/or developing severe illness which can result in death.

Risk factors include Diabetes, heart conditions, asthma, age (>65), smoking, etc.

**RESPECT YOUR ELDERS,
PROTECT YOUR LOVED ONES,
WEAR A MASK.**



If you have one or more of the following symptoms:

fever, tiredness, a (new) dry cough, new aches & pains, nasal congestion, runny nose, sore throat, and diarrhoea

please SELF-ISOLATE and call MFN Health & Social Services Manager, Sadie Puddister, at 705-914-0967 or MFN Community Health Representative, Lena Andre, at 705-856-1993 ext. 224 so we can support you in your isolation and get you tested as soon as possible.



For more information:
Canada.ca/coronavirus

Information for Indigenous communities:
Canada.ca/coronavirus-info-indigenous

COVID-19 UPDATE

Best Practices Surrounding Status Cards During COVID-19

In response to questions received from First Nations members, citizens, and stakeholders, Indigenous Services Canada (ISC) is proactively sharing information to ensure that registered persons with a status card can access programs, services, rights and benefits during the COVID-19 pandemic.

All ISC offices for Indian status and secure status card applications are closed until further notice. Processing times, including return of original documents, are delayed.

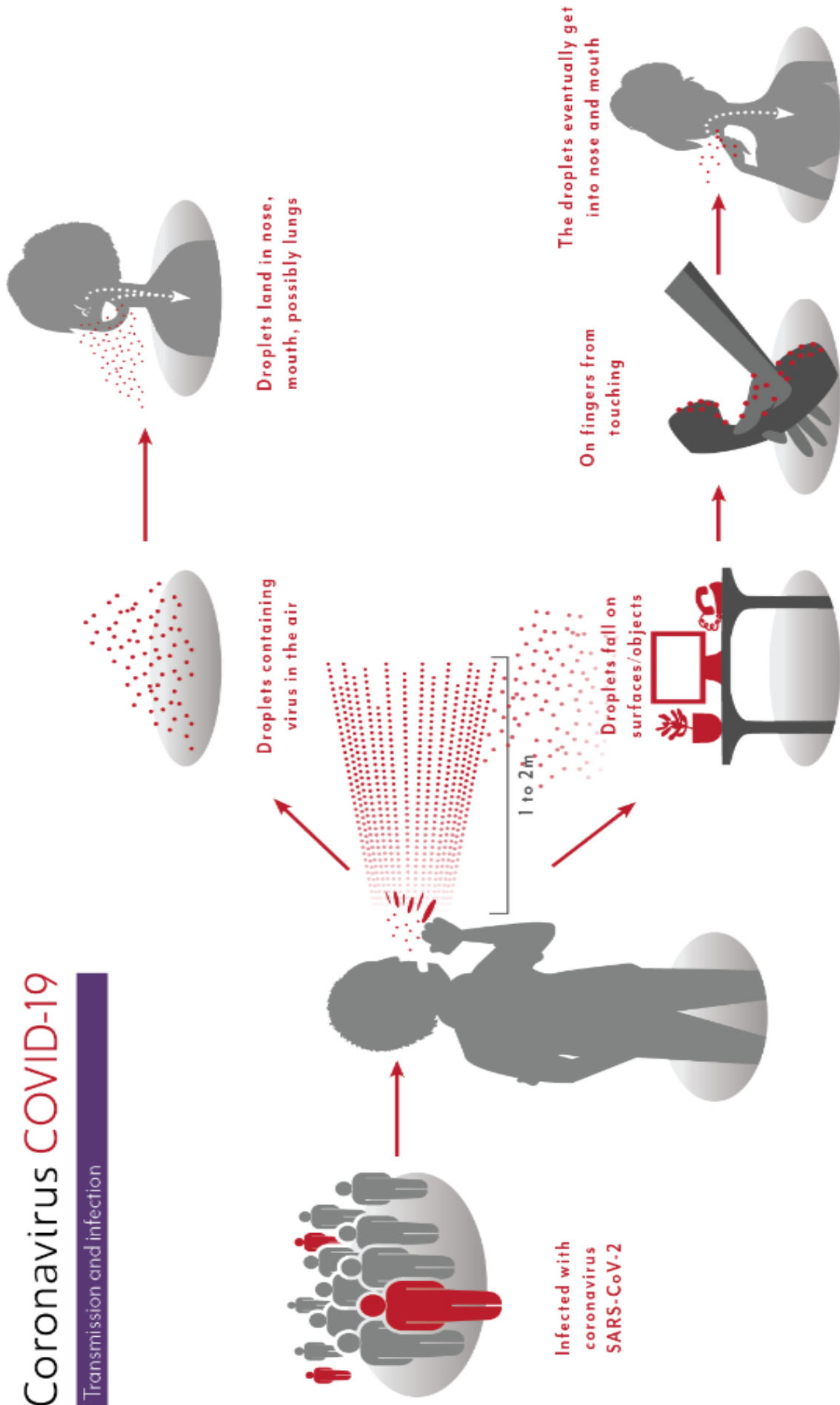
In light of these circumstances, ISC is recommending to service providers that they should accept status cards or [Temporary Confirmation of Registration Documents \(TCRDs\)](#) past the renewal date with a second piece of identification. ISC will be reaffirming to businesses and service providers that Indian status does not expire, and that the registration number provided on these documents remains the same and is what is required to confirm eligibility for programs and services.

It is recommended to share this notice with your members, so that they have a copy accessible to them to show services providers in the event there are difficulties.

For more information, please visit [Coronavirus \(COVID-19\) and Indigenous communities](#) or email the [Public Enquiries Contact Centre](#).

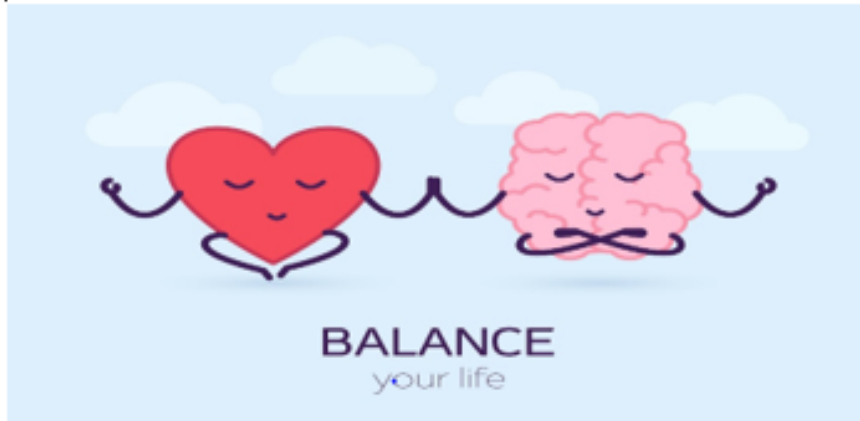
Coronavirus COVID-19

Transmission and infection





Virtual wellness group



During COVID-19 we will be continuing our Thursday night wellness group through Zoom.

To participate in the virtual wellness group Download Zoom and create an account, a link will be sent every week to everyone who would like to join us Thursday nights from 6PM-8-PM.

To join us Thursday night or for more information contact

Ashley Berry @705-297-0392
a.berry@michipicoten.com

OR

Gretchen Weicht @ 705-856-7208 ext. 6008



Tie Blanket Kits

Staying home to stop the spread of Covid-19 can be challenging. Thank you for doing your part.

In order to help with the stress, boredom and isolation, The North East Mental Wellness and Crisis Team is providing 15 Tie Blanket Kits to MFN community members on a first come first serve basis. Please contact Nancy Andre 705-852-1094 or nandre@michipicoten.com to reserve your kit!



The North East Mental Wellness and Crisis Team



NORTHERN CLINIC

Feeling Overwhelmed? Confused? Angry? Battery Low?



Reach out to Melody Hawdon, Mental Health Wellness Worker

Melody is available by phone or use of technology for face to face appointments with extended hours Monday to Friday 8:30 am to 6:00 pm

Contact Melody directly @ 705-904-4158 or melody.hawdon@nmninoeyaa.ca

Appointment Line: 1-833-564-2726 x 241

Do you have any questions about COVID-19 screening or require information?

Call: Diedre Dupuis, Client Care Coordinator:

705-856-0129 x 241 or/ 705-914-0296 or/ Toll free 1-833- 564-2726

If you are experiencing symptoms of COVID-19 Contact:

<p>Telehealth Ontario 1-866-797-0000 Algoma Public Health: 705-759-5404 or 1-866-892-0172 Ext 5404</p>	<p>CHAPLEAU COVID-19 Assessment Centre. By appointment only: 1-705-864-2568 Mon. to Fri. 9:00am – 5:00pm</p>	<p>WAWA & AREA COVID-19 Assessment Centre. By appointment only: 705 856 2244 ext. 244 or 246 Mon. to Fri. 8:30am – 4:30pm</p>
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Security Guards Required

Norpro Group

Salary: \$17.21 per hour

Hours of work: 24/7

Shift rotation: 12-13 hours shifts

Start Date: to be determined

Term of employment – full-time

Location of work – Northern Ontario

Qualifications required:

- Current valid Security Guard Licence
- Current Standard First Aid/CPR
- Valid Class G Ontario Drivers Licence and clean drivers abstract
- Clean and current criminal background check
- Physically fit
- Proficiency with Microsoft Office and experience using computer programs to generate shift logs, incident reports, etc

Responsibilities may include:

- Undertaking frequent patrols of the property either by foot or by vehicle
- Conducting surveillance of locations and areas
- Undertaking access control procedures
- Enforcing Company policies and procedures
- Responding to situations
- Observe and report suspicious activity

If this you are interested in this opportunity and meet the qualifications please send your resume to:

Tammy Bingley CHRP, PCP
tbingley@norpro.ca
Payroll & Human Resources Officer
Norpro Group
Office 705-942-8110 X 220

BIMAADIZIWIN WIIDOOKAAGEWIN FACEBOOK CULTURAL PROGRAMMING




May-Flower Moon

“WAAWAASKONE GIIZIS”

The fifth moon of Creation is Flower Moon, where all plants display their Spirit sides for all the world to see. This life giving energy is one the most powerful healing medicines on Mother Earth. During this moon we are encouraged to explore our Spiritual essences.

Thirteen Grandmother Moon Teachings by Arlene Barry, from her series of compiled teachings "Kinoomoadlewinan Anishinaabe Bimaadiziwin", Book Two, pages 17 and 18.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CCIS-Counselling & Cultural Call In Support Services				1	2
CHILDRENS MENTAL HEALTH WEEK →	CCIS-9am-4:30pm 4 <ul style="list-style-type: none"> Morning Smudge & Prayer Live at 10am Body Mindfulness Live at 11am Craft Corner Live at 3pm 	CCIS-12pm-7:30pm 5 <ul style="list-style-type: none"> Craft Corner at 3pm Children's Program Live at 4pm Grandfather Drum Teachings Live at 6pm 	CCIS-9am-4:30pm 6 <ul style="list-style-type: none"> Hand Drumming 1pm-2pm Children's CONTEST Live at 4pm Tea with Kookum Live at 6pm 	CCIS-12pm-7:30pm 7 <ul style="list-style-type: none"> Childrens Story Time & Song 2pm Men's Group 4pm Hand Drumming 6pm-7pm 	CCIS-9am-4:30pm 8 <ul style="list-style-type: none"> Body Mindfulness Live at 11am Ojibwe at Home at 2pm Children's CONTEST WINNER Live at 4pm Ladies Full Moon 5pm 	CHILDRENS MENTAL HEALTH ← WEEK
10	CCIS-9am-4:30pm 11 <ul style="list-style-type: none"> Morning Smudge Live at 10am Body Mindfulness Live at 11am LIVE HAND DRUM MAKING AT 6PM 	CCIS-12pm-7:30pm 12 <ul style="list-style-type: none"> Craft Corner 3pm Children's Program Live at 4pm Grandfather Drum Teachings Live at 6pm 	CCIS-9am-4:30pm 13 <ul style="list-style-type: none"> Hand Drumming 1pm-2pm Tea with Kookum Live at 6pm 	CCIS-12pm-7:30pm 14 <ul style="list-style-type: none"> Childrens Story Time & Song 2pm Men's Group 4pm Hand Drumming 6pm-7pm 	CCIS-9am-4:30pm 15 <ul style="list-style-type: none"> Body Mindfulness Live at 11am Ojibwe at Home at 2pm 	9 Medicine Walk Live CONTEST 1PM 
9 Medicine Walk Live CONTEST WINNER ANNOUNCEMENT 1PM 	VICTORIA DAY 18 <ul style="list-style-type: none"> Morning Smudge & Prayer Live at 10am 	CCIS-12pm-7:30pm 19 <ul style="list-style-type: none"> Craft Corner 3pm Children's Program Live at 4pm Grandfather Drum Teachings Live at 6pm 	CCIS-9am-4:30pm 20 <ul style="list-style-type: none"> Hand Drumming 1pm-2pm Tea with Kookum Live at 6pm 	CCIS-12pm-7:30pm 21 <ul style="list-style-type: none"> Childrens Story Time & Song 2pm Men's Group 4pm Hand Drumming 6pm-7pm 	CCIS-9am-4:30pm 22 <ul style="list-style-type: none"> Body Mindfulness Live at 11am Ojibwe at Home at 2pm 	23
24 31	CCIS-9am-4:30pm 25 <ul style="list-style-type: none"> Morning Smudge & Prayer Live at 10am Body Mindfulness Live at 11am Craft Corner Live at 3pm 	CCIS-12pm-7:30pm 26 <ul style="list-style-type: none"> Craft Corner 3pm Children's Program Live at 4pm Grandfather Drum Teachings Live at 6pm 	CCIS-9am-4:30pm 27 <ul style="list-style-type: none"> Hand Drumming 1pm-2pm Tea with Kookum Live at 6pm 	CCIS-12pm-7:30pm 28 <ul style="list-style-type: none"> Childrens Story Time & Song 2pm Men's Group 4pm Hand Drumming 6pm-7pm 	CCIS-9am-4:30pm 29 <ul style="list-style-type: none"> Body Mindfulness Live at 11am Ojibwe at Home at 2pm 	30

*****Sign up required for Hand Drumming & Men's Group*****

Add us as a friend on facebook, *Bimaadiziwin Wiidookaagewin*, send our team a private message on the day you wish to attend programming by 12pm noon. Please include: "Facebook User Name" (Name of everyone who is planning to attend from your device with you) and name of program you want to attend. **Example: "Bimaadiziwin Wiidookaagewin" (Beatrice, Janine, Donald & Diana) for Hand Drumming.** Our Cultural Team is looking forward to connecting with you!