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# *Kidodenaminan*

TFN Newsletter

Our Community

January 22nd, 2021

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Kenozitc kizis  
(Long & High Cold Moon)



# Emergency Numbers

## First Line Services:

Social Service Worker: 819-629-9878

Youth Services: 819-622-5359

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	1-888-489-2274
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

# COMMUNITY UPDATE

## (Education Portfolio)

Kwey Gakina and Hello Everyone,

As part of the ongoing pandemic measures, earlier this month we implemented extra safety measures for Pidabin Childcare Centre, Kiwetin School, and for the provincial school attendees to ensure the ongoing safety of our community.

Over the past several weeks, we have continuously been monitoring the Covid 19 pandemic. As a result, we are going to be making changes to the latest measures that were implemented.

**Pidabin Childcare Centre** – Childcare services will be reopened January 25, 2021. However, to ensure the safety of our children and staff, the daycare will be limited to a 75% operating capacity level. However, this measure will be reassessed in two weeks' time.

**Kiwetin School** – We will be scaling back the recent pandemic measures from Phase 3 (distant learning) to Phase 1 (face-to-face). This will go into effect on January 25, 2021. As result, face to face learning will resume for the school. Furthermore, the bus services for the school will also resume.

**Provincial School Attendees** – All students will be able to resume face-to-face learning starting January 25, 2021. All bus services will resume operations.

We will continue to monitor the ongoing Covid 19 pandemic and make our decisions accordingly.

Migweetch,

Elijah Polson-Groulx  
Vice-Chief, Timiskaming First Nation

### NEWS IN EDUCATION

We would like to thank everyone for their patience over the past few weeks, while students (and their families) have coped with learning online, or trying to keep up with their classes at a distance. We know it hasn't been easy, and some students struggle with this format more than others, but everyone is to be commended for trying. We would like to wish all of our students and their families all the best as they return to school, or to a more familiar style of learning. Stay safe and follow all precautions, including wearing a mask on the bus and at school, and washing or sanitizing hands your frequently. We WILL get through this together!

# COVID-19

## CORONAVIRUS

As of January 21, there are a total of 249,753 confirmed cases & 5,587 deaths due to COVID-19 in Ontario reported (18,462 deaths in Canada so far)

Compared to the previous day, this represents:

- An increase of 2,655 confirmed cases (percent change of +39%)
- An increase of 89 deaths (percent change of +93%)
- An increase of 3,714 resolved cases (percent change of +29%)

The majority of public health units continue to report an increase in the rate of disease with over two-thirds reporting a rate of disease greater than or equal to 40 cases per 100,000 population.

The rate of disease among cases aged 80 and over surpassed its peak during the first wave of the pandemic, with this week's rate at 228.6 per 100,000 population. This increase may be a reflection that two-thirds (1,897/2,846) of outbreak-associated cases were linked to outbreaks in long-term care and retirement home settings in the current week.

### Timiskaming Health Unit

Currently 1 active case in Timiskaming region; there are no longer any COVID-related hospitalizations in the district

- The first COVID-related death involving a resident of the Timiskaming District happened last Monday. A man in his 80s with the disease was transferred to Health Sciences North on Friday and passed away after three days
- Change in cases count over the last 3 weeks is -40%
- Cumulative case count since the beginning of the pandemic is now 85- There have been 55 new cases since Christmas Eve, accounting for 64 per cent of the total infections since the pandemic began.
- Cumulative rate per 100,000 population – 260 per 100,000 people
- Note for all of North Eastern Ontario, there are currently 139 total active cases (73 in Public Health Sudbury District, 6 in North Bay Parry Sound District Health Unit, 30 in Algoma Public Health/Sault Ste Marie area, 29 in Porcupine Health Unit/Timmins area and the 1 in Timiskaming Health Unit).
- Despite lockdown measures, due to the low levels of cases and transmissions in northern Ontario schools, they will remain open,

### Québec

In the past 24 hours, there have been 1,502 new cases, bringing the total number of people infected in the province to 247,236 since the start of the pandemic (219,592 have recovered)

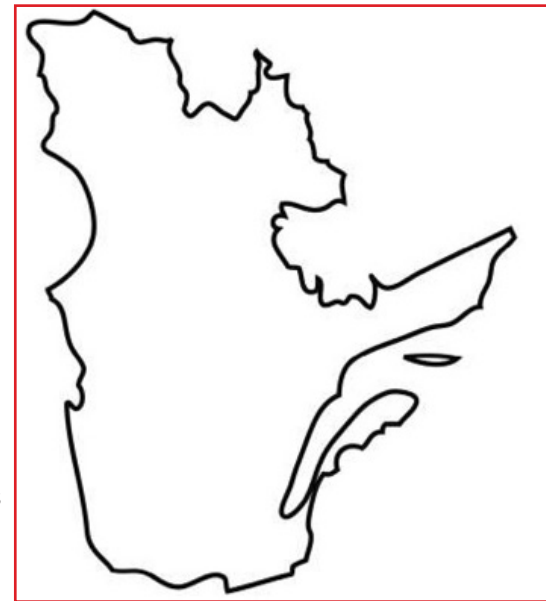
- The data also reports 66 new deaths in the last 24 hours, for a total of 9,208
- The number of hospitalizations decreased by 33 compared to the previous day, for a cumulative total of 1,467. Among these, the number of people in intensive care increased by 4 for a total of 216

The number of case totals seem to be on the decrease; thus, the effects of the lockdown seem to be working

Quebec's vaccination plan involves adjustments to have the second dose no later than 90 days after the first dose

### Abitibi-Témiscamingue

- Number of confirmed cases since the second wave of the pandemic – 484
- In the last 24 hours, there have been 0 new cases
- 4 of the active cases have been in the Timiskamingue area; therefore, the virus is in the community but presently under control
- One person presently hospitalized
- Total cases from January 10 to the 19th was 108
- Confirmed deaths in this region since the beginning of the pandemic is 5
- Vaccination plans have been altered with Moderna vaccine due to the Pfizer changes in vaccine delivery but the company will still honor the total numbers and the First Nations communities were set aside for the Moderna delivery
- Since vaccinating at the end of December, there have been no side effects documented



## MESSAGE FROM THE HEALTH AND SOCIAL SERVICES DIRECTOR

From polio to smallpox to the present COVID-19 pandemic, then, as now, vaccines are the most effective way to prevent the spread of infectious disease and are responsible for our present standard of living. Although Canada's health system has not historically been a trusted ally if you are a First Nation person and many people think the research behind this vaccine has been rushed, significant investment and collaboration of scientists at a global scale have helped develop this vaccine. The COVID-19 vaccine is now available in a much shorter period of time with computer databases and the merging of clinical phases allowing goals to be reached without cutting corners or compromising safety.



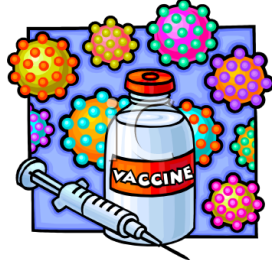
The first COVID-19 vaccine trials in humans started in March of 2020. Since then, tens of thousands of volunteers have been enrolled in clinical studies worldwide. Only those that are proven safe, effective, and of high quality are approved for use in Canada. Therefore, this safe and effective vaccine will bring us one step closer to the widespread and long-term management of COVID-19 and the prevention of illness and death. A similar process was used in 2009 to review and authorize the H1N1 pandemic vaccine. Therefore, like the flu vaccine, by getting this COVID-19 vaccine, you will be protected and it will help prevent the spread of the virus to those who may be more likely to contract it, such as those with underlying chronic illness and older adults. It will get us back to normal.

The benefits of this vaccine far outweigh any risks. Health Canada and other countries around the world make independent, science-based decisions that are in the best interest of the public. During the COVID-19 pandemic, Health Canada will monitor and assess issues and collaborate with partners such as the World Health Organization. The vaccine companies are also required to continuously monitor the use of their health products and communicate risks to health care professionals and the public.

Vulnerable residents at our long-term care home are currently being vaccinated. Also, First Nations communities as well as important health care workers will be next to get prioritized in the first stage of vaccinations. National Indigenous health organizations and Indigenous leaders have been involved in planning with the provinces for getting the COVID-19 vaccine distributed to their communities.



Like any medication or supplement (including vitamins), vaccines may cause reactions. Common vaccine side effects may include mild fever or redness, soreness or swelling in the arm or leg where the vaccine was given. There is also a small chance of an allergic reaction to a vaccine. This type of reaction is estimated at less than 10 cases for every 1 million doses of vaccine given.



This is the body's natural response, as it's working hard to build immunity against the disease. This is known as the inflammatory response or reaction. It is also important to remember that the risk of complications from getting COVID-19 is far greater than the risk of side effects from vaccines. For example, if you get measles naturally, you have a chance of developing encephalitis (a severe, life threatening swelling of the brain). Meanwhile, your chance of developing encephalitis from the vaccine is less than 1 in 1 million.



Researchers and scientists around the world have proven there is not link between autism and vaccines. In 1998, *The Lancet* (a British medical journal) published a study conducted by former British doctor Andrew Wakefield. This study wrongly claimed that the measles, mumps, rubella (MMR) vaccine caused autism. Unfortunately, the study has been widely quoted since then. It was later found to be completely false and was retracted by the *Lancet*. This is the problem when we listen to rumours, conspiracy theories, ideological agendas and stories instead of science-based risk assessments. With a new president in the United States, hopefully some of the misinformation can be reduced

I have heard of elders refer to this COVID-19 virus as a trickster. We all have rational choices we can make between fear and rationality. And this trickster virus seems to have infected our spirits and consciousness as much as the biological virus has infected some people's bodies. Therefore, I hope you all take the time to gain resilience against the uncertainty and fear that the trickster will cook up for us in the next few weeks that will play on our fears and apprehensions before the vaccine arrives. With all humility, may I suggest that the compassion in our unselfish actions and the wise choices we make such as getting vaccinated may help to defeat the trickster.

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**KIDS HELP PHONE**  
1-800-668-6868 KIDSHELPPHONE.CA

**HOPE FOR WELLNESS**  
1-855-242-3310 HOPEFORWELLNESS.CA

**YOU ARE NOT ALONE. WE ARE AVAILABLE FOR YOU!**

# NOTICE FROM INCOME ASSISTANCE

Declaration cards were to be deposited in the drop box outside the Band Office. If you were unable to do so please contact Sharon or Taylor via email or our Facebook page, TFN Income Assistance.

Sharon will be in the office on Monday January 25th if you need to reach out by phone.

If you are feeling overwhelmed or are in need of assistance in any way during the lockdown, please do not hesitate to reach out to us and we will do our best to assist you or direct you to a service that can.

Sharon Baker

Income Assistance Manager

[incomeassist.manager@atfn.ca](mailto:incomeassist.manager@atfn.ca)

Taylor Polson

Caseworker

[caseworker@atfn.ca](mailto:caseworker@atfn.ca)



## ***ARE YOU INTERESTED IN GETTING YOUR FOOD HANDLERS CERTIFICATE?***

This course is for you if you work in a restaurant, daycare, hotel, food truck, nursing home, café, banquet hall, school, or anywhere you are preparing and/or handling food. No previous food safety training is required for this course.

Open to community members living on reserve.

Income assistance clients will have priority.

**IF YOU ARE INTERESTED PLEASE CONTACT INCOME ASSISTANCE  
CASE WORKER, TAYLOR POLSON AT 819-723-2335 OR CASE.  
WORKER@ATFN.CA**

## OFF-HIGHWAY VEHICLES ACT



An off-highway vehicle may:

- (1) be operated on the roadway for a maximum distance of one kilometer provided it is operated by a worker for whom the vehicle is necessary for the purposes of the work he is performing and provided that the worker complies with the highway traffic rules;
  - (2) cross a road at the place where a crossing for off-highway vehicles is indicated by a road sign or signal;
  - (3) be operated off the roadway and ditch area, with or against the flow of vehicular traffic, on the conditions fixed by regulation;
  - (4) be operated on the roadway, where authorized by a road sign or signal, for a maximum distance of one kilometer to reach a trail referred to in section 15, a service station or another area open to the public as a rest area, if the layout of the right-of-way does not allow operation off the roadway and ditch area, if all other access to those locations is obstructed, provided that the operator complies with the highway traffic rules, the roadway includes the shoulder.
- No off-highway vehicle may be operated within such distance as is fixed by municipal by-law or, if no distance is fixed, within 30m.



To operate an off-highway vehicle on a public highway as provided in this Act, a person must hold a license authorizing him under the Highway Safety Code to drive a road vehicle on such a highway and must comply with the conditions and restrictions attached to the license.

the operator of an all-terrain vehicle modified to accommodate 2 occupants must be at least 18 years of age to transport a passenger.

The owner of any off-highway vehicle shall hold a civil liability insurance contract in an amount of not less than \$100,000 which covers bodily injury and property damage caused by the vehicle.

## Cold Weather Pet Care



The frigid temperatures that coincide with Quebec winters can be dangerous for your pet. If you own or are caring for companion animals, you need to take extra precautions to protect them from the cold. The best place for your pet is inside, except when you take it outside for exercise. Even long-haired dogs that are accustomed to being outside need extra precautions when the temperature plummets.



Report a crime  
anonymously by calling  
1-800-711-1800



Here are the recommendations when it comes to ice safety and travel.



If you are not sure of the ice thickness **"Stay Off"** is the best prevention. A couple of potential fish is not worth a lifetime of family grieving.



Hope you are keeping well TFN, please remember to keep your driveways clear for the lunch delivery service every Sunday.

Thanking you all in advance –  
Vicky Chief  
Jordan's Principle Coordinator



Hello Everyone

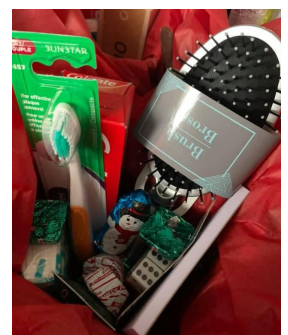
I just wanted to Thank all those who donated in the Christmas Baskets for the Residents of the ALTCC. A few months ago I decided I wanted to make Christmas morning extra special for our residents. I put out a post on Facebook asking our community for help. I was blown away to say the least. I received enough donations to make 20 gift baskets and fill them up with certain essential items. We had toothpaste, toothbrushes, deodorants, hairbrushes, deodorizing wipes, gum, chocolate, crossword books, pens, and of course a small game of cards or dice, and even Dominos, I really hope we made a difference in their day.

So again Thank You to:

Lena Ricard, Micheline Fleury, Marsha Wabie, Chassidy Polson, Veronica Polson, Samantha Mathias, Trista Polson, Perciphine Coe-Gray, DJ Wabie, Steph McLeod, Francine Chevrier, Nadine Chief, Linda Babin, Shelby McBride, Kim McLaren, Audrey McLaren, Stephanie McMartin, Jennilee Wahsquonaikeezhik, Bibi Mahat, Louise Chaput, Floyd McBride, Bree and Sheri Wabie

Thank you all so very much!

Julie







## Food Security

Please be advised that if you require food support, you can call the Wedokowin First Line Services support phone #819-629-9878

Meegwetch for your understanding and we will get through this difficult time together! Please stay safe everyone and remember that social distancing is very important.



**COOKING 4 KIDS**

Hello everyone there are kits available for children interested in helping out mom & dad in the kitchen. The kits include a cookbook, kid friendly knives & few other things to get started Happy Chopping!

For a Kit Please contact Bonnie on messenger

# HEALTHY SWAPS

*For the New Year!*

BY ALEXIS KORNBUM · LEXISCLEANKITCHEN.COM

**Pasta**

**Spaghetti Squash, Spiralized Zucchini**

Skip the heavy high carb meal and sub in spaghetti squash or zucchini linguine for a guilt-free pasta dish!

**Mayo**

**Avocado**

Sub out mayo for avocado in chicken salads and egg salads to add some healthy fats into your diet!

**French Fries**

**Baked Sweet Potato Fries**

Sweet Potatoes are a great and healthy option for a side dish.

**Mashed Potatoes**

**Cauliflower Mash**

Ditch the heavy cream and potatoes, and sub it for a cauliflower mash! You won't miss those potatoes. Make it creamy with almond milk, grass-fed butter, and season it with Himalayan sea salt!

**Cow's Milk**

**Almond Milk**

Dairy is often a trigger for an upset stomach. Sub your cow's milk for a nut milk like almond milk or coconut milk.

**Cocoa Powder**

**Cacao Powder**

Cocoa powder is processed, stripped of nutrients, and contains low levels of cacao. Cacao is high in antioxidants, promotes healthy skin and a healthy heart.

**Fruit Juice**

**Coconut Water**

Many fruit juices have electrolytes, but they are also packed with sugar. Try a natural coconut water loaded with potassium and electrolytes!

**Canola/Vegetable Oil**

**Avocado oil, coconut oil, extra-virgin olive oil, ghee, grass-fed butter**

It's no secret that we should stay away from vegetable oils. Avocado, coconut, and olive oil are great oil swaps- ghee (clarified butter), and grass-fed butter are also great alternatives!

**White Sugar**

**Raw honey, pure maple syrup, coconut sugar**

Stay away from refined white sugar! Go for a natural sweetener.

**Table Salt**

**Himalayan Sea Salt**

Table salt is depleted of its natural minerals. Himalayan sea salt contains over 80 essential minerals needed for our body, and is a good source of magnesium!

**Ice Cream**

**Banana Ice Cream**

Ditch the sugar-packed ice cream for a frozen banana 'ice cream' alternative. Simply blend a frozen banana in your high-speed blender until it reaches the texture of ice cream.

**White Rice**

**Cauliflower Rice**

For a lighter meal, sub out white rice for cauliflower rice! Process cauliflower in your food processor until it becomes rice texture.

AMERICANEXPRESS.TUMBLR.COM



# ADULT PAINT CLASS

*with Geena*

**JANUARY 26, 2021 6PM**

Paint night will be through Zoom. You will receive your Zoom ID the day of the workshop.

**PARTICIPANTS MUST REGISTER BEFORE MONDAY AT 12PM**

Supplies need to be picked up at the Health & Wellness Centre on paint day

**TO REGISTER,  
CONTACT MARSHA WABIE BY  
FACEBOOK MESSENGER**



## Meals on Wheels



Are you:

- \* aged 65 and older
- \* living on TFN or NDDN
- \* physical disability/no transportation
- \* enjoy homecooked meals

Contact Marsha at 819-723-2839 if you said yes to all the above



**Hot meals  
delivered  
to your  
door**



## Family Day Box Sleds

Family Day is Monday February 15th and we would like to see what kind of sled you and your children can make out of a box or boxes!

Prizes will be given out for

- 1st - \$250 gift card
- 2nd - \$200 gift card
- 3rd - \$150 gift card
- 4th - \$125 gift card
- 5th - \$100 gift card

and other prizes for participation!

If anyone has boxes to donate, that would be greatly appreciated.



Email your pictures to [Janice.wabie@tfnhwc.ca](mailto:Janice.wabie@tfnhwc.ca) or send in messenger by Feb 15th, when winners will be chosen!!

Event sponsored by Brighter Futures

Thank you and looking forward to seeing your creativity!



## SNOWMAN MAKING CONTEST

**Hey TFN!**

**We want to see your  
Snowman!**

**Be as creative as possible!**

There are snowman kits available. If you require one, they will be placed in a box outside the Head Start doors at the Health Center!

**Snowman contest closes the last day of  
February and you must have at least one  
person in the picture with the snowman!**

Email your pics to - [janice.wabie@tfnhwc.ca](mailto:janice.wabie@tfnhwc.ca) or send in messenger

**There will be 1st, 2nd, and 3rd place prizes!  
Have fun!!**



# 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

## 1. Boosting Your Child's Self-Esteem

Kids start developing their sense of self as babies when they see themselves through their parents' eyes. Your tone of voice, your body language, and your every expression are absorbed by your kids. Your words and actions as a parent affect their developing [self-esteem](#) more than anything else.

Praising accomplishments, however small, will make them feel proud; letting kids do things independently will make them feel capable and strong. By contrast, belittling comments or comparing a child unfavorably with another will make kids feel worthless.

Avoid making loaded statements or using words as weapons. Comments like "What a stupid thing to do!" or "You act more like a baby than your little brother!" cause damage just as physical blows do.

Choose your words carefully and be compassionate. Let your kids know that everyone makes mistakes and that you still love them, even when you don't love their behavior.

### Stress Triggers For My Child:

### Stress Triggers For Me:

feeling overwhelmed

lack of sleep

change in  
routine

hungry

not feeling  
heard

feeling overwhelmed

lack of sleep

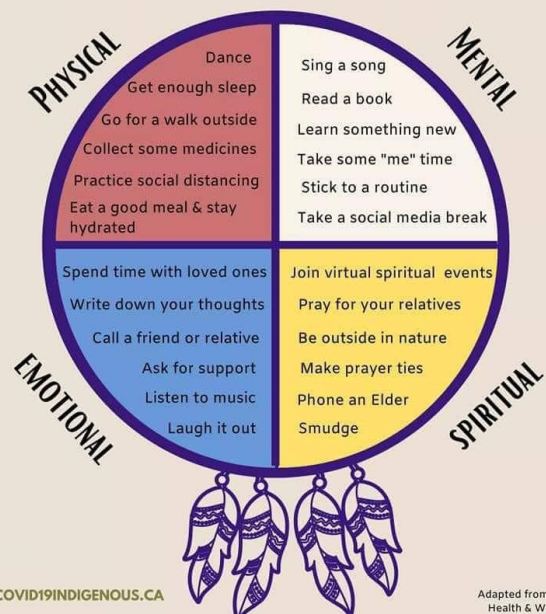
change in  
routine

hungry

not feeling  
heard

@ModernDayWonderland

## Small Acts of Self Care During COVID-19



COVID19INDIGENOUS.CA

Adapted from the Elsipogtog  
Health & Wellness Centre



Is this pandemic taking a toll on you?

Do you feel isolated and alone?

The chart below has 4 categories which represent different stages of mental health.

Categorize yourself in the chart to see where you sit with your mental health

Healthy	In reaction	Fragile	Immediate attention
Signs			
Calm & collected	Anxiety & occasional sadness	Anxiety & deep sadness	Constant anxiety & depression and suicidal thoughts
Sense of humour	Irritable and sarcastic	Anger and distrust	Angry & Aggressive
Being self aware	Forgetful and intrusive thoughts	Indecisive & lack of concentration	Cannot concentrate
Sleeping restfully	Disturbed sleep schedule	Agitated sleep & Nightmares	Little or too much sleep
Strong performance	Procrastination	Feeling overwhelmed & mediocre performance	Incapable of doing tasks
Having confidence in themselves and others	Self doubt	Doubt of others	Mistrust
Feeling good	Tension and headaches	Physical aches and pain	Physically sick
Good level of energy	Less energy	Fatigue	Exhausted
Being physically active	Reduced physical activity	No physical activity	Lethargic
Being social	Reduced social activities	Avoided social contacts	Breaking off contacts with those close
Occasional or social consumption	Regular consumption but controlled	Consumption difficult to control	Abuse or dependance on substances
Strategies			
Maintaining activities	Slowing down & resting	Knowing what to act on	Consulting with a professional as soon as possible
Practicing mindfulness	Empowering to preserve mental health & identifying difficulties	Getting rid of tasks that are non essential & confiding in a person of support	Confiding in person of support & considering stopping work
Conserve social links	Acting on what can be changed	Maintaining links with those who are close	Restoring contact with those who are close



Now that you have self identified yourself on the chart , here are some suggestions to follow. You don't have to be in a particular category. Any of these suggestions can help you support yourself:

Maintaining social connections. This is key for your mental health. Share your feelings and concerns with friends, family, professionals, teachers or even a help line

Finding comfort in spiritual/personal beliefs and practices

Attending virtual sharing circles. This helps to deal with anxiety and other stressors

Learning about cultural identity to help heal

Trying to maintain a healthy lifestyle such as having at least 3 meals per day, exercising on a regular basis, getting a good amount of sleep and also keeping a daily routine.

Turning off the news and social medias to avoid information overload

Trying new things:  
new meals,  
new activities, new  
hobbies

Avoiding or limiting  
caffeine intake (caffeine  
can make you anxious)

Practice mindfulness. Paying attention to your thoughts, feelings and body sensations. Practicing breathing techniques along with self care such as using a weighted blanket, going outside to get fresh air, reading a book, watching comforting movies, playing musical instruments, cuddling or playing with a pet (this releases serotonin and dopamine in your brain which makes you happy), cooking and preparing healthy meals and pampering routines (face mask, bath, etc.)

**Seeking help when it is needed**

**TFN Health and Wellness Centre is here to virtually support with a range of mental health resources, emotional support and care.**

- Regular virtual check ins with clients
- Every Tuesday, we provide the following essential services;
  - Respite, Food delivery, Medication deliveries
  - Helping with Food requests
- All departments are working and providing help in their expertise
- Staff are available through phone calls, text messages, Zoom, facetime. If you have a preferred method of contact, we will accommodate.
- Different emergency phone lines to call not only for adult but also youth
  - Jordan's principle requests/ intake being done.

**First Line Services:**

**Social Service Worker: 819-629-9878**

**Youth Services: 819-622-5359**

**Drug Strategy Coordinator: 819-629-5996**

**Nursing Phone: 819-629-9900**

**Medical Transportation 819-629-9415**

**TFN Police 819-723-2323**

**Toll free numbers that are available 24/7:**

**Suicide prevention 1-866-277-3553**

**Kids help phone 1-800-668-6868**

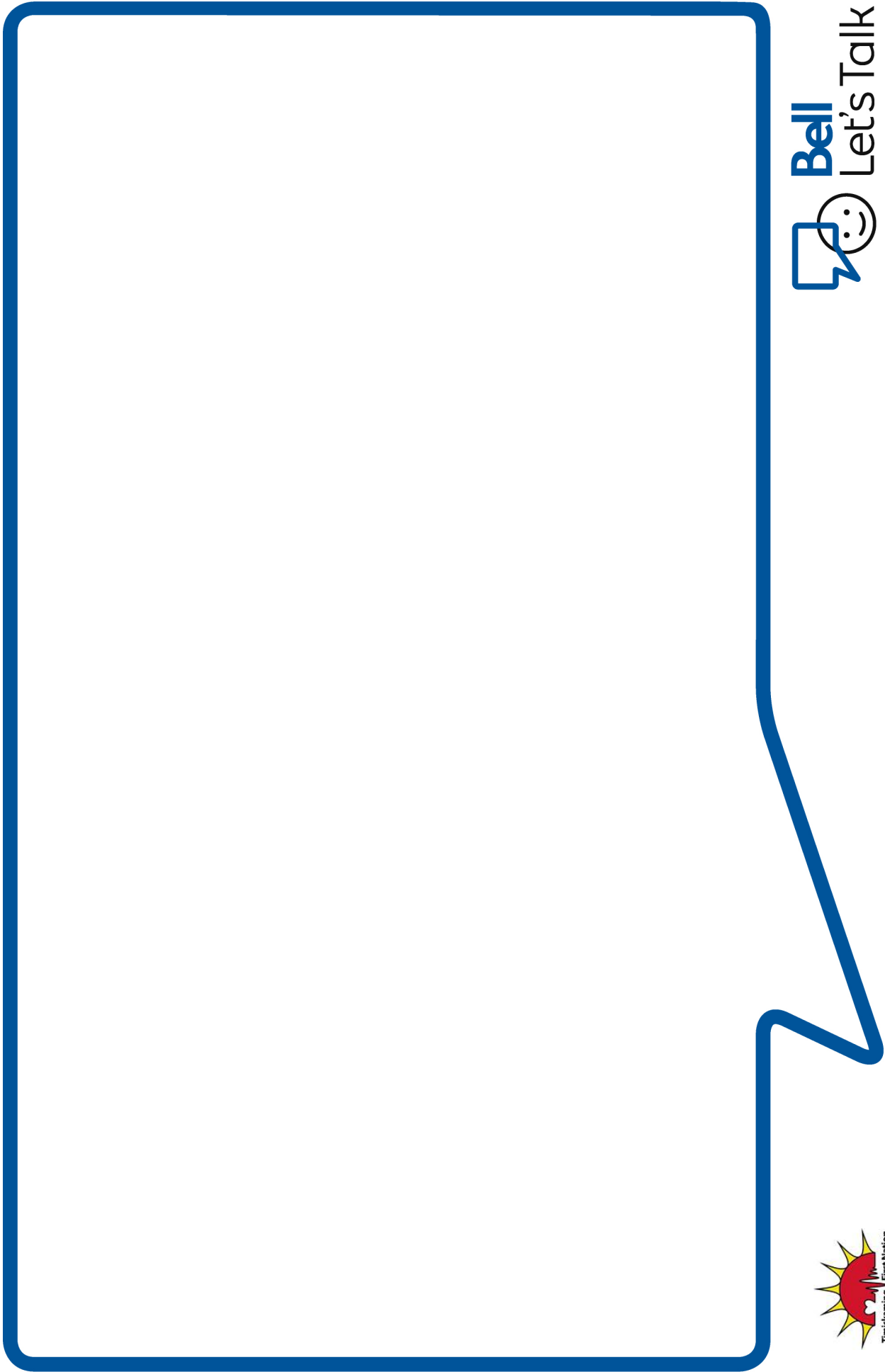
**SOS domestic violence 1-800-363-9010**

**Youth Protection Emergency Hotline 1-800-567-6405**

**First Nations psychosocial support 1-855-242-3310**

**Emergency 911**

**Telehealth and social emergency 811**





DENTAL  
HYGIENE  
CANADA



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRES

# TOBACCO

Tobacco use is a risk factor for many oral diseases and adverse oral conditions. Dental hygienists play an important role in helping to educate individuals about the health hazards associated with tobacco use. Making the decision to stop tobacco use can improve your oral and overall health.



**Examples of tobacco products and devices include** cigarettes, cigars, cigarillos, pipes, hookahs, and chewing tobacco.

**The oral effects of tobacco use include** oral and throat cancers, chronic gum disease, tooth decay, tooth abrasion, stains, bad breath, dry mouth, impaired taste and smell, and mouth sores that do not heal.

**Your dental hygienist will screen you for early signs of oral cancer and periodontal (gum) disease.** Tobacco use is a leading cause of cancer and of death from cancer. As a primary oral health care professional, your dental hygienist performs a comprehensive examination of your head, neck, and mouth at each appointment. If an abnormality of any kind is found, your dental hygienist will make an appropriate referral for diagnosis. Early diagnosis and treatment of oral cancers can save lives. Your dental hygienist will also assess the health of your gums and the bones supporting your teeth. Tobacco use leads to bone loss, which ultimately leads to tooth loss.

**Talk to your dental hygienist about strategies to quit smoking.** Dental hygienists are skilled in health promotion, disease detection, and behavioural modifications. They are important partners in any plan to improve oral and overall health. Together during your regular appointments, you and your dental hygienist can discuss your oral health concerns and identify appropriate strategies to help you quit using tobacco products.







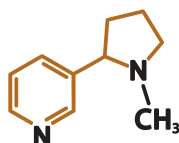
DENTAL  
HYGIÈNE  
CANADA



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRES

# TOBACCO

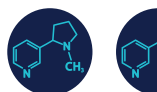
## Did You Know?



**Nicotine**  
is the addictive property  
in tobacco



**1 cigarette**  
= 1.5 mg nicotine



**1 pipe bowl**  
= 3.5 cigarettes



**1 large cigar**  
= 20 cigarettes (1 pack)



**1 hookah session  
(45-60 minutes)**  
= 20 cigarettes (1 pack)



**1 tin of dip/chew**  
= 60 cigarettes (3 packs)



## Related Resources

**Smoking and your body**  
(Government of Canada)

[www.canada.ca/en/health-canada/services/health-concerns/tobacco/smoking-your-body.html](http://www.canada.ca/en/health-canada/services/health-concerns/tobacco/smoking-your-body.html)

**Online resources for quitting  
smoking, by province or territory**  
(Government of Canada)

[www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking/tips-help-someone-quit-smoking/you-can-quit-smoking-we-can-help.html](http://www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking/tips-help-someone-quit-smoking/you-can-quit-smoking-we-can-help.html)

**Help someone quit smoking**  
(Government of Canada)

[www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking/tips-help-someone-quit-smoking/help-someone-quit-smoking.html](http://www.canada.ca/en/health-canada/services/smoking-tobacco/quit-smoking/tips-help-someone-quit-smoking/help-someone-quit-smoking.html)



# EMPLOYMENT OPPORTUNITIES

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

## www.atfn.ca



### Health and Social Services Manager

Department: Health

Location: 22 Algonquin Avenue (Health Centre)

Salary Range: based on qualifications(s) and/or experience

Deadline for application: Friday, February 12th, 2021 at 12pm (noon)

Possible interview date: week of February 15th, 2021

Starting date: as soon as possible

### Educational Assistant (replacement-full time)

Immediate Supervisor: Teacher and Kiwetin School Principal

Department: Education

Deadline for application: Friday, February 5th, 2021 at 12pm (noon)

Possible interview date: week of February 8th, 2021

Starting date: as soon as possible

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

## Census Jobs

## Emplois au recensement



### Statistics Canada is hiring in your community!

- Schools, housing, and health and emergency services are all planned using census data.
- Use your local knowledge and sharpen skills that are sought after by employers.
- In the current context of COVID-19, we are committed to ensuring the safety of our employees at all times.
- Help your community to plan for the future—apply now!

#### Important to know:

- There are approximately 32,000 jobs available across Canada.
- Pay varies **by position** from \$17.83 to \$21.77 per hour (in select Northern and remote communities, rates are from \$29.25 to \$31.25 per hour), plus authorized expenses.
- Start and end dates vary by position and location, but are between March and July 2021.
- You must be available to work flexible hours during days, evenings and weekends.

### Statistique Canada embauche dans votre collectivité!

- La planification des écoles, du logement ainsi que des services de santé d'urgence se fait au moyen des données du recensement.
- Mettez à profit vos connaissances locales et renforcez les compétences recherchées par les employeurs.
- Dans le contexte actuel de la COVID-19, nous nous engageons à assurer la sécurité de nos employés en tout temps.
- Aidez votre collectivité à planifier l'avenir : postulez dès maintenant!

#### Renseignements importants :

- Environ 32 000 emplois sont offerts partout au Canada.
- Le taux de rémunération varie entre 17,83 \$ et 21,77 \$ l'heure **selon le poste** (entre 29,25 \$ et 31,25 \$ l'heure dans certaines collectivités du Nord et éloignées), en plus des dépenses admissibles.
- Les dates de début et de fin d'emploi varient selon le poste et le lieu de travail, mais se situent dans la période allant de mars à juillet 2021.
- Vous devez être disponible pour travailler selon un horaire flexible le jour, le soir et la fin de semaine.

Apply now / tell a friend  
**www.census.gc.ca**

1-833-830-3106

TTY (a telecommunications device for deaf people): 1-833-830-3109



Postulez dès maintenant et parlez-en à un ami  
**www.recensement.gc.ca**



1-833-830-3106

ATS (appareil de télécommunications pour personnes sourdes) : 1-833-830-3109

Canada

# Kenozite kîzis

2021

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5 Garbage 	6	7	8	9
10	11	12 Recycle 	13	14	15	16
17	18	19 Garbage 	20	21 Newsletter Deadline	22	23
24	25 Newsletter	26 Recycle 	27	28	29	30
31		<b>TFN ECOCENTRE</b> Hours Wednesday & Saturday 10am-5pm <i>Until further notice.</i>				