



ATIKAMEKSHENG **MAY 2020** ANISHNAWBEK

Monthly Newsletter

WAAWAASKONE GIIZIS

IN THIS ISSUE

Gimaa & Council 2

UPDATES

Gimaa & Council 3

UPDATES

Education & Social Services 4

Planning & Infrastructure 5

Health and Community

Wellness 7

INFO/NOTICES

Patient Transportation.....9

Physical Activity.....

Jordan's Principle11

Health Centre Update.....13

Community Energy15

Healthy Babies Healthy

Children.....16

Healthy Lifestyle Changes..19

Dietician.....20

FUN STUFF

Youth Centre.....20

Earth Day 24





Gimaa & Council

GIMAA MIINWAASH EGIIGIDOOWIJIG

UPDATES

GIMAA VALERIE RICHER

Aanii Kina Wiya,

This pandemic has challenged us, but it has also shown us that we care deeply for each other and for our community.

Today we are moving away from individualistic actions and are returning to a community who cares about each other. I see pain and grief in our community, but I also see strength and love. We are not out of danger yet and it is difficult to remain physically isolated from each other, but if you are struggling, I encourage you to reach out to the people around you in a way that keeps you safe.

More than ever, we need to remain isolated but still united and work together as a community and with our families. We need to show love and gratitude and to stand up for all the good things that are happening and that we want to see happen.

I know it is hard to be alone and if you can reach out to others to show love and positivity, I ask you to do this now. We need you now more than ever and we really need each other.

We also need to protect our Elders. Please think of them and if you can, let them know, in some way, that you love them and appreciate them for making sacrifices to stay home and be well.

We also need to think about our children. Our children will carry forward and live with these memories longer than any of us. They will live with the consequences of what we are doing today more than any of us. I wonder what memories they will have. The children of today are our future Atikameksheng Elders and I hope that as a community we give them good memories and teachings to carry forward. I am hoping that they will tell of a time that they remember their community being physically separated but united in a strong sense of love and strength. Let's use this time to re-set our priorities and our collectivity as strong and resilient Anishnawbe.

We also need you to reach out and ask for help if you are struggling and we all recognize that we need patience and kindness right now. We are each doing our best with what we have. Please don't give up on us or each other. And if you can, please rise up and spread your positivity and love. Lead the way in this challenge to stay united and stay safe.

Miigwech and with much love,

Gimaa Valerie Richer



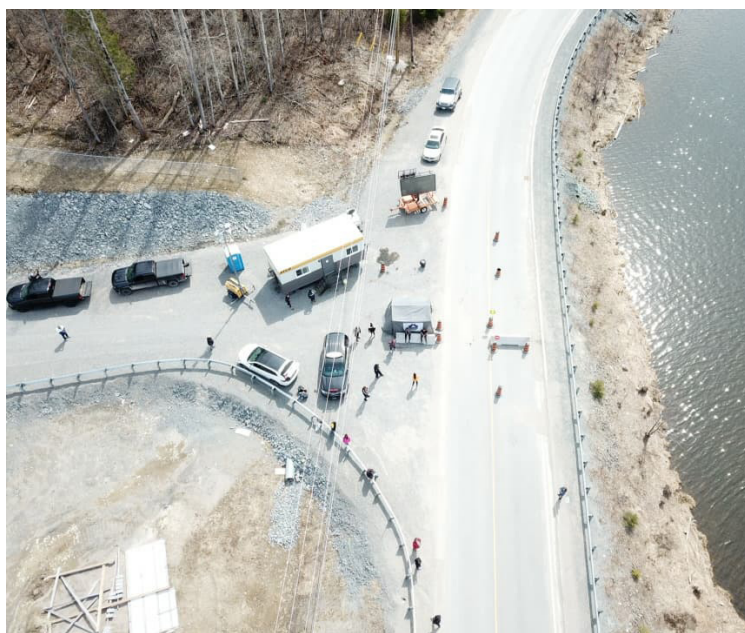


HARVEY PETAHTEGOOSE, COUNCILLOR

This report will be brief as I have not travelled or physically participated in any external meetings due to the COVID-19 virus. The COVID-19 virus has created many disruptions all over turtle island. I can say, though, that each organization, board and committee I sit on have been working tirelessly to provide the best services to its people.

There are a lot of meetings here in Atikameksheng with the COVID-19 Emergency Response Group. As a community, we should honour this group in some way after this is all over – tough decisions and discussions are constantly being had within this group to keep Atikameksheng Anishnawbek safe. The Emergency Response Group's efforts have not gone unnoticed. Weekly updates from the Emergency Response Group to Chief and Council continues, and action is carried out when required. The community has been doing good following the recommendations of the Emergency Response Group, Chief and Council. We have no positive cases so far. Let's all continue to follow the recommendations.

Please be safe till that time comes in the future.



I'd like to share a couple photos I have of our elders if I may, as they are on the forefront of our minds these days. The first is the Honour Song for our 2017 NAIG athletes who were in attendance at our community pow wow. The second is the 2018 Sudbury Rocks running event- two of our elders who crossed the finish line. Miigwetch!! -Jennifer Petahtegoose





Department Updates

EZHWEBAK

Education & Social Services

AKINOOMAAGEWIN MIINWAA ZHAWENJIGENG

Reflecting on the past month, it sure has been a totally different world that we are living. During this time of social distancing/physical distancing, the Education and Social Services Department has been coordinating various activities/events via social media and through the weekly flyers. My one favourite family activities for the month of April was the Easter Poster Board in which I had to take a pose in.

Our eligible on reserve students have received their laptops/iPads so that they can be engaged for their on-line schooling. For the parents of students off reserve, if you haven't already you can still reach out to our Jordan's Principle Staff in assisting you with an application for your child/ren's learning needs such as a laptop or iPad. See their promotional material in this month's newsletter.

Giving Thanks

I give thanks for each day I get to experience

I give thanks for my family around me

I give thanks for my health

I give thanks for my friend

I give thanks for my community

I give thanks for the gifts presented to me

I give thanks for the beauty that nature has to offer

Especially I give thanks for all the team members for ensuring our community is kept safe during this pandemic.

By Darlene Shawbonquit, April 27, 2020



You are not alone, we are all in this together. Stay home and be safe!



Department Updates

EZHWEBAK

Planning & Infrastructure

NIIGAAN-NAABIING

The Planning & Infrastructure Department has been diligently working on closing our community to the outside world to keep our members safe and healthy. A check post has been installed, and our Border Control Staff monitors and screens the traffic coming in and out of Atikameksheng Anishnawbek. This may have caused annoyance to many band members living on and off reserve, but these steps have been taken to prevent the outbreak of COVID-19 in the community. It is requested that we abide by the safety precautions that are being placed by the Atikameksheng Anishnawbek Health & Community Wellness Department.



The Planning & Infrastructure Department has some updates to share with the community:

- We welcomed our new Border Control Supervisor and workers into our department. They will be employed at the border until the COVID-19 pandemic subsides.
- The Public Works crew has placed a sign in Panache that states that camps are closed. This closure will be lifted once the current pandemic subsides.
- The Blackwater Bridge will be closed until further notice due to COVID-19. A sign and gate will be placed at the bridge on May 4th.
- The following recreational facilities have been closed to the public: Tennis Court, Baseball Field, Playground, Early Years Playground, and the Field House.
- The Community Centre Rental Program suspension is being observed until May 29, 2020 as per the 'State of Emergency' declared. The Community Centre Coordinator is in the process of following up with the cancellations of our May 2020 rentals. Clients will be advised of the cancellation of their rental, reimbursement of paid rental costs, and any alternatives dates available for their bookings once our program suspension has been lifted.
- The Community Centre is currently being prepared to be used as our community's COVID-19 Control/Isolation Centre by Health Department staff.

CONTINUED ->



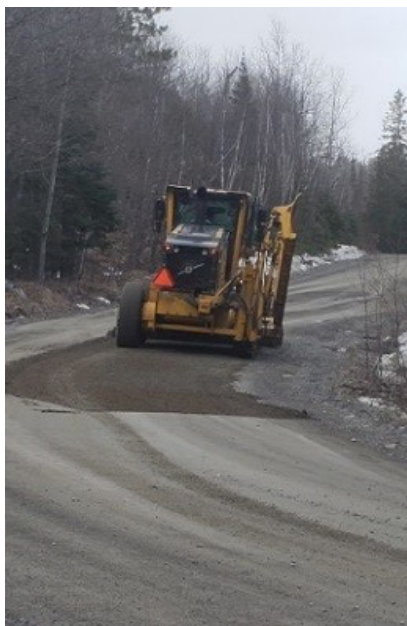
Department Updates

EZHWEBAK

Planning & Infrastructure

NIIGAAN-NAABIING

- The Skills & Partnership Program suspension is being observed, and staff are looking at ways to support online or 'at-home' learning alternatives.
- The Planning & Infrastructure Department will be splitting into 2 separate departments: Lands & Economic Development, and Housing & Infrastructure. The splitting of the department is a result of the increase in projects among the divisions within the department.
- Vale has received and recorded 23 resumes from Atikameksheng Anishnawbek within the last year. Vale has offered 5 employment offers to our members: 1 hired on a temporary contact, 1 hired in Vale's Mines Technical Services Group, and 3 offers were extended for Underground Miner positions.
- The "Canada Ontario Resource Development Agreement" grant was approved for the 'Fishing and Invasive Species Skills Training'. Funds will be granted to Atikameksheng in the maximum amount of \$18,970.00 for the various costs to promote traditional, land-based skills for Community youth. Please stay tuned!
- The tender for the construction of the Multi-Complex Office Building at the Business Park was posted on Monday, April 27th.
- Public Works crew has been out and about doing work around the community such as sweeping the roads, grading roads, fixing potholes and frost heaves, and pavement pothole filling.





Department Updates EZHWEBAK

Health and Community Wellness

MINO ZHIYAA WIIDOOKAAZIJIG

Welcome to the May 2020 Newsletter. Health & Community Wellness Department has been busy with the plans to assist the community as we go through the COVID-19 Pandemic.

Plans included implementing screening tools have been in place for both staff and community members prior to accessing and delivering services, assisting with training of staff so they are aware of what precautions need to be in place prior to the delivery of the program, service or event, implementing Wellness Checks and an Elders/Youth Strategy in the community to see how we can help members adjust to the changes, planning and implementing plans for an Isolation Centre; what equipment and supplies is needed and procuring these. If you or a family member cannot self-isolate at home due to overcrowding or not wanting to spread the virus to a member within the home with underlying health conditions, please contact Marina McComber, CHN at 705-507-0134.

The Elders Lodge/LTC Bed Application to the Ministry of Health (MOH) will be submitted in May 2020. The MOH has extended the application deadline date due to the pandemic. The Elders Needs Feasibility Study (March 2020), the Elders Survey and the sessions held in the community over the last year has determined that Atikameksheng Anishnawbek members and surrounding communities will benefit from an LTC 96 bed facility.

An application with Anishinabek Nation to host a Regional Youth Cultural Camp was submitted for the 2020-21 fiscal year and we will find out next month if this was approved. If approved, Health will be calling some members to assist with this.

April showers will bring May flowers! The Health & Community Wellness Department see the value of growing your own foods and how this will increase your vitality for life by eating what you helped grow. Please see the Community Health Nurse and Child and Youth Workers community notices to see how the programs will be held this year.

I would like to take the time to thank staff for all their hard work in providing programs virtually. The Land Base Program harvested maple syrup and fish for the community. If you would like to receive a jar of homemade maple syrup, please let staff know through the Wellness Checks. We have approximately 30 jars (different sizes) for the community and want to make it fair for all. Maple syrup contains natural medicines for our body, especially diabetics.

As we move into May, let us look at stress management and different ways that will help bring our bodies heal itself. Look at techniques that help bring out emotions and learning how to accept, learn from it and then to let it go. Coming to a place without stress will allow your body to heal itself.

If you have any questions with any of the programs, please speak with the staff member or Manager. Happy May 2020.



Department Updates EZHWEBAK

Health and Community Wellness

MINO ZHIYAA WIIDOOKAAZIJIG

Health Promotions Unit

Since the Ontario government and our First Nation has declared its State of Emergency, our programmers have been busy thinking and implementing new ways to connect with you, for your programming needs. The Health Promotions Staff are:

Amanda Jourdain	Health Promotions Manager	249-879-1459	ajourdain@wfn.com
Beverly Belanger	Healthy Babies Healthy Children Works with families with children aged 0-6	705-690-7503	bbelanger@wfn.com
Allyssa Soucy-Leroux	Child & Youth Worker Works with children aged 7-12 & youth aged 13-21	705-690-7513	asoucy2@wfn.com
Liam Bisschops	Community Physical Activities Programmer Works with whole community	705-690-7346	lbisschops@wfn.com
Darlene Geauvreau	Health Services Clerk Non-Insured Health Benefits & Medical Transportation Program	705-698-6818	dgeauvreau@wfn.com

Our programs and services must continue through the Covid-19 Pandemic. In order for us to do so, we have come up with some creative ways to stay connected with you.



When you find out your normal daily lifestyle is called “quarantine”





Patient Transportation **MINO ZHIYAA WIIDOOKAAZIIG**

As an essential service, the Patient Transportation Program continues to provide transportation services to and from your medical appointments. There are three services available which are Local Transportation (within Greater City of Sudbury during office hours 9-4 pm), Urgent Transportation (within Greater City of Sudbury after office hours 4pm-8 am), and Long-Distance Transportation (outside Greater City of Sudbury). In order to access this service, you must:

- 1) Contact Darlene Geauvreau to schedule your transportation or prescription needs
 - Local requires one business day notice
 - Long Distance requires 2 weeks notice
- 2) Appointments must be made within office hours
- 3) Covid-19 Assessment questions must be answered prior to scheduled transportation
- 4) Only 2 clients per trip
- 5) Clients **MUST** wash/sanitize their hands prior to entering the Medical Van at all times
- 6) If you have signs and/or symptoms of Novel Coronavirus, you must speak with the Community Health Nurse or Nurse Practitioner prior to entering the Medical Van. Appropriate transportation services will then be made for you.
- 7) If you accessed both Urgent & Long-Distance Transportation, you **MUST** submit your Confirmation of Attendance Slip and Receipts immediately to Darlene Geauvreau.

In order for our Patient Transportation Driver to remain safe and healthy, all clients will be required to contact Darlene Geauvreau for all pick-ups. At no time should the Driver receive calls from any clients. In addition, there will be no unscheduled stops at any fast-food restaurants.

Verbal/aggressive behaviours and program abuse will not be tolerated. There are procedures in place in the Policy where your services can be suspended and/or terminated, depending on severity and frequency. This service is a benefit for you and respecting the program should be followed.

For your copy of the Patient Transportation Program, please request this from Darlene Geauvreau.

Stay Connected Safely, Stay Active, Choose Healthy Alternatives, Check out the Program Calendars!





Department Updates EZHWEBAK

Community Physical Activities Programmer

MINO ZHIYAA WIIDOOKAAZIIG

Liam Bisschops has been with us since September 2019 and the Covid-19 Pandemic is not stopping him from promoting exercise and living a healthy lifestyle. Liam has programs available for you to try out, from exercising at home to getting outside and enjoy Isolation!

Our bodies need to be active and our First Nation offers many opportunities for you to do so. With the sunny and nice weather coming, there will be more for you to enjoy. We are unsure when we will be able to go to the parks, walking trails and golf course, but we will keep you posted on Facebook.

For now, go for your walks with friends and family, just keep a social distance away from each

other and enjoy. Hike to Steep Rocks...walk around the community, do some yardwork. On the rainy cool days, check out some online exercise classes available at <https://www.ymcaneo.ca/>

Liam also comes with a Personal Trainer Certificate, if you need assistance with your fitness goals, call or text Liam and he would be happy to help you.



Child and Youth Worker

MINO ZHIYAA WIIDOOKAAZIIG

Allyssa has been seen on Facebook Live with her programming and weekly discussions. This connectiveness with the community is welcomed and creative. She has been doing crafts and cooking classes on this platform.

The gardening program is coming along, as you see. Once the veggies are ready to be transplanted, they will be making their way to the Health Centre's garden area to continue their growth until harvesting.

We will be hiring a Child & Youth Worker for the children aged 7-12. In this position, we are looking for an energetic and involved individual who is open to new and creative ideas to help build children's self-esteem, confidence and self-identity. If you believe you have the education and skills, please, submit your resume, cover letter and 3 references! See the job posting on www.atikamekshenganishnawbek.com for full details! This contract position is until March 31, 2021.



What's Happening

ENKAAMIGAT

UPDATES

Jordan's Principle

THE HELPING FIRST NATIONS CHILDREN

While we have been working from home for the past month or so and expect to continue for the near future, we are still taking applications, we are still following up submissions, and we are still here for you.

Bear Witness Day is coming May 10th. Spirit Bear has a list of resources and activities you can do with your children. These can be found at:

<https://fncaringsociety.com/SpiritBear>

Caring Society compiled some resources to help everyone stay safe and informed during this time. These can be found at:

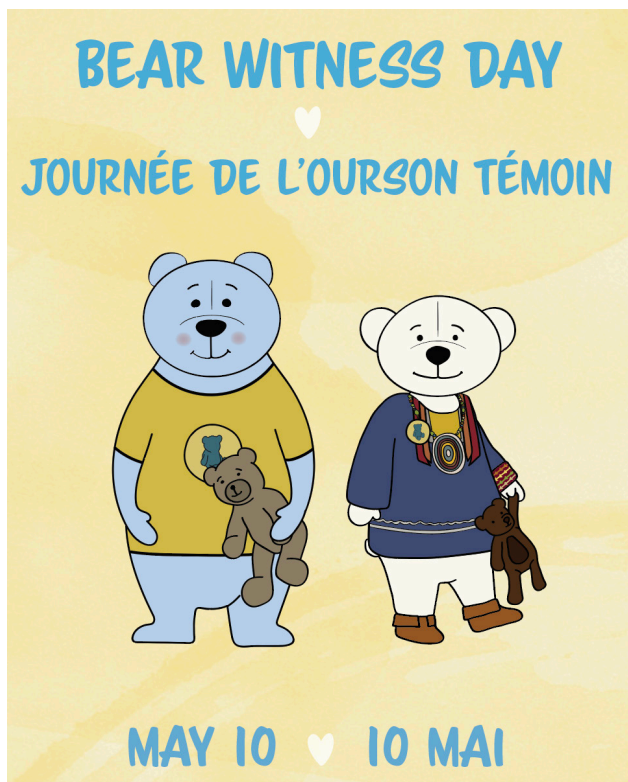
<https://fncaringsociety.com/spirit-bears-covid-19-resources>

If you have any Jordan's Principle requests, you can contact to discuss:

Perry Ashawasegai at pashawasegai@wfn.com or at 705.521.5048

Rose Messina at rmessina@wfn.com or at 705.849.6496

Thank you, stay safe everyone- we hope to see you all soon!



Show your support and "Bear Witness" to ensure Jordan's Principle is fully implemented. Here are some COVID-19 safe things you can do at home:

Hang out with your bears or favourite stuffed animal at home! You can let your neighbours know that you are participating in Bear Witness Day by placing your teddy bear or a drawing of a bear in the window.

Invite your friends, neighbours and classmates to take part in a virtual "teddy bear tea party" or "bear birthday party" to honour Jordan River Anderson and to learn about Jordan's Principle.

Learn more about Spirit Bear and Jordan's Principle by reading "Spirit Bear and Children Make History." You can download a free version now!

Spread the word and post photos on social media using the hashtags #JordansPrinciple and #BearWitnessDay.



What's Happening

ENKAAMIGAT

Education Support 2019-2020

Hello! We hope everyone is healthy, safe and happy! We would like to extend our heartfelt condolences to the friends and family of Tiffany Shawanda and especially her sons Keiran and Kacen.

This has most defiantly been testing and trying times for online schooling, we know, trying to maneuver between portals is difficult and adding more children with separate email log ins is even more of a challenge. We would like to remind everyone that these issues are across the board and if the effort is there, work is getting accomplished (even if submitted late) that is all the teachers and support staff can hope for. We are still making contact with our families to see how our students have been doing during these times BUT if you need to get in touch with either of us please email us at jlee@wfn.com or tsaikkonen@wfn.com, and we will be in touch.

Having a full house 24/7 is hard on everyone and believe it or not kids experience stress too. We would like to share a site that helps with this, it has many options for children and show parents how to help psychologyfoundation.org. For parents who need a little extra guidance with their child(ren) who are not only diagnoses with ADHD but maybe have a little extra energy please see futurelearn.com for tricks, tips and extra support. The Child and Community Resource Center is a great site with information to help ccrconnect.ca as well as canadatogether.com. Each site offers webinars, on-line course and resource material for both children and parents.

We would also like to remind everyone of the Family Support benefit if you have not already applied, it can be found at ontario.ca/page/get-support-families, this is a one time payment. A lot of internet providers are allowing data changes for minimal cost, please call your provider to see if these changes can be applied to your account, this will help with online schooling.

Please stay tuned for our Education Week calendar, brought to you by the Department of Education & Social Services.

Kids Who are Different

Kids Who Are Different

Here's to kids who are different,
Kids who don't always get A's,
Kids who have ears
Twice the size of their peers,
And noses that go on for days.

Here's to the kids who are different,
Kids they call crazy or dumb,
Kids who don't fit,
With the guts and the grit,
Who dance to a different drum.

Here's to the kids who are different,
Kids with a mischievous streak,
For when they have grown,
As history has shown,
It's their difference that makes them unique.

**Be silly,
be honest,
be kind.**

Ralph Waldo Emerson

EVERYDAY POWER



What's Happening

ENKAAMIGAT

Community Update from Shawenekezhik Health Centre

MARINA MCCOMBER, COMMUNITY HEALTH NURSE

The recent pandemic has affected people across the world, leading Atikameksheng Anishnawbek Chief and Council's request to set up an isolation centre for our community.

The purpose of the centre is to keep individuals who have been recommended to self-isolate by a medical professional, who are unable to self isolate at home due to living in crowded housing or with an individual who is immunocompromised, away from their home for the two week quarantine period. The centre is only available to community members who can care for themselves independently, those who are too sick will require hospitalization.

The centre will be located at the Early Years building and the Community Complex and will offer individuals a place to isolate to stop the spread of the COVID-19 virus. They will be provided a bed and food, in addition to sanitation and isolation supplies. Please note, visitors and food or supply drop offs will not be permitted.

If you require the use of the centre we ask that you bring some of your own supplies such as:

- Clothing for 14 days
- A towel, facecloth, and other toiletries (toothbrush, toothpaste, etc.)
- A device to keep you occupied and connected (cellular device) or other forms of entertainment
- Any home medications

If you have any questions: Marina, Community Health Nurse at (705) 507-0134 or Carmen, Director of Health at (705) 822-3462.

COVID-19

How can you protect yourself?



Wash your hands frequently and thoroughly with soap for at least 20 seconds



Cover face with a tissue or your elbow when coughing or sneezing



Then throw the tissue in a waste bin



Maintain social distancing



Avoid touching your eyes, nose and mouth

Source: WHO





What's Happening EZHWEBAK

NOTICES

SERVICES

PROVIDED DURING COVID-19

(all provided virtually except for Protection matters)



Family Well-being

Life Skills, Stress, Resources, Parenting, Supplies and intervention



Neonatal Services

If you are pregnant and expecting or with child, we can provide you with support, referrals and resources



Child & Adult Mental Health

Stress, Anxiety, Coping Appointments & Intake



Cultural Services

Debriefing, Support, Teachings, and Referrals



Alternative Care & Access Visits

Resources, Education, Support for connection, care and culture



Prevention Programming

Mino-Madzwin, Education Liaison, Housing Support & Youth in Transition Programs



Jordan's Principle

Assisting with Covid-19 applications and regular JP applications



Protection & Reporting

Working with families & communities to keep children safe. Contact us if you have child safety concerns

1-800-465-0999 intake@nog.ca



NOTICE MAAMWESYING

Nurse Practitioner Schedule Change during Covid19 Pandemic for Atikameksheng

Tuesdays 8:45 am to 3:00 pm

Thursdays 8:45 am to 3:00 pm

Rochelle appointment's will be by phone call and based on need maybe in-person.

Dr. Finlay Friday mornings 8:45 to 11:15 am phone calls only

Bloodwork

Tuesdays 8:30 am to 11 am

Thursdays 8:30 am to 11 am

Bring in lab requisitions if you have an outside provider.

Immunizations & Vaccines

Immunization for 2,4,6, 12, 15 and 18-month-old babies' parents are encouraged to book appointments with the nurse practitioner to keep up-to-date.

B12 injections

Prescriptions for oral medication will be provided as injection of B12 is not an option at this time

Contact

Kim Recollet to book appointment at 705-692-7009 Ext. 248

COVID 19: Treaty annuity payment events postponed

Due to the coronavirus outbreak, Indigenous Services Canada (ISC) is postponing all treaty **annuity** payment events until further notice.

- To receive your treaty payment, fill out a [treaty annuity payment request form](#) (PDF, 75 Kb, 1 page) and mail it to your [ISC regional office](#).
- Treaty payments will be mailed back in the form of cheque.



What's Happening ENKAAMIGAT

NOTICES

Community Energy Champion

TO GOOD TO BE TRUE

Every now and then you may be approached with lucrative offers promising savings on energy. Whether it be hydro or natural gas, savings are typically offered between 8% to 20%. These offers sound lucrative and at a time when everyone is looking to save money, sound like a god send. However, there are usually strings attached.

Each retailer will have their own advertisement but typically what is promised goes along something like this. "We purchase bulk hydro at a set price. We work by volume, so the more people we get, the lower the rates will be for you. We already have 'X' number of people in your neighbourhood." I'm sure you get the point. This temptation is done purposely to influence you into signing up with these people. They also indicate that you can opt out of the contract at any time, for a small fee. These fees are usually larger to keep you locked into the contract.

This really comes down to the old saying of "buyer beware". You really must do your research. In the example above, a promise of savings by the retailer, would be costing approximately 20% more. These retailers may not be out right now because of COVID-19, but once this pandemic is over, they will be making their rounds to get more people to join. Please do your research.

Miigwetch, William Ransom, CEC

Optional:

See how your bill might look on a contract with an energy retailer

Enter the retail contract price: c/kWh

Calculate

SAMPLE MONTHLY BILL STATEMENT

Hydro One Networks Inc. - R1 RESIDENTIAL

Account Number: 000 000 000 0000
Meter Number: 0000000

Your Electricity Charges

Electricity

Off-Peak @ 6.5 c/kWh	\$29.58
Mid-Peak @ 9.4 c/kWh	\$11.19
On-Peak @ 13.4 c/kWh	\$16.88

Delivery \$52.44

Regulatory Charges \$3.19

Total Electricity Charges \$113.28

HST \$14.73

8% Provincial Rebate* (-\$9.06)

Total Amount \$118.95

SAMPLE MONTHLY BILL STATEMENT

Electricity Retail Contract

Account Number: 000 000 000 0000
Meter Number: 0000000

Your Electricity Charges

Electricity

YOU ARE BUYING YOUR ELECTRICITY FROM: [ENERGY RETAILER NAME] *

700 kWh @ 4 c/kWh \$28.00

Global Adjustment \$42.50

Delivery \$68.49

Regulatory Charges \$2.94

Total Electricity Charges \$141.93

HST \$18.45

8% Provincial Rebate (-\$11.35)

Total Amount \$149.03

* Energy retailer phone #: 1-888-000-0000
Energy retailer website: www.*****.com

Sign up for virtual Language Classes WITH MARY FRASER

Please email Mary Fraser at mfraser@wfn.com

Zoom meeting: Every Thursday at 5:00 PM

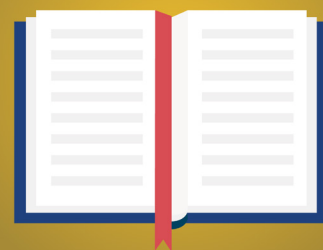
Register in advance for this meeting:

https://us02web.zoom.us/join/register/tZwkdO-rpjgJGNw2M_u_695rXslleqING73y

After registering, you will receive a confirmation email containing information about joining the meeting.

Miigwetch!

Let's Learn
Anishinaabemowin!





What's Happening

ENKAAMIGAT

NOTICES

Business Support for Government Sources

Businesses throughout the region have been suffering since the beginning of the COVID-19 pandemic. Nearly all business has a component that requires some form social contact. The mere payment for services rendered or products has now become a hazard during this time. The most common question I receive is, when are things going to get back to “normal” so businesses can open. This is a difficult question because there really is no easy answer.

At this time, both federal and provincial governments have loosened restrictions that will allow individuals to receive some form of support even if you are a business owner. This is important to note, because as a business owner, you do not qualify for services such as Employment Insurance. These COVID-19 relief measures include allowing business owners to receive relief payments that are maxed out at \$16,000 at 16 weeks. They are available for you to use (see link below). The only caveat I have regarding these relief measures is that they are taxable. The best idea I have heard is, to create your My Account with CRA (Canada Revenue Agency). Once you have your account created, make payments to it. It is estimated that you should pay 20% per every \$1000 you receive. This would equate to \$3,200 if you receive the entire \$16,000.

With COVID-19 infections rate still increasing, there is no clear timeline for an end. It relies on social distancing. Viruses don't move, people move viruses. Therefore, the best advice is to stay put. Limit your outings only for necessities. Do this and we can get back to business.

COVID-19 Economic Relief Resources

<https://www.canada.ca/en/department-finance/economic-response-plan.html>

<https://pm.gc.ca/en/news/news-releases/2020/04/18/prime-minister-announces-support-indigenous-businesses>

Miigwetch William Ransom, A/ Business Development Manager

Employee Spotlight **TOM ASSINEWE**

Aanii, My name is Tom Assinewe and I'm the new Natural Resources Coordinator here at Atikameksheng Anishnawbek. I've completed my college diploma for Environmental Technician - Protection and Compliance at Canadore College in North Bay, Ont. Over the past 13 years I've worked in the environmental consulting industry here in Greater Sudbury. During my time in the environmental consulting industry, I've traveled all over our province and have been to remote First Nations up along the James Bay and Hudson Bay coasts, working with the FN's on projects, but also learning from them and on how they live off the land. I love to hunt, fish and overall, just enjoy our outdoors. With this position I'd love to value and protect our fish, wildlife and forestry. I look forward to working with the Lands Department team. Have a great day!





Healthy Babies Healthy Children

GIISOOK

INFO

Beverly is active on her Facebook Early Years Program page. If you are not connected to this group and are pregnant and/or have children aged 0-6, I encourage you to join! Many resources are available for you and your family! Building healthy families together.

Did you know that the Early Years Centre will be demolished and rebuilt? Well, it is and we are excited! In this new Child & Youth Centre building, it will host a limited space daycare, the Early Years Program and a Child & Youth Worker space. As we are in "isolation" mode, Beverly will be working with other staff to help clear out the building. There may be items that may be given away to her program participants and other items will be stored away for the new building. Beverly will post available items on her Facebook page, connect with her to schedule drop offs.

Healthy Babies Healthy Children May Calendar is POSTED! Check it out and remember to follow the physical distancing by remaining 6 feet or 2 meters away from each other. Social Distancing can still be interactive given the appropriate mediums. Reach out to family and friends...go out for a walk and enjoy this beautiful weather.

Welcome Our Newest Members of Atikameksheng



Stroller Walks

DATE: MONTH OF MAY

TIME: ANY TIME OF DAY

During Covid 19 we still need to get out and exercise. Walk as a family and enjoy the fresh air. Take pictures and send them to my email bbelanger@wlfm.com

Those who send in picks will receive a \$25.00 Batistelli's gift card on May 29th, 2020

For more information contact Beverly Belanger. Work Cell: 705-690-7503

Remember social distancing!



FETAL ALCOHOL SPECTRUM DISORDER (FASD)



Native Women's
Association of Canada

L'Association des
femmes autochtones
du Canada

Signs and Symptoms of FASD

- Growth deficits in height or weight
- Poor memory and recall
- Hyperactive behaviour
- Impulsivity and poor judgement
- Inability to predict outcomes
- Inability to recognize social cues
- Problems with coordination
- Seizures
- Developmental delay
- Difficulty learning
- Distinct facial features

Fetal Alcohol Spectrum Disorder (FASD)

- An umbrella term used to describe a developmental disability that has a range of effects occurring in an individual who was prenatally exposed to alcohol.
- The changes to the developing brain depend on when and how much alcohol was consumed during pregnancy.
- These effects can have a lasting impact on the physical, mental, and behavioural well-being of the affected individual and can significantly reduce their quality of life.

GARDENING

HB/HC FAMILIES 0-6YRS HOME PLANTING

Register for a plant barrel, soil & seeds
before May 15th.

Call Beverly at **705-690-7503**

Pick up or delivery Friday, May 22,
2020

Call ahead social distancing





What's Happening

ENKAAMIGAT

INFO

Healthy Lifestyle Changes

DARLENE GEAUVREAU HEALTH SERVICES CLERK

Darlene Geauvreau, your Health Services Clerk, clearly made some healthy lifestyle choices and the results are and look amazing! In the summer of 2019, Darlene researched and truly wanted to know how to adopt a healthy lifestyle that would not only benefit her with weight loss and management, but also with the chronic illness type 2 Diabetes and aging.

On August 20, 2019, Darlene adopted the “Keto Diet”. The ketogenic diet consists of an eating pattern that’s high in fat, moderate in protein and low in carbohydrates. It’s typically rich in foods like eggs, meats, nuts, butters, cheeses, seeds, oils and few low-carb green vegetables. It does not allow fruits, most vegetables, grains, potatoes, sweets, or other carb-rich foods. The overall premise of the ketogenic diet is to produce ketone bodies, which are metabolites of fatty acids, and use them instead of glucose to fuel your cells.

From August until January full keto diet. In February 2020, Darlene incorporated the intermittent fasting with fast tracks weight loss. Intermittent fasting is safe, when doing it right. You need to ensure that you are getting enough nutrition and calories to maintain function while still entering ketosis. In ketosis, your body goes into “fat-burning mode”. The benefits of intermittent fasting are;

1. Changes the function of cells, genes and hormones
2. Can help you lose weight and belly fat
3. Can reduce insulin resistance and lowering your risk of Type 2 Diabetes
4. Can reduce oxidative stress and inflammation in the body
5. May be beneficial for heart health
6. Induces various cellular repair processes
7. May help prevent Cancer
8. Good for your brain health
9. May help prevent Alzheimer’s Disease
10. May extend your lifespan, helping you live longer

With any lifestyle changes, there are challenges that you will have to overcome. For Darlene, in the beginning, she tended to eat the same foods repeatedly; that she knew was “safe” but was looking for something more. She had to spend the time to research new satisfying “keto” recipes and desserts. And with keto, she needed to take the time to do the necessary food prep for herself. No more quick fixes!

The “Keto Diet” is not for everyone. You, as an individual, are ready to make a lifestyle change, it is recommended that you speak with your health care providers prior to making the change. Research, research, research, find what will work for you, know what your goal is and make your plan, even a plan for your “cheat days”! Keep your health care providers up-to-date with your progress, your challenges and your successes. With your team behind you, you can accomplish anything.

However, the Successes far outweighs the challenges!

This is what Darlene was able to do since August 20, 2019:

- Diabetic A1C levels have dropped to a non-diabetic level and have reduced the amount of diabetic medication needed.
- BMI reduced from 30.8 (obese) to 22.8 (normal)
- Down six pant sizes.
- Total weight loss 54 lbs.
- Much more energy
- Increased satisfaction on progress.





Registered Dietitian

JOBY QUIAMBAO

Joby Quiambao, Registered Dietitian

Aanii kina weya. Joby Quiambao niidizhniikaz. I am happy and grateful to introduce myself as the interim Registered Dietitian (RD) at Maamwesying North Shore Community Health Services. I will be covering for Danielle Simko, while she will be away on her maternity leave, providing nutrition education, counselling and healthy programming to the communities of Atikameksheng Anishnawbek, Sagamok Anishnawbek, Serpent River and Mississauga First Nations.



For over a year, I worked on Manitoulin Island as the Community Dietitian, where I enjoyed empowering clients to explore and meet their nutritional needs, build skills to create and reach their goals, as well as nourish their connections to food and the land from which it came from. As a dietitian, I strive to integrate and honour the Seven Grandfather Teachings in my dietetic practice, and everyday life. I look forward to continuing to share this journey with you all and learn more about all the communities I have the honour to service, as well as alongside the great staff at Maamwesying.

I wish everyone well, safety and strength during this time.

Mino Ziisibaakadake Giizis.

joby.quiambao@nmninoeyaa.ca

Youth Centre

UPDATES FROM APRIL



In the month of April, The Youth Centre went Live!! We Had Group Chats, Learned Strategies on gardening, engaged in reflection and yoga was humbling. We delivered out 48 social distancing practicing Easter egg hunt kits! Ran our first cooking show, which fed independence and life skills to 13 Families, and expressed online connection. As a result, we had some newer participants and encouraged others to get active online or from home!



Community Notices

AMIGAT SHKOONGAMING

FUN STUFF



Dream Catcher Craft Night

May 15, 2020 Delivery Day

Ages 7-21yrs.

Limited Spots are available. Sign Up is required.

Sign up Deadline is May 8th, 2020

If you are interested in this event please contact

Allyssa Soucy-Leroux,

@ 705-690-7513 or email: ASoucy2@WLFN.com

Atikameksheng

Youth Centre

Every Thursday Live @
5:00PM on Facebook!

Spring

Watch Your Garden Grow

Watch the Youth Centre Garden Grow!

Assist in deciding what will be planted in seedling garden that will be given out to the community once seedlings will be ready for planting in Gardens at home.

For More information about this or other related events please contact

Allyssa Soucy-Leroux
@705-690-7513



ZOOM PARTY

You're Invited to Check-in with Us!

Ages 7-12yrs. Every Monday @ 4:00PM

Zoom is social networking app that lets you video chat conference with up to 100 people. Join the Chat on Monday and reconnect with your long lost cousins, school friends, and Youth workers!

Need Help? For More information about this event or just to connect please Contact Allyssa Soucy-Leroux,
Child & Youth Worker @ 705-690-7513 or reach out to any of the Social Media Outlets Atikameksheng YC.
You are not Alone, we are in this together.

Proud of my son 🥰, he made us dinner tonight! He followed the recipe and YouTube video Allyssa!! It was delicious 🍴👍





Child & Youth Worker, Allyssa Soucy-Leroux

NEW Phone: 705-690-7513 or email: ASoucy2@WLFN.com

WAAWAASKONE GIIZIS (FLOWER MOON)



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 of the most powerful healing medicines on Mother Earth. We are encouraged to explore our spiritual essences.

MAY 2020



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 Jelly Bean Contest Starts
3	4 Zoom Party 4:00PM	5 Question of the week 3:00PM	6	7 Garden Update 4:00PM	8 Live @ 5:00PM on Friday	9 Jelly Bean Contest Finishes
10	11 Zoom Party 4:00PM	12 Question of the week 3:00PM	13	14 Garden Update 4:00PM	15 Craft Night: Dream Catcher Hand out Day Sign up Required	16 Dot Art Contest Due today 6:00PM
17	18 Zoom Party 4:00PM	19 Question of the week 3:00PM	20	21 Garden Update 4:00PM	22 Live @ 5:00PM on Friday	23 Physical Activity Scavenger Hunt Due today 6:00PM
24	25 Zoom Party 4:00PM	26 Question of the week 3:00PM	27	28 Garden Update 4:00PM	29 Paint & Story Social Hand out day Sign up Required	30 

ATIKAMEKSHENG ANISHNAWBEK YOUTH CENTRE





Community Notices

AMIGAT SHKOONGAMING

Scavenger Hunt!

CHILDREN AND YOUTH AGES 7-21 YRS

Participants will fill in blocks once physical activity has been completed. Prizes for 1st – \$100.00 Visa Mastercard, 2nd - \$75.00 Visa Mastercard, and 3rd -\$50.00 Visa Master to be awarded.

Scavenger Hunt Blocks are to be handed in by May 23rd, 2020. Please Contact: Allyssa Soucy-Leroux, Child & Youth Worker @ Phone: 705-690-7513 or email: ASoucy2@wfn.com

Atikameksheng
Anishnawbek
Youth Centre



Physical Activity Scavenger Hunt

SIGN UP FOR MORE DETAILS

A picture Up on a hill	Your favorite Lookout	Walk for one hour	Sweep and Mop the Floors	A picture of you walking the new subdivision Trail
Cross off After you have completed 25 jumping jax	A Selfie with a Lake	Dress up & Runn around your block	Show us your physical activity face!	A picture with the Border Patrol
Dancing to your favorite song	Circle this after 25 push ups	Free Space	Cross off after you have completed an in-home Work out	Run from Back of Basketball courts towards complex &Take picture on Trail.
A Selfie with the Atikameksheng Logo	A Picture of Pine cone	Cross this off after 1 Youtube workout tutorial Later	A Selfie with a Tree	Take a picture of proper social Distancing
Take a plank Somewhere	Cross this off after completing 90 Squats	Circle this after completing 100 sit ups	Take a photo of you in a race	Take a picture of your Favourite Physical Activity



Community Notices

AMIGAT SHKOONGAMING

FUN STUFF



Earth Day

THANKS FOR HELPING CLEAN UP OUR COMMUNITY!

