



November



Sun. Nov. 1



Windfarm Legacy Trust Mtg.
Mon. Nov. 02 @ 2pm



REMEMBRANCE DAY
Let Us Forget
Offices Closed
Wed. Nov. 11

Look inside for Programs!





Henvey Inlet First Nation

Pickeral, ON P0G 1J0

Administration
295 Pickeral River Road
T 705-857-2331
F 705-857-3021
1-800-614-5533

Health Centre
354A Pickeral River Road
T 705-857-1221
F 705-857-0730
1-866-252-3330

Day Care
354B Pickeral River Road
T 705-857-0957
F 705-857-1369

Chief
M. Wayne McQuabbie
Council
Patrick Brennan
Tony Solomon
Lionel Fox
Carl Ashawasagai
Brenda Contin
Maureen Kagagins

MEMORANDUM

To: Members of Henvey Inlet First Nation
Fr: Millie Pawis, Director of Finance/Administration
Dt: October 28, 2020
Re: **Response to COVID 19 – Second Wave**

Chief and Council have been monitoring the ever increasing COVID 19 confirmed cases in our area and out of concern for all out safety, as of October 26, 2020, a number of directives have been agreed upon, and implemented, your understanding and cooperation is asked in the following instances.

Reduced Hours

The following community buildings are subject to reduced operational hours, only open from Monday to Thursday, and closed on Fridays; Administration, the Health Centre, Administration Office, Learning Centre, Library, and Gas Bar are all subject to changes in staffing schedules. Please see attached schedule identifying respective staff's new work schedules.

Daycare

The Daycare will be available, Monday through Thursday to accommodate working parents only.

Social Services

Members interested in seeing Dorothy Contin, OW Administrator, are asked to make an appointment. When possible, transactions and communication are to be made via electronic media.

Security

There will be no formal security gate set up at Pickeral R Rd. and Beganon Rd this time, due to the numerous complaints and issues observed from earlier this spring.

Food

Food has once again been ordered; meat that is being preserved via freezers and will be distributed if we completely shut down the community, the edibility of this food will be once again be for those in need.



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Halloween

Parents are asked to not take their children outside the community for Halloween. Council is confident that you are safe to participate in this activity right here in the community. A list of residents who are handing out candy has been created and posted.

Medical Transportation

Medical transportation services will be continued to be provided. As per the rotational schedule, Elsie Ashawasagai, or Debbie Newton, who will be responsible for transporting members to their appointments. Remember it's your responsibility to call the Health Centre 3 days prior to your appointment.

Large Gatherings

In order to keep everyone safe, Council is asking that Members do not engage in any large gatherings of more than 10 individuals of your immediate family.

Future Updates

As Council deems necessary future updates will be produced and distributed to members and posted to the website.

Remember if you need to go out, make sure it's for a good reason;

1. To purchase groceries
2. Pick up prescriptions
3. Attend a medical appointment/procedure
4. Practice social distancing – keep at least 2m apart from people

Practice good hygiene, wash, sanitize your hands frequently, **WEAR A MASK.**

We respect each member decision for their individual actions, however, please consider the dire consequences of the possibility of contracting this potentially fatal virus on our vulnerable population. Please for everyone's safety including yourself, we ask for your cooperation to keep us all safe.


/MP

c.c. Chief and Council

Health Centre Staff Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|----------|-----------|----------|--------|
| Brenda C | Debbie B | Brenda C | Debbie B | Closed |
| Kara N | Kerri C | Kara N | Kerri C | Closed |
| Darcy A | Ed P | Darcy A | Ed P | Closed |
| Deb N | Luana M | Deb N | Luana M | Closed |
| Val A | Tracy F | Val A | Tracy F | Closed |
| Stan M | Louise A | Stan M | Louise A | Closed |
| | Elsie A | | Elsie A | Closed |

Administrative Staff Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|-------------|-------------|-------------|-----------|
| Megan B | Doris C | Megan B | Doris C | Closed |
| Samantha B | Heidi K | Samantha B | Heidi K | Closed |
| Carla N | Millie P | Millie P | Carla N | Closed |
| Wayne M | Lyndy M | Rachel K | Wayne M | Closed |
| Rachel K | Kyla M | Kyla M | Lyndy M | Closed |
| Judy C | Dorothy C | Judy C | Dorothy C | Closed |
| John R | Randy N | Randy N | John R | Closed |
| Jason F | Alex P | Jason F | Alex P | Closed |
| Genevieve S | Carol F | Genevieve S | Carol F | Closed |
| Ally M | Rosemarie S | Ally M | Rosemarie S | Closed |
| Debbie F | Sherry C | Debbie F | Sherry C | Closed |
| Amanda B | | Amanda B | | Closed |
| Leena H* | | Leena H* | | Closed |
| Janice M | Janice M | Janice M | Janice M | Closed |
| April P | April P | April P | April P | Closed |
| Debbie L | Debbie L | Debbie L | Debbie L | Debbie L* |
| Lorne C | Lorne C | Lorne C | Lorne C | Lorne C* |
| Larry O | Larry O | Larry O | Larry O | Larry O* |
| Wanda M | Wanda M | Wanda M | Wanda M | Wanda M* |

Daycare Staff Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|-----------|-----------|-----------|--------|
| Erin M | Erin M | Erin M | Erin M | Closed |
| Jessica F | Jessica F | Jessica F | Jessica F | Closed |
| Darlene M | Darlene M | Darlene M | Darlene M | Closed |
| Kim M | Kim M | Kim M | Kim M | Closed |
| Angele D | Angele D | Angele D | Angele D | Closed |

Gas Bar Staff Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|------------|------------|------------|------------|--------|------------|------------|--------|
| 8:15-4:45 | 8:15-4:45 | 8:15-4:45 | 8:15-4:45 | Closed | 8:45-2:15* | 8:45-2:15* | Shift |
| Virginia S | Virginia S | Earl O | Virginia S | Closed | Earl O | Earl O | WEEK 1 |
| Earl O | Earl O | Virginia S | Earl O | Closed | Virginia S | Virginia S | WEEK 2 |

*Updated October 21, 2020



SPECIAL COMMUNITY NEWSLETTER

TO : All Members, Henvey Inlet First Nation
FROM : Chief Wayne McQuabbie
DATE : 21 October 2020
RE : Notice of Draft Land Law Tabled by Council
Henvey Inlet First Nation Windfarm Legacy Trust

Band Council has tabled a land law which will authorize the establishment of the **Henvey Inlet First Nation Windfarm Legacy Trust** to manage income from Nigig Power Corporation and unexpended rent from the windfarm project for the benefit of our First Nation.

The Trust proposal, which has been developed through community consultation and with professional advice, has two objectives:

- 1. IMPROVE THE QUALITY OF LIFE FOR ALL PRESENT MEMBERS**
 - Regular payments to registered members, on or off reserve
 - Enhanced community facilities and member programs and services

- 2. PROVIDE SAME BENEFITS TO FUTURE GENERATIONS**
 - After the windfarm's energy sales contract ends in 2039, continue the member and community support indefinitely, if possible.

Payments to all current registered members will start at the rate of **\$500.00/month for each adult, \$600.00/month for seniors over the age of 60, and \$100.00/month for minors** (held back until age 21 or age 18 if they have a high school diploma), subject to review every 5 years.

Council has decided to put the Windfarm Legacy Trust proposal to a community approval vote scheduled for **Sunday, 13 December 2020**. Mail-in voting packages have been sent out to all members, but you can also vote in person in the Firehall, Pickerel Reserve, on 13 December 2020 from 10:00 am to 5:00 pm. A special Zoom and in-person Community Meeting will be held on **Monday, 02 November 2020, at 2:00 pm**, to go over the model one last time before the vote.

If the Trust is approved by the membership, Council will meet on **Tuesday, 15 December 2020**, to adopt the land law creating the Trust. The Trust's first task will be to issue **15-month catch-up payments** to each member. We anticipate the Trust, if approved, will be able to get these catch-up payments out to members before Christmas.

Council is looking forward to discussing the Trust model and the draft land law with you at the Community Meeting on Monday, 02 November 2020. You can also contact me, Councillor Pat Brennan who is chair of the Lands Advisory Committee, or any other member of Council or the Lands Advisory Committee for further information or to discuss any aspect of the land law.

Miigwetch!

Chief Wayne McQuabbie.



FRIENDLY REMINDER!!

For the clients who utilize the Medical Transportation Vehicle this is a reminder that your appointments are to be booked for 10:00am at the earliest and 2:30pm the latest for either Sudbury, Parry Sound, Or Britt appointments!!!
Appointments will not be added unless between these times!!

It is mandatory for Clients who utilize the Medical Transportation Vehicle to wear a Mask or face covering for all able-bodied and able-minded individuals with the exception of very small children and those with medical conditions or disabilities preventing them from freely using these products safely.

The Health Centre requires **3 DAYS NOTICE** (doesn't include weekends) to put your name in the Medical Book!

Clients are to notify The Driver if they do not require a ride back home after appointment.

Non-Band Members CAN utilize the Medical Bus following the same rules above. Furthermore, the appointment is to be between the appointment times already in the book. The Health Centre can be called to confirm the 1st and last appointments.

Thanks for understanding!

Situation Report #276: COVID-19 / Rapport sur la situation n° 276: COVID-19

Ministry of Health | Health System Emergency Management Branch / Ministère de la Santé | Direction de la gestion des situations d'urgence pour le système de santé

October 27, 2020 / 27 octobre 2020

Situation:

| Case count as of 10:00 am October 27, 2020 / Nombre de cas à 10h00 le 27 octobre 2020 | | | | |
|---|----------------------------|---|----------------|---|
| Area / Région | Case count / Nombre de cas | Change from yesterday / Changement par rapport à hier | Deaths / Décès | Change from yesterday / Changement par rapport à hier |
| Worldwide total / Total mondial | 43 917 377 | + 441 252 | 1 166 497 | + 5 718 |
| Canada* | 221 040 | + 4 085 | 9 977 | + 25 |
| Ontario** | 72 051 | + 827 | 3 103 | + 4 |

* Numbers from PHAC current as of 7 p.m. yesterday / Chiffres de l'ASPC à jour à 19h hier

** Ontario current as of 8:00 a.m. today / Chiffres de l'Ontario à jour à 8h aujourd'hui.

Ministry of Health

COVID-19 Screening Tool for Children in School and Child Care

Version 1 – October 1, 2020

This tool provides basic information only and contains recommendations for children to support decision making by parents about whether their child should attend school/childcare and/or needs to be tested for COVID-19. This can be used to assess symptoms of any child who attends child care or school (junior, intermediate, high school). It is not to be used as a clinical assessment tool or intended to take the place of medical advice, diagnosis or treatment. Screening must occur daily and at home before a child enters school or child care.

When assessing for the symptoms below, you should focus on evaluating if they are **new, worsening, or different from your child's baseline health status or usual state** (check off "Yes"). Symptoms associated with known chronic health conditions or related to other known causes/conditions should not be considered unless new, different or worsening (check off "No"). (see examples below).

After developing symptoms, in general, children should no longer have a fever and their symptoms improving to be able to return to school/child care. Mild symptoms known to persist in young children (e.g. runny nose or mild cough that may persist following infections) may be ongoing at time of return to school/child care if other symptoms have resolved.

Required Screening Questions

1. Does your child have any of the following **new or worsening** symptoms? *Symptoms should not be chronic or related to other known causes or conditions.*

| | | |
|---|------------------------------|-----------------------------|
| <p>Fever and/or chills (temperature of 37.8°C/100.0°F or greater)</p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| <p>Cough (more than usual if chronic cough) including croup (barking cough, making a whistling noise when breathing) <i>Not related to other known causes or conditions (e.g., asthma, reactive airway)</i></p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

| | | |
|--|------------------------------|-----------------------------|
| <p>Shortness of breath (dyspnea, out of breath, unable to breathe deeply, wheeze, that is worse than usual if chronically short of breath)</p> <p><i>Not related to other known causes or conditions (e.g., asthma)</i></p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| <p>Decrease or loss of smell or taste (new olfactory or taste disorder)</p> <p><i>Not related to other known causes or conditions (e.g., nasal polyps, allergies, neurological disorders)</i></p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

2. Does your child have any of the following **new or worsening** symptoms? *Symptoms should not be chronic or related to other known causes or conditions.*

| | | |
|--|------------------------------|-----------------------------|
| <p>Sore throat (painful swallowing or difficulty swallowing)</p> <p><i>Not related to other known causes or conditions (e.g., post nasal drip, gastroesophageal reflux)</i></p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| <p>Stuffy nose and/or runny nose (nasal congestion and/or rhinorrhea)</p> <p><i>Not related to other known causes or conditions (e.g., seasonal allergies, returning inside from the cold, chronic sinusitis unchanged from baseline, reactive airways)</i></p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| <p>Headache that is new and persistent, unusual, unexplained, or long-lasting</p> <p><i>Not related to other known causes or conditions (e.g., tension-type headaches, chronic migraines)</i></p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| <p>Nausea, vomiting and/or diarrhea</p> <p><i>Not related to other known causes or conditions (e.g. transient vomiting due to anxiety in children, chronic vestibular dysfunction, irritable bowel syndrome, inflammatory bowel disease, side effect of medication)</i></p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

| | | |
|---|------------------------------|-----------------------------|
| <p>Fatigue, lethargy, muscle aches or malaise (general feeling of being unwell, lack of energy, extreme tiredness, poor feeding in infants) that is unusual or unexplained</p> <p><i>Not related to other known causes or conditions (e.g., depression, insomnia, thyroid dysfunction, anemia)</i></p> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|---|------------------------------|-----------------------------|

3. Has your child travelled outside of Canada in the past 14 days?
 Yes No

4. Has your child been identified as a close contact of someone who is confirmed as having COVID-19 by your local public health unit (or from the COVID Alert app if they have their own phone)?
 Yes No

5. Has your child been directed by a health care provider including public health official to isolate?
 Yes No

Results of Screening Questions:

If you answered "YES" to any of the symptoms included under question 1:

- Your child should stay home to isolate immediately.
- Contact your child's health care provider for further advice or assessment, including if your child needs a COVID-19 test or other treatment.

If you answered "YES" to only one of the symptoms included under question 2:

- Your child should stay home for 24 hours from when the symptom started.
- If the symptom is improving, your child may return to school/child care when they feel well enough to do so. A negative COVID-19 test is not required to return.
- If the symptom persists or worsens, contact your child's health care provider for further advice or assessment, including if your child needs a COVID-19 test or other treatment.

If you answered "YES" to two or more of the symptoms included under question 2:

- Your child should stay home to isolate immediately.
- Contact your child's health care provider for further advice or assessment, including if your child needs a COVID-19 test or other treatment.

If the individual answers "YES" to question 3, 4 or 5

- Your child should stay home to isolate immediately and follow the advice of public health.
- If your child develops symptoms, you should contact your local public health unit or the health care provider for further advice.

Frequently Asked Questions**1. My child has woken up not feeling well, what do I do?**

If you notice that your child has new or worsening symptoms, what you do depends on the symptom and how usual they are for your child.

If your child has new or worsening:

- Fever/chills
- Cough
- Shortness of breath
- Decreased or loss of smell or taste

Your child should isolate immediately and you should contact your child's health provider for further advice or assessment. The health care provider can help you determine whether the symptoms are related to another non-COVID-19 condition, or if they should get tested for COVID-19.

*If your child has **ONE** new or worsening symptom (that is not related to a known cause or condition) that include:*

- Sore throat
- Stuffy nose/runny nose
- Headache
- Nausea/vomiting/diarrhea
- Fatigue/lethargy/muscle aches/malaise

Your child should stay home for 24 hours to be monitored to see whether the symptoms get better or worse. If they start to feel better and symptoms are improving, they can return to school/child care when well enough to do so and no COVID-19 testing is needed.

If the symptoms get worse, you should contact their health care provider for further advice or assessment. The health care provider can help you determine whether the symptoms are related to another non-COVID-19 condition, or if they should get tested for COVID-19.

*If your child has **TWO or MORE** new or worsening symptoms (that are not related to a known cause or condition) that include:*

- Sore throat
- Stuffy nose/runny nose
- Headache

- Nausea and/or vomiting
- Diarrhea
- Fatigue/lethargy/muscle aches or malaise

Your child should isolate immediately and you should contact your child's health provider for further advice or assessment. The health care provider can help you determine whether the symptoms are related to another non-COVID-19 condition, or if they should get tested for COVID-19.

2. My child has a runny nose, what should I do?

If your child's only symptom is a runny nose, you should keep your child home and monitor their symptoms as you would in any other year. When they feel better, they are ready to go back to school/child care and no COVID-19 testing is needed. If they get worse or develop other symptoms, you should contact their health care provider for more advice. Mild symptoms known to persist in young children (e.g., runny nose) may be ongoing at time of return to school/child care if other symptoms have been resolved.

3. Who in my family needs to be tested along with my child?

If your child has been identified as needing a test and everyone else in the family is well, no testing of other family members is needed. If your child tests positive for COVID-19, the local public health unit will contact you/your child and make a plan for additional testing of all close contacts.

4. Do I need a note from a doctor before my child goes back to school/child care or a copy of a negative test result?


No, you do not need a note from your doctor or proof of a negative test before your child returns to school/ childcare.

5. I need more information to feel confident in my assessment, what do I do?

If you need additional information about COVID-19 or have a question specific to your child and their health, please contact your health care provider.

COVID-19 Assessment Centre- Sudbury

HSN has capacity to test hundreds more people for COVID-19. Patients with ANY of the following symptoms **must call HSN's COVID-19 Assessment Center between 9am and 5pm, 7 days/week at (705)-671-7373 or fill out the [new online form to request an appointment](#):**

- Fever or chills
- Shortness of breath *  **If you are having difficulty breathing or experiencing other severe symptoms, call 911 immediately. Advise them of your symptoms and travel history.**
- Sore throat
- New onset or worsening cough
- Difficulty swallowing
- Loss of taste or sense of smell
- Runny nose or nasal congestion (not due to seasonal allergies)
- Nausea, vomiting, diarrhea or abdominal pain.
- Muscle aches, unexplained fatigue, malaise (general feeling of discomfort, weakness, or illness that has recently developed)
- Headache
- Croup or “barking” cough
- Pink eye.

**** Important ****

No one who is symptomatic or who is concerned they have been exposed to COVID-19 will be declined a test at the Assessment Centre.

Effective immediately, testing is also available for the following populations:

- **People who are concerned that they have been exposed to COVID-19.** This includes people who are contacts of or may have been exposed to a confirmed or suspected case.
- **People who are at risk of exposure to COVID-19 through their employment,** including essential workers (e.g., health care workers, grocery store employees, food processing plants).

Patients will be screened by a nurse over the telephone, and referred to one of three options if testing is necessary:

- **COVID-19 Assessment Centre, 56 Walford Road,** with drive-through testing option;
- **NEOMO Medical, 885 Prete Street,** with drive-through testing option;
- **Primacy Medical Centre, 1485 Lasalle Boulevard,** with drive-through testing option

All three COVID-19 assessment options are **by appointment only**. They are designed to protect health workers and patients alike from being exposed to the virus. For safety reasons, **“walk in” appointments are strictly prohibited.**

Patients can access online test results through this [secure online portal](#).

Individuals with general questions are asked to please visit [Public Health Sudbury & Districts website](#).

The purpose of COVID-19 Assessment Centers is to identify and swab people who are at risk for infection with COVID-19. Our goal is to ensure the health of our community by identifying disease early and reducing the number of people presenting to the Emergency Department at HSN.

COVID-19 Assessment Centre- Parry Sound

Testing for COVID-19 is available for anyone who wants a test whether they have symptoms or not. To get tested, call an [assessment centre](#) to book an appointment. **Walk-ins are likely to be turned away.** You can also take a [self-assessment](#) to help you decide if you need a test.

Testing results can take four to ten days to be returned. Visit the Ministry of Health's [COVID-19 Test Result website](#) to access your results.

Long-Term Care Home Visitors: If you would like to visit someone in a long-term care home, it's important to plan ahead. Contact the long-term care home to ask about their specific policies for booking a visit. For more information: [Ministry of Long-Term Care Update to Visits at Long-Term Care Homes](#) and [COVID-19 Information for the Long-Term Care Sector](#). If a COVID-19 test is needed, call an [assessment centre](#) directly to book an appointment. Results can take **four to ten** days to be returned.

West Parry Sound COVID-19 Assessment Centre

Book an appointment: 705-746-4540 ext 5030

Location: 70 Joseph St., Parry Sound Unit 105-106, entrance at the back door, please ring doorbell at the time of your appointment and stand back past the sign as directed.



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MEMORANDUM

To: Member of Henvey Inlet First Nation

Fr: Housing Assistant

Dt: November 1, 2020

Re: **HIFN Housing update.**

Furnace inspections by DMC Mechanical are ongoing please contact Housing department to ensure your furnace gets inspected.

For better air quality in the winter please change your furnace filters monthly. Furnace filters are available in the housing office for tenants.

The home maintenance workshop took place October 28th, due to COVID restrictions limiting attendees a recorded version is available for those unable to attend. Please contact HIFN's energy champion Kyla McQuabbie to schedule time to view the recording.

December rent incentive is coming up. Please ensure your rent is current and you have viewed the Home maintenance workshop to qualify.

2020 home inspections will look a little different this year. The housing department in partnership the HIFN's housing committee will be doing outside inspections only. The home owner will receive a home inspection form they will be required to fill out and submit to the housing department. Home owners can submit supporting pictures to housing@henveyinlet.com

Miigwetch,

Heidi Kimberley
Housing Assistant



Henvey Inlet First Nation

Pickering, ON P0G 1J0

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MEMORANDUM

To: All Henvey Inlet First Nation Members

From: Samantha Bradley, Human Resources Coordinator

Date: October 28, 2020

Re: Employment Opportunities

Henvey Inlet First Nation is currently accepting applications for the following positions:

- 1) Early Childhood Education Worker OR Early Childhood Education Trainee – 2 Positions (*preference given to registered ECE's first, then trainees*)
- 2) Gas Bar Attendant – Multiple Casual Positions

See attached job postings for more information.

Be sure to check local communication boards or our website at www.hifn.ca/community-2/job-postings-2.html for regular job posting updates.

Miigwetch,

Samantha Bradley, PCP
Human Resources Coordinator



EMPLOYMENT OPPORTUNITY

GAS BAR ATTENDANT

Multiple Vacancies

POSITION SUMMARY

Henvey Inlet First Nation is seeking multiple, casual **Gas Bar Attendants** to join our Administration. The Gas Bar Attendant reports to the Gas Bar Manager and is responsible for the sale of fuel and other automotive products and in-store merchandise, including tobacco products. The Gas Bar Attendant is also responsible for processing all point-of-sale transactions via cash, credit or debit card using an electronic scanner and cash register. This position requires a high level of personal integrity and superior customer service skills.

MAIN RESPONSIBILITIES

The Gas Bar Attendant will be responsible to:

- Greet Gas Bar customers and refuel vehicles
- Answer customer inquiries
- Assist with the sale of automotive products, in-store merchandise and tobacco products, ensuring restricted products are sold only to customers that are of the required age by requesting appropriate identification
- Process sales transactions, receive payments and issue correct change and receipts
- Count money in cash drawer at the beginning and end of shifts, dropping end of shift deposits in Finance deposit box
- Maintain clean and orderly checkout areas and Gas Bar exterior by sweeping service station and shoveling, sanding and/or salting service in winter and picking up/removing garbage and debris
- Stock shelves and price merchandise
- Change fuel prices on signage
- Assist with placing and receiving fuel and merchandise orders
- Maintain accurate sales and purchase records
- Perform other duties as assigned from time-to-time by Chief and Council or the Director of Finance/Administration

QUALIFICATIONS

- Must be 19 years of age or older
- Grade 12 diploma or equivalent preferred
- Customer service and/or retail experience preferred
- Current First Aid and CPR Level C an asset
- Excellent customer service and interpersonal communication skills
- Able to deal with people sensitively, tactfully, diplomatically, and professionally at all times
- Professional appearance and manners
- High level of personal integrity and a strong work ethic
- Basic mathematical skills
- Strong attention to detail
- Must be able to work with little supervision; must be self-directed
- Willingness to work rotating and flexible hours, including occasional weekends, **a must**

HOURS OF WORK

Varies – up to 40 hours per week as needed

REMUNERATION

\$14/hour

START DATE

As soon as possible

APPLICATION DEADLINE

Ongoing

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd.

Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

We thank all applicants, however only those selected for an interview will be contacted.

Henvey Inlet First Nation gives preference to all qualified First Nations people in accordance with Section 24(1) (a) of the Ontario Human Rights Code.



EMPLOYMENT OPPORTUNITY

EARLY CHILDHOOD EDUCATION TRAINEE

2 Positions

POSITION SUMMARY

Henvey Inlet First Nation is seeking two (2) full-time **Early Childhood Education Trainees** to join our Administration. The ECE Trainee reports to the Daycare Supervisor and is responsible for supporting our registered ECE's with the supervision and direct childcare of children attending the HIFN Daycare, in compliance with all regulatory standards required by federal, provincial and First Nations legislation, policies and procedures. Under the leadership of the Daycare Supervisor, the ECE Trainee will work towards their full ECE designation by enrolling and participating in all required courses and training during both work and non-work hours as needed. The ECE Trainee is responsible for maintaining the level of professionalism required for registration with the College of Early Childhood Educators. This position requires a high level of personal motivation, impeccable time-management skills and a strong work ethic.

MAIN RESPONSIBILITIES

The Early Childhood Education Trainee will be responsible to:

- Enrol and participate in all required ECE courses and training needed to obtain full registration with the College of Early Childhood Educators
- To meet all training goals and objectives as set out by the ECE training plan
- To provide all test results, grades, and relevant documentation needed for quarterly progress reports
- Provide a daily balance of developmentally appropriate active/quiet, indoor/outdoor & individual/group activities and experiences for children
- Assist children in self-expression by listening and responding with dialogue that encourages and lengthens conversations
- Encourage the children in learning about a variety of different cultures, including an understanding of our First Nation culture and value system
- Provide experiences and play material that actively promotes diversity and acceptance in interactions and attitudes
- Participate in short- & long-term Daycare planning initiatives and evaluations
- Learn and use techniques provided to assist children in developing the necessary coping skills to address unique life issues
- Observe how children use materials and interact with other children and adults and assist with planning activities that recognize these individual differences
- Ensure the child's environment is healthy and safe and monitor the environmental hazards
- Attend to children's physical needs for toileting, diapering, eating & sleeping as promptly as possible

QUALIFICATIONS

- Grade 12 diploma or equivalent and ability to meet enrolment requirements for a College of ECE recognized Early Childhood Education program
- Current and satisfactory Vulnerable Sector Police Check
- Professional experience working with children preferred
- Current First Aid and CPR Level C preferred
- Current Safe Food Handlers Certificate preferred
- Professional and responsible attitude
- Excellent oral, written and interpersonal communication skills
- Willingness to work flexible hours
- Willingness to travel to and attend training courses as needed

HOURS OF WORK

Full Time – 35.5 hrs/week

REMUNERATION

To be determined

START DATE

As soon as possible

APPLICATION DEADLINE

Ongoing

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd.

Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

We thank all applicants, however only those selected for an interview will be contacted.

Henvey Inlet First Nation gives preference to all qualified First Nations people in accordance with Section 24(1) (a) of the Ontario Human Rights Code.



EMPLOYMENT OPPORTUNITY
EARLY CHILDHOOD EDUCATION WORKER

2 Positions

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking three (3) qualified full-time **Early Childhood Education Workers** to join our Administration. The ECE Worker reports to the Daycare Supervisor and is responsible for providing supervision and direct childcare to children attending the HIFN Daycare, in compliance with all regulatory standards required by federal, provincial and First Nations legislation, policies and procedures. Under the leadership of the Daycare Supervisor, the ECE worker will help to plan and implement developmentally appropriate activities and experiences for the children using a variety of teaching techniques in alignment with HIFN Daycare Philosophy. This position requires excellent interpersonal communication skills and the ability to adapt and respond to all childcare needs.

MAIN RESPONSIBILITIES

The Early Childhood Education Worker will be responsible to:

- Provide a daily balance of developmentally appropriate active/quiet, indoor/outdoor & individual/group activities and experiences for children
- Assist children in self-expression by listening and responding with dialogue that encourages and lengthens conversations
- Encourage the children in learning about a variety of different cultures, including an understanding of our First Nation culture and value system
- Provide experiences and play material that actively promotes diversity and acceptance in interactions and attitudes
- Participate in short- & long-term Daycare planning initiatives and evaluations
- Learn and use techniques provided to assist children in developing the necessary coping skills to address unique life issues
- Observe how children use materials and interact with other children and adults and plan activities that recognize these individual differences
- Initiate referral for additional services for parents and children as needed
- Ensure the child's environment is healthy and safe and monitor the environmental hazards
- Attend to children's physical needs for toileting, diapering, eating & sleeping as promptly as possible
- Maintain positive and ongoing communication with parents

QUALIFICATIONS

- 1-3 years related professional experience working with children preferred
- Diploma in Early Childhood Education as recognized by the Ministry of Education
- Current Ontario RECE License
- Current and satisfactory Vulnerable Sector Police Check
- Current First Aid and CPR Level C
- Membership in good standing with the College of Early Childhood Educators
- Knowledge of the Child Care and Early Years Act, 2014
- Professional and responsible attitude

- Excellent oral, written and interpersonal communication skills
- Willingness to work flexible hours

HOURS OF WORK

Full Time – 35.5 hrs/week

REMUNERATION

Negotiable based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

Posted until filled.

Those interested in applying should submit their resume and cover letter in confidence to:

Henvey Inlet First Nation – Human Resources

295 Pickerel River Rd.

Pickerel, ON P0G 1J0

Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

We thank all applicants, however only those selected for an interview will be contacted.

Henvey Inlet First Nation gives preference to all qualified First Nations people in accordance with Section 24(1) (a) of the Ontario Human Rights Code.

FOOD BANK NOTICE

Ahnee!

- **Date:** MONDAY NOVEMBER 16TH
- **TIME:** 12:00 NOON to 1:00PM

PLEASE NOTE* YOU MUST FILL OUT YOUR REQUEST FORM & PICK UP YOUR OWN BAGS OF FOOD.

EXCEPTION: Elders can have a family member pick up for them or a staff person.

Families, Couples and Single Adults eligible to receive assistance from the Food Bank **must only be in receipt** of the following **fixed low incomes:**

- ◆ Ontario Works
- ◆ O.D.S.P. (Ontario Disability Support Program)
- ◆ O.A.S. (Old Age Security)
- ◆ C.P.P. (Canada Pension Plan)
- ◆ E.I. Benefits (Employment Insurance)
- ◆ Post-Secondary Student Allowance



ONTARIO WORKS

TUESDAY **8:30 – 2:30**

THURSDAY **8:30 – 2:30**

FRIDAY **OFFICES CLOSED**



EFFECTIVE OCTOBER 26, 2020

October 2020

Pharmacy benefit information

Update on coverage of rituximab

- Rituximab is a type of medication used to treat some autoimmune conditions. Previously, the only rituximab product reimbursed by NIHB was Rituxan
- NIHB has recently listed a second rituximab product, Truxima
- Truxima was approved by Health Canada as 'biosimilar' to Rituxan, which means that these medications work in the same way and have similar effectiveness
- Adult clients with new prescriptions for a rituximab medication who meet NIHB's coverage criteria will be covered for Truxima (instead of Rituxan) for treatment of rheumatoid arthritis, granulomatosis with polyangiitis (GPA) or microscopic polyangiitis (MPA)
- Clients who are already taking Rituxan will continue to be covered for their current medication

Medical supplies and equipment (MS&E) information

- The [MS&E policy guide and benefits lists](#) have been combined so that information about eligible benefits and coverage policies can be found together
- The following MS&E coverage changes came into effect on October 7, 2020:
 - up to \$200 of coverage is available for hearing aid accessories, every 5 years. Consult the [audiology benefits list](#)
 - adaptive feeding cups are now covered as open benefits and listed in the [self-care benefits list](#)

Dental benefit information

New coverage for preventive dental services

- NIHB added new coverage for preventive dental services
- Topical treatments such as silver diamine fluoride are applied to damaged areas on the surface of the teeth to prevent the progression of cavities
- These are called remineralization or antimicrobial treatments, and are now covered by NIHB without predetermination:
 - 3 times per 12 months for clients under 17 years of age
 - once per 12 months for clients 17 and older

IMPORTANT RECYCLING NOTICE

There is a growing incidence of contamination in the clear recycling bags that are picked up at curbside and/or dropped off at the landfills.

PLEASE NOTE THE FOLLOWING:

Even if an item has a recycling symbol on it, it may not be accepted under the Municipality's contract with the Sudbury Recycling Depot.

See the back of this notice for a list of acceptable items.

The guide can also be found on the municipal website:

<http://municipalityofkillarney.ca/public-works/waste-management-recycling>

PLEASE BE DILIGENT IN YOUR RECYCLING EFFORTS.

OUR CONTRACT WITH THE SUDBURY RECYCLING DEPOT MAY BE **TERMINATED** IF THE RULES ARE NOT ADHERED TO.

IF THE CONTRACT IS TERMINATED, THIS WILL RESULT IN INCREASED COSTS TO YOU, OUR RATEPAYERS AS OUR RECYCLABLES WOULD NEED TO BE TRUCKED TO AN ALTERNATE LOCATION.

The following **UNACCEPTABLE** items have been found in the recycling bags:

- Disposable Masks
- Disposable Gloves
- Recyclable food containers that are not emptied and rinsed
- Takeout coffee cups
- Paper towel/ facial tissue
- Straws
- Motor oil containers

REMINDER










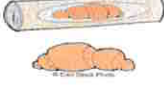
ALL RECYCLABLE FOOD CONTAINERS ARE TO BE EMPTIED AND RINSED BEFORE GOING INTO THE RECYCLING. REMOVE STRAWS AND PUT IN REGULAR GARBAGE. CARDBOARD MUST BE FLATTENED, BUNDLED & TIED TO A MAXIMUM SIZE OF 30" X 30".



Municipality of Killarney
 Public Works
 1096 Highway 637
 Killarney On POM 2A0
 705-287-1040

Accepted Recyclables 2020

Thank you for participating in the Recycling Program

| | | | |
|--|---|---|---|
| <p>Plastic Containers</p> <p>If one of these numbers appears on the bottom of a plastic container, place it in your blue box. # 1, # 2, # 4, # 5, # 6</p>  <p>Do not recycle: Containers without a number or with the numbers #3 or #7, plastic toys, plastic dishes or utensils.</p> | <p>Paper</p> <p>Almost all types of paper can be recycled. Shredded paper bagged separately.</p>  <p>Do not Recycle: Diapers, Kleenex, paper towels, tissue paper, cookie bags, paper cups, waxed paper.</p> | <p>Polystyrene Foam</p> <p>Foam egg cartons, meal trays, cups, plates, takeout containers, solid white packing foam broken to a maximum of 2ft x 3 ft x 1 ft</p>  <p>Do not recycle: Styrofoam packing peanuts, dirty foam, flexible foam, fire retardant treated foam insulation.</p> | <p>Plastic Bags</p> <p>You can recycle all types of plastic bags. Turn bags inside out. Stuff empty bags into one bag and tie at the top.</p>  <p>Do not recycle: Bubble wrap, plastic food wrap, granola bar wrappers.</p> |
| <p>Cardboard and Boxboard</p> <p>Remove bags, tissue and other liners. Flatten boxes and fold to a maximum size of 30" x 30". Place in, or beside your bluebox.</p>  <p>Do not recycle: Disposable coffee cups, waxed cardboard, wooden fruit crates.</p> | <p>Glass Bottles and Jars</p> <p>Empty and rinse bottles. Leave labels on. Leave plastic lids on jars. Metal lids should be taken off and placed in blue box.</p>  <p>Do not recycle: Drinking glasses, dishes, light bulbs, window panes, flower pots, ceramics, mirrors.</p> | <p>Metal Containers</p> <p>Aluminum foil, pie plates, roast pans etc. Food cans with lids pushed or put inside the can. Juice and pop cans.</p>  <p>Do not recycle: Coat hangers, pots, pans, wire.</p> | <p>Aerosol Cans and Dry Paint Cans</p> <p>Empty paint cans or cans with dried paint inside. Remove lids and place in blue box. Empty aerosol cans.</p>  <p>Do not Recycle: Cans with wet paint inside, paint filled aerosol cans, hazardous waste.</p> |
| <p>Beverage Boxes and Cartons</p> <p>Broth, soup, milk, cream and juice (drinking) boxes are all recyclable.</p>  <p>Please empty and rinse before putting in your blue box. Remove straws and put in your regular garbage.</p> | <p>Cardboard Cans</p> <p>Refrigerated dough, frozen juice, chips, nuts, powdered drink mixes and powdered cleansers. Include both metal ends in blue box.</p>  <p>Do not recycle: plastic pull off strips and /or peel off seal. Include in regular garbage.</p> | <p>PLEASE CHECK YOUR RECYCLING BAG CAREFULLY BEFORE IT LEAVES YOUR HOUSEHOLD.</p> <p>Thank you for your co-operation.</p> | |

PLEASE NOTE THAT THE CLEAR, TRANSPARENT RECYCLE BAGS ARE THE ONLY BAGS ACCEPTED FOR RECYCLABLES DISPOSAL

TYPE OF BAGS ACCEPTED FOR GARBAGE DISPOSAL:

- ◆ GREEN, BLACK OR WHITE GARBAGE BAGS
- ◆ BLUE, TRANSPARENT BAGS

Flu Shots

The Nursing Station would like to notify their Clients in Henvey Inlet First Nation that they will have Flu Shots available towards the middle/end of October.

****Clients must call to book an appointment!****

**** Clients must also call before coming to their appointment in order to be screened over the phone ****

Britt Nursing Station is advising EVERYONE to get their Fly Shot this year!

Britt Nursing Station

991 Riverside Drive
Britt, ON P0G 1A0
705-383-2375

Information

Hwy:

By: Rosemarie
Simmons

- Changes on Ground Hog Corner.
 - Infrastructure on Bekenon Road.
-



New Turn Around at
Ground Hog Corner.

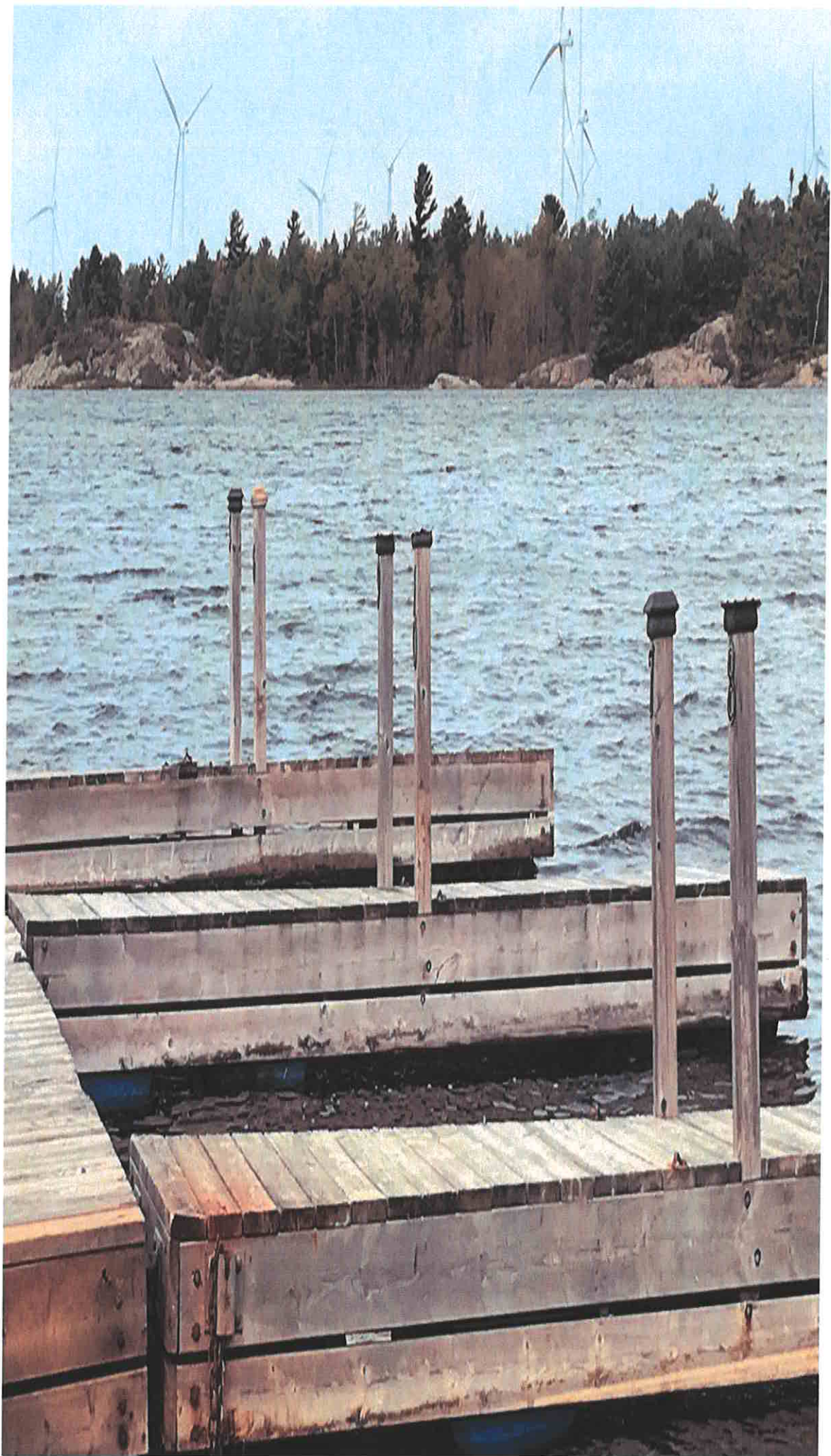


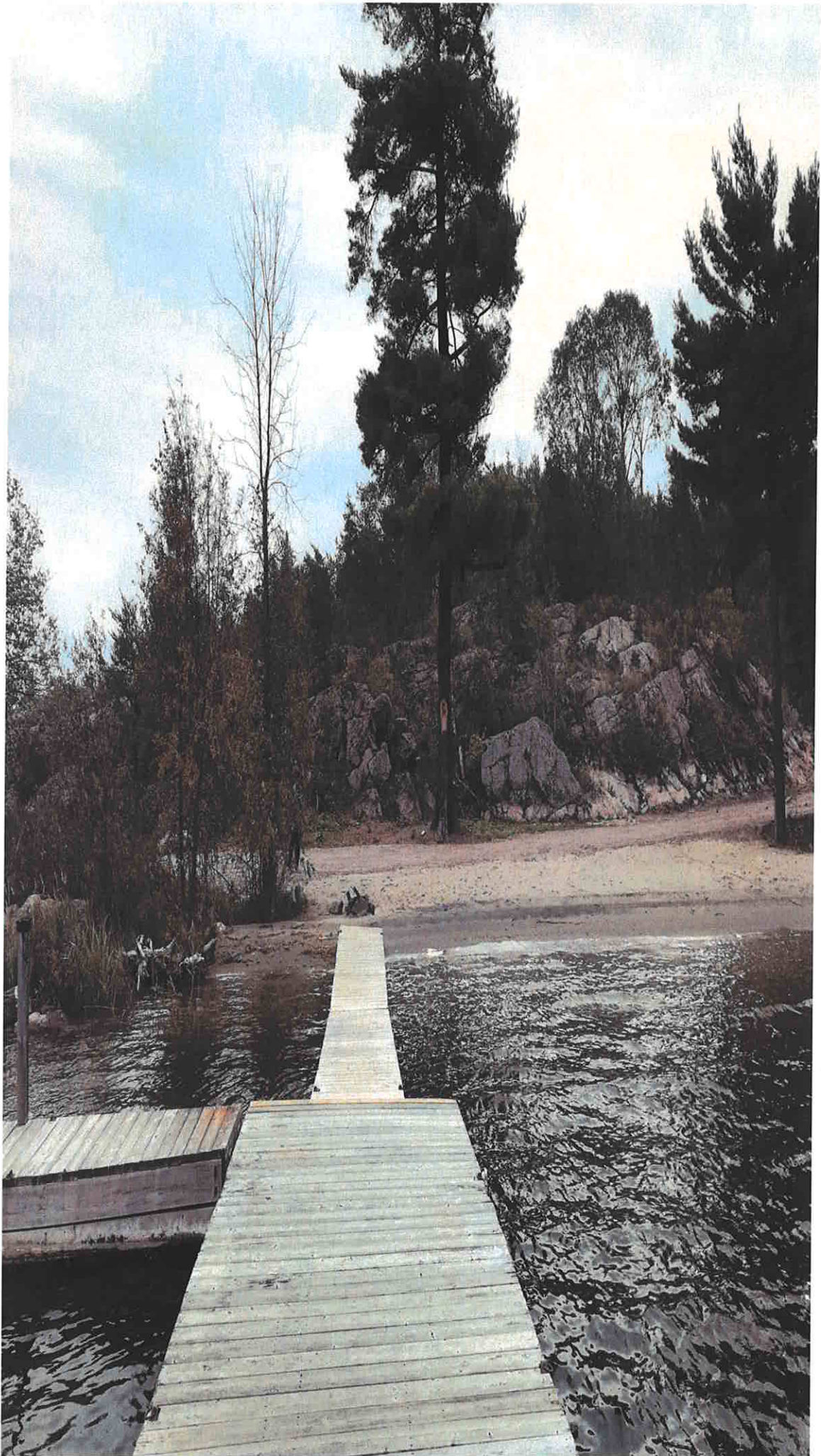


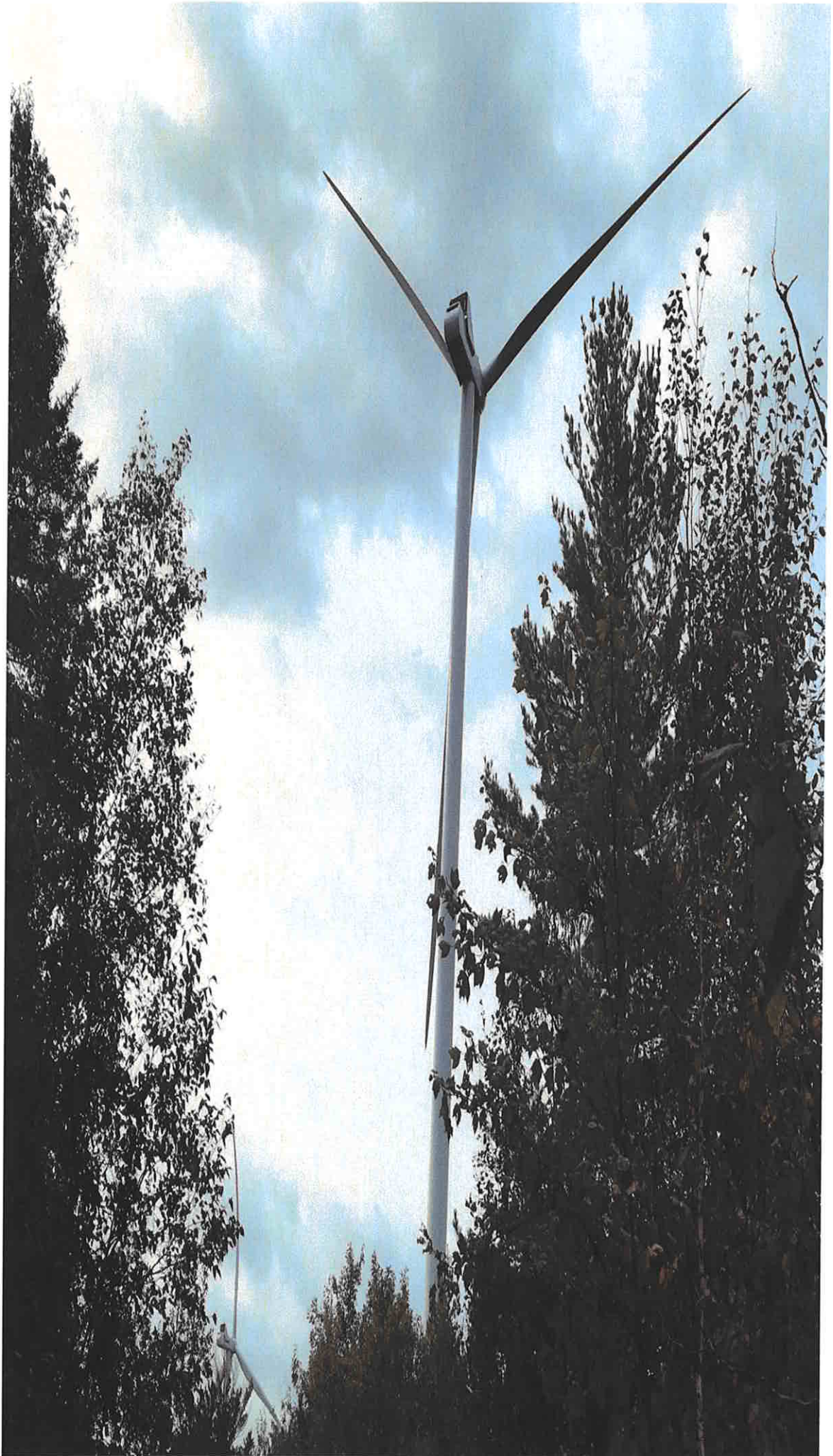
Infrastructure On The Bekenon Road On HIFN...

Much needed work is being done at Bekenon right now. The crews are now out in full force performing ditching and pothole patching. In the mean time the weather events can result in crews switching gears.

What are we doing now?
Ditching and Catch up Basin Clearing. Crews are focused on opening catch basins, and culverts to ensure proper drainage.







The docks that you see are the refurbished ones from Henvey Inlet Marina. And of course I had to show you a photo of the wind mills. Each month I will be covering the on going work that is going on at HIFN and much more.

Till Next Time...



Kerri
Child & Family

Community Health

Kara
Educator

HAPPY

November

354A Pickereel River Road
 Pickereel ON P0G 1J0



Phone: 705-857-1221
 1-866-252-3330
 Fax: 705-857-0730

COMMUNITY HEALTH educator 2020

November

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-----------------|---------|--|--|--------|----------|
| 1 | 2 IN OFFICE | 3 | 4 IN OFFICE | 5 MEAT PIE WKSHP ALL DAY | 6 | 7 |
| 8 | 9 IN OFFICE | 10 | 11 Remembrance DAY | 12 | 13 | 14 |
| 15 | 16 IN OFFICE | 17 | 18 IN OFFICE VIRTUAL LADIES DAY 1PM | 19 PIEROGI MAKING WKSHP ALL DAY | 20 | 21 |
| 22 | 23 IN OFFICE | 24 | 25 IN OFFICE | 26 PARENTING WKSHP 10am | 27 | 28 |
| 29 | 30 IN OFFICE | | | | | |

kara.harkness@henveymedicalcentre.com

November 2020

Remembrance Day



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|--|---------------------------|--------|----------|
| 1 | 2 CAS Strategic Planning Session 9-4 | 3 | 4 TALKING CIRCLE PM | 5 MEAT PIE WORKSHOP | 6 | 7 |
| 8 | 9 | 10 | 11 Office Closed Remembrance Day | 12 | 13 | 14 |
| 15 | 16 | 17 FAMILY COURT | 18 LADIES VIRTUAL GAME DAY 1PM | 19 PIEROGI WORKSHOP | 20 | 21 |
| 22 | 23 | 24 | 25 PARENTING WORKSHOP | 26 | 27 | 28 |
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | CHILD & FAMILY WORKER PROGRAMS 354 A Pickernel River Rd. Pickernel ON P0G 1J0 705-857-1221 kerri.campbell@henveymedicalcentre.com | | | | |



Meat Pie Workshop



PLEASE JOIN US ON ZOOM

THURSDAY November 5, 2020 AT 9AM

COME COOK VIRTUALLY WITH JANICE CAMPBELL!!!

**SPACE IS LIMITED TO 5 PARTICIPANTS, SIGN UP BY
CALLING DARCY 705-857-1221, PROVIDE A VALID EMAIL
ADDRESS AND MAKE SURE YOU HAVE Zoom downloaded
and set up!**



Please inform Darcy if you
will be needing to borrow a Tablet!



Ladies AGES 18-54 GAME Day

JOIN US FOR A FUN
AFTERNOON, PLAYING
VARIOUS GAME AND
ACTIVITIES...NOT
BINGO!!!

**SPACE IS LIMITED
SIGN UP TODAY!**



CALL DARCY 705-857-1221, PROVIDE A VALID EMAIL ADDRESS AND MAKE
SURE YOU HAVE Zoom downloaded and set up!



NOVEMBER 18, 2020

1PM

ON ZOOM!!!

zoom



***VIRTUAL PIEROGI MAKING
WITH
JANICE CAMPBELL***

THURSDAY NOVEMBER 19, 2020

**WORKSHOP STARTS AT 9 AM SHARP, NO
LATE ENTRIES WILL BE PERMITTED.**

***THIS IS A LABOUR-INTENSE WORKSHOP,
BRING YOUR MUSCLES!***

WE ARE LIMITED TO 5 PARTICIPANTS!!!

**UPON SIGNING UP, PLEASE ENSURE THAT YOU HAVE
PROVIDED DARCY WITH YOUR ASSOCIATED ZOOM
EMAIL, TO ENSURE THAT THE ZOOM INVITE IS
RECEIVED BEFORE THE WORKSHOP BEGINS.**

**SHOULD YOU REQUIRE A TABLET TO BE LOANED TO
YOU, PLEASE INFORM DARCY AT THE TIME OF SIGN UP!**



PARENTING WORKSHOP

zoom



PLEASE JOIN KERRI AND KARA
THURSDAY NOVEMBER 26, 2020
10:00 AM

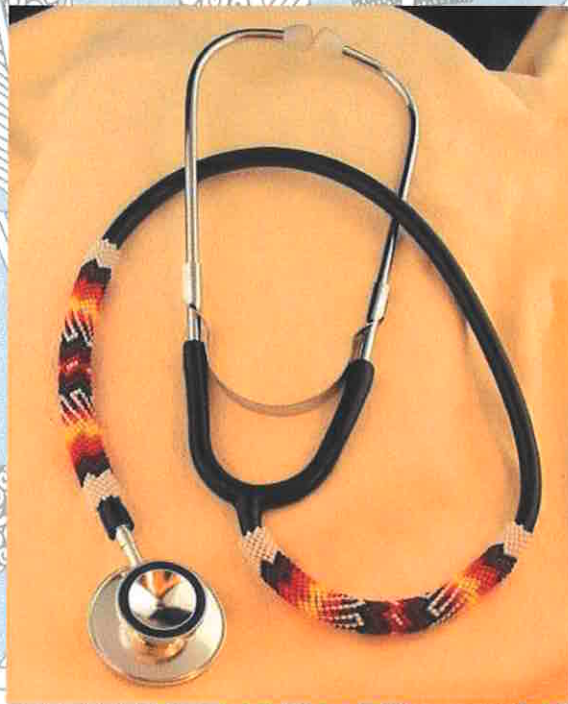
UPON SIGNING UP, PLEASE ENSURE THAT YOU HAVE PROVIDED DARCY WITH YOUR ASSOCIATED ZOOM EMAIL, TO ENSURE THAT THE ZOOM INVITE IS RECEIVED BEFORE THE WORKSHOP BEGINS.

SHOULD YOU REQUIRE A TABLET TO BE LOANED TO YOU, PLEASE INFORM DARCY AT THE TIME OF SIGN UP!

Miigwetch!!

**SPACE IS LIMITED TO THE FIRST 6 TO CALL IN!!!
CONTACT DARCY TO SIGN UP!!!**

Community Health Nurse



BRENDA CONTIN

November 2020



BRENDA CONTIN, CHN

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|-----|--|-----|-----|-----|
| | 2 OFFICE/ COMMUNI- TY MTG | 3 | 4 P.S.: Pick up vaccine/ OFFICE | 5 | 6 | |
| | 9 SHINGRIX CLINIC/ OFFICE | 10 | 11 OFFICE | 12 | 13 | |
| | 16 LUNCH N LEARN BIN- GO /OFFICE | 17 | 18 OFFICE | 19 | 20 | |
| | 23 OFFICE | 24 | 25 OFFICE | 26 | 27 | |
| | 30 OFFICE | | | | | |

Diabetes Lunch & Learn Bingo

Location: Health **Diabetes BINGO!!**
Centre Program
Trailer

10 max players

Date: Monday, Nov.
6th 2020 @ 11:30 am

Please call Darcy to sign
up!!

You must be present at
program by 11:45am or your
name will be bumped by
next person on the waiting
list.

**PLEASE NOTE
THAT THIS IS A
TENTATIVE PRO-
GRAM & COULD BE
CANCELLED AT
ANY TIME DUE TO
COVID-19!!**

For Info Contact:

Brenda Contin, C.H.N.



CATERER NEEDED!

To CATER for Lunch N Learn Bingo
on November 16th. Meal to be
served at 11:45am

MENU TO CONSIST OF:

Beef Vegetable Stir Fry with Rice and
Soya Sauce. Dessert is pudding with
sliced bananas, whip cream and fresh
fruit. Coffee, Tea, Juice, pop, water,
sugar, cream and milk. Cups, plates,
napkins & utensils

MENU FOR 10 PEOPLE

Meals must be individually packed

Deadline to Submit Bids:

Tuesday November 10, 2020 @12 noon

Submit Bids with breakdown of Catering Fee, Mileage, and Groceries Costs
to Brenda or Darcy at Health Centre Trailer #1.

Caterer must possess current Safe Food Handlers Certificate and is
responsible for clean up after, including taking out the garbage

Coronavirus Disease (COVID-19)

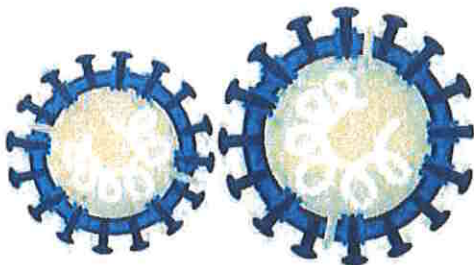


Q. What are coronaviruses?

A: Human coronaviruses were first identified in the mid-1960s. They are a respiratory virus named for the crown-like spikes on their surface. We are currently aware of seven different types of human coronaviruses, four of which are associated with mild to moderate upper-respiratory tract illnesses, like the common cold. Other types of the virus include severe acute respiratory syndrome (SARS-CoV), the Middle East Respiratory Syndrome (MERS-CoV), and the new novel corona virus, SARS-CoV-2, which is responsible for the latest outbreak. Although COVID-19 is similar to the other types of coronaviruses, it is unique and we are still learning more about it every day.

Q. How do you get infected with COVID-19?

A: COVID-19 is the disease caused by the spread of SARS-CoV-2, which is transmitted through contact with the virus. It can be spread by droplets from a cough or sneeze, which can get into your mouth, nose, eyes, or lungs, or by contact with contaminated surfaces.



Q. How do I know if I have COVID-19?

A: If you have the following symptoms you may have COVID-19:

- fever
- cough
- shortness of breath
- difficulty breathing
- sore throat
- headache
- chills
- repeated shaking with chills
- loss of taste or smell
- muscle pain

Depending on how widespread cases are in your community, your healthcare provider may recommend you be tested for the virus. When speaking with a healthcare provider be sure to note your symptoms or if you were exposed to a person diagnosed with the virus.

Q. How severe is this illness?

A: The World Health Organization says 80% of people with COVID-19 have a mild form of the illness with cold- or flu- like symptoms. The people most likely to get seriously ill from this virus are people over 60 and/or those with pre-existing health conditions. It is estimated that for every 100 cases of COVID-19, between two and four people would die. This is very different from a coronavirus like SARS, where nearly ten in 100 sick people died from the illness.

Q. What type of mask should I be wearing when I am in public?

A: CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery store, pharmacy).

Face coverings may help prevent spread of the virus from people who aren't showing symptoms to others. Children under the age of two and people with a history of breathing problems are not encouraged to wear a mask at this time.

Q. What can I do to prevent getting sick from COVID-19 or spreading it to others?

A: The following tips will help to prevent COVID-19 as well as other respiratory viruses:

- Stay home. It is recommended that everyone stay home and only leave the house to fulfill essential responsibilities (e.g., grocery store, pharmacy).
- Wear a mask if you leave your home or are assisting family with COVID-19.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Don't touch your eyes, nose, or mouth, especially with unwashed hands.
- Avoid close contact with people who are showing symptoms of illness.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your coughs and sneezes with a tissue or use your elbow. Throw the tissue in the garbage and make sure to clean your hands afterwards.



Get a Flu Shot During COVID-19!

Flu vaccine is essential to help prevent illness during the pandemic

Both COVID-19 and the seasonal flu will be spreading simultaneously this fall and winter, so everyone should do their part to prevent illness. Make sure you and your family get the flu vaccine and follow basic infection prevention practices to prevent COVID-19. Taking these actions will protect you and your loved ones and also conserve hospital beds and medical supplies for seriously ill patients. Do your part to safeguard your community! Visit vaccinefinder.org to find a flu shot location near you.

Fight Flu with a Flu Shot

Everyone, every year. Each person 6 months of age and older needs a flu vaccine each year. This includes pregnant women and people with chronic health conditions.



Vaccines are updated from one season to the next. Flu viruses are constantly changing so you need to get vaccinated each year.



Protect your herd. Vaccination protects us as a community so that individuals who can not be vaccinated—such as newborns and the immunocompromised—are afforded some protection.



It's not too late to get a flu shot. The flu season usually starts in October and lasts through May. You should get your shot before the end of October but waiting until January or February may still offer protection.



Safe and effective. Flu vaccines have a good safety record. Minor side effects may include soreness or swelling at the injection site and low-grade fever and aches. While some people who get vaccinated still get sick, their illness is usually less severe.



Follow the Basics of COVID-19 Prevention

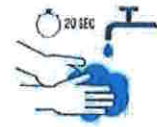
Wear a facemask outside the home. Masks should completely cover your nose and mouth.



Maintain social distancing. Stay at least 6 feet from others when outside the home.



Keep your hands clean. Wash your hands often with soap and water or use hand sanitizer. Cover your coughs and sneezes with your elbow or a tissue.



Don't touch your face. Keep hands away from your eyes, nose, and mouth.



Stay home if you feel sick. Call your provider immediately if you experience any symptoms of COVID-19 or have had close exposure to someone who has recently tested positive for COVID-19.



Staying Safe from COVID-19 as Communities Reopen

YOURSELF

- Wash your hands often with soap and water for at least 20 seconds. If you can't get to a sink, use alcohol-based hand sanitizer with at least 60% alcohol.
- Keep your hands away from your eyes, nose, and mouth.
- Cough or sneeze into your elbow or a tissue and clean your hands immediately afterward.
- Stay home if you feel sick or experience any symptoms of COVID-19.



YOUR COMMUNITY

- Maintain social distancing of at least 6 feet from those outside your immediate home.
- Wear a cloth facemask while in public. Facemasks should completely cover your nose and mouth. Do not touch your mask during wear. Remove facemask only by touching ear loops or ties. Wash your hands immediately afterward and launder between uses.
- Throw away disposable masks after single use. Do not wear if the mask has gotten wet or soiled.
- Keep hand sanitizer with you, so you can clean your hands when you are out. Wash your hands immediately upon returning home.
- Clean handles of grocery carts, and only touch items you intend to purchase. If possible, leave your family members at home when shopping.
- Don't wear gloves out in public. They can spread germs.
- Be patient. Social distancing measures have decreased occupancy limits for many businesses; wait times may increase as a result.



YOUR WORKPLACE

- Clean your hands throughout the day.
- Understand your employer's plan for maintaining social distancing standards and for cleaning and disinfecting the workplace. Encourage your employer to do thorough cleanings on a regular basis. High-touch surfaces, such as elevator buttons and handrails, should be cleaned throughout the day.
- Clean surfaces in your workspace frequently (phones, keyboards, badges, etc.)
- Wear facemask and stay 6 feet away from others when possible. Conduct meetings via video conference even if you are all within the same workplace. Maintain social distancing in lunch and break rooms.
- Do not share personal equipment such as phones, keyboards, and pens, and remove "community" items from shared spaces.



The Association for Professionals in Infection Control and Epidemiology (APIC) is creating a safer world through the prevention of infection. APIC's nearly 16,000 members develop and direct infection prevention and control programs that save lives and improve the bottom line for healthcare facilities. APIC advances its mission through patient safety, education, implementation science, competencies and certification, advocacy, and data standardization. Visit us at apic.org.

1400 CRYSTAL DRIVE, SUITE 900 | ARLINGTON, VIRGINIA 22202 | www.apic.org



Rescheduling Medical Care is Important

If you had to delay your elective surgery or medical treatment because of the COVID-19 pandemic, you may be wondering when, or if, it is safe to reschedule. While routine medical check-ups and other non-urgent medical services can be postponed temporarily, they will need to be scheduled eventually. To maintain your health and manage chronic conditions, it is important to contact your healthcare providers and learn more about their plans for your treatment during the coronavirus pandemic.

Know Before You Go

Understand your healthcare provider's plan to prevent the spread of COVID-19. Your healthcare providers should explain to you the new procedures they have put in place which may include:

- **Conducting your pre-op visit** over the phone or video conference.
- **Scheduling fewer patients** and reconfiguring the waiting room to meet social distancing standards.
- **Requiring you to wait in your car** before being called in for your appointment.
- **Requiring patients having surgical procedures** to be tested for COVID-19.
- **Prohibiting family members and visitors.**
- **Screening you for fever** and other symptoms when you arrive.
- **Requiring you to wear a mask** or cloth face covering during your visit.
- **Asking you to use hand sanitizer** frequently during your visit.
- **Enhanced cleaning of the facility**, especially frequently touched surfaces.

How to Protect Yourself When You Visit a Healthcare Facility

- **Clean your hands often** and ensure your healthcare providers do as well.
- **Wear a cloth facemask.** Masks should completely cover your nose and mouth. Do not touch your mask during wear. Remove mask only by touching ear loops or ties. Clean your hands immediately afterward.
- **Maintain social distancing** of at least 6 feet in the waiting room.
- **Do not wear gloves** into your healthcare facility. Unlike hands, gloves cannot be washed.
- **Don't bring visitors** or family members with you unless necessary. Ask your healthcare providers in advance about visitor restrictions.
- **Be patient.** Some of the precautions being put in place to protect you mean that your wait time may increase.

REMEMBER THE BASICS



- **Wash your hands** often with soap and water or use hand sanitizer. Keep hand sanitizer with you so you can clean your hands when you are out. Wash your hands immediately upon returning home.
- **Cover coughs** and sneezes with your elbow or a tissue.
- **Keep hands away** from your eyes, nose and mouth.
- **Stay home** if you feel sick and call your provider immediately if you experience any symptoms of COVID-19.

The Association for Professionals in Infection Control and Epidemiology (APIC) is creating a safer world through the prevention of infection. APIC's nearly 16,000 members develop and direct infection prevention and control programs that save lives and improve the bottom line for healthcare facilities. APIC advances its mission through patient safety, education, implementation science, competencies and certification, advocacy, and data standardization. Visit us at apic.org.



Gloved Hands May Spread Germs

People are wearing gloves (made from materials like vinyl, latex or nitrile) when they head out in public during the pandemic. While individuals think they are being safe and protecting themselves and others from the SARS-CoV-2 virus that causes COVID-19, they may actually be spreading germs in the community. Vinyl, latex and nitrile gloves protect the skin from body fluids and certain harmful chemicals. The surface of gloves can support germs just like skin. But, unlike skin, washing gloves is not an option. Even healthcare workers are instructed to wash their hands before they put on gloves and after taking off gloves. **Gloves are not a substitute for hand washing.**



How Gloves Can Spread Germs

When gloves are put on they are presumably clean.

- Germs collect on the gloves when a person wearing them starts touching surfaces (elevator buttons, grocery carts, gas station pumps).
- Germs are spread when the person touches other objects.

People may think they are protected by the gloves, but they are not.

- Difference: you can clean your bare hands with hand sanitizers or soap and water. This stops the spread of the germs.



Gloves Are Not a Complete Barrier

Gloves may have very tiny (micro-sized) pin holes not visible to the naked eye.

- Thousands of germs pass through these holes onto the skin in a short amount of time.
- The germs may be on the outside of the glove and may seep inside too.
- Gloves can be damaged with holes made by fingernails, jewelry or wear and tear.
- Vinyl, latex and nitrile gloves can be damaged by moisture, heat and chemicals.



Don't Touch Your Face

This is a habit that is hard to break.

- Keep hands away from your eyes, nose and mouth because it is one way germs enter the body and cause infections.
- When people wear gloves, it may give them a false sense of security. Since the outside of gloves are not clean; gloves may be more contaminated than bare hands.
- Be sure to wash your hands frequently with hand sanitizer or soap and water often and keep hands away from the face.



Settings of Care Word Search

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | E | U | T | X | L | O | E | T | Q | H | Z | Q | J | K | L | A | E | D | M |
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| E | A | T | E | S | M | N | W | X | V | S | R | K | X | D | N | Z | A | C | C |
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| H | O | M | E | C | A | R | E | P | T | U | A | J | P | W | G | Q | J | H | A |

Word Bank

- ACUTE CARE
- AMBULATORY CARE
- BEHAVIORAL HEALTH
- CRITICAL ACCESS
- DENTAL FACILITY
- DIALYSIS CENTER
- HOME CARE
- HOSPITAL
- INTENSIVE CARE UNIT
- LONG-TERM CARE
- ONCOLOGY CENTER
- OUTPATIENT FACILITY
- PEDIATRICS
- PUBLIC HEALTH
- SURGERY CENTER
- VETERANS AFFAIRS

Download more games, puzzles, and resources to share with your colleagues!
 Visit www.apic.org/infectionpreventionandyou for more resources to promote infection prevention.



Word Jumble #3

Unscramble the letters to form important words in fighting infections, or things that you hear about when talking about infections. Then use the letters in the shaded areas to find the role we all play.

1. AEBRCTAI

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2. AIISZNET

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3. YENIHEG

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4. UNENPAOIM

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5. HGUCO

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6. VICNEA

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7. ENNLUAZIF

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8. EUADONCIT

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What do we all play a role in?

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Download more games, puzzles, and resources to share with your colleagues!
 Visit www.apic.org/infectionpreventionandyou for more resources to promote infection prevention.

Answer Key

1. Bacteria, 2. Sanitize, 3. Hygiene, 4. Pneumonia, 5. Cough, 6. Vaccine, 7. Influenza, 8. Education
 Solution: Infection Prevention



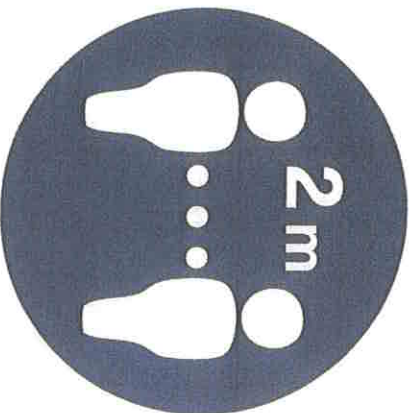
PROTECT OUR
ELDERS

QUICK TIPS

to help you protect yourself, your family and your community from COVID-19

Tip

6. PROTECT YOURSELF AND OTHERS IN YOUR COMMUNITY



How to do it

Practice physical and social distance.

Avoid crowded places and big groups.

Keep 2 metres from everyone as much as possible.

Wave instead of hug or handshake.

Shop when stores are less crowded, if you can.

Send only one family member to get groceries.

Avoid non-essential travel.

Wipe down the grocery cart when you go to the store.

Use hand sanitizer where available.

Plan online meetups, instead of in-person ones.

If you or someone in your house is sick, **stay 2 metres away.**

Sources:

Public Health Agency of Canada,
World Health Organization and
Center for Disease, Control and Prevention

QUICK TIPS

to help you protect yourself, your family and your community from COVID-19

Tip

5. WATCH FOR CORONAVIRUS (COVID-19) SYMPTOMS :

Cough

Fever

Trouble breathing

Chest pain



What you will need

Digital thermometer,
make sure to clean it
with rubbing alcohol
between uses

How to do it

Take your temperature
2 times a day: when you get up
and before going to bed.

Call your local health clinic or
provider if your temperature is
38°C or higher.

If you don't have a thermometer,
call your local health clinic if
you experience **signs of fever:**
sweating, chills and shivering,
headache, muscle aches, lack
of appetite, mood swings,
dehydration or general weakness.

Avoid using

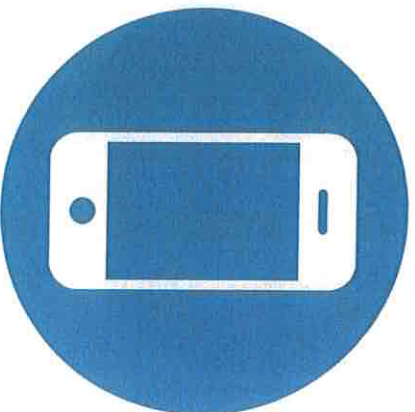
fever reducing medications
(ibuprofen – Advil/ Motrin;
acetaminophen – Tylenol).

QUICK TIPS

to help you protect yourself, your family and your community from COVID-19

Tip

3. CLEAN YOUR TECHNOLOGY



What you will need

Appropriate electronics cleaner

How to do it

At least once a day, clean cellphones, tablets, computer screens, keyboards, television, remotes and buttons, for example on toys.

Wipe down all sides.

Apply cleaner to your cloth, and not directly to your device.

.....

4. DO YOUR LAUNDRY REGULARLY

Regular laundry soap

Wash your bed sheets, towels and cleaning cloths regularly or as soon as they look dirty.

QUICK TIPS

to help you protect yourself, your family and your community from COVID-19

Tip

2. CLEAN YOUR HOUSE

What you will need

Rubber gloves

Homemade disinfecting cleaning solution:

- 1 bucket to mix
- 1 part cleaner
- 9 parts water

Broom

Cloth

How to do it

Dust and/or sweep.

Open windows and doors, to protect your lungs from cleaners.

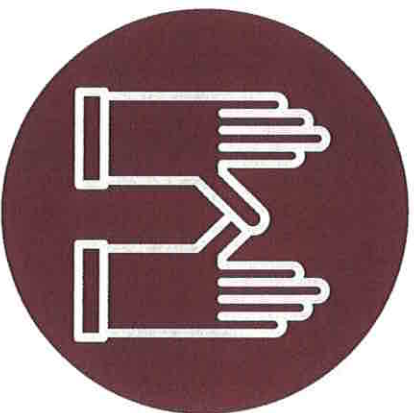
Every time you clean, **prepare a new bucket** of cleaning solution.

Once per day, **clean the surfaces you touch most often** like tabletops, light switches and door handles.

Wash floors and wall. The more times per week, the better.

Clean your gloves with soap and water after each use.

Use the cleaner most appropriate for you and your family.



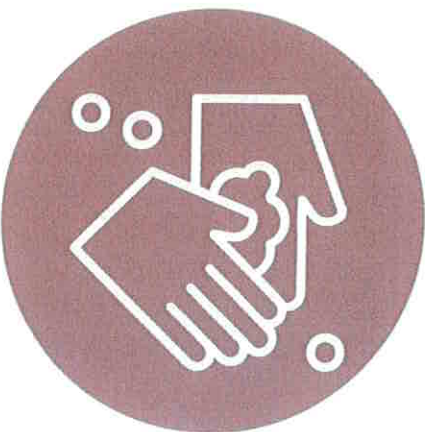
QUICK TIPS

to help you protect yourself, your family and your community from COVID-19

Tip

1. WASH YOUR HANDS FREQUENTLY

This is the most important thing you can do.



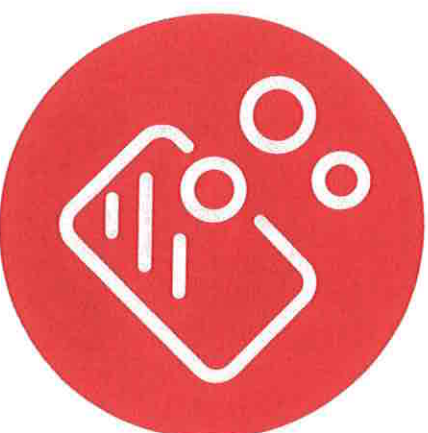
What you will need

A bar of soap
at the:

Kitchen sink

Bathroom sink

Tub or shower



How to do it

Regularly wash your hands with warm water and soap, for at least **20-30 seconds**.

Wash hands when you get home, after using the restroom, before eating, etc.

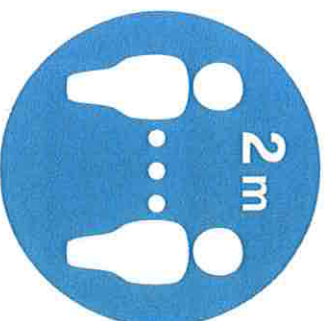
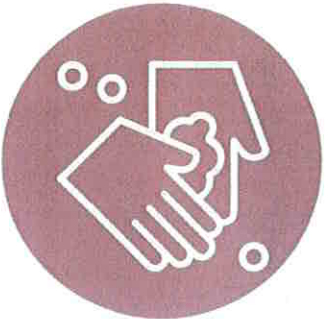
Avoid touching your face.

Use hand lotion to prevent dryness.



6 QUICK TIPS

to help you protect yourself, your family and your community from COVID-19



Sources: Public Health Agency of Canada, World Health Organization and Center for Disease, Control and Prevention

(COVID-19)

Know the difference between what is true about the Coronavirus (COVID-19) and what is false.



MYTH

It is unsafe to receive packages from China.



Old people are more likely to get Coronavirus.



Pets at home, such as dogs and cats can be infected with the new Coronavirus.



Antibiotics will help kill Coronavirus.



FACT



• It is safe to receive packages from China.

• Coronavirus does not survive long on objects, such as, letters or packages.

• People of all ages can get the Coronavirus.

• Older people and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

• At present, there is no evidence that companion pets such as cats and dogs can be infected with the Coronavirus.

• However, it is always a good idea to wash your hands with soap and water after contact with pets to protect you from bacteria that can be passed from pets to humans.

• Since it is a virus, antibiotics will not work on Coronavirus and should not be used as a means of prevention or treatment.

• Antibiotics are good for bacterial infections not viral infections.

TIPS FOR PROTECTING YOURSELF FROM GETTING SICK OR FROM SPREADING ILLNESSES LIKE CORONAVIRUS, INFLUENZA OR RESPIRATORY INFECTIONS



Wash your hands frequently with soap and water



If you are sick, stay away from public places



✗ Wrong ✗ Wrong ✓ Right

Practice proper cough and sneezing etiquette (into the bend of your elbow)



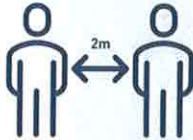
Clean and disinfect objects and surfaces



Ensure immunizations are up to date for protection against vaccine preventable diseases

SOCIAL DISTANCING

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.



What does Social Distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including:

- ▶ avoiding crowded places and non-essential gatherings
- ▶ avoiding common greetings, such as handshakes
- ▶ limiting contact with people at higher risk (e.g. older adults and those in poor health)
- ▶ keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible



Here's how you can practice social distancing:

- ▶ greet with a wave instead of a handshake, a kiss or a hug
- ▶ stay home as much as possible, including for meals and entertainment
- ▶ shop or take public transportation during off-peak hours
- ▶ conduct virtual meetings
- ▶ host virtual playdates for your kids
- ▶ use technology to keep in touch with friends and family



If possible,

- ▶ use food delivery services or online shopping
- ▶ exercise at home or outside
- ▶ work from home



Remember to:

- ▶ wash your hands often for at least 20 seconds and avoid touching your face
- ▶ cough or sneeze into the bend of your arm
- ▶ avoid touching surfaces people touch often



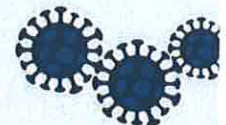
If you're concerned you may have COVID-19:

- ▶ separate yourself from others as soon as you have symptoms
- ▶ if you are outside the home when a symptom develops, go home immediately and avoid taking public transit
- ▶ stay home and follow the advice of your Public Health Authority, who may recommend self-isolation
- ▶ call ahead to a health care provider if you are ill and seeking medical attention

FOR MORE INFORMATION:

@ canada.ca/coronavirus

1-833-784-4397



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada



NNADAP

Louise Ashawasegai



Ontario Telemedicine Network. (OTN)

The **Ontario Telemedicine Network (OTN)** is one of the largest telemedicine networks in the world. It uses two-way videoconferencing to provide access to care for patients in every hospital and hundreds of other health care locations across the province.

Anyone can utilize this service to meet a counselor on line. This service is available in trailer 4. It is a video conference which is secure at all times. Clients do come to my office for these kinds of appointments. I normally leave the building just to make sure this service can be totally private unless I am asked to stay. Come and check it out, I will bring you into my office to show you. You can also see a doctor on this system.

Louise Ashawasegai,

NNADAP Henvey Health Centre



Harm reduction

Do come and exchange your full containers for an empty one at trailer 4.

Needle exchange every day.....

Please do use sharps container throughout the community to keep our children safe.

Notice To Community

Members

Please Contact the Health Centre if any Needles/Sharps are found in the Community.

A Staff Member will come to dispose of it properly and safely.

Sharps Containers are available at the Health Centre for anyone.

Thank You!

USING DRUGS ALONE CAN INCREASE RISK OF FATAL OVERDOSE.

The Overdose Prevention Line can help.

Line can help.

1-888-853-8542

24 hours a day, 7 days a week



Someone will stay on the phone with you while you use and will call 9-1-1 only if you overdose.



SEE AN OVERDOSE? CALL 9-1-1.

Even if you've taken drugs or have someone on
you, the **Good Samaritan Drug Overdose**
Act can protect you.

This law is supported by the
Ontario Provincial Police
opp.ca/overdose



RECOGNIZE THE SIGNS AND SYMPTOMS OF AN **OPIOID OVERDOSE**



Cannot be
woken up



Choking or
gurgling sounds



Slow, shallow
breathing



Small constricted
pupils



Blue lips
or nails



Body is limp,
cold skin

Recognize the signs and symptoms,
and **help save a life**. See an overdose?
Call 9-1-1. Use **naloxone**.



Comité du SIDA de North Bay et de la région
VIH, hépatite C, réduction des méfaits

AOCNBA
AIDS Committee of North Bay & Area
HIV-Hépatites C-Harm Reduction

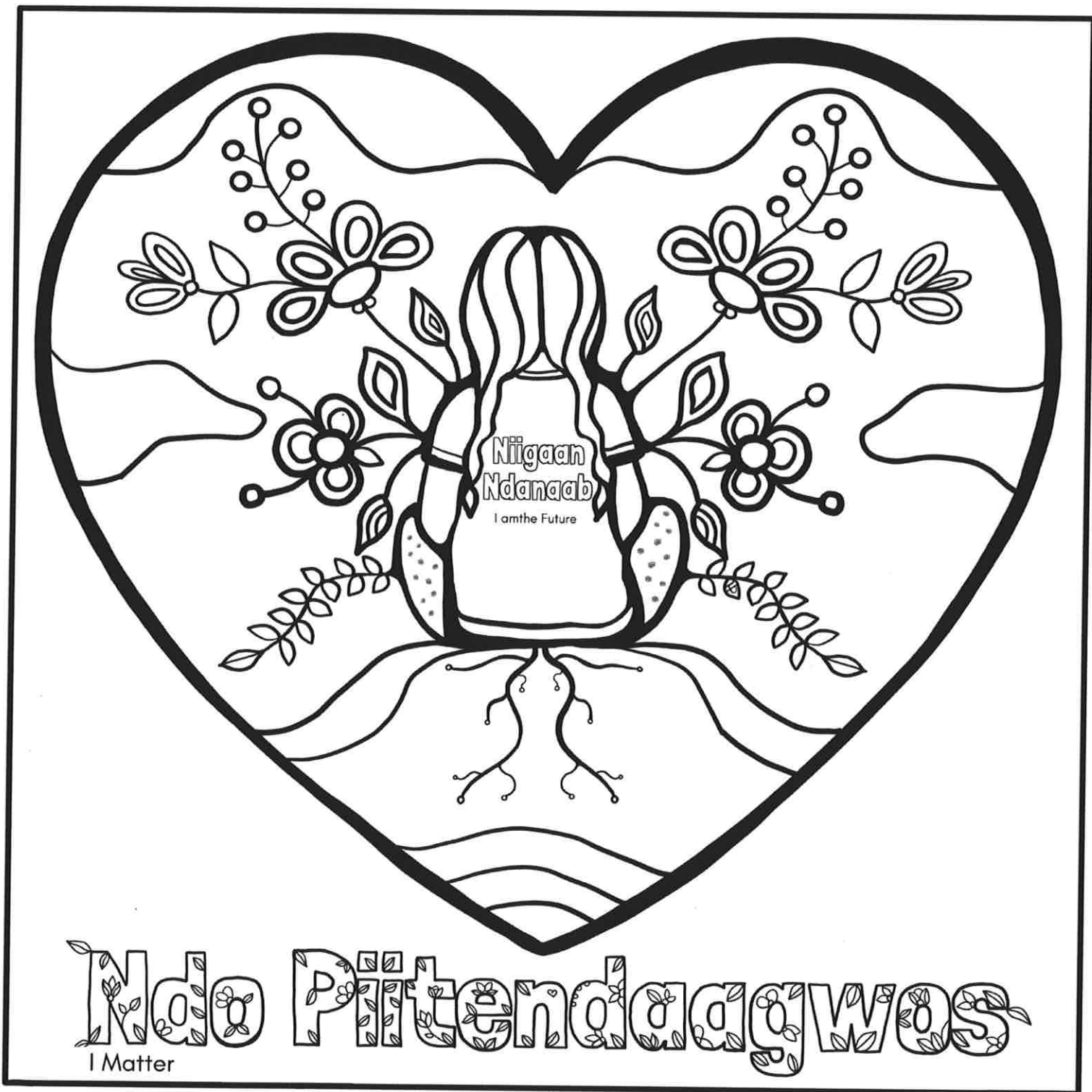


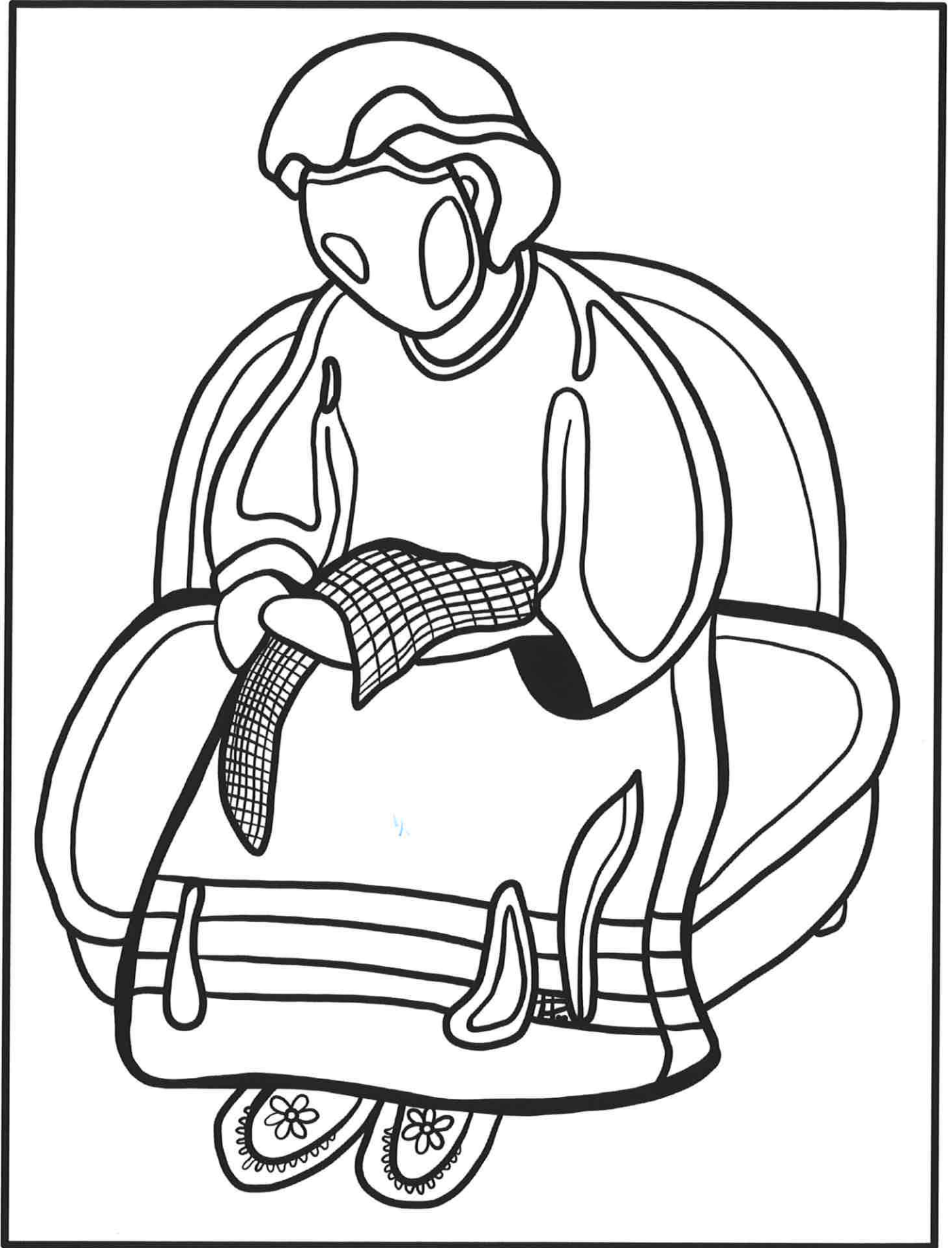
North Bay Parry Sound District
Health Unit



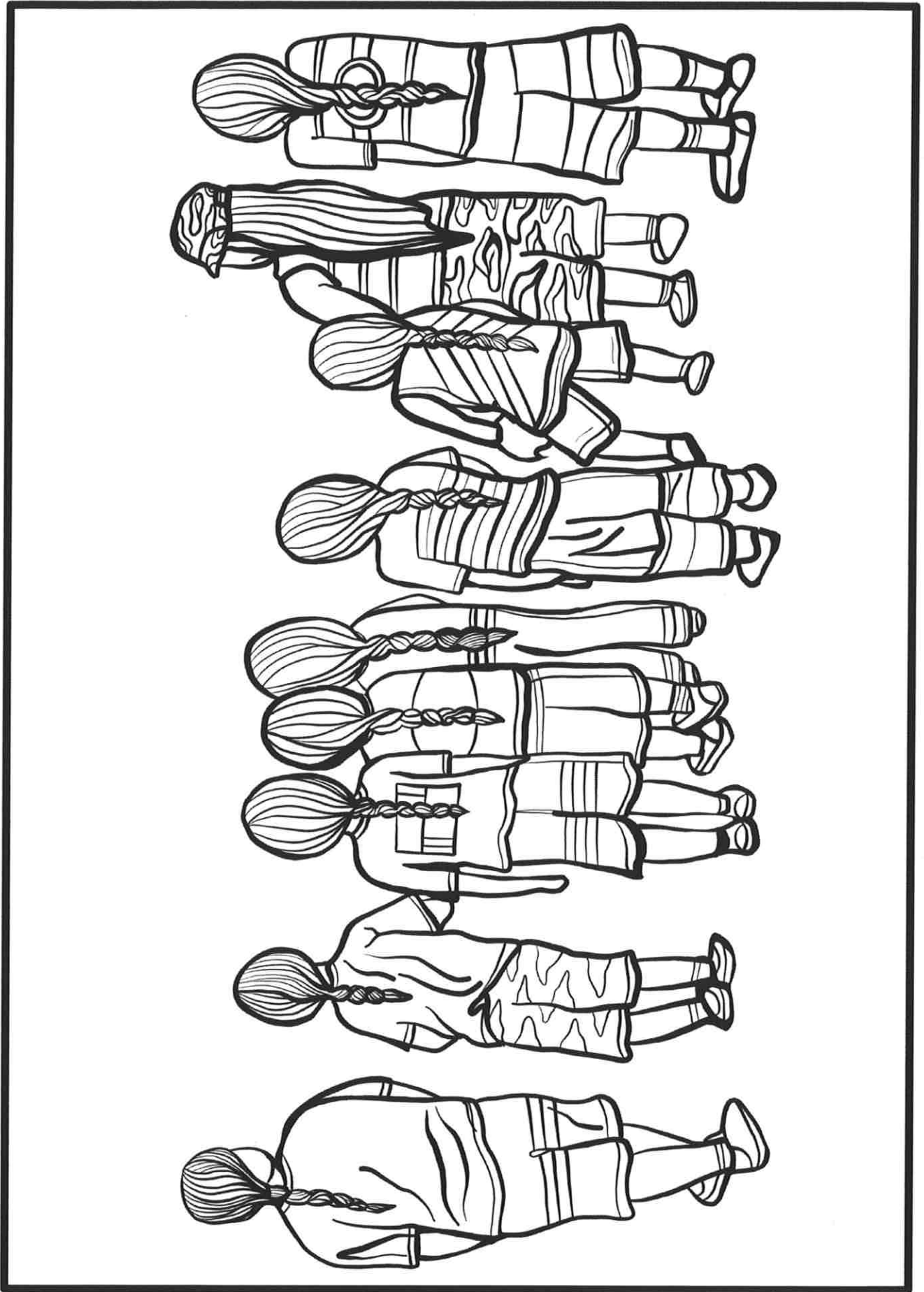
Bureau de santé
du district de North Bay-Parry Sound

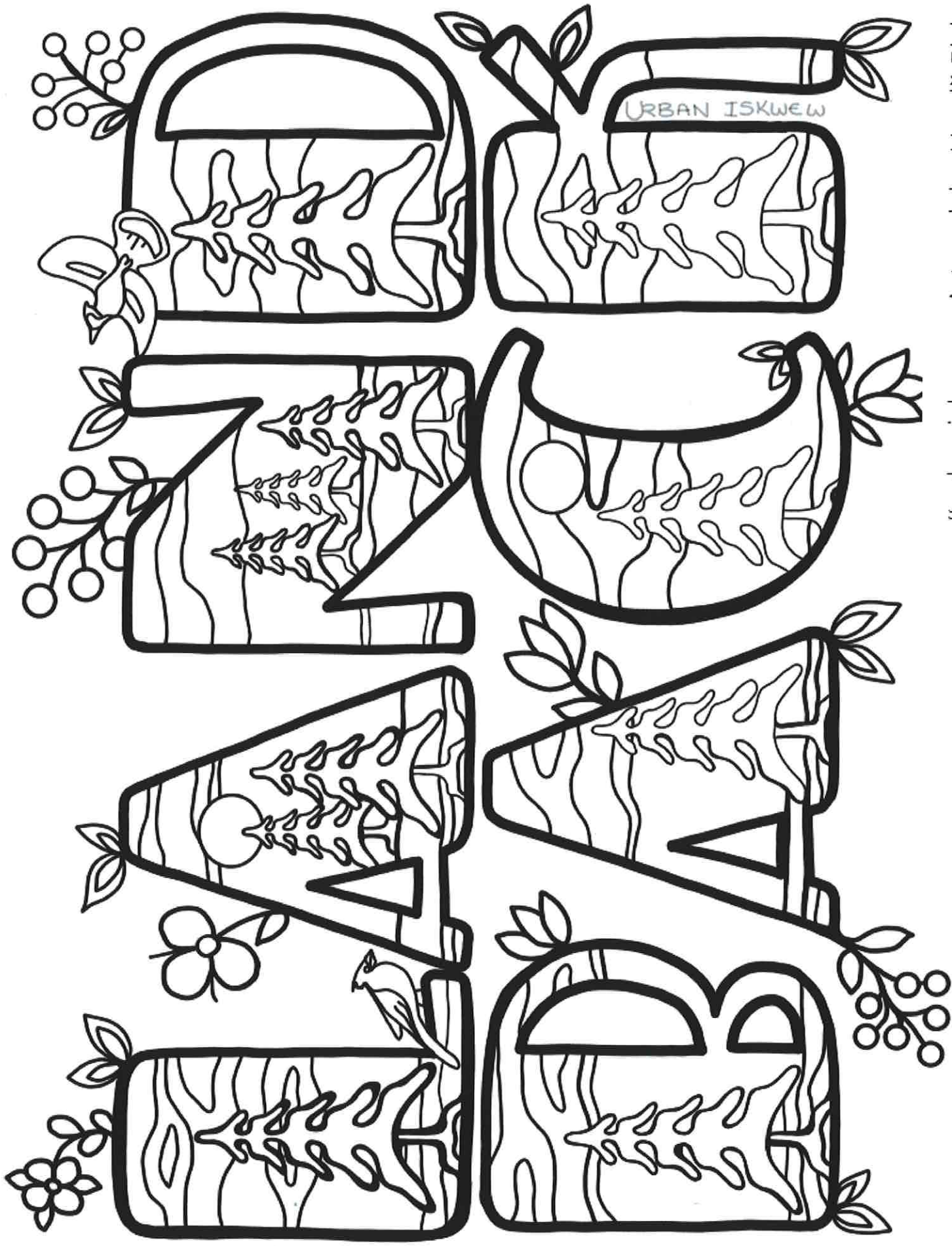


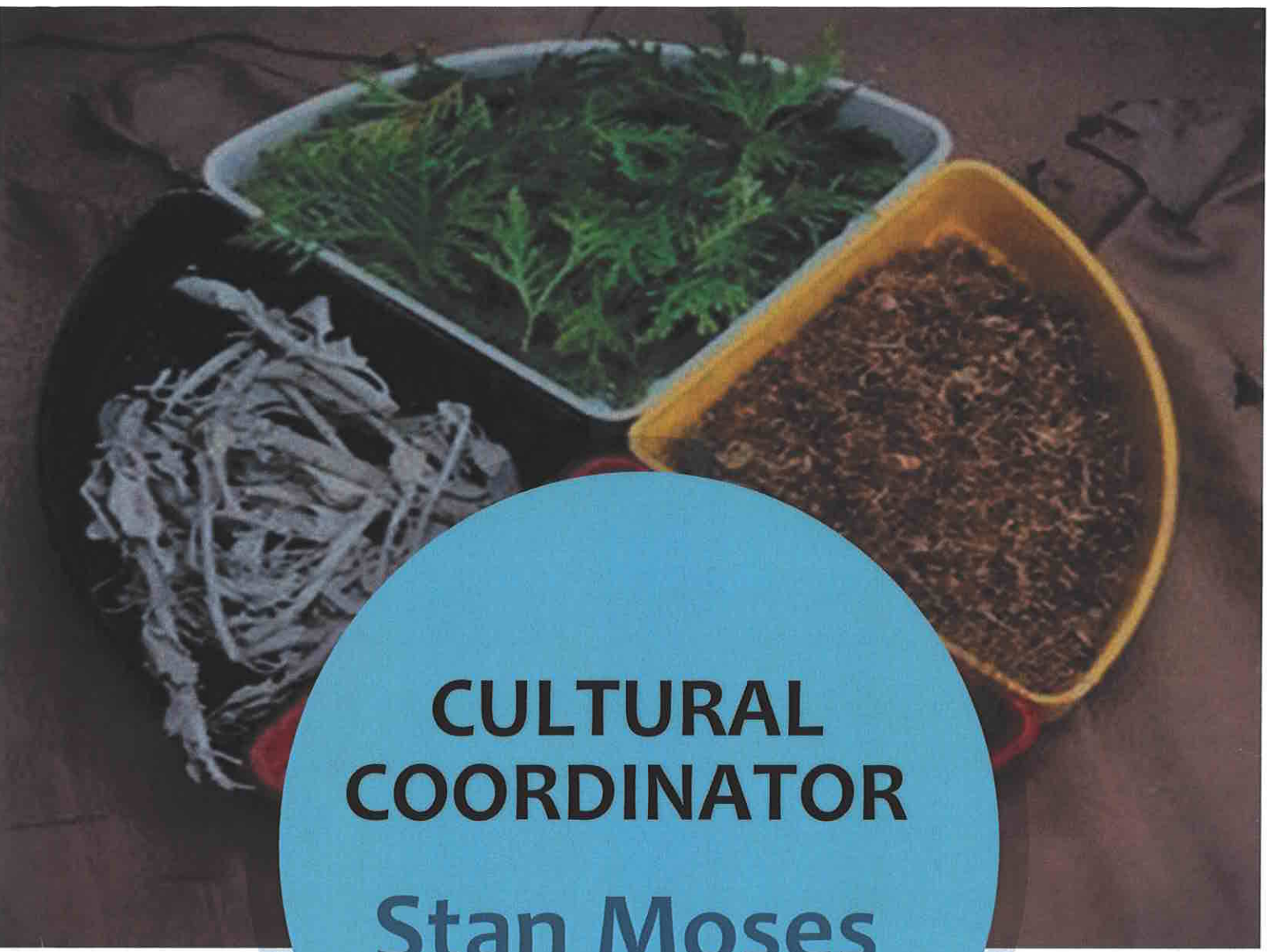










A photograph showing three trays of natural materials. The top tray is white and contains fresh green herbs. The bottom-left tray is black and contains dried, light-colored roots. The bottom-right tray is yellow and contains dark, rich soil. A large blue circle is overlaid on the center of the image, containing the text.

**CULTURAL
COORDINATOR**
Stan Moses

**Henvey Inlet First Nation Health Centre
354A Pickerel River Road- Pickerel, ON**

PoG 1J0

(705)857-1221 EXT: 229



MEN'S CIRCLE

With

DAVE RICE &

STAN MOSES

Kind Man Program

WHEN: Thursday November 12, 2020

WHERE: Program Trailer

TIME: 5 - 7 PM

Please call to SIGN-UP!! This helps with knowing how much food will be needed! Call/leave a message for Darcy to Sign-up!

For further information or if you need a ride with in the community please
contact:

CULTURAL COORDINATOR STAN MOSES 705-857-1221



MEN'S CIRCLE

With

DAVE RICE &

STAN MOSES

Kind Man Program

WHEN: Thursday November 26, 2020

WHERE: Program Trailer

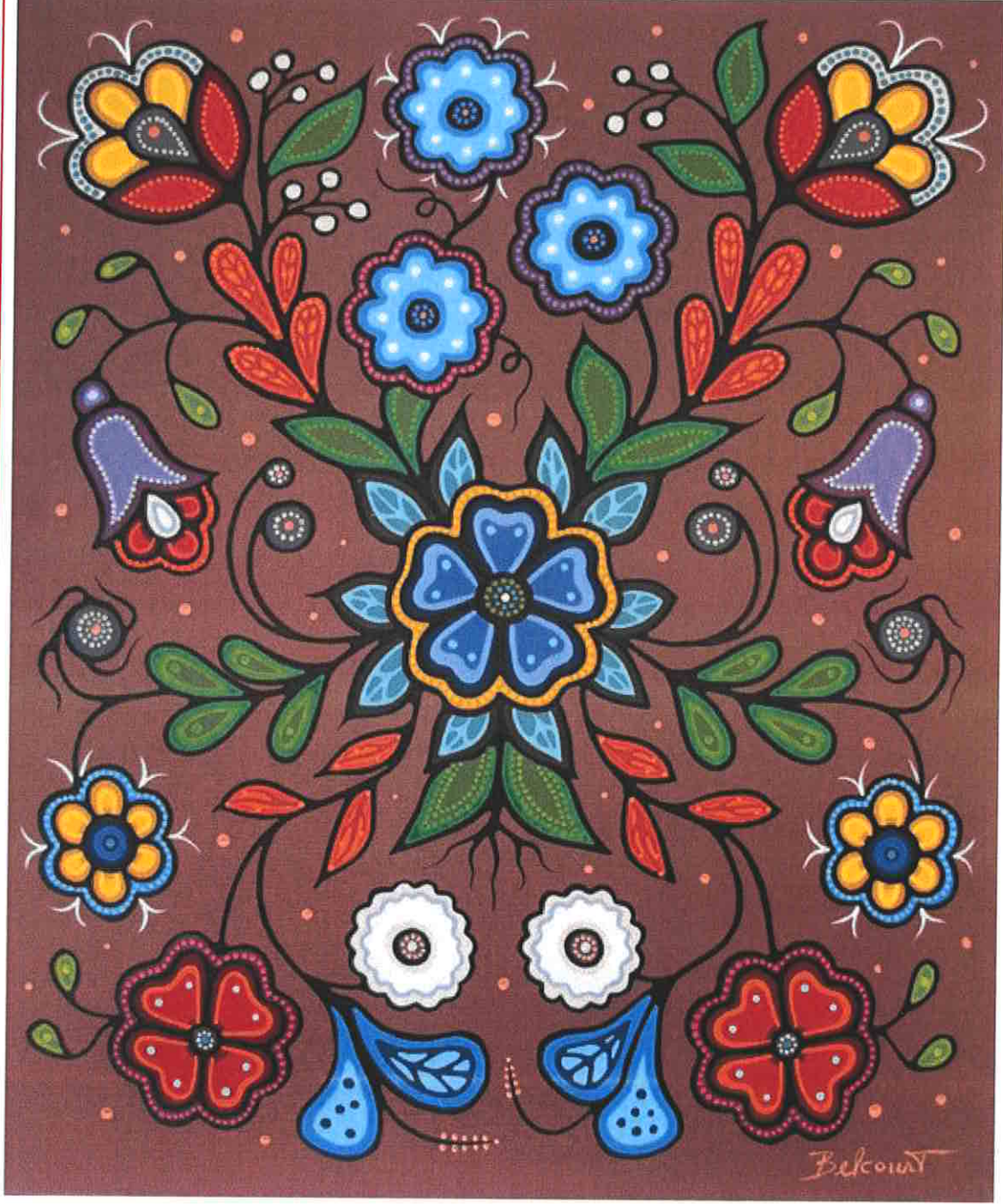
TIME: 5 - 7 PM

Please call to SIGN-UP!! This helps with knowing how much food will be needed! Call/leave a message for Darcy to Sign-up!

For further information or if you need a ride with in the community please contact:

CULTURAL COORDINATOR STAN MOSES 705-857-1221

COMMUNITY WELLNESS PROGRAM NEWS



This program is designed to deliver primarily client and participant-based services to Aboriginal individuals, families and children. The priority focus of programming is related to reducing family violence.



COMMUNITY WELLNESS PROGRAM



POSITIVE THOUGHTS CREATE POSITIVE THINGS

NOVEMBER 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------------------|-----------------|-----------------------|-----------------|---------------------|----------|
| 1 | 2 OUT OF OFFICE | 3 IN OFFICE | 4 OUT OF OFFICE | 5 IN OFFICE | 6 OFFICE CLOSED | 7 |
| 8 | 9 OUT OF OFFICE | 10 IN OFFICE | 11 REMEMBRANCE DAY | 12 IN OFFICE | 13 OFFICE CLOSED | 14 |
| 15 | 16 OUT OF OFFICE | 17 IN OFFICE | 18 OUT OF OFFICE | 19 IN OFFICE | 20 OFFICE CLOSED | 21 |
| 22 | 23 OUT OF OFFICE | 24 IN OFFICE | 25 OUT OF OFFICE | 26 IN OFFICE | 27 OFFICE CLOSED | 28 |
| 29 | 30 OUT OF OFFICE | | | | | |

Sorry for any inconvenience, event had to be cancelled due to

uncertain circumstances!

FREE HAIR CUT DAY

WITH

ANNETTE ASHAWASEGA-CRISTO

Annette will be in the community for one day to offer haircuts to all ages.

SATURDAY, NOVEMBER 7TH, 2020

9 A.M. – 5 P.M.

TRAILER #3

**HENVEY INLET FIRST NATION HEALTH
CENTRE**

IN EFFECT: M
A
CANCELLING IN

CANCELLED



CALL DARCY AT THE HEALTH TO BOOK AN APPOINTMENT.

COMMUNITY WELLNESS PROGRAM

Henvey Inlet First Nation Health Centre
Trailer #3 beside the Ball Field
Phone 705 857-1221 EXT 227
luana.mcquabbie@henveymedicalcentre.com



Seven Grandfathers Teachings 2020 Awards

Call for Nominations

Nominations are now being accepted for individuals who have made a positive contribution to our community.

Nominators are encouraged to nominate an individual who have demonstrated qualities of one or more of the Seven Grandfathers Teachings. Nominations can be submitted into one of the two ballot boxes located at the Health Centre or Band Administration Office.

Submission deadline is Friday, Dec 4th at 12 Noon.

Each recipient will receive an Award and \$100.00 in cash.

