
Kidodenaminan

TFN Newsletter

Our Community

May 3rd, 2021



Wâbigwan gîzis
(Flowering or Blooming moon)





COMPOSTABLE MATERIALS • MINOKAMIGEWINAN KEGONAN

Food Waste • Midjim webinason



Green Waste

Ka nitawigag webinason



Paper Products • Mazina'iganichiganan

Unwaxed, soiled



Others • Kodagog



Refused materials • Ega odapinigadegan kegonan



Plastic bag and packaging, even biodegradable and/or oxobiodegradable bags



RECYCLABLE MATERIALS • KIWE ODAPINIGADEGAN KEGONAN

Paper and cardboard

Mazina'iganish ashidj mazina'iganimakakon



Metal

Piwabik



Plastic

Wenaginiganan



Stretchy bags and packaging

Make a bag of bags.

Glass

Omodayabik

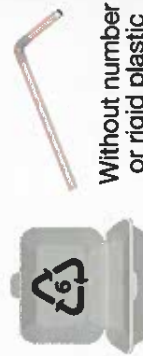


REMEMBER: Beer and soft drink containers made of aluminum, plastic or glass can be refundable.



GARBAGE • WEBINIGANAN

Plastic • Wenaginiganan



Without number or rigid plastic

Others • Kodagog



Paper and cardboard

Mazina'iganish ashidj mazina'iganimakakon



Waxed, metallic, carbon or plastified paper and cardboard.

2020-2021 COLLECTION CALENDAR

AUGUST		2020		2021	
S	M	T	W	T	F
2	3	4	5	6	7
8	9	10	11	12	13
14	15	16	17	18	19
20	21	22	23	24	25
26	27	28	29	30	31

OCTOBER		2020		2021	
S	M	T	W	T	F
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

DECEMBER		2020		2021	
S	M	T	W	T	F
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

FEBRUARY		2021		2021	
S	M	T	W	T	F
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

APRIL		2021		2021	
S	M	T	W	T	F
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

JUNE		2021		2021	
S	M	T	W	T	F
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30



GREEN BIN : COMPOST



BLUE BIN : RECYCLING



BLACK BIN : NON-RECOVERABLE WASTE (GARBAGE)



TIMISKAMING FIRST NATION

24 Algonquin Avenue
Notre Dame-du-Nord, QC
J0Z 3B0



Corey Stanger
Director of Public Works
pw.director@atfn.ca

T.F.N. LAWN MOWING/ TRIMMING SERVICES CONTRACT **BIDS**

The Public Works Department is currently looking to sign two (2) contracts for lawn mowing and trimming services within the community. The services are set to begin May 17th, 2021 and end on October 15th, 2021.

Work Site Locations CONTRACT 1

- Pow Wow Grounds
 - Council Office
 - Police Station
 - Knoxville Park
 - Pump House
- Adult Education
 - HRSD
- Seniors Unit

Work Site Locations CONTRACT 2

- Cemetery
- Band Office
- Ball Field
- Natural Resources
- Health Center
- Widjikiwe Building (28 Algonquin)
- School Trail (Triangle between Algonquin and Highway)

Description of Work/ Responsibilities:

1. Each location cutting/trimming frequency is to be at least once per/week, per/location.
2. All mowing will be accomplished between the hours of 6:00 am and 8:00 pm, Monday thru Sunday.
3. All equipment and fuel shall be supplied by the Contractor at their expense.
4. Contractor shall have adequate equipment (mower, weed whacker, etc.), manpower to complete the job in the time allotted.
5. Contractor shall practice safe operating procedures to properly protect the operator, bystanders and property from injury/damage.
6. Contractor will not hold TFN responsible for any injury to person/s, or equipment.
7. Contractor is responsible for any damage caused to public or private property.

❖ **Note: Bidders may bid on either or both of the two contracts, but will only be awarded one. Bidders may also bid on a specific contract if they wish to do so.**

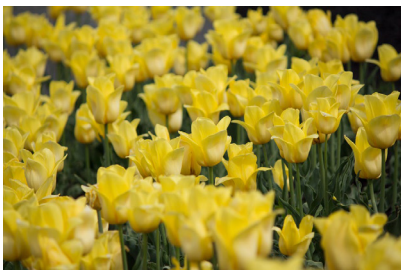
Please bring your bids to the Band Office. The last day to bid is on **May 7th, 2021(noon)**. If you have any further questions, please contact Corey Stanger at (819)723-2335.

INCOME ASSISTANCE

SPRING CLOTHING ALLOWANCE!

Income assistance clients can submit their receipts for the annual spring clothing allowance! \$200 per client or dependent

You can submit them at the drop box in front of the band office or make an appointment with Sharon Baker at 819-723-2335.



Deadline is May 31, 2021!

ANCESTORS' CHALLENGE 2021

PRESENTED BY FNEC

We have exciting news! The Ancestors' Challenge will be coming to our community on May 27! What is it, you ask? It is a mobile obstacle course with a total of 12 amazing obstacles set up in the ball diamond and field behind Kiwetin school. It is being brought to us by the First Nations Education Council, and it will be set up in the exact same way in every community participating, allowing youth from Kindergarten to Secondaire 5 or Grade 12 to compete not only with other youth in the community, but with all First Nations. And you'll get a medal and T-shirt for participating! This promises to be an unforgettable experience for our youth. For more information, please visit the Challenge website at www.ancestorschallenge.com.

Here's what you need to do:

- Students from Kiwetin school will be provided with a form for parents/guardians to complete and return to the school by Wednesday, May 12
- Students from Kiwetin who are currently being home-schooled due to the pandemic, will receive a form in the mail – it must be completed and returned to the school by May 12
- All other students, including those attending Riviere-des-Quinze, St. Joseph, St. Louis, TDSS and TDSS-E are invited to have their parent/guardian pick up a form at the band office, complete and return it by May 12

Here's how it will work:

- Kiwetin students will attend during the school day on May 27, with their class bubbles; deep sanitizing of the equipment will be done between each class group
- All other students, including Kiwetin home-schoolers, will participate from 6 to 8 PM on May 27 – they will be provided hand sanitizer and will go through the course one at a time; deep sanitizing of the equipment will be done after each group of approximately 20 students

Due to the ongoing pandemic, spectators will not be allowed and students will be required to pre-register in order to participate. Please ensure your child's form is returned by Wednesday, May 12 if they wish to participate, as late registrations will not be accepted.

LET'S SHOW OUR ANCESTRAL SPIRIT!!

NOTICE: INDIAN DAY SCHOOL

If a family is going to make an application for Indian Day School Compensation on behalf of a deceased loved one, someone needs to be appointed as executor/administrator of the estate. It is the same process we -TFN and Indigenous Service Canada follow for appointing administrators on a regular file. If you need the form, please stop by my office and one will be provided; just remember that the estate is only entitled to make a claim for death occurring after July 31, 2007.

You have until July 13, 2022 to have the forms submitted.

You can also visit Laura Moore at the Health Centre or myself to help complete the form.

Please call one of us to make an appointment.



Hello all,

My name is Aaron Arthur, and I am the new National Native Alcohol & Drug Abuse Program (NNADAP) Representative at the Timiskaming First Nation Health and Wellness Centre. For the last 4 years, I've played an active role in the Nipissing Region as a Bail Supervisor, and come from an educational background of Addictions and Mental Health. I am grateful to have been given this opportunity to be a part of the team, and I very much look forward to working within, and learning from, the community.

Meegwetch,
Aaron Arthur
National Native Alcohol & Drug Abuse
Program Representative

Kwe Kwe TFN Community!

My name is Makayla Metcalf and I am honoured to be joining the TFNHWC First Line Services team as a Drug Strategy and Mental Health Counsellor. I am a recent graduate from Laurentian University with a passion for Indigenous health and wellness and consider myself a dedicated ally. I am new to both the community and the province, and cannot wait to meet everyone and learn many new and exciting things. I enjoy hiking and most outdoor activities, reading, puzzles and spending time with family and friends (pre-COVID of course)!

I am extremely approachable, and look forward to chatting and getting to know all of you in the near future.

Meegwetch/Thank you,

Makayla



Let me introduce myself. My name is Shirley Hall and I'm excited to be the newest addition to the team of Social Service Workers at the TFN Health and Wellness Centre. I am a highly motivated individual and strongly committed to helping you build a stronger and healthier tomorrow.

Thank you for giving me this opportunity to serve your community,

Shirley

Social Service Worker



Zoom Session



Kids Cooking

Sunday May 16th @ 11AM

Parents will be given zoom link the day of the workshop. Deadline to register May 12th.

For more info contact: Bonnie on Messenger



**FAMILY MATH
FOR CHILDREN
4-6 YEARS OLD**

Where: Zoom, until we can
gather in small groups


Beginning Thursday
April 15th - May 13th
5:15pm - 7pm

Fun activities and
games reinforce
skills and develop
math concepts.

**FREE PIZZA
supper at
the 5th
session
for all
participants.
Must attend
all 5 weeks.**





Contact Janice Wabie to register.



Coffee and CONVERSATION

Circle of Moms
Sunday, May 23 - 11am



Coffee, ideas, laughter & meeting new friends

Zoom Session to revamp group

Made with PosterMyWall.com



**Full Moon Ceremony with
grandmother Marilyn**

**Wednesday May 26th at
7 p.m. at the back of the
youth center**

**Please wear your mask
and respect social
distancing**



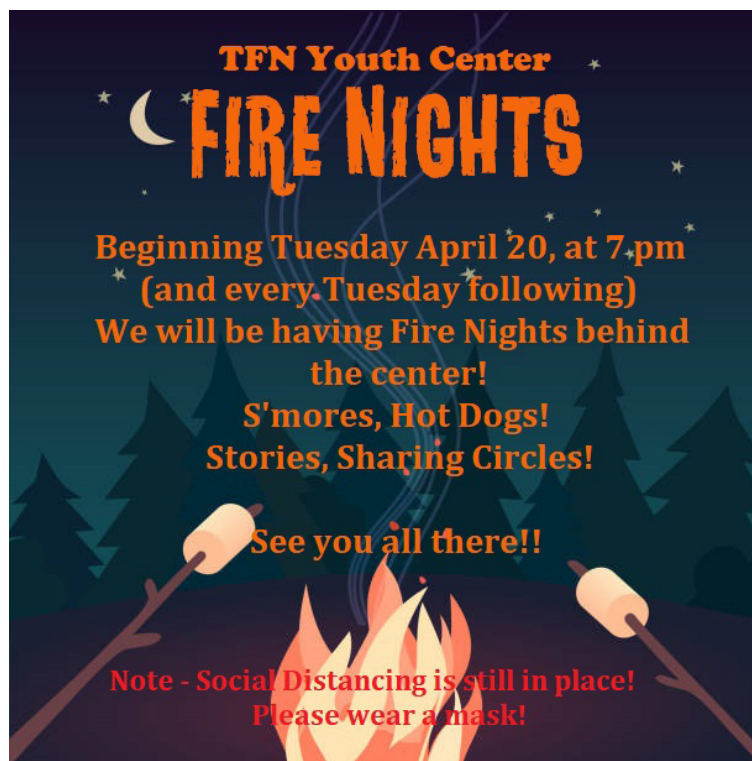



Community Sweat Lodge



Elder Philip Sr. Gliddy
will be offering family
sweats for the community
(date to be determined)

Please call the Health
Center to sign up
819-723-2260



TFN Youth Center

FIRE NIGHTS

**Beginning Tuesday April 20, at 7pm
(and every Tuesday following)**

**We will be having Fire Nights behind
the center!**

**S'mores, Hot Dogs!
Stories, Sharing Circles!**

See you all there!!

**Note - Social Distancing is still in place!
Please wear a mask!**

Tune in to kids Weekly Challenge



This challenge is to strengthen family bonding during these difficult times.

How the challenge works:

- 1) There will be a new activity posted on the Health Centers Facebook page every Monday for 12 weeks!
- 2) Participants must send a picture of their family doing the activity before the following Monday and their name will go into a draw for a new

trampoline!

The more activities you do with your family the more chances
you'll get to win the prize!



Email your pictures to heather.mcbride@tfnhwc.ca

Elder support

Community members have the opportunity to meet with an elder (virtually) who can listen, guide and share teachings .

To sign up please call the First Line Services
social support line 819-629-9878



Food Security

**If you require food support ,you
can call the Wedokowin First Line
Services support phone**

819-629-9878



**We will get through this difficult
time together! Please stay safe
and remember to wear your mask
and practice social distancing.**



UNIVERSITY OF OTTAWA
HEART INSTITUTE

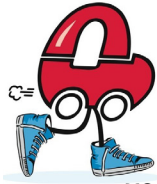
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

10 TIPS FOR HEALTHY EATING

Making healthy food choices doesn't have to be overwhelming. These tips will get you on your way.

- 1 Cook at home more often to avoid processed foods.
- 2 How you eat is as important as what you eat. Enjoy your meals without multitasking.
- 3 Listen to your body—eat when you're hungry and stop when you're satisfied.
- 4 Eat at regular times.
- 5 Plan healthy snacks.
- 6 Eat a variety of vegetables and fruit at every meal.
- 7 Eat whole grains more often.
- 8 Eat fish at least twice a week.
- 9 Include legumes like beans, chickpeas, lentils, nuts and seeds more often.
- 10 Don't be afraid of fat. Choose olive oil and canola oil more often.

© 2014 University of Ottawa Heart Institute



Meals on Wheels Reminder

For those registered for this program,
you will need to be home for the meal deliveries on
Mondays and Thursdays after 4:30pm.

If you know you will not be home,
please contact Marsha @ 705-676-6369
the day before delivery.

Thank you and Bon Appetit!!

If you received a survey regarding the Meals on Wheels, please
fill it out and return it to the Health & Wellness Centre. Your input
is valuable to us. We would like to know how to serve you better.

Marsha Wabie

With the contribution of :

Québec 



\$5.00/Ticket

EMT and CASH accepted
Send EMT to tfn.seniors.committee@gmail.com
Password "queenofspades"

Weekly Draw

Progressive Jackpot

Draw will take place every Wednesday @ 7pm

Seniors Unit 21 Algonquin Avenue

Live on Facebook—TFN Queen of Spades

ALL PROCEEDS GO TOWARDS

Timiskaming First Nation SENIORS/ELDERS



Mon, March 29, 2021
Anishnabe Long Term Care Center
FIND THE JOKER (win the painting)

Hand Painted by
Wayne McKenzie



Painting measures
20" x 14"

\$10/ card
(Find The Joker)

To purchase a card please call (819) 723-2225

All The proceeds are to benefit the residents activity funds

Anishnabe Long Term Care Center



\$2 for 3 Tickets

Draw will be held on Friday, June 18, 2021

SUMMER Fundraising BBQ

Friday, June 18th,

Starting at 12 Pm

(more details to follow)



For more info contact Karin at 819-723-2225 ext 0

All the proceeds will benefit the residents
activity funds.

A poster for a seniors health walk. It features a person's legs and feet in blue sneakers, with one foot being laced. The background is a soft-focus outdoor scene. An orange banner at the top left contains the title. A white box in the center contains the invitation. Text below the box provides details about the schedule and location. A small logo is in the top right corner.

Seniors Health Walk

Put on your comfy walking shoes and join us

Every Monday
starting May 10th, 2021
Leaving from the Seniors Unit 1pm

Everyone is welcome to join!

We will start off slow and work our way to longer distances.

Timiskaming First Nation Health & Wellness Centre

A poster for Mother's Day DriveThru Brunch. It features a vibrant background of pink and yellow flowers with yellow paint splatters. The title 'Mother's Day' is in large, pink, cursive font. A pink circle contains the date 'MAY 9'. Below the title, the event details are in bold black text. A small logo is in the top left corner. A grey box at the bottom contains additional information.

Timiskaming First Nation Health & Wellness Centre

Prizes to be won!

Mother's Day

MAY 9

DriveThru BRUNCH
Starting @9AM at the Seniors Unit

If you're a mom/grandmother/caretaker
join us for a Family Brunch
Please wear your mask & respect social distancing



Anishnabe Long-Term Care Centre
26 Algonquin Avenue • P.O. Box 220
Timiskaming First Nation • Notre Dame du Nord (PQ) • J0Z 3B0
Tel: (819) 723-2225 • Fax: (819) 723-2112 • E-Mail: activities@anishnabe-ltcc.ca

Summer BBQ Fundraiser

Friday, June 18th, 2021 at 12pm **(Take out only)**

Anishnabe Long Term Care Centre will be holding a
Summer BBQ fundraiser.

We are asking for donations of ground beef, wieners,
hamburger buns, hotdog buns, salads, desserts pop and
bottled water in order to have this BBQ a success.

We are always very thankful for the donations received in
the past. We are hoping to receive from the community to
make this year's Summer BBQ for the residents as
fulfilling as the past years.

If you are able to donate please call Karin
at 819-723-2225

"An Algonquin Centre tailored to the needs of the native people"

Algonquin Youth Award

The Algonquin Youth Awards are presented annually to a Grade 12 High School Graduate who has demonstrated citizenship at school and at the community level. The Timiskaming First Nations Elder's and Senior's Committee is the sponsor of this award.

Criteria

- must be a Grade 12 Graduate
- must be attending post-secondary studies in September
- must provide proof of acceptance in a post-secondary institution
- must be a Timiskaming First Nation Band Member or one parent is a TFN Band member or you can trace your roots to TFN (example: your Grandparent or Grandparents are TFN Band members)

Written Submission

- provide a written submission that describes the post-secondary program you have chosen and your future career goal
- include information about yourself, your interests, hobbies, sports, arts, your involvement with Algonquin culture, and volunteering that you have done at the school and community levels
- your written submission should be a maximum of **one page**

Selection Procedure

- all applications will be reviewed by Timiskaming First Nation Elder's and Senior's Committee Executive or their designates

Presentation of Award

- the Algonquin Youth Award will be presented at the High School Graduation Ceremony

The Award

- in June, the recipient will receive a letter from the Elder's and Senior's Committee, acknowledging them as the annual recipient
- in September, the recipient will be required to submit to the Elder's and Senior's Committee a letter from the post-secondary institution indicating that they are in attendance
- one award for **\$100 for High School Graduate**

Deadline: June 1, 2021 High School graduate

Drop off your completed submission at:

Elder's & Senior's Committee

Senior's Unit

21 Algonquin Avenue

Attention: Selection Committee Algonquin Youth Award

Or send by email to:

marsha.wabie@tfnhwc.ca



BIKE SAFETY



**WEAR YOUR HELMET EVERY TIME
YOU GET ON ANYTHING WITH WHEELS**



**WEAR LIGHT OR BRIGHT COLORED
CLOTHING AND SHOES THAT COVER YOUR TOES**



**LISTEN FOR VEHICLES AND OTHERS ON THE ROAD
--LEAVE YOUR HEADPHONES AT HOME**



**CHECK YOUR TIRES FOR AIR BEFORE EACH RIDE
AND MAKE SURE YOUR BRAKES WORK PROPERLY**



Boating Safety

THE LAKES AND RIVERS ARE ALMOST THAWED IT'S NEARLY BOATING TIME !

BEFORE YOU GO:

INSPECT YOUR BOAT
MONITOR THE WEATHER
MAKE AND FILE A SAIL PLAN
CARRY AND USE OFFICIAL NAUTICAL CHARTS AND PUBLICATIONS
LOAD YOUR BOAT PROPERLY

ON THE WATER:

KNOW THE RULES OF THE ROAD AND SAFETY ON THE WATER
HELP ENSURE SMALL VESSEL AND FACILITY SECURITY
RESPECT AND PROTECT CANADA'S WATERWAYS
KNOW THE RESTRICTIONS THAT APPLY

FOR MORE INFORMATION PLEASE REFER TO TRANSPORT CANADA'S SAFE BOATING GUIDE:
[HTTPS://TC.CANADA.CA/SITES/DEFAULT/FILES/MIGRATED/TP_511E.PDF](https://tc.canada.ca/sites/default/files/migrated/tp_511e.pdf)



TFN Youth Center

May

2021

Sun

Mon

Tue

Wed

Thu

Fri

Sat

						1
2	3 ART CLUB 6 - 8:30	4 FIRE NIGHT 7 - 8:30	5 BEADING NIGHT 5:30 - 6:30	6 GYM NIGHT OUTDOORS 5:30 - 7:30	7	8 GYM NIGHT OUTDOORS 5:30 - 7:30
9	10 BOOK CLUB 5:30 - 6:30	11 FIRE NIGHT 7 - 8:30	12 BEADING NIGHT 5:30 - 6:30	13 GYM NIGHT OUTDOORS 5:30 - 7:30	14	15 GYM NIGHT OUTDOORS 5:30 - 7:30
16	17 ART CLUB 6 - 8:30	18 FIRE NIGHT 7 - 8:30	19 BEADING NIGHT 5:30 - 6:30	20 GYM NIGHT OUTDOORS 5:30 - 7:30	21	22 GYM NIGHT OUTDOORS 5:30 - 7:30
23	24 HOLIDAY	25 FIRE NIGHT 7 - 8:30	26 BEADING NIGHT 5:30 - 6:30	27 GYM NIGHT OUTDOORS 5:30 - 7:30	28	29 GYM NIGHT OUTDOORS 5:30 - 7:30
30	31 BOOK CLUB 5:30 - 6:30					



Baby Groups are Back!

Every Thursday morning beginning May 13th at 10:00am– 12:00pm.

Drop in and take part in activities for your little ones. Share ideas, do crafts, have tea/ coffee. Make connections. You are not alone.

COVID safety measures will be in place.

For more information please call Janice at 819-723-2260 or message on FB.



Meegwetch, looking forward to seeing you.

Janice Wabie

—*Brighter Futures & Head Start Coordinator*



9 HELPFUL PARENTING TIPS

There are 9 helpful tips when it comes to parenting. I will include one in every newsletter until we get to 9. They will also be posted in the TFN Parents Group on FB. Message me if you'd like to be added to the group.

Meegwetch
Janice Wabie

7. Be Flexible and Willing to Adjust Your Parenting Style

If you often feel "let down" by your child's behavior, perhaps you have unrealistic expectations. Parents who think in "shoulds" (for example, "My kid **should** be potty-trained by now") might find it helpful to read up on the matter or to talk to other parents or child development specialists.

Kids' environments have an effect on their behavior, so you might be able to change that behavior by changing the environment. If you find yourself constantly saying "no" to your 2-year-old, look for ways to alter your surroundings so that fewer things are off-limits. This will cause less frustration for both of you.

As your child changes, you'll gradually have to change your parenting style. Chances are, what works with your child now won't work as well in a year or two.

Teens tend to look less to their parents and more to their peers for role models. But continue to provide guidance, encouragement, and appropriate discipline while allowing your teen to earn more independence. And seize every available moment to make a connection!



Nobody's Perfect



Nobody's Perfect is a parenting program offered in communities by facilitators to help support parents and young children.



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

For more information about **Nobody's Perfect** sessions in your community, contact:

Janice and Bonnie on FB messenger

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Does Your Child Need Fluoride Varnish?

Your dental professional will tell you how many fluoride varnish (FV) applications your child needs, based on what they see in your child's mouth and your child's risk for cavities.



Low Risk = 2 fluoride varnishes per year.

- No cavities.
- No fillings.
- Teeth cleaned twice daily by parent(s).
- Sugary foods and drinks are limited.
- Regular visits to a dental professional.



High Risk = 4 fluoride varnishes per year

- Cavities and/or fillings.
- New cavities starting (white spots).
- Teeth not cleaned by parent(s).
- Sugary foods and drink between meals (i.e. a bottle or a sippy cup containing anything other than water between meals or feedings).
- Family does not visit or have access to a dental professional regularly.
- Parent/caregivers have cavities.
- Child has special health care needs.



If your child is 'high risk,' by changing only one or two behaviours you can reduce the risk of new decay!

Congratulations if your child is already in the 'low risk' category!

What is Fluoride?

- It is found naturally in some well water, and can be added to water systems to help prevent tooth decay.
- It helps to harden tooth enamel (the outside surface of teeth) and make teeth stronger.
- FV can even help to prevent small cavities from getting bigger.
- It only takes a few seconds to apply FV with a small brush.
- Your dental professional will recommend twice daily brushing with fluoride toothpaste in addition to FV.

Tooth Brushing Tips for Parents

Your job as a parent includes keeping your child's teeth clean and healthy.

Not all children enjoy having their teeth brushed. It is important because baby teeth are soft and can get cavities easily.



Brushing your baby's teeth

- Begin brushing your baby's teeth as soon as the first tooth appears.
- Gently brush twice a day using a rice grain amount of fluoride toothpaste on a soft toothbrush.
- Remember to gently brush where the teeth and gums meet.
- Check your baby's teeth often. If you see white or brown spots along the gum line, speak to the COHI staff.



Positioning for Toothbrushing

Find a comfortable position.

Try these positions:

- Lay your child on a change table, making sure they cannot fall off.
- Place your child on a couch or bed, with their head in your lap.
- Lay your child on the floor with their head placed between your legs.



TIP

At 6 months, start teaching your child to drink from an open cup.

5K



**TIMISKAMING FIRST NATION
PRESENTS
EVERY CHILD MATTERS**

WALK/RUN

JUNE 20, 2021

**STARTS
9:30AM**



**HONOURING RESIDENTIAL SCHOOL SURVIVORS
START/FINISH LINE AT POW-WOW GROUNDS**

PRIZES FOR TOP 2 MALE/FEMALE IN EACH CATEGORY

Categories: U10 11-13 14-17 18+ 50+

Distances: 1k 2k 5k 5k 2k

Registration Fee: \$10 for under 17, \$20 for 18+

Swag bag with each registration

**To register: Call Heather McBride at the TFN Health Center
819-723-2260**



INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM

If you attended an Indian Residential School, you and your family may be eligible to receive health support services, such as:

CULTURAL SUPPORT – Elders for traditional healing, ceremonies or teachings

EMOTIONAL SUPPORT – Resolution Health Support Workers to listen, talk and provide support

PROFESSIONAL COUNSELLING – A Psychologist or Social Worker for individual or family counselling

TRANSPORTATION – Assistance with transportation may be offered when professional counselling and cultural support services are not locally available



For immediate emotional assistance you can reach the National Crisis Line 24 hours a day, 7 days a week at **1-866-925-4419**

INDIAN RESIDENTIAL SCHOOLS RESOLUTION HEALTH SUPPORT PROGRAM

To access health support services and for more information, please call the toll-free line for your province/territory:

Nova Scotia,
New Brunswick, PEI,
Newfoundland and Labrador
1-866-414-8111

Québec
1-877-583-2965

Ontario
1-888-301-6426

Manitoba
1-866-818-3505

Saskatchewan
1-866-250-1529

Alberta
1-888-495-6588

British Columbia
1-877-477-0775

Northwest Territories,
Yukon, Nunavut
1-800-464-8106

www.healthcanada.gc.ca/irs

For immediate emotional assistance you can reach the National Crisis Line 24 hours a day, 7 days a week at **1-866-925-4419**



What to expect when you get vaccinated

Health Canada has authorized 4 vaccines against COVID-19 for use in Canada, as of April 21, 2021

- [Moderna COVID-19 vaccine](#)
- [Pfizer-BioNTech COVID-19 vaccine](#)
- [AstraZeneca / COVISHIELD COVID-19 vaccine](#)
- [Janssen \(Johnson & Johnson\) COVID-19 vaccine](#)

Vaccines work by telling your immune system to build a defense to the virus.

For vaccines that require two doses, the first dose triggers your body to react and start building protection. The second dose boosts your immune system, building protection for a full and lasting benefit.

Vaccines that require a single dose, trigger your body to react and start building protection for a full and lasting benefit after the single dose.

Most side effects are a sign of a healthy immune system building that defense.

All COVID-19 vaccines will continue to be monitored for safety and effectiveness as long as they are authorized for use in Canada.

Possible common side effects

- pain and/or swelling at injection site
- tiredness
- headache
- muscle pain or stiffness
- chills
- joint pain
- fever
- enlarged lymph nodes (less common, 1 in 100 people are affected)
- nausea or vomiting (specific to Moderna)

You may feel unwell from these side effects for a day or two after getting the vaccine. These side effects may impact your ability to carry out your normal activities for a few days.

Side effects are generally non-serious and resolve on their own in a few days. Serious side effects, such as anaphylactic reactions, are uncommon and closely watched for.

Talk to your healthcare provider if you have any concerns, or if your side effects are serious, worsen or do not go away after a few days.

Allergic reactions

People with known serious allergic reactions to vaccines, drugs or foods should speak to their health provider before receiving a COVID-19 vaccine.



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Canada

Allergic (anaphylactic) reactions are **very rare**. Symptoms of an allergic reaction include:

- hives (bumps on the skin that are often very itchy)
- swelling of the face, tongue or throat
- difficulty breathing

Anaphylaxis generally happens within the first 15-30 minutes of receiving an immunization. That's why people are asked to wait in the clinic for observation. If an anaphylaxis reaction occurs, then the person is immediately treated with epinephrine and given further medical attention.

Call **911** right away if you develop any serious symptoms after vaccination or symptoms that could be an allergic reaction.

Second dose side effects

For vaccines that require two doses, stronger reactions are more common with the second dose and tends to be more common in younger individuals with a strong immune system. This is an expected and known potential side effect.

To get the full possible protection you need to get both doses of the vaccine. Tell your healthcare provider if you had any reaction to the first dose.

How to relieve side effects

- Put something cold on the injection site
- Drink lots of fluids
- Talk with your health care provider about taking ibuprofen, aspirin or acetaminophen

After you are vaccinated

It isn't yet known whether the spread of COVID-19 can be stopped by vaccination alone. Because of this, it's essential that everyone continue to follow public health measures to help stop the spread of COVID-19 in our communities.

Learn more about [preventative practices to limit the spread of COVID-19](#).

Related links

- [Vaccine safety, concerns and possible side effects](#)
- [Vaccines for COVID-19: Authorized vaccines](#)
- [mRNA vaccines](#)
- [Viral vector-based vaccines](#)
- [Vaccines for COVID-19: What to expect at your vaccination](#)



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Canada

EMPLOYMENT OPPORTUNITIES

If you are interested in any of these opportunities, you can download the full job description at our website:

www.atfn.ca



General Director

Supervisor: Timiskaming First Nation Chief and Council

Salary: \$69,196 – 93,202. Annual (based on qualifications and experience)

Deadline for application: Friday, May 7th, 2021 at 12 pm

Possible date of interview: Week of April 10th, 2021

Tentative start date: As soon as possible

National Native Alcohol & Drug Abuse Program (NNADAP) Representative (1 position)

Department: Health

Deadline for application: Friday, May 7th, 2021 at 12 pm

Possible date of interview: Week of April 10th, 2021

Tentative start date: As soon as possible

Cultural Coordinator

Department: Health

Supervisor: Prevention & Culture Supervisor

Deadline for application: Tuesday May 11th, 2021 at 4:30 pm

Possible date of interview: Week of May 17th

Tentative start date: As soon as possible

Office Clerk / Receptionist

(1-year contract with possibly of extension)

Department: Economic & Sustainable Development (28 Algonquin Avenue)

Salary Range: As per TFN pay scale (qualifications(s) and/or experience will be considered)

Deadline for application: Wednesday May 12th at 12 pm

Possible date of interview: Week of May 17th

Tentative start date: As soon as possible

School Bus Driver

Supervisor: Education Support Services Administrator

Salary Range: As per TFN pay scale (qualifications(s) and/or experience will be considered)

Deadline for application: May 3rd 2021 at 4:30 pm

Possible date of interview: Week of May 4th-7th 2021

Tentative start date: September 7th, 2021

For more information or if you would like a physical copy of any of the job descriptions, please contact:

Timiskaming First Nation
Attention: Nancy McBride
24 Algonquin Avenue (TFN)
Notre-Dame du Nord, J0Z 3B0
Or Email to: Human.Resources@atfn.ca



Anishnabe Long-Term Care Centre

26 Algonquin Avenue • P.O. Box 220

Timiskaming First Nation • Notre Dame du Nord (PQ) • J0Z 3B0

Tel: (819) 723-2225 • Fax: (819) 723-2112

E-Mail: administration@anishnabe-ltcc.ca

Employment Opportunity Certified Personal Support Worker

JOB SUMMARY:

The Personal Support Worker provides high quality client care to our residents, consistent with the ALTCC Mission and Values.

The Personal Support Worker provides non-medical care to residents, including personal hygiene care as per care plan, staying within the PSW scope of care mandate.

DUTIES & RESPONSIBILITIES

- Provide personal care services according to the directions of the assignment sheet and ensure that client needs are met including feeding, dressing, positioning, and movement.
- Provide personal hygiene care including bathing, toileting, skin care, hair care, mouth care, and manicures.
- Light housekeeping duties including daily laundry and making beds, etc.
- Observe, document and report client conditions or behavior changes.
- Participate in Health and Safety activities and be responsible to notify office of any risks or concerns.
- Self actualization by helping patient/resident/client to reach maximum potential
- Understand and implement infection prevention practices.
- Maintain confidentiality of the residents' care and personal issues
- Perform specialized client specific procedures.
- Assist in admissions and discharge process of residents
- Document in SOFI case notes and incident reports as needed
- Prepare small evening snack
- Assist the RPN with medical care when required
- Conduct regular rounds to ensure that residents are safe
- Present a pleasant caring demeanor

WORKING CONDITIONS

Some irregular hours, evening, nights and weekend work required. Some requirement for lifting/transferring of resident. Daily exposure to residents with various level of cognitive and physical strengths. Frequent use of visual and auditory senses to monitor residents 'responses to activities such as eating, personal care and social activities. Stress resulting for dealing with diverse groups and challenging situations.

JOB QUALIFICATION

Education / Knowledge

- Personal Support Worker Certificate
- Current CPR/ First Aid certificate
- "Gentle Persuasion" training preferred
- Previous experience providing personal care with seniors, in a long-term care centre, and/or client households
- Problem solving
- Conflict resolution

Other Skills/Abilities

- Satisfactory criminal reference check including Vulnerable Sector search
- Strong communication skills and interpersonal skills
- Professional attire
- An appreciation of indigenous culture and traditions

Please send your application, before May 13th at 12 pm to:

**Attention: Jessie Bond, Operations Manager
26 Algonquin Avenue (TFN)
Notre Dame du Nord
Or Email to: administration@anishnabe-ltcc.ca**

Note: ALTCC reserves the right to a pre-selection of interested candidates. Only those retained will be contacted for an interview.

Emergency Numbers

First Line Services:

Social Service Worker: 819-629-9878

Youth Services: 819-629-5359

Drug Strategy Coordinator: 819-629-5996

NURSING PHONE (TFN COVID Screening/Testing): 819-629-9900

COVID Testing Ville-Marie (voice message): 1-833-525-5858

Medical Transportation	819-629-9415
Suicide prevention	1-866-277-3553
Kids help phone	1-800-668-6868
Elder Mistreatment Hotline	1-888-489-2287
SOS domestic violence	1-800-363-9010
Youth Protection Emergency Hotline	1-800-567-6405
First Nations psychosocial support	1-855-242-3310
Emergency	911
Public Health	811
TFN Police	819-723-2323

EMERGENCY ONLY

HOUSING






Darlene Chevrier: 819-747-2770

PUBLIC WORKS

Corey Stanger: 819-629-5182

Wâbigwan gîzis

2021

SUN	MON	TUES	WED	THURS	FRI	SAT
COVID-19 TESTING at Health Centre call Nursing Phone 819-629-9900 to book an appointment Hours: Mon-Thurs 9-11am---1-3pm Fri 9-11am						1
2	3 Newsletter	4 Recycle 	5	6	7	8
9	10	11 Garbage  Compost 	12	13 Newsletter Deadline	14	15
16	17 Newsletter	18 Recycle 	19	20	21	22
23/30	24/31 Newsletter(31st)	25 Compost 	26	27 Newsletter Deadline	28	29

TFN ECO CENTRE

Hours of Operation

Closed during lunch from 12:15—1 p.m.

Monday—	CLOSED
Tuesday—	8 a.m.—5:00 p.m.
Wednesday—	8 a.m.—5:00 p.m.
Thursday—	8 a.m.—5:00 p.m.
Friday—	8 a.m.—1:00 p.m.
Saturday—	9 a.m.—3:00 p.m.
Sunday—	CLOSED

*Eco centre Attendant does not have access to the eco centre outside of operating hours.

Should you require further information please contact

Corey Stanger at (819) 723 -2335.

CHNT RADIO BINGO SURVEY

Hey Coyote listeners, CHNT would like to start a radio live feed Facebook bingo every second week and we need your input.



Simply submit a survey online on our Facebook page CHNT 92.3 the coyote or fill out the form in the newsletter and drop it off at the station (18 Algonquin ave or Widjikiwe gas station. With a filled survey you have a chance to win a \$20 Subway certificate and an HRSD lady's hoodie as an appreciation for your participation. (limit One survey per person)

The bingo survey is open to everyone, near and far.

Meegwetch in advance,

The Coyote staff and management



CHNT radio bingo survey

We are going to be having a bingo every second week live on the radio and on Facebook Live. We would like to have some input from all of our listeners near and far!

Name

First Name Last Name

Email

example@example.com

Phone Number

Please enter a valid phone number.

What time of the week would you rather play bingo?

Sundays at 1pm

Sundays at 3pm

Thursdays at 7pm

Thursdays at 6:30pm

First game: \$100 x 2
Second game: \$150
Third game: \$150
Fourth Game: \$500
\$\$1000 progressive\$\$
(starts at 50 numbers)

Double your winnings with the MAGIC NUMBER

(Magic number does not include jackpot game)

20\$ for 4 game pack with 9 windows

If you printed this out, please drop it off at CHNT radio or Widjikiwe Gas Station for a chance to win a 20\$ Subway card and an HRSD lady's hoodie.

Online surveys will be recorded automatically and sent directly to CHNT.