



February



**Food Distribution
Dates inside!**



**Offices Closed on Monday
February 15**





**Henvey Inlet
First Nation**

Pickering, ON P0G 1J0

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

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

Day Care
354B Pickering 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: Housing Assistant

Dt: February 2021

Re: HIFN Housing update.

The housing department has been asked to remind community members to not drive snowmobiles over septic beds and please respect the property lines of community members.

Please take a few minutes to ensure your smoke detectors are functioning properly and your fire extinguishers are charged. Should you have any concerns about your smoke detectors, carbon monoxide detectors or your fire extinguisher please contact Randy Naveau at the band office. Randy will be happy to inspect or replace any equipment as required.

Furnace filters are available at the administration office, please contact Heidi in the housing department to have some delivered to your home.

Thank you,

Heidi Kimberley
Housing Assistant



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MEMORANDUM

To: All Henvey Inlet First Nation Members
From: Samantha Bradley, Human Resources Coordinator
Date: February 1, 2021
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
EARLY CHILDHOOD EDUCATION WORKER

2 Positions

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking two (2) 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.



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:

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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

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Tel: (705) 857-2331

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CENSUS • RECENSEMENT

December 15, 2020

Millie Pawis
Pickering, ON, P0G 1J0

Subject: 2021 Census jobs are coming to your community

Hello Millie Pawis,

Canada's next Census of Population will take place in spring 2021. Statistics Canada will be hiring across the country in every community, big and small, in preparation for the 2021 Census. In the current context of COVID-19, we are committed to hiring locally and ensuring the safety of our employees and your community members at all times.

To assist you in promoting local jobs available in your community, please find enclosed printed recruitment material. We would appreciate if you could post and distribute these materials.

Please tell community members, friends and family about census job opportunities, and encourage them to apply online. Applications will be accepted beginning **January 6, 2021** at www.census.gc.ca/jobs.

Census information is important for all communities and is vital for planning services such as schools, daycare, family services, housing, emergency services, roads, health services and skills training for employment.

Thank you for your collaboration.

Sincerely,

Patrice Mathieu
Director, Census Operations Division

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 et 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



Statistics Canada

Statistique Canada

Emplois au recensement
census.gc.ca
Jobs
recensement.gc.ca

1-833-830-3106
TTY/ATS : 1-833-830-3109

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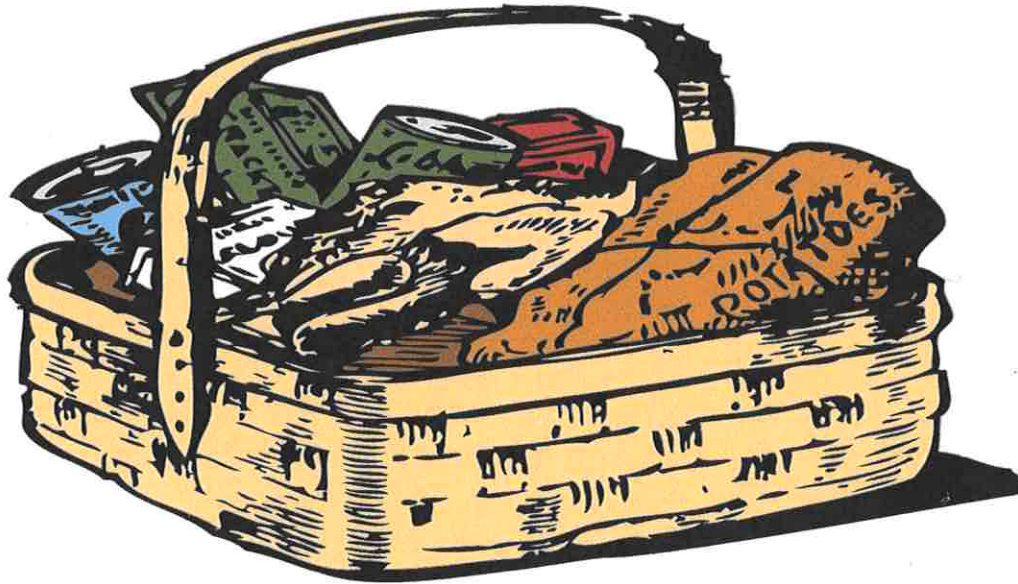
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TTY/ATS : 1-833-830-3109

Canada



Ahnii/Boozhoo,

Reminder of food distribution at HIFN O&M building for our on-reserve community members

February 8, 2021 @ 1:00 - 4:00

February 22, 2021 @ 1:00 – 4:00

Meegwetch for all those that volunteered on January 25th, 2021 to prepare baskets for our members.

All practices of social distancing are in effect, please wear your masks.

We look forward to seeing you all these days.

Members can call Maureen Kagagins at (705) 670-7648, to be put on list, so we can have food ready for pick up.

Nahow Meegwetch

TEMPORARY HOURS
ONTARIO WORKS

**UNTIL FURTHER NOTICE
PLEASE CALL BAND OFFICE
BEFORE COMING IN...**

TUESDAY 8:30 – 2:30

THURSDAY 8:30 – 2:30



MIIGWETCH

Winter Safety Tips

Important tips to keep you, your family and your home safe during the winter. *If you have any questions regarding fire safety, please contact your local fire department.*

Remember: NO ICE IS SAFE ICE!

Conditions on all ice can change in an instant. Heed warning messages and stay off frozen waterways if possible.

Know the dangers of ice

Ice Factors

Many factors affect ice thickness including: type of water, location, the time of year and other environmental factors such as:

- Water depth and size of body of water.
- Currents, tides and other moving water.
- Chemicals including salt.
- Fluctuations in water levels.
- Logs, rocks and docks absorbing heat from the sun.
- Changing air temperature.
- Shock waves from vehicles traveling on the ice.

Ice Colour

- The colour of ice may be an indication of its strength.
- Clear blue ice is strongest.
- White opaque or snow ice is half as strong as blue ice. Opaque ice is formed by wet snow freezing on the ice.
- Grey ice is unsafe. The grayness indicates the presence of water.

Did you know ice thickness should be:

- 15 cm for walking or skating alone
- 20 cm for skating parties or games
- 25 cm for snowmobiles.

Check with local authorities before heading out. Avoid going out on ice at night.

When You Are Alone On Ice

If you get into trouble on ice and you're by yourself:

- Call for help.
- Resist the immediate urge to climb back out where you fell in. The ice is weak in this area.
- Try to relax and catch your breath. Turn yourself toward shore so you are looking at where you entered onto the ice. The ice is more stable close to shore.
- Reach forward onto the broken ice without pushing down. Kick your legs to try to get your body into a horizontal position.
- Continue kicking your legs, and crawl onto the ice.
- When you are back on the ice, crawl on your stomach or roll away from the open area with your arms and legs spread out as far as possible to evenly distribute your body weight. Do not stand up! Look for shore and make sure you are crawling in the right direction.

When You Are With Others On Ice

- Rescuing another person from ice can be dangerous. The safest way to perform a rescue is from shore.
- Call for help. Consider whether you can quickly get help from trained professionals (police, fire fighters or ambulance) or bystanders.
- Check if you can reach the person using a long pole or branch from shore – if so, lie down and extend the pole to the person.
- If you go onto ice, wear a PFD and carry a long pole or branch to test the ice in front of you. Bring something to reach or throw to the person (e.g. pole, weighted rope, line or tree branch).
- When near the break, lie down to distribute your weight and slowly crawl toward the hole.
- Remaining low, extend or throw your emergency rescue device (pole, rope, line or branch) to the person.
- Have the person kick while you pull them out.

Move the person to a safe position on shore or where you are sure the ice is thick. Signal for help.



Daycare News

February 2021



Important News

Reminders for parents:

Daycare hours are from 8:30am to 4:30pm, Monday to Thursday and Friday's we are closed due to Covid-19. We will no longer be accepting children in the daycare centre after 9:00am, due to the disruptions of our daily programming. All children are to be picked up at 4:30pm otherwise parents will be expected to pay a late charge fee.

Late Charges:

\$6.00 for the first 1/2 hour and \$15.00 for an hour, and must be paid immediately and directly to staff on duty.

Clothing:

We ask that your children be dressed in clothing that is appropriate for physical and sometimes "messy" activities. Please label all clothing to avoid confusion.

Illness:

Parents and guardians please **DO NOT** send your child to daycare if they are showing any symptoms of any illness. If a child becomes ill at anytime, the center will notify the parents, then have the parents pick up the child/children immediately.

Masking:

Non-medical mask or face covering is mandatory for all children in grades 1 and up while inside a childcare setting. All young children (ages 2 - SK) are encouraged but not required to wear a non-medical mask or face covering while inside a childcare setting.

Important Dates:

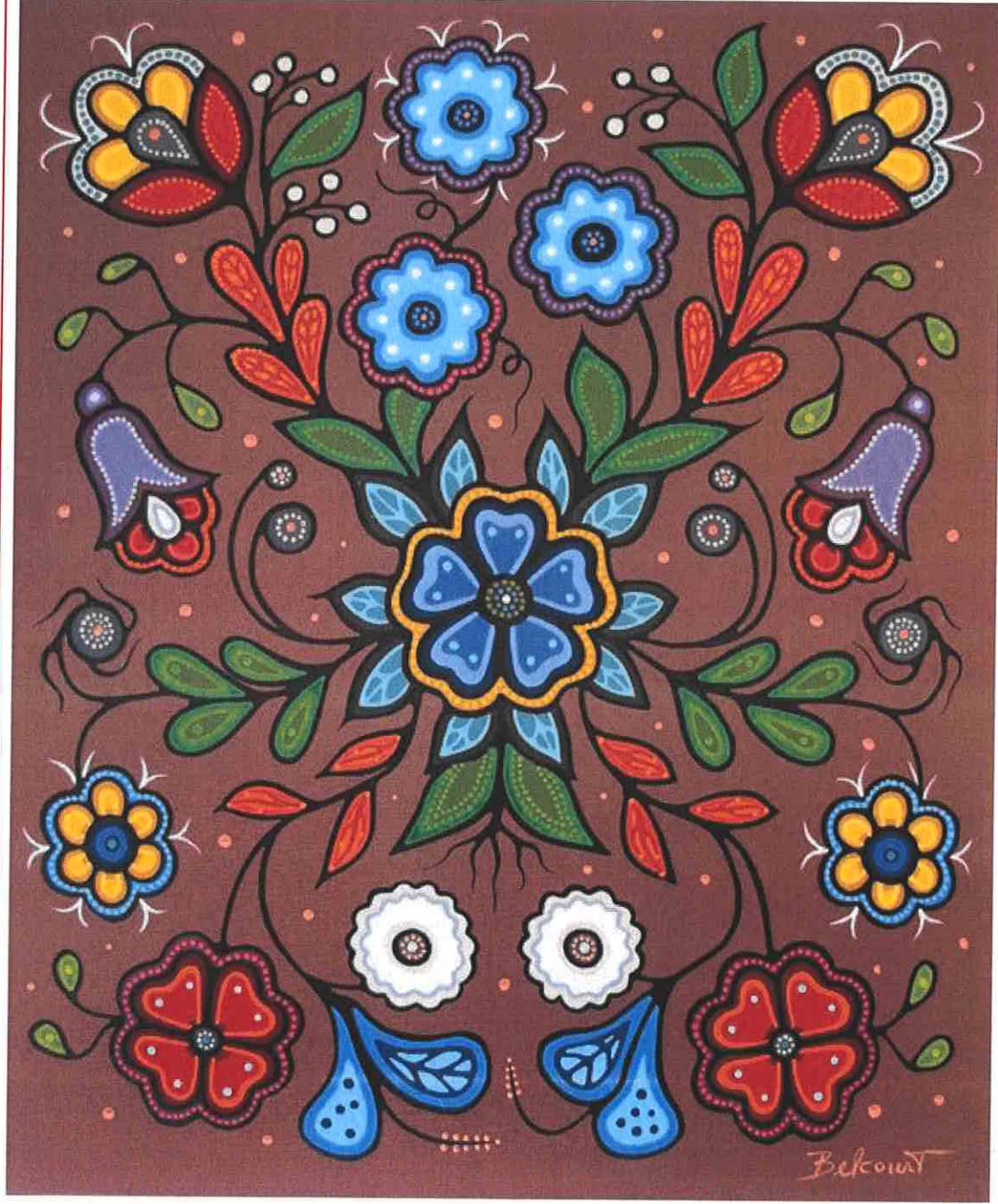
Daycare Closed Family Day February 15, 2021



Child development does not mean developing your child into the person you think they should be, but helping them develop into the best person they are meant to be.

-Toni Sorenson

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.



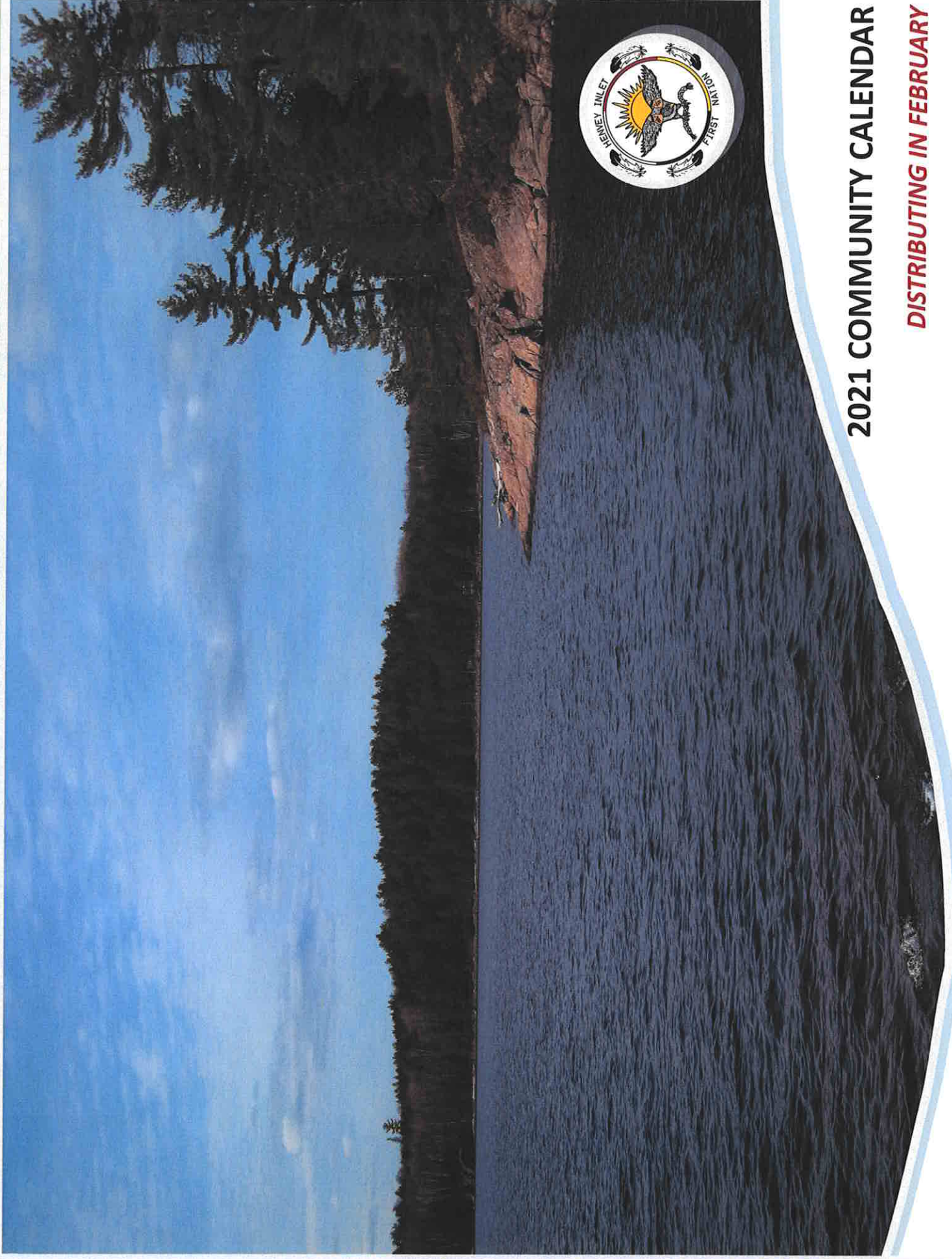
COMMUNITY WELLNESS PROGRAM



THERE IS NO POWER FOR CHANGE GREATER THAN A COMMUNITY DISCOVERING WHAT IT CARES ABOUT.

FEBRUARY 2021

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



2021 COMMUNITY CALENDAR

DISTRIBUTING IN FEBRUARY

COVID-19 Update

For more information:
Canada.ca/coronavirus

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



INDIGENOUS SERVICES CANADA – Ontario Region Vaccine Questions and Answers

January 2021

Indigenous Services Canada is committed to sharing information on the science of vaccinations with you, your family and your community to help inform your choice to receive the vaccine when it's available.

It's important to ask questions so you can see the facts about COVID-19 vaccines for yourself and make the best decision for you, your family and your community.

Some information may vary, therefore please speak to your local health care provider.

Q: Are the COVID-19 vaccines safe?

The COVID-19 vaccines are safe. Canada is recognized around the world for its high standards for drug and vaccine review, approvals and monitoring systems; these have not been compromised. Vaccines are tested and authorized with specifications on the age, health status, and other factors of those eligible to receive it.

Q. How was the vaccine developed so quickly?

The term coronavirus refers to a whole family of viruses of which COVID-19 is a part of, officially known as SARS-CoV-2. SARS-CoV (severe acute respiratory syndrome coronavirus) and MERS-CoV (Middle East respiratory syndrome coronavirus) emerged in 2002 and 2012 respectively. Scientists began the process of developing a vaccine for SARS-CoV in 2002.

Scientists have been able to develop COVID-19 vaccines quickly thanks to high levels of government funding, by sharing information and working together across countries, and building on technology they already use in existing, successful vaccines.

Q. How will the COVID-19 vaccines work?

Vaccines work by training your immune system to recognize a virus and stop it from making you sick. After you get the vaccine, your body is ready to respond quickly if you are exposed to the virus, more quickly than if you hadn't had the vaccine. The vaccines that have been approved are very effective at preventing people from catching COVID-19 and getting sick.

Q: Do I have to pay for the vaccine?

The vaccine is free. As more vaccines are made and distributed, the Government of Canada expects to be able to offer vaccination to everyone who wants one.

Q: Will getting the vaccine be mandatory?

Vaccination is a personal choice, and like other vaccines in Canada, the COVID-19 vaccine is not mandatory. By getting the COVID-19 vaccine, you will be protected against the novel coronavirus, and you will help prevent the spread of the virus to your family and those in your community who may be more likely to contract it. This includes Elders and older adults; and people with certain medical conditions where infection could cause severe illness and death.

The COVID-19 vaccine will also be an important step to safely resume normal life.

Q. What vaccines have been approved for use in Canada?

After independent and thorough scientific reviews for safety, efficacy and quality, Health Canada has approved two vaccines for use in Canada:

- Pfizer-BioNTech – approved on December 9, 2020
- Moderna – approved on December 23, 2020

Q. Why are First Nations a priority this time? Are First Nations being used for vaccine testing?

Indigenous people are more likely than other Canadians to have health problems and are more at risk of developing severe illness from COVID-19. Canada's National Committee on Immunization has recommended they be a priority for this reason. The vaccines are not being tested on Indigenous people. Large studies have already been done with the vaccines that are approved in Canada, in tens of thousands of people.

Q. Who is eligible to receive the COVID-19 vaccine?

The Pfizer-BioNTech vaccine is approved for use on people 16 years and older. The Moderna vaccine is approved for use on people 18 years and older.

Q. When will the vaccine be available for children?

The vaccine has not yet been approved for children. Research is underway to determine when children can receive the vaccine.

Q: What are the potential side effects of the vaccine?

Most people have no side effects at all. However, like any medication, vaccines can cause side effects and reactions, such as:

- pain, redness or swelling where the needle was given
- mild fever
- tiredness
- muscle or joint aches/pain

These mild side effects go away on their own without treatment.

Over a million people worldwide have now had vaccines and there have been very few serious side effects.

Q. Can someone experience a severe allergic reaction to the vaccine?

Very rarely people can experience an allergic reaction. In those cases, measures are in place to treat those individuals quickly.

Serious allergic reactions can happen in rare circumstances with all vaccines, so it is important to talk to your nurse or doctor if you have ever had serious allergic reactions.

People with allergies to any of the ingredients in a COVID-19 vaccine should not receive that vaccine.

Q. What are the ingredients in the vaccines?

All of the ingredients in the vaccines are known and are part of the Health Canada review process for vaccines. There are no “unapproved products” in the vaccines.

The Moderna vaccine ingredients are available here:

- <https://www.canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines/moderna.html#a11>

The Pfizer-BioNTech vaccine ingredients are available here:

- <https://www.canada.ca/en/health-canada/services/drugs-health-products/covid19-industry/drugs-vaccines-treatments/vaccines/pfizer-biontech.html#a1.1>

Vaccines for other infections like meningitis and polio have prevented millions of people from these diseases and have saved lives.

Q: Can the vaccine give me the coronavirus?

The vaccines approved by Health Canada do not contain the virus, therefore, they CANNOT give you the coronavirus.

Q: If someone has had COVID-19, do they still need to get the vaccine?

It is still recommended that those who have had COVID-19 and recovered get vaccinated to stay protected. There is some evidence to suggest that natural immunity from a COVID-19 illness may not last very long.

Q: How many doses of the COVID-19 vaccine will I need?

One dose of the vaccine may not be enough to provide individual protection. You may need to get a second shot to allow your body to develop adequate immunity. Each vaccine may require a different number of doses on a different schedule. Pfizer-BioNTech and Moderna, both require two doses 3-4 weeks apart. After two doses, the vaccines are expected to be 94-95% effective.

Q: Why are some First Nations getting the Moderna vaccine and not the Pfizer-BioNTech vaccine?

Both the Moderna and Pfizer-BioNTech vaccines are equally effective and safe. However, the Moderna vaccine has been set aside for remote and isolated Indigenous communities because it is easier to transport on airplanes into the communities.

Q: When will the vaccine be available to me, my family and my community?

The rollout of the COVID-19 vaccine is an unprecedented effort that will require the collaboration of multiple organizations that provide services to Indigenous communities in Ontario, including Indigenous Services Canada (ISC).

As COVID-19 vaccines are approved by Health Canada and are made available, at-risk groups, including some members of Indigenous communities, will be among the first groups to receive the vaccine. This is because there will be a limited supply at the beginning. As vaccine supply increases over 2021, it will become increasingly available to lower-risk groups and individuals as well.

More information concerning the vaccine roll-out in your community will be made available through your First Nation leadership as it becomes available.

Q: Are First Nations and Indigenous organizations involved in the planning of the vaccine distribution?

Indigenous organizations, some Indigenous health organizations and Indigenous leaders have been involved in planning for COVID-19 vaccine distribution to Indigenous communities in Ontario.

In fact, Ontario Regional Chief RoseAnne Archibald is a member of the provincial COVID-19 Vaccine Distribution Task Force planning for the vaccine distribution in Ontario.

Q. What role does Indigenous Services Canada have in the vaccine distribution?

The Province of Ontario is leading the vaccine distribution; however, ISC Ontario Region also plays a role Nations and is working with partners including community leadership, the Province, public health units, along with Indigenous health authorities and service organizations, to: recruit additional health care providers and support staff, offer training to community health nurses so they are educated about the new vaccines and are certified to do immunizations, assist with community-led vaccination planning, and provide factual and accessible communications that can be used within communities.

Q: What else can I do to keep myself and my community safe from COVID-19?

We don't yet know what level of immunity in the population is sufficient to achieve community immunity. Until that time, everyone should continue to follow public health recommendations:

- minimize the number of people you are physically close to
- don't travel unless absolutely necessary
- stay informed about COVID-19 in your community, region, and province
- wash your hands often,
- stay home when sick, and get tested for COVID-19
- maintain physical distancing,
- wear a face mask as appropriate, and
- keep using good cough and surface hygiene.

Community Health Nurse



BRENDA CONTIN

February 2021



BRENDA CONTIN, CHN

Sun	Mon	Tue	Wed	Thu	Fri
	1 OFFICE	2 NOT IN	3 OFFICE	4 NOT IN	5 OFFICES CLOSED
	8 OFFICE	9 NOT IN	10 OFFICE	11 NOT IN	12 OFFICES CLOSED
	15 STAT HOLI- DAY	16 NOT IN	17 NOT IN	18 OFFICE	19 OFFICES CLOSED
	22 OFFICE	23 NOT IN	24 OFFICE	25 NOT IN	26 OFFICES CLOSED



COVID 19 VACCINATION CLINIC ANNOUNCEMENT

Based on the Provincial Public Health Units vaccine ordering requirements for **Moderna or Pfizer vaccine**, the CHN/Home Care Nurse require specific numbers of community members who will be vaccinated against COVID 19.

We are requesting that all households in Henvey call the Health Centre ASAP to notify Darcy, receptionist, of the names of who in each household will be getting this particular vaccination.

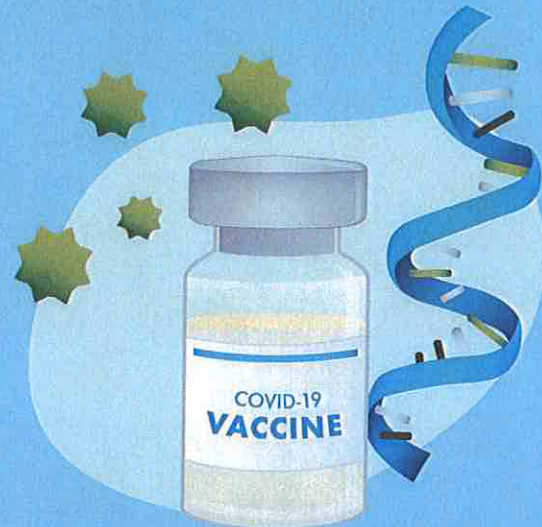
PLEASE NOTE THAT DEPENDING ON WHICH VACCINE WE RECEIVE, ONLY THOSE WHO ARE 16 YRS OR 18 YRS OF AGE OR OLDER WILL BE ELIGIBLE TO RECEIVE THE VACCINE!! We will ONLY be ordering the SPECIFIC AMOUNT OF vaccine for whoever calls in and notifies us of their intent to receive it.

What you need to know about getting the COVID-19 vaccine



What is the COVID-19 vaccine?

- A COVID-19 vaccine can protect you from getting the virus that causes COVID-19.¹ This is critically important because COVID-19 can cause severe sickness or death.²
- Health Canada has approved two COVID-19 vaccines for use in Canada, the **Pfizer-BioNTech vaccine** and the **Moderna vaccine**.^{3,4}



How do the vaccines work?

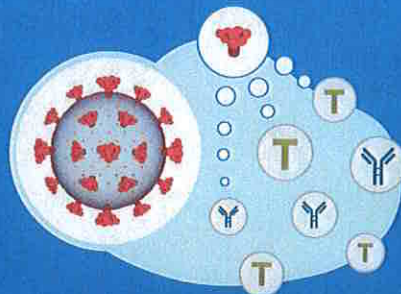
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mRNA vaccine injected into the arm



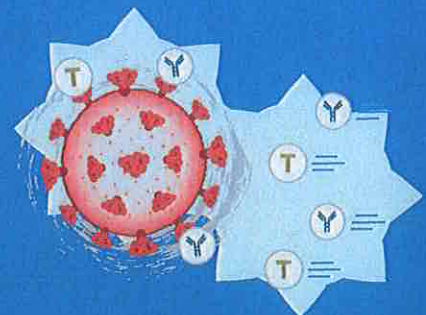
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Your body's cells read the mRNA like a recipe and produce a spike protein which mimics the COVID-19 virus. Your immune system recognizes that the protein doesn't belong there and builds T-cells and antibodies which are designed to fight the real virus.



3

If your body encounters the COVID-19 virus in the future, your T-cells and antibodies are now prepared to fight off the virus before you can get sick

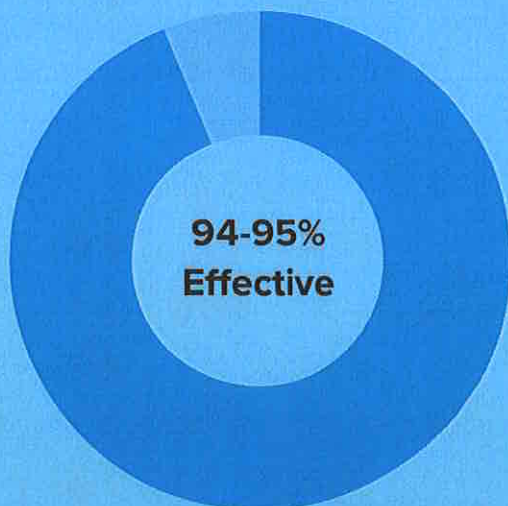


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What are the differences between the two vaccines?

The two vaccines available in Canada are similar in many ways. See the table below for a side by side comparison:

Vaccine	Pfizer-BioNTech	Moderna
What type of vaccine is it?	mRNA vaccine	mRNA vaccine
When was it approved?	December 9, 2020	December 23, 2020
How it is given?	Injection into the shoulder muscle	Injection into the shoulder muscle
How much is given?	Two doses of 0.3mL	Two doses of 0.5mL
When is the second dose given?	21 days after first dose (However, the second dose may be safely delayed beyond 21 days if necessary!) ²	28 days after first dose
How effective is it?	95% effective	94% effective
How long after my vaccine will it take to be protected against COVID-19?	7-days after the second dose ⁴	14-days after the second dose ⁵
How is it stored?	In freezers between -60 to -80 degrees Celsius (these temperatures make it hard to transport!)	In freezers of -20 degrees Celsius



Both vaccines are highly effective in protecting against COVID-19

Which vaccine will I receive?

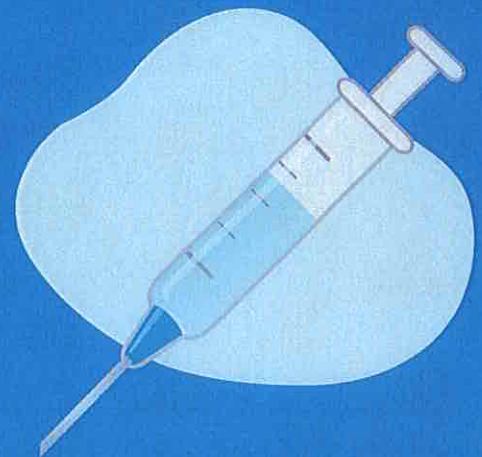
- Given that the Moderna vaccine is easier to transport, the vaccine you receive will largely depend on where you live.⁵

How safe are the vaccines?

- Serious side effects in vaccines are very rare. Health Canada reviewed the data on both the Pfizer-BioNTech and Moderna COVID-19 vaccines and found **no major life-threatening safety concerns**.^{3,4}

How were the vaccines studied?

- Both vaccines were studied in large, international clinical trials of 30,000-44,000 adults using randomization. Randomization is similar to flipping a coin to see who gets to receive the vaccine or placebo (a placebo does not contain any active ingredients that could affect health).
 - These types of studies are considered the “gold standard” of health research, and produce the highest quality evidence.⁸
- Participants were assigned to receive two doses of either the vaccine or placebo by injection into the shoulder muscle. Participants were followed to see if they developed symptomatic COVID-19 or side effects.^{6,7}
- The studies found the vaccines to be 94-95% effective. Protective effects were achieved within 1-2 weeks of receiving a vaccine.^{6,7}



What are the normal side effects to expect after receiving the vaccine?

- Side effects can occur with many vaccines including the flu vaccine and others. Common side effects experienced during the clinical trials for both the Pfizer-BioNTech and Moderna vaccines included:
 - Pain, redness, or swelling at the injection site
 - Fever
 - Headache
 - Muscle soreness.
- Most of these side effects were mild to moderate, with fewer than 0.1% (1 out of 1000 people) experiencing these side effects to a degree where it affected their ability to do daily activities.^{6,7}
- If you are concerned about taking time off to deal with side effects related to the administration of the COVID-19 vaccine, discuss these with your employer.

Side effects within 7 days of second vaccine dose	Pfizer-BioNTech (%) ⁹	Moderna (%) ¹⁰
Local side effects (at the vaccine injection site)		
Pain	73%	88%
Redness	7%	9%
Swelling	7%	12%
Swelling or tenderness in the armpit (same side as vaccine administration)	Data on this side effect were not collected in the trial	14%
Systemic side effects (whole body)		
Fever	14%	16%
Headache	46%	59%
Fatigue	56%	65%
Muscle pain	34%	58%
Joint pain	21%	43%
Nausea/vomiting	1%	19%
Diarrhea	10%	Data on this side effect were not collected in the trial
Chills	30%	44%

- As more Canadians receive the vaccine, adverse events are continuously updated and reported here: <https://health-infobase.canada.ca/covid-19/vaccine-safety/#summary>

Who should NOT get the vaccine?

- There are **only two reasons** why you should not receive a COVID-19 vaccine:
- **If you are below the age of 16 years old (for the Pfizer-BioNTech vaccine) or 18 years old (for the Moderna vaccine).**
 - The vaccines have only been tested and approved for people 16 years or older for the Pfizer-BioNTech vaccine, or 18 years or older for the Moderna vaccine.³ Vaccines for people under the age of 16 years are currently being tested.
- **If you have previously had a severe or immediate allergic reaction to any ingredient in an mRNA COVID-19 vaccine, you should not get an mRNA COVID-19 vaccine.**
 - A severe allergic reaction means an anaphylactic reaction requiring a dose of epinephrine (or use of an EpiPen). An immediate allergic reaction means a reaction within 4 hours of getting vaccinated, including symptoms such as hives, swelling, or wheezing respiratory distress). This includes allergic reactions to polyethylene glycol (PEG) and polysorbate. Polysorbate is not an ingredient in either mRNA COVID-19 vaccine but is closely related to polyethylene glycol, which is in the vaccines.

Can I get the vaccine if I am pregnant or breastfeeding?

- If you are pregnant or breastfeeding, you may still receive the vaccine, but should engage in informed decision making with your healthcare provider.
- There is currently very little data on the effect of COVID-19 vaccines on people who are pregnant or breastfeeding. You may still choose to be vaccinated if you fall into one of these groups, but it is recommended that you discuss this choice with your healthcare provider if you have any concerns.¹¹

Can I get the vaccine if I am immunocompromised or have an underlying health condition?

- If you are immunocompromised or have underlying health conditions, you may still receive the vaccine, but should engage in informed decision making with your healthcare provider.
- While people who are immunocompromised were included in vaccine clinical trials, we do not have enough safety evidence on this group to make strong recommendations.^{6,7}
- Taking the COVID-19 vaccine is a personal choice. If you are concerned about taking the vaccine due to any underlying health conditions or medications that you are currently taking, **talk with your doctor before receiving the COVID-19 vaccine.**

You may also reach out to the Toronto Public Health Hotline or Health Canada COVID-19 Information Line for additional information at:

Toronto Public Health Hotline:
Telephone: 416-338-7600

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TTY: 416-392-0658
Email: PublicHealth@toronto.ca

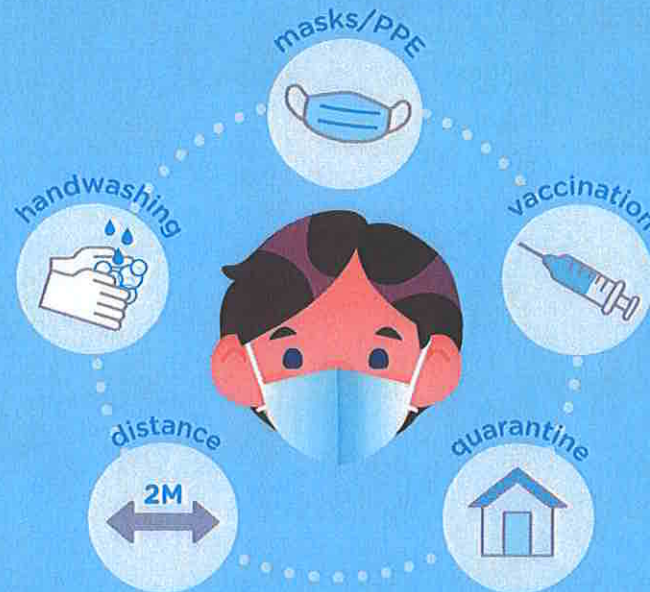
Translation is available in multiple languages.

Health Canada COVID-19 Information Line:
Telephone: 1-833-784-4397
Email: phac.covid19.aspc@canada.ca

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Will I still have to wear a mask and socially distance after I get the vaccine?

- Yes, wearing a mask and practicing physical distancing are still important even after receiving the vaccine. We do not yet have available data to know whether or not those who are vaccinated can still carry the virus and be contagious to others. It is possible that you can still transmit the virus even after receiving your vaccine. It will be important to continue implementing recommended public health measures such as universal masking, physical distancing, and self-isolation after travel. Additionally, a small percentage of individuals who receive the vaccine may still be at risk of getting the virus.¹²



When and how do I get my vaccine?

- The vaccine will be free and available to all Canadians, through demonstration of a government-issued photo ID (provincial health card, status card, driver's license, etc.).¹³
- Because there will be limited quantities at first, populations at the greatest risk of experiencing serious complications as a result of the virus and/or of acquiring and transmitting the virus are being prioritized.
- Long-term care residents and staff will be among the first to have access to the vaccine, in addition to adults 70 years of age and older, healthcare workers with direct patient contact, and adults living in Indigenous communities.¹⁴

Is the vaccine permitted and recommended for those practicing different religions?

- Many North American faith-based communities recommend or permit vaccination. Among these are The Canadian Muslim Covid-19 Task Force (CMTF), The Orthodox Union and Rabbinical Council of America, the United States Conference of Catholic Bishops, and the Hindu American Foundation.¹⁵⁻¹⁸
- Taking the COVID-19 vaccine is a personal choice. If you are concerned about your faith based or cultural group's guidance on vaccination, make sure to consult relevant leadership within your community or seek additional information before choosing to be vaccinated.

Vaccine rumours... Are they true?



Q: Can the mRNA vaccine alter my DNA?

A: No. There are three reasons why we can be confident that mRNA vaccines will not alter our DNA:

- 1) Location – mRNA is active in the cytoplasm of a cell, whereas DNA is in the cell's nucleus. The two nucleic acids (mRNA and DNA) are therefore never in the same place in the cell.
- 2) Process – mRNA is not DNA. So, if a person's DNA was going to be altered, the RNA would have to be made into DNA. This would require a special protein which the vaccine does not contain.
- 3) Stability – mRNA is not very stable and can only stay alive in human cells for hours.^{3,12}



Q: I heard that messenger RNA (mRNA) vaccine technology “has never been tested or approved before.” How do we know this vaccine is not dangerous?

A: These vaccines have been tested on tens of thousands of people around the world and underwent rigorous safety approval processes before they were recommended for widespread use. The Pfizer-BioNTech and Moderna COVID-19 vaccines are the first mRNA vaccines to be approved by Health Canada, but this technology has been studied in humans for the last several years.

Q: There are claims that the coronavirus pandemic is a cover for a plan to implant trackable microchips. Is this true?

A: No. There is no vaccine “microchip.” The vaccine has no ability to track people or gather any personal information.¹⁹

Q: Can I get COVID-19 from receiving the vaccine?

A: No. These vaccines do not contain any infectious materials (this means there is no live virus in them); you cannot get COVID-19 from the vaccine.¹



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Q: Do I still have to wear a mask and physical distance after I am vaccinated?

A: Yes. Wearing a mask and practicing physical distancing are still important even after receiving the vaccine. We don't know yet whether people who are vaccinated can still carry the virus and pass it to others. Therefore, it will be important to continue following recommended public health measures such as universal masking, physical distancing, and self-isolation after travel. On top of that, the vaccines are 94-95% effective.^{6,7} This means that a small percentage of individuals who receive the vaccine may still be susceptible to the virus.¹²



Q: Can the vaccine impact fertility, pregnancy and breastfeeding in women?

A: No. There is no scientific basis for the claim that the COVID-19 vaccines impact fertility. Both the Pfizer-BioNTech and Moderna vaccines were not tested on pregnant or breastfeeding individuals. In Canada, pregnant and breastfeeding individuals can receive the vaccine if they choose, but should do so in consultation with their healthcare provider after weighing their personal risks of exposure. Due to uncertainty, public health officials suggest that anyone getting the vaccine should avoid getting pregnant within 28 days of the last dose.¹¹

Q: Can the vaccine cause erectile dysfunction in men?

A: No. There is no evidence to support the claim that the COVID vaccines can cause erectile dysfunction in men. On the contrary, there has been evidence linking the COVID-19 disease itself to increased suffering from erectile dysfunction.²⁰

Q: Will the COVID-19 vaccine cause long-term autoimmune issues?

A: There is no evidence to suggest that mRNA vaccines cause new autoimmune disease or worsen existing autoimmune diseases. People with autoimmune diseases are encouraged to consult with their healthcare providers about whether the vaccine is right for them after weighing their personal risks of exposure.²¹

Q: Will the COVID-19 vaccine cause neurological issues, for example, facial weakness or paralysis (also known as Bell's Palsy)?

A: In the Pfizer-BioNTech vaccine trial, four people out of 43,449 participants in the trial (less than 0.01%) developed a temporary weakness or paralysis of facial muscles. Although these four participants all received the vaccine, the frequency at which this occurred is similar to what we see in the general population.⁹ Therefore, there is no evidence that it was linked to the vaccine.²²

Q: These vaccines underwent a "Fast Track" Process for approval in Canada - does this affect their safety?

A: On September 16, 2020, Canada's Minister of Health signed an [*Interim Order Respecting the Importation, Sale and Advertising of Drugs for Use in Relation to COVID-19*](#), which establishes alternative pathways to the standard regulatory review process. This was done to help with the authorization of eligible products.²³ The interim order allowed for Health Canada

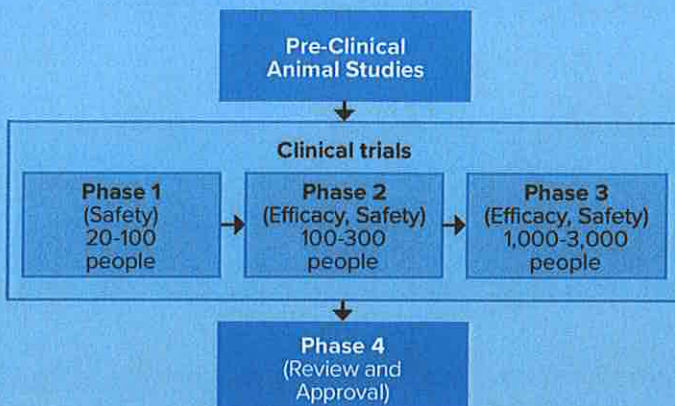
and other health regulators to analyze vaccine data on a rolling basis as it became available. Canada's high standards for drug and vaccine review, approval, and monitoring have not been compromised in the expedited development and rollout of these vaccines. It does not mean that any steps were skipped in the approval process. Instead, Health Canada made this process more efficient.

- The interim order introduces temporary regulations to expedite the authorization for **importing, selling, and advertising** COVID-19-related drugs **without compromising patient safety**.²³
- Health Canada and the Minister of Health authorized both the Pfizer-BioNTech and Moderna vaccines under the Interim Order.

This means that although authorization pathways for importation, sale, and advertising of these vaccines were expedited, **both products were reviewed by Health Canada to conform to the requirements of the Food and Drugs Act and its associated regulations were met**.²³

- Due to the unprecedented, international demand for a COVID-19 vaccine, health organizations, governments, and pharmaceutical companies around the world have prioritized the creation of a safe and effective COVID vaccine. This has not led to "cutting corners" in the creation of these vaccines; on the contrary, it has led to extreme focus and added attention to detail in these processes. These vaccines went through all of the same safety checks as any other vaccine would, but in an expedited manner.²³

Both vaccines successfully underwent **all phases** of clinical trials:



Q: If I already had COVID-19 and recovered, should I still get the vaccine?

A: Yes. Even if you previously had COVID-19, it is recommended that you get vaccinated. Recovering from COVID-19 is not a substitute for vaccination; there have been numerous reported cases of COVID-19 re-infection.²⁴ Although scientists are still trying to understand how long immunity from the vaccine will last, current evidence suggests that the vaccine will provide immunity for much longer than your body's natural antibodies would.²⁵ The CDC recommends waiting 90 days after recovering from COVID-19 before getting your vaccination.²⁶

Q: Do COVID-19 vaccines contain fetal tissue?

A: No. Neither the Pfizer-BioNTech nor Moderna COVID-19 vaccines contain fetal tissue. Early explorative research into mRNA vaccine technology were tested on donated fetal cell cultures, but fetal tissue was not used in the design, development or production of the COVID-19 vaccines.²⁷

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If you have any concerns about taking the COVID vaccine, discuss these with your doctor or healthcare practitioner. You may also reach out to the Toronto Public Health Hotline for additional information at:

Telephone: 416-338-7600

TTY: 416-392-0658

Email: PublicHealth@toronto.ca

Translation is available in multiple languages.

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COVID-19 VACCINES



have arrived in First Nations across Canada



This document is a high-level summary of information on the COVID-19 vaccines. For more and up-to-date information, please contact your health care provider or visit the [Indigenous Services Canada COVID-19 webpage](#).

What you need to know:

- COVID-19 is real and spreading across Canada.
- The Federal, Provincial and Territorial governments are responsible for vaccine distribution and delivery to all Canadians, including for First Nations.
- Health Canada has approved two vaccines (Pfizer and Moderna) currently being administered in Canada. Vaccines are expected to become more readily available throughout 2021.
- Both the Pfizer and Moderna vaccines require two doses, 3-4 weeks apart, to produce a 90% protection rate against COVID-19.
- The vaccines (Pfizer or Moderna) should not be interchanged for the 1st and 2nd dose. Use the same vaccine for both doses, either Pfizer or Moderna, or what is available in your community.
- Tens of thousands of volunteers participated in COVID-19 vaccine clinical trials (43,000 participants for Pfizer and 30,000 for Moderna). These trials have demonstrated the vaccines are safe and effective.



Myth busting about vaccines:

- COVID-19 is not the flu. The seasonal flu vaccine will not protect you from COVID-19.
- You cannot be infected with COVID-19 from the vaccines.
- Pfizer and Moderna vaccines do not change your DNA.
- There are no microchips in the COVID-19 vaccines.
- The vaccines do not include antibiotics, adjuvants, thimerosal, latex or metals.
- Vaccines are not mandatory.

When can I get the vaccine and where?

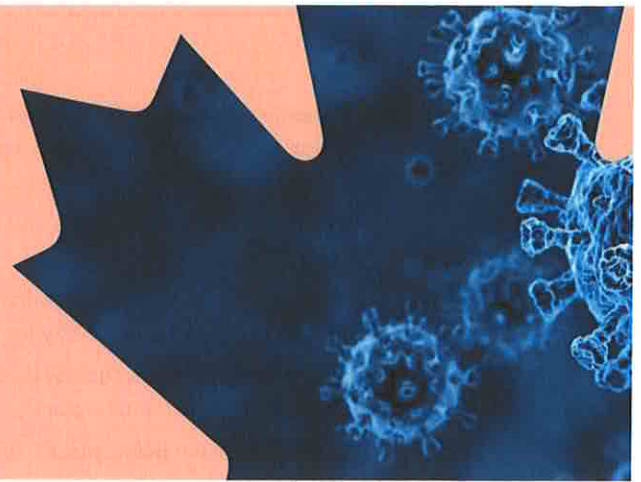
- Everyone who wants a vaccine will have access to one.
- Depending on where you live, you will be given the vaccine available to you at your local clinic site. You may be eligible soon, or you may have to wait a few months.
- All COVID-19 vaccines are free in Canada.
- Priority access to vaccines is being provided to those at greater risk of poor outcomes (e.g. seniors and elders; those living far away from access to health care services) or those who are more at risk of exposure (e.g. health care workers). This differs slightly between each province and territory.
- Individuals 16 years and older are approved for the Pfizer vaccine.
- Individuals 18 years and older are approved for the Moderna vaccine.
- Individuals who are immunocompromised, pregnant or breastfeeding are cautioned against receiving immunization and are encouraged to speak with their health provider.



AFTER YOU GET VACCINATED:

- There may be local pain at the injection site, fever, chills or feeling tired after immunization. These are common reactions after vaccinations, and it means your body is responding appropriately to the vaccine. Ask your health care provider about any potential adverse reactions to watch for.
- Public health practices will continue even after you are vaccinated. Continue wearing a mask, handwashing or using hand sanitizer and keeping a 2-meter distance from others when away from your home.

People who are at risk of more severe disease or outcomes from COVID-19



While COVID-19 can make anyone sick, some Canadians are at risk of more severe disease or outcomes because of their age or if they have other medical conditions. If you are at risk of more severe disease or outcomes, you can take action to reduce your risk of getting sick from COVID-19.

Who is at risk of more severe disease or outcomes?

- › Older adults (increasing risk with each decade, especially over 60 years)
- › People of any age with chronic medical conditions including:
 - Lung disease
 - Heart disease
 - Hypertension (high blood pressure)
 - Diabetes
 - Kidney disease
 - Liver disease
 - Dementia
 - Stroke
- › People of any age who are immunocompromised, including those:
 - With an underlying medical condition (e.g., cancer)
 - Taking medications that lower the immune system (e.g., chemotherapy)
- › People living with obesity (BMI of 40 or higher)

Be prepared

- › Learn about COVID-19 and stay informed by visiting canada.ca/coronavirus.
- › Visit your provincial/territorial and municipal health websites to keep up to date about COVID-19 in your community.
- › Stock up on the supplies you would need if you were to have to stay home for a few weeks, such as groceries, pet food and cleaning/disinfecting products.
- › Talk with your health care provider about how to protect yourself and ensure you have enough of your prescribed medications and medical supplies.
- › Prepare to stay connected with others by phone or email.
- › Ask family, a neighbour or friend to help with essential errands (e.g., picking up prescriptions, buying groceries).
- › Identify which services are available to deliver food or medications to your home.
- › Monitor yourself for symptoms.

How to reduce your risk of COVID-19

- › If possible, only leave your home for medically necessary appointments.
- › Stay away from people who are sick.
- › Avoid contact with others, especially those who have travelled or been exposed to the virus.
- › If contact cannot be avoided, take the following precautions:
 - keep at least 2 metres between yourself and the other people
 - give a friendly wave instead of a handshake, kiss or hug
 - keep interactions brief



- › Clean hands frequently with soap and water for at least 20 seconds or, if not available, use an alcohol-based hand sanitizer containing at least 60% alcohol.
- › Avoid touching your mouth, nose, and eyes and/or food with your hands.
- › Carry an alcohol-based hand sanitizer containing at least 60% alcohol when you are outside of your home.
- › Avoid touching high-touch surfaces such as doorknobs, handrails and elevator buttons in public places.
- › If you need to touch surfaces in public places, use a tissue or your sleeve to cover your hand.
- › At least once daily, clean and disinfect surfaces that you touch often, like toilets, bedside tables, doorknobs, phones and television remotes.
- › To disinfect, use only approved hard-surface disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms the disinfectant product is approved and safe for use in Canada.
- › When approved hard surface disinfectants are not available for household disinfection, a diluted bleach solution can be prepared in accordance with the instructions on the label, or in a ratio of 5 millilitres (mL) of bleach per 250 mL of water OR 20 mL of bleach per litre of water. This ratio is based on bleach containing 5% sodium hypochlorite, to give a 0.1% sodium hypochlorite solution. Follow instructions for proper handling of household (chlorine) bleach.
- › If they can withstand the use of liquids for disinfection, high-touch electronic devices (e.g., keyboards, touch screens) may be disinfected with 70% alcohol at least daily.
- › Remind others who are sick, or may have been exposed to the virus, to stay away.
- › Avoid crowds and large gatherings.
- › Avoid cruises and non-essential travel outside of Canada.

What to do if you get a symptom of COVID-19

- › Symptoms of COVID-19 can:
 - take up to 14 days to appear after exposure to the virus
 - be very mild or more serious
 - vary from person to person
- › If you develop a symptom, stay home and call your health care provider or local public health unit and tell them about your symptoms.
- › Always call ahead before going to see a health provider or health care facility so that they can keep others from being exposed.
- › The following symptoms should be considered urgent:
 - significant difficulty breathing (e.g., can't catch breath, gasping)
 - chest pain or pressure
 - new confusion or difficulty waking up
- › If you develop these urgent symptoms, call 911 or your local emergency help line and inform them that you may have COVID-19 and are at high risk for complications.

We can all do our part in preventing the spread of COVID-19. For more information:

Canada.ca/coronavirus
or contact 1-833-784-4397

art by
nigamanii



Home Care Nurse



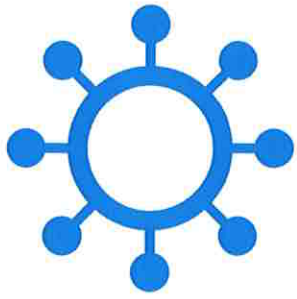
DEBBIE BRENNAN

February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Not in Staff rotation	2 OFFICE Medical consultations	3 Not in Staff rotation	4 OFFICE HOME VISITS	5 OFFICES CLOSED	6
7	8 Not in Staff rotation	9 OFFICE Medical consultations	10 Not in Staff rotation	11 T/C Covid-19 Information Session, HOME VISITS	12 OFFICES CLOSED	13
14	15 Not in Staff rotation	16 OFFICE Medical consultations	17 Not in Staff rotation	18 Covid-19 VACCINE Education	19 OFFICES CLOSED	20
21	22 Not in Staff rotation	23 OFFICE Medical consultations	24 Not in Staff rotation	25 OFFICE HOME VISITS	26 OFFICES CLOSED	27
28						



DEBBIE BRENNAN
HCN



COPING WITH STRESS, ANXIETY, AND SUBSTANCE USE DURING COVID-19

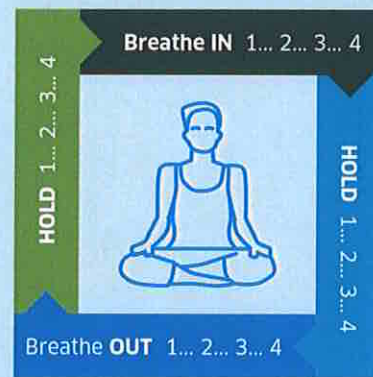
The COVID-19 pandemic has created disruptions in our lives that can cause feelings of stress and anxiety. **These feelings are normal.**

What you'll experience if you're feeling stressed or anxious

- Fear or constant worry
- Anger or being easily irritated
- Difficulty sleeping
- Difficulty concentrating
- Struggling with decisions
- Consuming alcohol, cannabis, or other substances more than usual

Square breathing

This simple exercise can help calm your nervous system and alleviate feelings of anxiety when you're getting overwhelmed.



When you use alcohol, cannabis, or other substances to cope or temporarily relieve stress and anxiety, it may make those feelings worse and increase the risk of developing a substance use disorder.

What you can do to cope

-  **Stay active and keep yourself busy** with activities you enjoy.
-  **Stay connected** with friends and family while still practising physical distancing.
-  **Find balance** by staying informed but know when to take a break from COVID-19 news and topics.
-  **Be kind to yourself**, this is a difficult time, and you're doing your best to manage a challenging situation.
-  **Take care of your body** by eating and sleeping well, exercising, and meditating.
-  **Reach out for help!** Talk to a family member or friend, and seek professional support if needed.

If you use substances

- 1 Monitor your use: pay attention to its frequency and context.
- 2 Follow *Canada's Low-Risk Alcohol Drinking Guidelines*.
- 3 Follow *Canada's Lower Risk Cannabis Use Guidelines*.
- 4 Avoid stockpiling alcohol, cannabis, and other substances.
- 5 Reach out for help if you feel your use is becoming a problem.

For more information, visit www.ccsa.ca or www.mentalhealthcommission.ca/English/covid19



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Financial contribution from



Health
Canada

Santé
Canada



Canadian Centre
on Substance Use
and Addiction

Evidence. Engagement. Impact.

Managing Stress and Addiction During a Pandemic

NEW BLOG POST



Written By

[DreamLife Recovery](#)

We are living through unprecedented times with the COVID-19 pandemic. Now the holidays are approaching, which can already be a difficult time for those recovering from addiction or struggling with substance abuse. Combining the daily coronavirus stress with the challenges the holidays can present seems like a recipe for disaster.

It is true that managing stress is a critical part of maintaining sobriety and health in recovery. It is true that stress can affect addiction and that the rate of substance abuse and relapse has been increasing during the pandemic. However, it is also true that you can develop ways to deal with your stress and stay on track in recovery, even during these uncertain times.

Keep in mind that whatever you are going through, you are not alone and hope is not lost! There are ways to handle coronavirus stress without returning to substance abuse.

How Does Stress Affect Addiction?

Stress is a natural part of life. According to the American Institute of Stress, stress as we know it was defined in 1936 as, "the non-specific response of the body to any demand for change." The body reacts physiologically to situations we find stressful, increasing the release of stress hormones like cortisol and adrenaline. This can cause effects like rapid heart-rate, headache, chest pain, muscle tension, anxiety, anger, fear, and a range of symptoms that feel out of our control.

Being under stress constantly can put people at risk for many diseases, including addiction. Stress can lead to changes in the reward circuits that cause people to seek foods and substances that make them feel temporarily better because of the dopamine response according to a 2013 study published in *Biological Psychiatry* that found stress as a common risk factor for addiction and relapse.

Chronic stress can also lead to something called “learned helplessness” when you feel unable to control your situation and start to feel that you are powerless in all aspects of life. People dealing with things outside of their control—unemployment, abuse, witnessing violence, or dealing with the loss of a loved one, or going through a break up or divorce may all experience a sense of helplessness. These traumas and the stress they produce can cause mental health issues like depression, anxiety, post-traumatic stress disorder, and other conditions that [put people at greater risk for substance abuse and addiction](#).

This sense of helplessness and the effects of stress can make someone more attracted to the relief that substance use seems to offer temporarily, and they may feel powerless to change their behavior despite the consequences. Once a person builds tolerance and develops dependence on alcohol or drugs—both physically and emotionally—the withdrawal and urge to use will also become stressors that contribute to the overall stress that may have led them to use substances in the first place. Thus, the cycle of stress and addiction can seem hard to break.

Is Coronavirus Stress Leading to Increases in Substance Abuse?

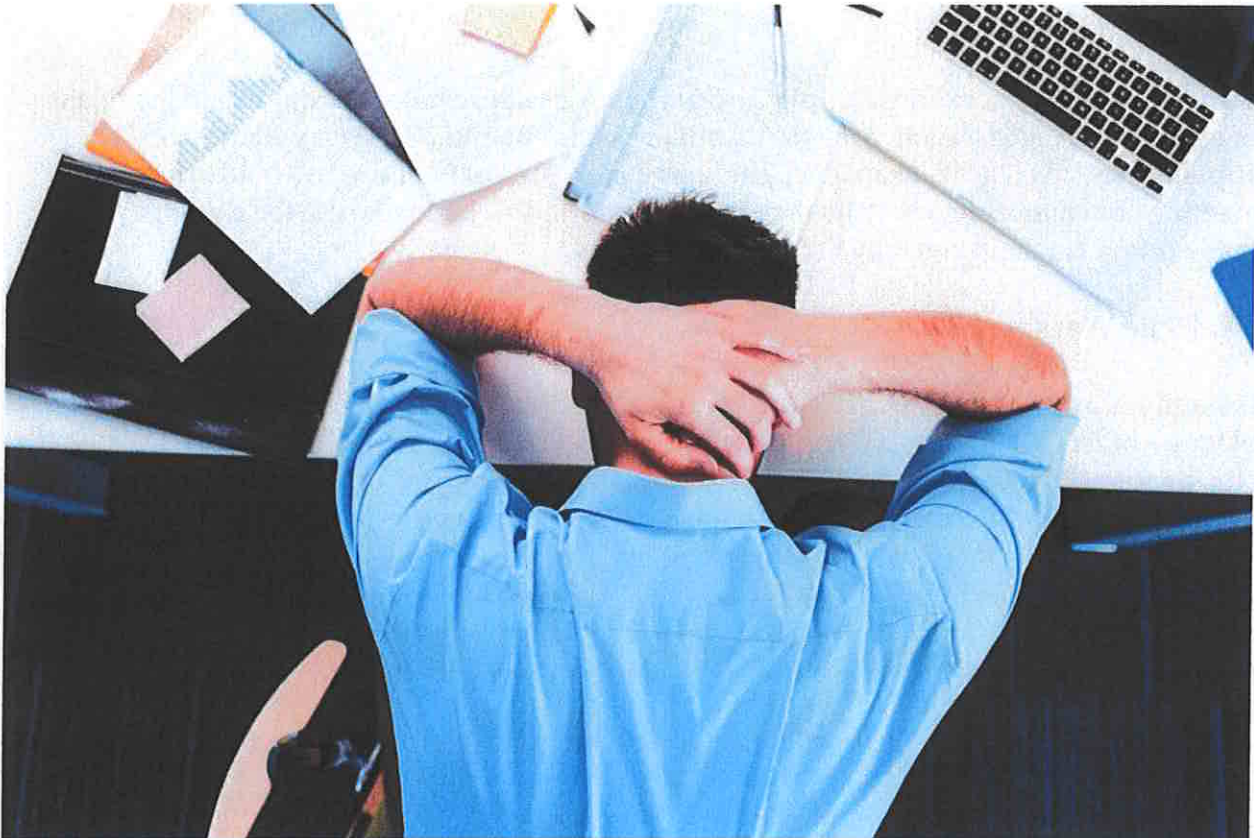
The uncertainty of the pandemic, sickness and death of friends and loved ones, mass unemployment, high stress on the job for frontline workers, parenting struggles for remote school and work, increased isolation, and financial worries are all leading to increased stress and mental health issues.

A survey conducted by the [Centers for Disease Control and Prevention](#) (CDC) found that in late June 2020, over 40% of adults in the U.S. had struggled with mental health or substance use, and 13% of those had recently started or increased their substance use. Another study by the *Wall Street Journal* found that deaths caused by opioid use have been increasing across the United States, a trend that had already started even before the pandemic but is getting worse.

Isolation and coronavirus stress are major factors contributing to the new and worsening addiction and substance abuse problems in the United States. People are having a harder time managing stress because no one can say when the pandemic will end, and there has been little relief provided for people struggling financially. On top of that, the lockdown measures and social distancing is causing many people to live in isolation without the ability to connect with their support networks or attend group recovery meetings or therapy sessions. Many people going through addiction treatment programs are doing virtual

meetings and counseling for safety, and while having this contact is great, it is not the same as being in person.

All around the pandemic is making life tougher than ever for people struggling with addiction and substance abuse. That means it's crucial to practice healthy stress reduction techniques and to find coping mechanisms that are compatible with the safety measures in place for the pandemic.



CDC data from June 2020 indicates that around 40% of Americans have dealt with stress or substance abuse in some form.

How to Help Coronavirus Stress

With so many things out of our control, the only thing you can control is how you manage your reaction to coronavirus stress. While that sounds simple, we know how challenging it can be to manage emotions that arise from stressors. If you are turning to alcohol or drug use to deal with coronavirus stress, or if you are recovering from addiction with the added struggle of the pandemic, there are coping mechanisms and practices you can turn to as an alternative to substance use. Keep in mind that these suggestions are not easy, but they are far better than falling into addiction!

Prioritize Your Health—Physical and Mental

This sounds obvious, but it is so important. Letting stress go unchecked can lower your immune function and put you at greater risk of getting sick and developing mental health conditions like anxiety and depression. Whatever your situation, put your needs first. If you need help, ask for it. If you are feeling overwhelmed by stress, try virtual counseling or reach out to a trusted friend or family member for support. If you are feeling run down and exhausted, take time to rest, eat healthy meals, and recoup. If finances are a factor, look for support from loved ones or find out if there are community resources you can access. Your number one job in this time is to make sure you are physically and mentally well—or at least as well as possible.

If you are able to get exercise or physical activity, do that regularly. Rather than going out to eat or ordering fast food, prepare healthier meals at home. Keep up with doctors' appointments well as you can given the safety measures of your area. Attend group meetings or counseling virtually if you need to, or find an online forum for support. All these things can help you stay fit in body and mind.

Find Safe Ways to Connect

Isolation is a major source of stress. People are staying home and typical gathering places—offices, churches, schools, community centers, gyms, and public spaces—are closing for safety. Losing that daily contact can be a major stressor. While you may prefer to see people and connect in person, if that isn't a possibility or doesn't feel safe for you, find ways to connect that suit you. Schedule regular calls with friends and loved ones or set up socially distanced meet ups to stay in touch. Look for recovery meetings online or find counseling services you can do through a telehealth virtual platform. If you prefer chatting online, look for a forum or make a friend group chat you can turn to when you are feeling lonely or stressed. Head to a park or find an area where you can be around people at a safe distance to at least feel you are still part of the community rather than staying isolated and alone at home.

Make a Routine

Being at home more, especially if you are out of work, can turn the days into a monotonous blur. Even worse, it can start to make you feel like you lack a purpose or reason to get out of bed every day. Combat this feeling by making a routine. Set an alarm every day, get up, make breakfast, take a walk, shower, get dressed, call a friend, practice a hobby, exercise, find a way to volunteer online or safely in person, schedule a video chat with family or a sponsor—do whatever you want to do, but be sure that you give yourself a reason to get up and stay busy each day. It can be a slippery slope to feel like you have nothing to do and no purpose. Avoid falling into a rut by planning your routine and, at the very least, getting up and making the most of each day. You cannot control all the changes happening in the world around you, but you can introduce stability with a daily schedule that you get to plan.

Practice Relaxation Techniques Like It Is Medicine

Find relaxation techniques that work for you—meditation, yoga, prayer, exercise, being in nature, caring for a pet, cooking, cleaning—whatever helps you to relax, do it like it is your medicine you need to take each day. You may like the idea of meditating but soon you start making excuses. You sleep in instead, or you keep putting off exercise until later in the day then the next day and the next until you give up on it. Hold yourself accountable and look at your relaxation practice as a necessity that is as important as sleeping and eating.

Managing stress is a daily practice. If you let your stress grow, like a fire, it will be harder to contain it later. Instead, set aside a portion of each day—even if it's only fifteen or twenty minutes—to give yourself space to practice relaxing and letting go. Watch your breath, observe your thoughts, notice the emotions you are feeling, and be mindful of how those emotions are affecting your body and your thoughts. A small dose of this on a regular basis can really help you to deal with stressors in the long run.

Be Compassionate with Yourself

Extend compassion and kindness to yourself. If you stop doing your routine or you miss a few days or don't do your relaxation practice—don't beat yourself up over it. Forgive yourself and start again. It is just as important to let yourself off the hook when you need to as it is to do these practices in the first place. If you slip up and use alcohol or drugs, acknowledge that it happened and look at how you can move on from it. Don't give up hope. Just because you slip up or have a bad day, week, or month doesn't mean you can't try again. Perseverance is a sign of strength—that doesn't mean that you are perfect—it means that you keep trying no matter how many times you fall off. So forgive yourself, get up and keep moving forward!

Keep a List of the Reasons You Stay Sober

If you are in recovery or working towards it, what are the reasons you want to stay sober? Write your list and hang it somewhere. Leave yourself reminders of all the things you gain by avoiding alcohol and drugs, so that you are constantly thinking about those rewards. Rather than dwelling on what you've lost, focus on what you've gained in your journey to recovery. It is more important than ever to look for light in this time of darkness and uncertainty.

Wherever you are at in your journey to recovery, you have already come a long way to get there. Keep your eye on those personal reasons you have for getting or staying sober—to be a better parent, to enjoy time with your family, to get and hold down a job, to play the sport you love, to do the hobby you are passionate about, to keep healing from your past—use those reasons as motivation to stay on track no matter what life throws at you!

Resources:

<https://www.stress.org/what-is-stress>

<https://pubmed.ncbi.nlm.nih.gov/23541000/>

<https://www.psychologytoday.com/us/blog/science-choice/201705/stress-and-addiction>

<https://www.verywellmind.com/does-stress-cause-addiction-22256>

<https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>

<https://www.wsj.com/articles/the-opioid-crisis-already-serious-has-intensified-during-coronavirus-pandemic-11599557401>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

<https://www.pharmacytimes.com/news/covid-19-pandemic-has-increased-stress-depression>

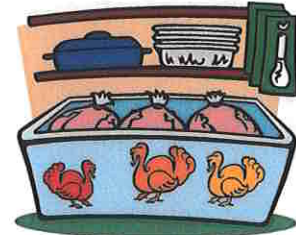
<https://ataglance.kaiserpermanente.org/total-health/health-tips/managing-addiction-during-the-covid-19-pandemic>

Nutrition Tips for COPD

COPD = Chronic Obstructive Pulmonary Disease

TIPS TO SAVE TIME AND ENERGY:

- Make easy to prepare one-dish meals; make extra and freeze for later
- Use the oven or microwave if you find stove-top cooking tiring
- Plan and prepare ahead as much as possible
- Ask for help from family and friends



HEALTHY SNACKS:

- Crackers and cheese or peanut butter – (try “baked” crackers)
- Rice crackers
- Pretzels, plain popcorn
- Homemade Muffins
- Baked Bannock
- Yogurt
- Milk puddings
- Fruit smoothies – blend together milk, yogurt and fruit!
- Fruit – fresh, or canned – serve with a dip made from yogurt
- Vegetables and dip – try a low fat salad dressing
- Half a sandwich



FLUIDS:

- Enough fluid is needed to hydrate the body
- Fluid helps keep mucus thin and easy to cough up
- Try to drink 6 - 8 cups of non-caffeinated fluids such as water, milk, 100% juice, decaffeinated tea, soup, etc.
- Alcohol can interact with medications, might slow your breathing and make it difficult to cough up mucus
- Talk to your doctor before drinking alcohol



2012 - 2. These materials were developed by the Clinical Subcommittee of the Chronic Disease and Network and Access Program of the Prince Albert Grand Council and its partners and funded by Aboriginal Health Transition Fund.

Printed by Campbell Printing Ltd.

Nutrition Tips for COPD

COPD = Chronic Obstructive Pulmonary Disease

GENERAL TIPS:

A healthy diet helps to keep your lungs and body strong and it may help prevent illness

1. Eat food from all 4 food groups:

- Vegetables and Fruit
- Grain Products
- Milk and Alternatives
- Meat and Alternatives



2. Avoid foods that have little nutritional value such as chips, pop, candy, cookies, bacon, hotdogs, french fries, etc.

3. Eat small, frequent meals and snacks (5 - 6 meals/snacks)

4. Eat your main meal when you have the most energy

5. Drink beverages after meals, so you do not fill up on liquids

6. Limit salt intake (too much salt can cause you to retain fluid making it harder to breathe):

- Use herbs or no-salt spices like pepper, onion powder, basil, etc.
- Avoid adding salt to food when cooking and at the table
- When reading labels limit foods with more than 300 mg of sodium (salt)



7. Use your oxygen while eating and after meals (helps to digest food)





Simple diet changes have a powerful effect on brain health

The Brain Health Food Guide is for adults who want to retain cognitive function and brain health as they age. The guide is based on studies of adults 50 years of age and older who changed their diet and found these benefits:

- After four months of eating well, they performed as if they were nine years younger on tests of reading and writing speed¹
- After four years of eating well, they did not experience any memory loss²
- Dietary patterns similar to the Brain Health Food Guide are associated with:
 - 36 percent lower risk of developing Alzheimer's disease³
 - 27 percent lower risk of developing mild cognitive impairment or pre-dementia³

With a nutritious variety of vegetables, fruit, whole grains, beans, fish, nuts and low-fat dairy products, the Brain Health Food Guide offers the same eating plan that's recommended to prevent or treat heart disease, diabetes, high cholesterol, high blood pressure and other conditions.

Consult with your health care provider to help you adapt these recommendations to meet your specific needs.



Eating for brain health is all about..

- Embracing balance, moderation and variety (see back for guide)
- Focusing on an overall pattern of healthy eating, not one one specific "superfood" for brain health
- Making sure you eat until you are comfortably full and not stuffed
- Enjoying lots of vegetables and fruit
- Eating raw leafy vegetables daily, including lettuce, kale and spinach
- Eating fish, beans, and nuts several times a week
- Including healthy fats in the diet, from olive oil, nuts and fish
- Limiting red and processed meat
- Selecting low-fat dairy products, such as milk and yogurt
- Choosing whole grains over refined grains e.g. white bread

Resources

Recipes & Healthy Eating Identifiers of Canada

www.cpcpsp201021.cpc210

Heart & Stroke Foundation

www.heartandstroke.com

Canadian Diabetes Association

www.cdpa.ca/diabetes/canadian-diabetes

EatRight Ontario

www.eatrightcanada.org

HealthLink BC

www.healthlinkbc.ca/healthlineating

Preventing Dementia

Alzheimer Society of Canada

www.alzheimer.ca/en/uk/young-wildementia/BrainBacaster



- **Choose colour.** Include colourful fruits and vegetables at each meal
- **Grill, steam and bake** foods instead of deep frying
- **Stock your kitchen** with a variety of dried or canned beans, frozen or canned fish, frozen vegetables and fruits
- **Add beans or legumes** to soups, stews and stir-fries
- **Snack smart.** Reach for nuts, fresh fruit, cut up vegetables and low fat yogurt
- **Keep hydrated.** Drink water or unsweetened beverages

Developed by: Dr. Matthew Parrot

In collaboration with members of the Canadian Consortium on Neurodegeneration in Aging: Team 6: Nutrition, Exercise and Lifestyle

Team 6 Member Organizations:

Baycrest Health Sciences, Concordia University, Institut Universitaire de Gériatrie de Montréal, Centre de recherche du Centre hospitalier de l'Université de Montréal, McGill University, Rotman Research Institute, Ryerson University, Sunnybrook Health Sciences Centre, Toronto Rehabilitation Institute, University of Toronto, University of Montreal, Université de Sherbrooke, University Health Network, Toronto, University of British Columbia, University of Ottawa, University of Toronto, Waterloo University

Supporting Evidence:

1. Smith TJ, Blumenthal, JA, Babyak MA, et al. Effects of the dietary approaches to stop hypertension diet, exercise, and calorie restriction on hippocampal BDNF in overweight adults with high blood pressure. *Hypertension*. 2010;55:1331-1338.
2. Volicer, Heidi C, Sisto, Veli A, Serra, Mikko, et al. Mediterranean diet and age-related cognitive decline: a randomized trial. *JAMA Internal Medicine*. 2015;175(7):1024-1030.
3. Singh B, Parasak, Ak, Meike MM, et al. Association of Mediterranean diet with mild cognitive impairment and Alzheimer's disease: a systematic review and meta-analysis. *J Alzheimers Dis*. 2014;35(2):1-282.



Which Foods Help the Brain?



BRAIN HEALTH FOOD GUIDE



An Evidence-Based Approach to Healthy Eating for the Aging Brain



Foods to Include

Servings Serving Size

Vegetables Total	5 or more times a day	
Or this, be sure to include: Raw Leafy Greens (e.g. lettuce, spinach, mixed greens, kale, cabbage)	1 time a day	1/2 cup
Cruciferous Vegetables (e.g. broccoli, cauliflower, Brussels sprouts, kale, cabbage, bok choy)	3 times a week	except 1 cup for Raw Leafy Greens
Fruit Total	4 or more times a day	1 medium fruit
Or this, be sure to include: Berries (fresh or frozen)	3 times a week	or 1/2 cup
Unsalted Nuts or All-natural Nut Butters Total (e.g. almond butter, peanut butter)	1 time a day	1/4 cup nuts or 2 tbsp nut butter
Or this, be sure to include: Walnuts	4 or more times a week	
Beans or Legumes (e.g. chickpeas, kidney beans, lentils, navy beans)	2 or more times a week	1/2 cup
Fish or Seafood Total (not battered or fried)	3 times a week	
Or this, be sure to include: Fatty fish (e.g. salmon, trout, sardines)	1 or more times a week	3-4oz

- Choose whole grains (e.g. oats, brown rice, brown pasta, 100% whole wheat or whole grain breads, quinoa, bulgur, barley, whole grain pasta) instead of refined grains (e.g. white rice, white pasta, white bread)
- Use low-fat milk (skim or 1%), yogurt (0-2%), and cheese (about 22%)
- Use extra-virgin olive oil as your main culinary oil for cooking, salad dressings, and added to bread and foods



Foods to Limit

Servings Serving Size

Any Meat and Poultry Total No more than 1 meal per day should include meat or poultry	1 or less per day	
Or this, be sure to limit: Red and processed meats (e.g. beef, pork, lamb, liver, sausages, hot dogs, jerky, cold cuts, pepperoni)	less than 1 per week	3-4oz
Butter, cream, or high fat dairy spreads (e.g. sour cream, cream cheese)	less than 1 per week	1tsp butter 1tbsp cream
White breads (e.g. bread, rolls, bagels, pita, tortilla)	1 or less per week	1 slice bread 1/2 bagel
Pre-packaged foods and meals (e.g. canned soup, instant noodles, frozen appetizers, and entrees)		
Potato chips, fries, pretzels, or other salty snacks or fried food		3 or less servings per week in total for all these foods
Store-bought dairy desserts (e.g. ice cream, frozen yogurt, pudding, custard)		Serving sizes according to the Nutrition Facts table on the food label
Baked goods (especially store bought) (e.g. cookies, muffins, scones, croissants, donuts, cakes, pies)		
Candy and chocolate		
Pop, sweetened fruit juice or any other sugary drink		



NNADAP

Louise Ashawasegai



Cedar Teachings I Heard Growing Up. Its Important To Note There Are Many Teachings and Many Different Kinds Of Cedar. The Elders In Your Region Will Know Best. I Only Speak For Myself.

I am drying cedar on the wood stove the way I seen old people do it so I can make a powder out of it. The powder will be used as a smudge to put on hot coals or stones. It will also be used to make "Gubsonan" poultices for those who are sick. It can help pull the sickness out of the lungs. Cedar is full of magic from

the Earth and Stars. I rarely drink it. Sometimes we make tea out of it for the sweat.

Here is what my late great uncle Donald use to say about Cedar when we would go trapping:

"Long time ago, everyone used "Giizhik" Cedar. It was like a part of the family. They would burn it on their wood stoves in the morning and at night. It would clean the air from anything bad. Sometimes the old lady would boil a pot and let the steam fill the house. We would also put it in our moccasins so we wouldn't step over anything we were not supposed to. It also helped us walk in a good way and walk a good life."

"We would also wash our fishing nets with Cedar tea. Those nets can catch more than fish. If you gossip or argue near a fish net, those bad words will get tangled in the net. You need to watch what you say around fish nets. They are sacred. If its full of jealousy or anger, its too full to catch any fish. Don't bring bad luck to your family by gossiping. There are ears everywhere."

"It is good in good habit to wash your fish nets with cedar tea every now and then. It will take any rudeness caught in there and carry it where it wont hurt anyone. You do the same with your traps and other tools used to gather food. My dad would also wash his plow with cedar tea so he wasn't planting anything bad that would only be eaten later. It was also used in washing the dead to prepare them for their journey home"

"The Cedar sap is dangerous for a man. It can kill him. That's where most of the power is. The man is not pure and the Cedar will do its job and possibly take him if ingested. If you make tea to drink, use the Cedar leaves, and only a drink a little bit and steep it very lightly. And only once and a blue moon if you need it. It will clean you out. Never eat the sap. Also pregnant woman shouldn't drink the tea at any time"

"They say Cedar is a Woman who turned into a tree. When you have it in your house, know you are not alone. Treat the Cedar as a part of your family. Hang some above your door as it will keep the bad things away. That's what cedar does. It makes everything pure again. Smudge with it often and feast it for living

with us and doing that good work. Don't let it starve. Cedar is one of our most powerful Medicines"

Note: Many of the N95 Masks are made from Cedar. Here is the link.

<https://www.vicnews.com/.../nanaimos-harmac-mill-works.../>



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 through out the community to keep our children safe.

Notice To Community

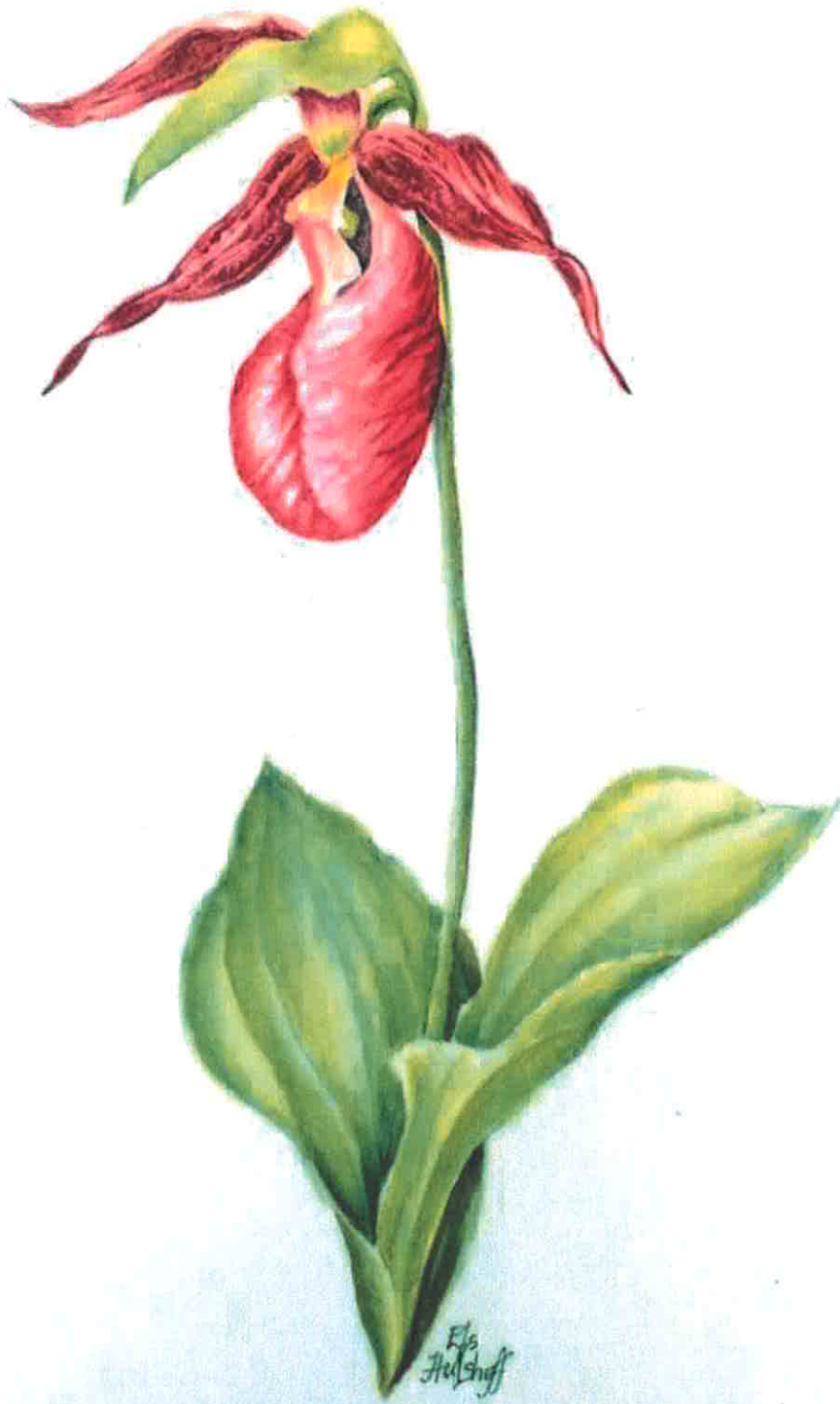
Members

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!



WITH SHORT DAYS AND COLD WEATHER, THE WINTER SEASON CAN BE DIFFICULT FOR MANY. WITH THE ADDED UNCERTAINTY OF A PANDEMIC, IT CAN ALSO BE TRIGGERING, AND LONELY, AND LEAD TO RELAPSE FOR THOSE WHO ARE IN THE PROCESS OF RECOVERY.

Some tips on how to ease the stress, and also cope with triggers that may arise this winter. It is important to recognize the signs of stress:

- Feeling more irritable or moody
- Difficulty concentrating
- Becoming more negative
- Headaches, muscle tension, or stomach problems
- Feeling overwhelmed
- Difficulty sleeping

Take care of yourself!

- Have a good sleep routine, so you get a full rest and feel refreshed in the morning.
 - Engage in activities you find interest in (exercise, reading, art and crafts)
 - Eat a healthy diet and limit alcohol and caffeine consumption.
 - Volunteer or Donate! Helping others can bring out good feelings for you and those you help.
 - Enjoy some quiet time! Take a time out of those busy days and relax! Take a bath, do yoga or meditation, read, or watch a favorite movie.
-

Crisis services are available for anyone who may be dealing with a crisis or is just in need of extra support. If you or someone you know is struggling with opiate use, it is recommended to carry a Naloxone kit (training will be provided).

Crisis Numbers

Kids Help Phone (children & youth 20 and under) - **1-800-668-6868**

Crisis Text Line - text: **Go2741741**

Sudbury Crisis (Distress) Centre - **705-675-4760**

NISA Warm Line - **1-866-856-9276**

Assaulted Woman's Helpline - **1-866-863-0511**

Bro Talk (for male teens) - **brotalk.ca** or **1-866-395-5933**

Mississauga Woman's Shelter- **1-800-461-2232** or **705-356-7800**

National Suicide Prevention Lifeline- **1-800-273- 8255**

Crisis Intervention for Sault/Algoma Outlying Areas - **1-800-721-0077**

Inuit & First Nation Hope for Wellness Line - **1-855-242-3310**

Women's Services (705-674-4193 X2225)

Women's Residential Treatment Program (5-week closed program)

- Accepting referrals and admitting clients into the residential program using strict safety protocols
- Intake and GAINs Assessments continue to be completed by telephone

Women's Aftercare Program (4-8-month program)

- Accepting referrals for residential and outpatient programs, and admitting clients into the residential program
- Virtual Group Programming, a support group and life skills group are twice weekly, to all community clients weekly
- Counselling Services offered in-person for residents and by telephone or virtually for community clients

Connections (705-674-4193 X2235)

- Case Management for Treatment waitlist clients by telephone or virtually

Men's Services (705-674-4193 X3224)

Men's Recovery Home (up to 6-month program)

- Accepting referrals and admitting clients into residence under strict safety protocols
- GAINs assessments are being completed by phone or virtual using Zoom
- Telephone and virtual one on one support for Alumni

Men's Aftercare Program

- Virtual Community Meeting every Wednesday from 630pm-830pm
- Telephone and virtual one on one support for Alumni

Men's Transition Home (up to 6-month program)

- Accepting referrals and admitting clients into residence under strict safety protocols

Men's Intensive Day Treatment Program (5-week closed program)

- Accepting new referrals and admitting clients into programming
- GAINs assessments are being completed by phone or virtual using Zoom
- Counselling and Case Management available by telephone or virtually

Connections (674-4193 X4024)

- Case Management for Treatment waitlist clients by telephone or virtually

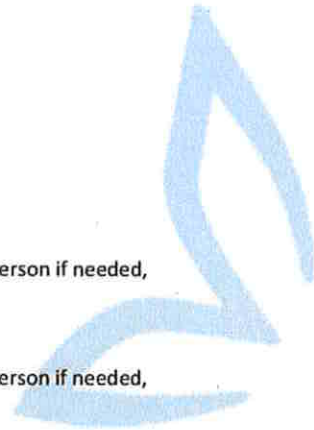
Outreach Programs

Pregnancy/Parenting Outreach Program (PPOP)

- Accepting new referrals
- Counselling and Case Management available by telephone or virtually, in person if needed, following strict safety protocols

Addiction Supportive Housing (ASH)

- Counselling and Case Management available by telephone or virtually, in person if needed, following strict safety protocols





BRUCE LEE ONCE SAID

**INSTEAD OF BUYING YOUR CHILDREN
ALL THE THINGS YOU NEVER HAD, YOU
SHOULD TEACH THEM ALL THE THINGS
YOU WERE NEVER TAUGHT.
MATERIAL WEARS OUT BUT
KNOWLEDGE STAYS.**

Three northern Ontario cities, including North Bay, have issued warnings to opioid drug users

The latest warning was a Twitter message from the North Bay Police that was posted Sunday afternoon.

a day ago By: [Len Gillis, local journalism initiative reporter](#)



Green Fentanyl. Photo provided by the Guelph Police Service

Three different official agencies representing three different cities in northern Ontario have all issued similar drug warnings in the past week.

The latest warning was a Twitter message from the North Bay Police that was posted Sunday afternoon.

"North Bay Police are warning the public we have had several medical related calls regarding suspected green fentanyl. Please use caution. For local services including help with addiction, please visit this [Nipissing District website: https://sngnipissing.ca](https://sngnipissing.ca)

Also issuing a warning was the Algoma Public Health and Sault Ste. Marie Paramedic Services, which put out a notice Saturday that there has been a rise in opioid-related EMS calls in their jurisdiction.

THE FOUR AGREEMENTS

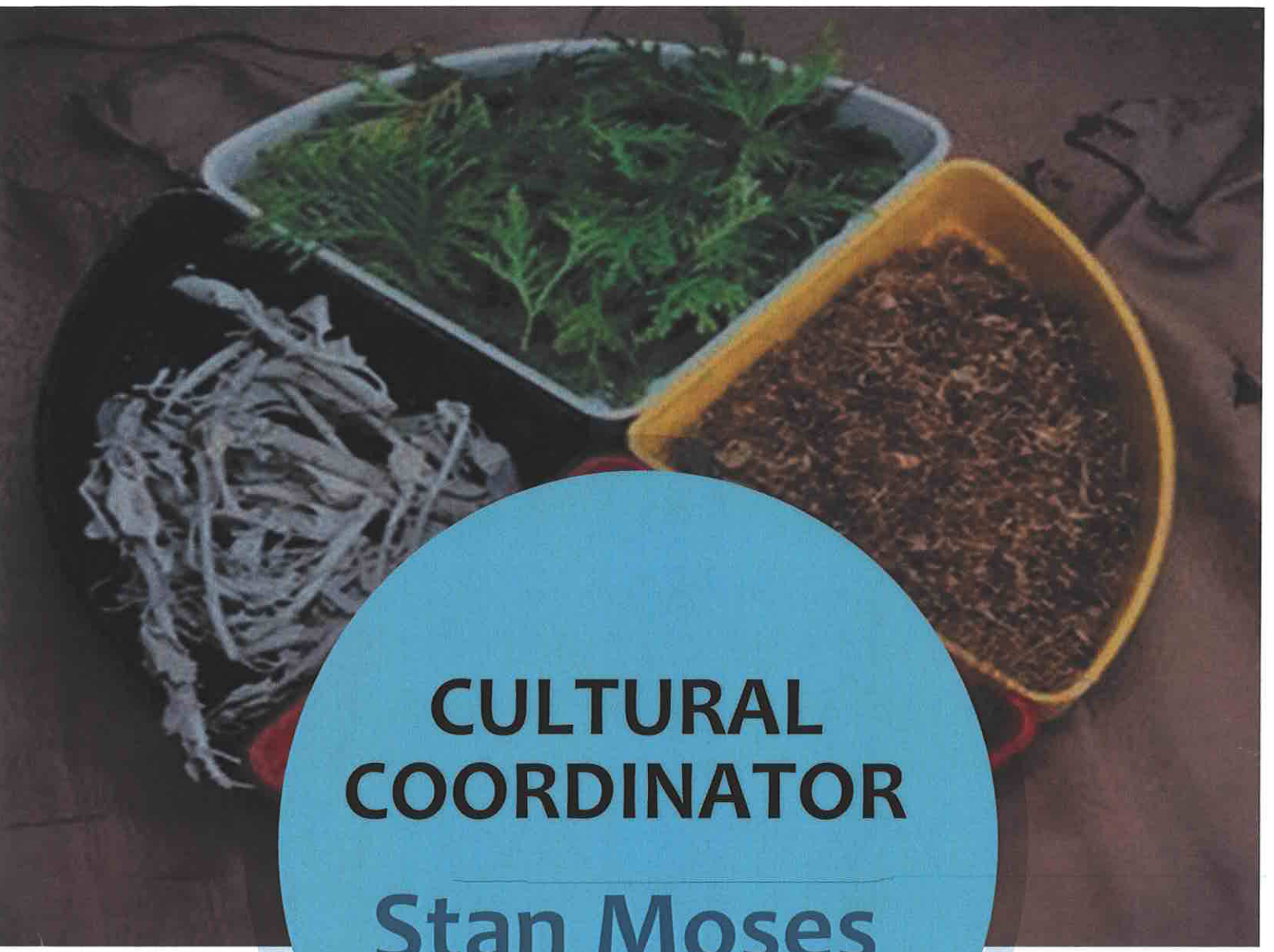
1. Be Impeccable With Your Word – Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

2. Don't Take Anything Personally – Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

3. Don't Make Assumptions – Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

4. Always Do Your Best – Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgement, self-abuse, and regret.





**CULTURAL
COORDINATOR**

Stan Moses

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

PoG 1J0

(705)857-1221 EXT: 229



COLIN MOUSSEAU TRADITIONAL HEALER VIA ZOOM

Tuesday February 23 + Wednesday February 24

Please bring Tobacco and Cloth (if possible) offering to your appointment.

Appointments will take place via Zoom at Trailer #4, unless Clients do not require medicine then appointment can be done on your own with your own device and internet (e-mail address required at sign-up)

Clients can be given confidentiality during appointments, if requested.

Please call the Health Centre (Darcy/Stan) to book your appointment.



Up to 1 Hour Appts.

via Zoom

Trailer #4

**6 appointments
available per day**

**Call to Book yours
Now!**

**HENVEY INLET HEALTH
CENTRE**

354A Pickerel River Road
Pickerel, ON
P0G 1J0

Stan Moses

Cultural Coordinator

Henvey Inlet **FISHING DERBY**

Weather Permitting and Covid-19 Restrictions Permitting

Tuesday March 16, 2021 5 per Team 10 Team Max.

Start Time 10:00am Fish weigh-in 3:00pm

Lunch to be served at 1PM- Soup and Sandwiches

Teams are responsible for providing their own rigs/equipment and
Minnows

1st, 2nd, and 3rd Prizes for Biggest Fish by weight

Call Health Centre (Darcy/Stan) to Sign-Up w. names of team members by
March 8, 2021

Contact: Stan Moses- Cultural Coordinator • Call: (705) 857-1221

COVID-19 Protocols to be in effect! Please Social Distance and bring Face Masks!