



Community Band Council Meeting

Monday February 12, 2024

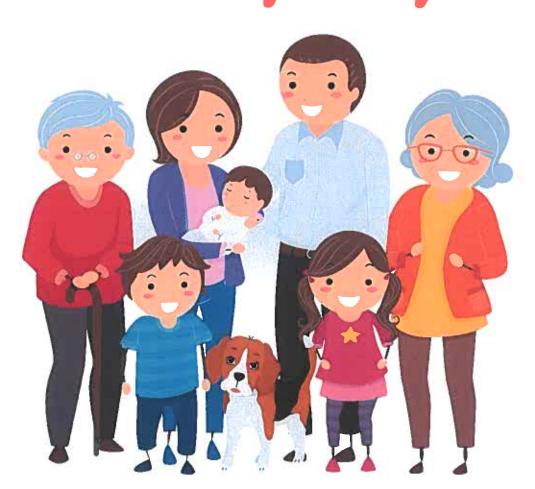
6:00 PM @ Fire Hall

Topics

- Agenda
- Council Reports
 - Staff Reports



Offices Closed February 19, 2024 for Family Day





Henvey Inlet First Nation

Pickerel, ON P0G 1J0

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

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

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

Chief
M. Wayne McQuabbie
Council
Patrick D. Brennan
Brenda D. Contin
Lionel R.M. Fox
Carl Ashawasagai
Stanley K. Moses
Deborah Newton
Maureen A. Kagagins

MEMORANDUM

To: All Henvey Inlet First Nation Members

From: Samantha Bradley, Human Resources Coordinator

Date: January 30, 2024

Re: Employment Opportunities

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

- 1) Ontario Works Administrator 1 Position
- 2) Adult Education Teacher 1 Position
- 3) Band Representative 1 Position
- 4) Community Access Worker 1 Position

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

ONTARIO WORKS ADMINISTRATOR

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a full-time **Ontario Works Administrator** to join our Administration. The Ontario Works Administrator reports to the Director of Finance/Administration and is responsible for the financial management and administration of the Social Assistance Program to ensure effective, efficient and accurate operations in accordance with the Ontario Works (OW) directives and current legislation. The Ontario Works Administrator is also responsible for assessing eligibility requirements of applicants seeking assistance based on the Ontario Works Act. This position requires exceptional organizational and interpersonal communication skills.

Henvey Inlet First Nation offers competitive wages, paid vacation and personal emergency days, an incredible pension and benefit package, on-site daycare services for working parents, fifteen paid federal, provincial and First Nations holidays, annual cultural leave, paid Christmas break, and half-day workdays every Friday.

MAIN RESPONSIBILITIES

The Ontario Works Administrator will be responsible to:

- Research, develop and plan OW program structure and seek and apply for program funding
- Assist in the coordination and delivery of workshops, info sessions and other Social Assistance Program events
- Carry out interviews and complete applications to assess and determine eligibility of clients under the Ontario Works Act
- Refer and help clients apply for other available sources of income including CPP, EI, ODSP, etc.
- Connect with external agencies and program sponsors to develop employment opportunities for OW clients
- Maintain a broad knowledge of local resources available to assist clients in achieving goals
- Build and maintain trusting and supportive client relations
- Prepare and send written correspondence to clients
- Conduct annual reviews to ensure on-going client eligibility and facilitate and monitor operation for an effective appeal process
- Monitor client's monthly expenditures on bill payments and provide budget assistant in accordance with policies and procedures as required
- · Order and purchase appliances, beds and other approved items for eligible clients
- Prepare funding submissions for reimbursement
- · Provide current information to clients related to available services including changes to existing services
- Monitor and verify the monthly client reporting requirements and ensure adherence to applicable policies and legislation
- Ensure all Ministry reporting requirements are met in a timely manner, including the completion and submission of all required agency forms, agreements, budgets and reports
- Behave in a professional manner when acting as a representative of Henvey Inlet First Nation
- Develop and maintain professional working relationships with external agencies and program sponsors including but no
 limited to Aboriginal Affairs and Northern Development Canada (AANDC), Indigenous Services Canada (ISC), Employment
 and Social Development Canada (ESDC), Ministry of Community, Children and Social Services (MCSS), Canada Revenue
 Agency (CRA)
- Liaise and consult with the Ministry Program Supervisor on issues and available opportunities to enhance the OW program
- Ensure the ongoing assessment of community needs are identified and appropriate adjustments to program goals and objectives are recommended
- Ensure newly revised services based on prior assessment and recommendations are implemented where possible
- Liaise with federal and provincial representatives and other First Nations on OW negotiations and update the Director of Finance/Administration and Chief and Council on new negotiation developments
- Work collaboratively and cooperatively with all community professionals, departments and colleagues including Economic Development and Finance

- Prepare and monitor annual program budget and present quarterly program financial reports to the Director of Finance/Administration
- · Prepare full briefing notes for the Director of Finance/Administration and Chief and Council on program issues and concerns
- Develop and maintain accurate, up-to-date and concise work files
- Create and maintain a secure filing system with gathered information on all clients accessing support services in accordance with PIPEDA regulations
- Maintain strict confidentiality at all times
- Adhere to all HIFN Policies and Procedures
- Attend and actively participate in external continuous learning opportunities that affect the delivery of the OW program and maintain up-to-date knowledge on current industry regulations, trends and practices
- Participate in mandatory training workshops as required
- · Attend and actively participate in team, staff and community meetings
- Perform other duties as assigned from time-to-time by the Band Representative Lead, Director of Finance/Administration or Chief and Council

QUALIFICATIONS

- Grade 12 diploma or equivalent required; Post-secondary degree or diploma in Social Services, Human Services or other related field preferred
- 3-5 years of experience working in a social services setting, preferably managing the delivery of income maintenance and employment programs
- Valid Ontario Class G Driver's License with access to a reliable, insured vehicle
- Current and satisfactory Vulnerable Sector Police Check
- Current First Aid and CPR Level C an asset
- · A strong understanding of First Nations' cultures, values and history required
- Knowledge of Henvey Inlet First Nation community and practices an asset
- Previous experience working within a First Nations organization an asset
- Full understanding of the Ontario Works Social Assistance Program, the Ontario Works Act, and other relevant legislation and government programs
- Excellent financial literacy and working knowledge of financial processes
- Ability to process financial transactions for clients per OW regulations
- Excellent interpersonal communication skills and the ability to build professional relationships with HIFN members/clients, community agencies and affiliates
- Ability to mentor clients and intervene when additional support services and referrals are needed
- Knowledge of relevant community-based, and external support programs and services available
- Strong public speaking and advocacy skills
- · Strong written and verbal communication skills
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- Excellent analytical, problem-solving and critical thinking skills
- Highly resourceful with the ability to adapt to changing work needs and demands
- Proven ability to handle confidential information with discretion
- Professional attitude and a strong work ethic
- Self-driven with the ability to work independently with little direction
- Ability to collaboratively with colleagues in all departments to support client needs
- Strong computer and typing skills, including working knowledge of Microsoft Word, Excel and PowerPoint
- Willingness to travel for work when needed
- Willingness to work flexible hours, including on-call, evenings and weekends when requested

HOURS OF WORK

Full-Time – up to 35.5 hrs/week

REMUNERATION

Negotiable based on experience

START DATE

As soon as possible

APPLICATION DEADLINE

Open 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

ADULT EDUCATION TEACHER

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a temporary, part-time **Adult Education Teacher** to join our Administration for a six-month contract. The Adult Education Teacher reports to the Education Counsellor and is responsible for planning, organizing and implementing an appropriate instructional program in a learning environment that guides and encourages adult students to develop and fulfill their academic potential. The Adult Education Teacher is also responsible for supervising and evaluating students' progress and understanding of the school board's curricula while maximizing student-learning experiences. This position requires excellent interpersonal communication skills and strong leadership skills.

MAIN RESPONSIBILITIES

The Adult Education Teacher will be responsible to:

- · Maintain a welcoming, safe and healthy learning environment for all staff and students
- Prepare course objectives and outline for course of study following curriculum guidelines or requirements of the school board
- Deliver planned and approved curriculum to students in an age-appropriate manner
- Instruct students using various teaching methods that support the individual learning styles of each student
- Develop realistic learning goals that challenge the student
- Assign lessons and homework to aid and enforce comprehension and retention
- Administers tests to evaluate student's progress, record results and issue progress reports
- · Meet with students to discuss progress and counsel students on areas needing academic improvement
- Assist student with establishing routines while providing them with positive guidance and building their confidence
- Keep and maintain attendance records and provide monthly progress reports to the Education Counsellor and Chief and Council
- Update all necessary records accurately and completely as required by laws, district policies and school board regulations
- Develop and maintain current, accurate and confidential student files in a secure location
- Ensure that classroom and teaching areas are clean, organized and safe at all times
- Set up and put away teaching materials needed to facilitate program objectives
- Keep up-to-date with developments in subject area, teaching resources and methods and make relevant changes to instructional plans and activities to incorporate emerging best practices
- Participate in and attend all training, meetings and functions as required for work or requested by supervisor, Director of Finance/Administration or Chief and Council
- Deal tactfully with colleagues, students, membership and the public
- Present a positive and professional image of the organization at all times
- Adhere to all HIFN Policies and Procedures
- Perform other duties as assigned from time-to-time by supervisor, the Director of Finance/Administration or Chief and Council

QUALIFICATIONS

- Bachelor's of Education degree from an accredited institution required; University or College degree in a teachable subject preferred
- 1-3 years previous teaching experience in an adult education environment preferred

- Knowledge and understanding of school board policies, curriculum, compliance regulations and appropriate legislation
- Exceptional knowledge of the traditions of the First Nation Community preferred
- Strong knowledge of adult teaching methods and the ability to recognize individual learning styles and the characteristics of learners
- Current satisfactory CPIC Vulnerable Sector Police Check
- Valid Ontario Class G Driver's License with access to a reliable, insured vehicle preferred
- Current First Aid and CPR Level C an asset
- Strong working knowledge of Microsoft Word, Excel and PowerPoint
- Excellent interpersonal communication skills and the ability to inspire and encourage students in achievement of academic excellence
- Excellent written and verbal communication skills
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- · Highly resourceful with the ability to adapt to changing work needs and demands
- · Proactive approach to problem solving with strong decision-making capability
- Excellent negotiation and mediation skills
- High levels of patience and energy
- Proven ability to handle confidential information with discretion
- · Professional attitude and a strong work ethic
- Self-driven with the ability to work independently with little direction
- Willingness to participate in ongoing learning

HOURS OF WORK:

Part-Time - 16 hours per 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, cover letter, driver's abstract and CPIC in confidence to:

Henvey Inlet First Nation - Human Resources

295 Pickerel River Rd. Pickerel, ON P0G 130 Tel: (705) 857-2331 Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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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

BAND REPRESENTATIVE

RE-POST

POSITION SUMMARY

Henvey Inlet First Nation is seeking a full-time **Band Representative** to join our Administration. The Band Representative reports to the Band Representative Lead and is responsible to represent and advocate for Henvey Inlet First Nation members that are involved with any child welfare agencies throughout Canada. This position requires exceptional interpersonal communication skills and strong organization skills.

Henvey Inlet First Nation offers competitive wages, paid vacation and personal emergency days, an incredible pension and benefit package, on-site daycare services for working parents, fifteen paid federal, provincial and First Nations holidays, annual cultural leave, paid Christmas break, and half-day workdays every Friday.

MAIN RESPONSIBILITIES

The Band Representative will be responsible to:

- Assist with the development of a program structure for Henvey Inlet First Nation in collaboration with the Band Representative Team
- Assist with the establishment of a Child Welfare Committee and collaboratively develop Henvey Inlet First Nation child welfare laws, regulations and practices
- Provide support services to Henvey Inlet First Nation members that are currently or may be involved with child welfare agencies
- Establish and develop an active working relationship with all child welfare agencies throughout Canada
- Respond to all child welfare agencies when notified of any members being involved with their agency
- Behave in a professional manner when acting as a representative of Henvey Inlet First Nation
- Develop a plan of care for HIFN members and ensure that a legal representative is aware of all court files as necessary
- Ensure that customary care is practiced with all band members before court is considered
- Participate in all Service Plans, Plans of Care or Service Development for Henvey Inlet band members
- Assist with the development of BCR's as needed with full briefing notes for Chief and Council
- Review CCAs prior to seeking Chief and Council's approval for BCRs
- Present in-camera sessions with a report to Chief and Council monthly or when required
- Build and maintain trusting and supportive client relations
- Attend all court proceedings related to band member child welfare cases as required
- Act as a representative of Chief and Council when they are unable to attend courtroom proceedings for child welfare cases
- Present information and documents to the courts on behalf of Chief and Council for child welfare cases
- Act as a support system to band members required to attend child welfare court proceedings
- Maintain an empathetic and supportive demeanor to band members and their families
- Liaise with Chief and Council regarding court proceedings and outcomes
- Maintain a log of activities that are participated in on behalf of the band
- Create and maintain a secure filing system with gathered information on all our members with open files with each child welfare agency throughout Canada in accordance with PIPEDA regulations
- Maintain strict confidentiality at all times
- Adhere to all HIFN Policies and Procedures
- Take interest in continuous learning and maintain up-to-date knowledge on current industry regulations, trends and practices
- Participate in mandatory training workshops as required
- Attend and actively participate in staff and community meetings
- Perform other duties as assigned from time-to-time by the Band Representative Lead, Director of Finance/Administration or Chief and Council

OUALIFICATIONS

- · Post-secondary certificate, degree or diploma in Social Services, Family Services, Child and Youth Services or other related field
- Current and satisfactory Vulnerable Sector Police Check
- Valid Ontario Class G Driver's License with access to a reliable, insured vehicle
- Current First Aid and CPR Level C an asset
- A strong understanding of First Nations' cultures, values and history required
- Knowledge of Henvey Inlet First Nation community and practices an asset
- Previous experience working within a First Nations organization an asset
- Knowledge of the history of child welfare as it pertains to First Nations' communities
- Full understanding of the Child and Family Services Act (CFSA), Bill C92, federal and provincial child welfare laws and regulations and Customary Care Agreements
- Previous courtroom and public speaking experience
- Excellent interpersonal communication skills and the ability to build professional relationships with HIFN members/clients and affiliates
- Strong written and verbal communication skills
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- · Excellent analytical, problem-solving and critical thinking skills
- Highly resourceful with the ability to adapt to changing work needs and demands
- Proven ability to handle confidential information with discretion
- Professional attitude and a strong work ethic
- Ability to work independently and as part of a team
- Strong computer and typing skills, including working knowledge of Microsoft Word, Excel and PowerPoint
- Willingness to travel for work when needed
- Willingness to work flexible hours, including on-call, evenings and weekends when requested

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 POG 1J0 Tel: (705) 857-2331 Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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Human Rights Code.

EMPLOYMENT OPPORTUNITY

COMMUNITY ACCESS WORKER

POSITION SUMMARY

Henvey Inlet First Nation is seeking a full-time **Community Access Worker** to join our Administration. The Community Access Worker reports to the Band Representative Lead and is responsible for facilitating and supervising access visits for families with children in care. This position requires strong observational and analytical skills and exceptional interpersonal communication skills.

Henvey Inlet First Nation offers competitive wages, paid vacation and personal emergency days, an incredible pension and benefit package, on-site daycare services for working parents, fifteen paid federal, provincial and First Nations holidays, annual cultural leave, paid Christmas break, and half-day workdays every Friday.

MAIN RESPONSIBILITIES

The Community Access Worker will be responsible to:

- Assist with the development of a program structure for Henvey Inlet First Nation in collaboration with the Band Representative Team
- Assist with the establishment of a Child Welfare Committee and collaboratively develop Henvey Inlet First Nation child welfare laws, regulations and practices
- Develop a goals-based Family Access Plan in collaboration with the Band Representative Team and child welfare agency
- Set-up and facilitate family access visits, ensuring safe arrival and departure of children at the access centre
- Transport families and children to community and family access visits, including activities and services to achieve case plan objectives
- Open and close the access centre, including setting-up and cleaning-up of required equipment
- Inspect and/or clean centre equipment and toys as per recommended health and safety standards
- · Provide continuous supervision to non-custodial/visiting persons with their children during access visits
- Monitor access visits, recording objective, accurate and factual observations of visits and exchanges in case files and logs
- Ensure the health & safety of all parties involved and end a visit if there is a safety risk
- Assess, report, and update the status of the set goals to the Band Representative, protection worker or other relevant assigned case worker
- Provide guidance, support and modeling for families in visit settings and troubleshoot and address any issues as required
- Complete all required agency forms and all paperwork associated with visits and client contact as per policies and procedures
- Provide feedback to child and youth, and protection workers as required
- Provide information to Band Representative Lead concerning client needs, requests or complaints
- Behave in a professional manner when acting as a representative of Henvey Inlet First Nation
- Maintain a broad knowledge of local resources available to assist clients in achieving goals
- Work collaboratively and cooperatively with all levels, including community professionals, in order to help families in providing safe and nurturing environments for children
- Provide opportunities for the enhancement and development of positive cultural identities of children, families and community members served
- Assist with the development of BCR's as needed with full briefing notes for Chief and Council

- Assist with coordinating, setting-up and cleaning-up for departmental programming, including picking up and shopping for supplies when requested
- Build and maintain trusting and supportive client relations
- Attend all court proceedings related to band member child welfare cases as required
- Maintain an empathetic and supportive demeanor to band members and their families
- Develop and maintain accurate, up-to-date and concise work files
- Create and maintain a secure filing system with gathered information on all our members with open files with each child welfare agency throughout Canada in accordance with PIPEDA regulations
- Maintain strict confidentiality at all times
- Adhere to all HIFN Policies and Procedures
- Participate in continuous learning and maintain up-to-date knowledge on current industry regulations, trends and practices
- Participate in mandatory training workshops as required
- Attend and actively participate in team, staff and community meetings
- Perform other duties as assigned from time-to-time by the Band Representative Lead, Director of Finance/Administration or Chief and Council

QUALIFICATIONS

- Post-secondary certificate or diploma in Social Services, Family Services, Child and Youth Services or other related field
- 1-2 years of experience working with parents and children in a social services setting preferred
- Current and satisfactory Vulnerable Sector Police Check
- Valid Ontario Class G Driver's License with access to a reliable, insured vehicle
- Current First Aid and CPR Level C an asset
- A strong understanding of First Nations' cultures, values and history required
- Knowledge of Henvey Inlet First Nation community and practices an asset
- Previous experience working within a First Nations organization an asset
- Knowledge of the history of child welfare as it pertains to First Nations' communities
- Full understanding of the Child and Family Services Act (CFSA), Bill C92, federal and provincial child welfare laws and regulations and Customary Care Agreements
- Previous experience developing detailed plans and critical path timelines
- Knowledge of family dynamics and intervention models
- Knowledge of child development and effective parenting skills
- Excellent interpersonal communication skills and the ability to build professional relationships with HIFN members/clients and affiliates
- Ability to supervise and mentor parents and provide insightful feedback of behavioural dynamics
- Strong public speaking and advocacy skills
- Strong written and verbal communication skills
- Exceptional organization and time-management skills
- Strong attention to detail and the ability to perform and prioritize multiple tasks seamlessly
- Excellent analytical, problem-solving and critical thinking skills
- Highly resourceful with the ability to adapt to changing work needs and demands
- Proven ability to handle confidential information with discretion
- Professional attitude and a strong work ethic
- Ability to work independently and as part of a team
- Strong computer and typing skills, including working knowledge of Microsoft Word, Excel and PowerPoint
- Willingness to travel for work when needed
- · Willingness to work flexible hours, including on-call, evenings and weekends when requested

HOURS OF WORK

Full-Time – 35.5 hrs/week

REMUNERATION

Negotiable based on experience

START DATE

March 4, 2024

APPLICATION DEADLINE

February 19, 2024

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 POG 130 Tel: (705) 857-2331

Fax: (705) 857-3021

Email: samantha.bradley@henveyinlet.com

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Wills and Estates

Upcoming Events



Wills & Estates Presentation!

Lawyers from First Peoples Law will give a Wills and Estate Presentation at Henvey Inlet First Nation.

When? February 20, 9:00 a.m.- 12:00p.m.

Venue: Community Fire Hall

This is a free event and everyone is invited!

Wills Workshops!

Lawyers from First Peoples Law will be at Henvey Inlet First Nation to meet with members to make or update their will.

When? February 21 & 22

9:00 a.m.- 12:00 p.m.

*by appointment

Venue: Community Fire Hall

Please contact Sherry Contin to book your wills appointment. You will receive the wills questionnaire to complete before your appointment.

WE LOOK FORWARD TO SEEING YOU!

What is a will and why do I need one?

A will is a legal document where people designate how their assets should be distributed at death. Having a will helps to ensure your loved ones are taken care of after death.

What is an Estate?

An estate is all the money and property owned at the time of that person's death.

Anyone who owns something has an estate!

A will gives you the power to:

- Gift items to family and non-family members
- Designate a guardian for your children
- Name who you want to manage your estate
- Designate which family member will get your CP land
- Leave instructions on how to distribute all your possessions
- Leave instructions for end-of-life ceremonies

For More Information Contact

Sherry Contin

(705) 857-2331; lands@henveyinlet.com

Alison Porter of First Peoples Law

(613)-722-9091; aporter@firstpeopleslaw.com;

firstpeopleslaw.com

Disclaimer: The content on this page is provided for general information purposes only and does not constitute legal or other professional advice or an opinion. Readers are advised to seek specific legal advice regarding any specific legal issues.

Reading this brochure or attending the Wills presentation does not create a lawyer-client relationship.



BEAR MOON MUKWA GIIZIS GATHERING & Drum Social

Wasauksing Gathering Place

1126 Geewadin Road Wasauksing First Nation

Saturday, February 17, 2024

4p.m. - Dinner

5p.m. - 7p.m. Drum Social

All Welcome

M.C. and Hand Drummers:

Waas Pegahmagabow and Nancy Pawis

Elders: Tony Tyson and Audrey Tobobondung

Host Drum: Hay Bay Singers

Special Guests: Terry and Lucia Sahanatien

Wahta Mohawks

Please register by February 12, 2024 1-855-223-5558

Online: NIUCFS.COM/gathering-and-drum-social

E-mail: REGISTRATION @ NIIJCFS.COM

EDUCATION NEWS - FEBRUARY 2024

PARENT REMINDER: PLEASE TEXT OR CALL BUS DRIVERS

WHEN your child will not be getting on the bus in the morning and;

If they will not be getting on the bus from school in the afternoon.

4

BRITT Larry's number is 705-773-2570

PSHS: George's number is 226-789-6625

BRITT SCHOOL

Please see the January newsletter, and;

February calendar

PARRY SOUND HIGH

- Students are encouraged to sign in to Edsby on Snow Days; this will help you to stay on top of your assignments.
- You can also meet with Mr. Gray at the Hive to discuss your progress or to get additional help.
- And, it is never too early to start recording your 40 hours of Community Involvement Activities. If you need an official recording sheet, stop by to get one at Genevieve's office.

POST SECONDARY APPLICATIONS

Students applying to College or University must submit their applications by May 15th in order to be considered for funding next September. The HIFN Application and the Post-Secondary Policy are available at hifn.ca or you can pick them up at the Education office. Anyone needing assistance with this is encouraged to stop by the Education office to meet with Genevieve.

ANISHINABEK NATION CULTURE GRANT

Students or caregivers are invited to complete an application for eligible activities (see the list). The grant will provide financial assistance to Anishinabek Nation students pursuing language, cultural, and/ or land-based opportunities outside the classroom.

Successful applicants can be reimbursement for a maximum of \$300 per student per year for projects/ activities that happened/ will happen from September 1, 2023 – August 30, 2024.

For more information check the attached guidelines or complete the online application at https://www.surveymonkey.com/r/culturalsupports2023-24

- Applications are available from Genevieve
- See attached flyer and guidelines

Paper applications can be emailed directly to Natasha George natasha.george@anishinabek.ca

Deadline: Winter application: March 15, 2024 or until full.

BRITT SCHOOL

JANUARY EDITION

A word from Mrs. Michaelis Hello Britt Families,

We have had some exciting news here at Britt School in the past month.

Mrs. Mohaupt has a beautiful baby girl named Tessa, born on December 30th. Congratulations, Mrs. Mohaupt!

Mrs. Marrin, who has been an EA at Britt School for 25 years, retired on January 19th. We miss her dearly, but will still see her at the Public Library on occasion. Congratulations to Mrs. Marrin!

In school news, students have been moving forward with their reading, writing and math with great progress! It is exciting to see many new readers here at the school, who can share their thinking and ideas with their peers and friends. Well done, everyone! Report cards will be published on Edsby on February 20th to update you on your child's progress.

The weather has been moving from lots of snow, to lots of rain and mild. Please send your child with extra mitts, if possible, so we can keep them warm and dry. Labelling clothing items is always helpful so we can ensure the right items are returned to the proper individual.

Please reach out to the office at any time, should you have any questions or concerns about school. My door is always open.

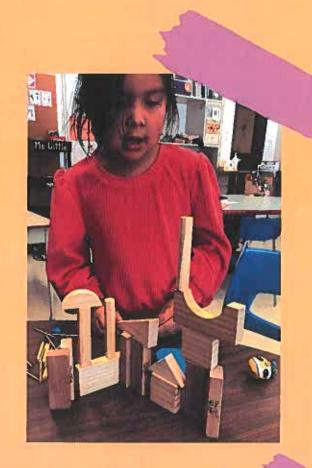
Take care,
Marlene Michaelis
Vice-Principal

FEBRUARY EVENTS

- Feb 2 PD Day
- Feb 6 Winter Walk Day
- Feb 9 100th Day of School
 - Dress like you're 100
- Feb 14 Valentines Day
 - Wear Pink and Red
- Feb 19 Family Day
- Feb 20 Report cards
- Feb 22 Neon Day, Wear bright colours
- Feb 28 Pink Shirt Day

MS. LITTLE'S JK/SK CLASS

Aanii! Winter has arrived! Students have sure enjoyed playing outside in all the snow these last few days. This means we are utilizing our school dryer quite a bit to ensure students aren't going back outside in wet clothing. It would be helpful for us if hats, mitts, snow pants, coats, and boots were labeled. Thank you so much for your support! Please reach out to me if you need more athome learning activities for days when buses are not running. I am happy to help!





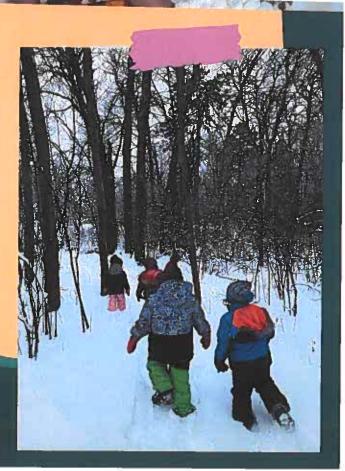


In December, we studied a very famous author, Jan Brett. We read many of her books including The Hat, The Mitten, Trouble with Trolls and the 3 Snow Bears which were some of our favourites! Jan Brett is a well-known children's author and illustrator who uses story borders to give hints and share her extra thoughts. After reading The Mitten, students worked together to retell the story by placing the animals in order of when they crawled inside the abandon mitten. Using stick puppets of the animals from Jan's stories, students could retell or design their own plays during thinking and learning time. Since many of the books are set in the winter, we discussed our favourite things to do in winter which included: sledding, ice fishing, snowmobiling, building snow animals and skating!

MS. LITTLE'S JK/SK CLASS

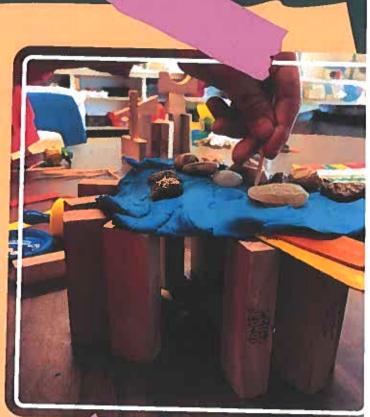
We have started using Dreambox Learning in our classroom over the past few months. Dreambox is a math app with personalized programming for each student. Following an initial assessment, Dreambox differentiates the activities to suit each students' learning needs. It continues adapting lessons to ensure students feel competent and confident! This is used throughout the primary grades to supplement math instruction but is new to all our students in kindergarten. They really enjoy earning tokens by completing lessons and using the iPads in a purposeful way. It's very special as this is the only time in our day that we bring the iPads out. Students can work on all strands of math through Dreambox including patterning, number sense, measurement, geometry, financial literacy, data and spatial sense!

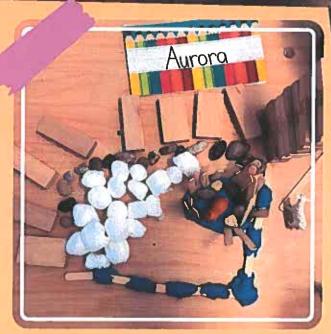




MSLITTLE'S JK/SK CLASS Recently, we have started learning about

Recently, we have started learning about hibernation and animals in winter. We began by brainstorming what we knew about the word 'hibernation' - it happens in winter, some animals sleep (WM), monarch butterflies go to a warm place (JA), you cannot sing the Makwa song (AJ) and some birds go to a place that's warm for winter (AD). We learned a bit about what hibernation is and which animals hibernate during the winter months, but we still have more learning to go! Outside, we looked for signs of animals and found some tracks that we think might belong to a snowshoe hare. After reading Mama Dug a Little Den, students were challenged with building a den for an animal using a variety of provided materials (popsicle sticks, small blocks, playdough, rocks, cotton balls, toothpicks). What creative minds we have in our class! Many students thought strategically about what would be sturdiest, what materials best suited their chosen animal, and the qualities of a good den. Some students even got to building traps outside their den to deter predators. Our sensory table is currently set up so students can continue exploring habitats, dens and hibernation.



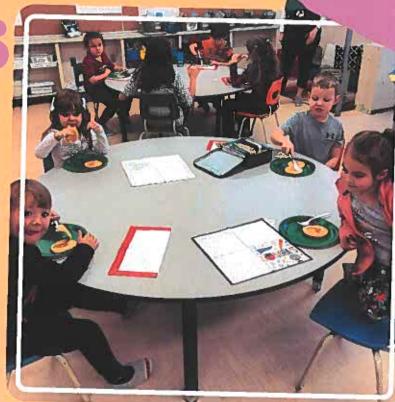




/2/3 CLASS

Hello 1/2/3 Families!

Our class has had many changes over the past month, as Mrs. Mohaupt has left to look after her new baby and Mrs. Marrin has retired! Students have been engaged in many learning activities as the year progresses. We had pancakes and shared social time with the kindergarten class.



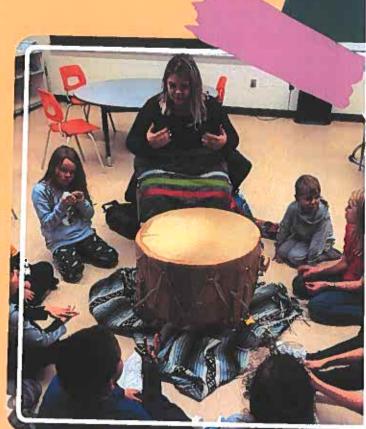


Refinement.

MRS. MARRIN,
YOU WILL BE MISSED!

CELLASS 1/2/3 CLASS

We have also invited Lisa Ross, Cultural Coordinator into our class to teach us many things about the Anishinaabe way of life. Stories, drumming and singing have been part of our learning and the 1/2/3 class has enjoyed participating in all the activities that have been presented. Our class has been working on increasing our stamina with both reading and writing this term! Be sure to ask your child about books they are enjoying and how the authors of texts share their ideas and messages. We are so proud of all that this class has accomplished this term!



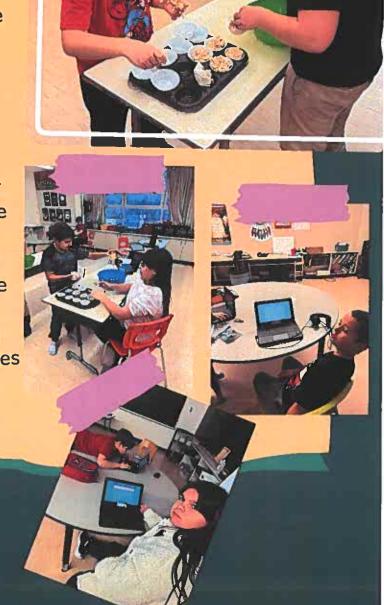


MR. WYNIA'S 4/5 CLASS

Happy Winter Solstice!

We have had an odd winter this year with a crazy week of snow days and lots of warm and wet weather on either side! Please be sure to send students to school with adequate outdoor gear....extras are not a bad idea either, especially for those wet days!

Sledding is a popular activity for students during recess when we have enough snow! Students MUST be wearing outdoor gear and be following the rules of the hill to participate, going over these rules at home and talking about safety around head injuries is a great idea!

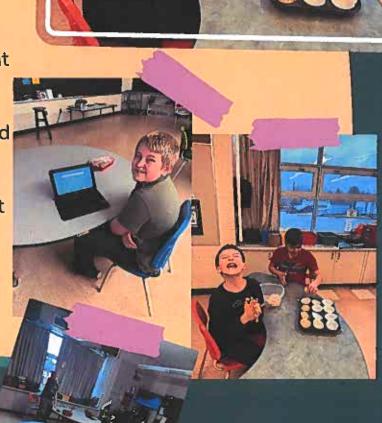




In class we are discussing financial literacy in math! A very interesting and relevant topic for our students. Any "money" discussions or practice at home is encouraged.

In science we are transitioning to talking about life systems including the structures and life systems of living things! Social studies we are looking at ancient civilizations and learning about our levels and roles of governments within Canada and where we live. Students are enjoying our Volleyball lessons and practice and learning about leading a healthy lifestyle.

Happy Winter and Happy Valentine's Day to you all! Mr. Wynia



MRS. CHRISTIE'S 6/7/8 GLASS

As we transition from the end of 2023 into the beginning of 2024, our school community is buzzing with a range of activities and learning experiences. I'm excited to share some of the highlights and upcoming plans for our Grade 6, 7, and 8 class.

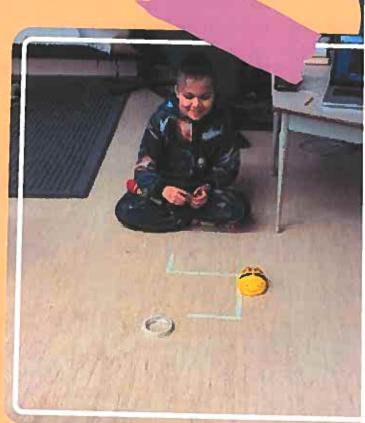
Embracing Cultural Heritage

A special mention goes to our online session with Barbara Nolan, where students learned about stories and Anishinaabe traditions. This was an enriching experience that broadened our understanding and appreciation of Indigenous cultures.

Math

Prior to the break the students engaged in some coding activities online and using the Bee Bots!





Academic Focus Post-Holidays As we welcomed students back in January, we refocused on our classroom routines.

Mathematics

In Mathematics, we're continuing with our engaging 'Math Number Talks' and 'MathUP' lessons. These sessions have been instrumental in enhancing students' numerical understanding and problem-solving skills.

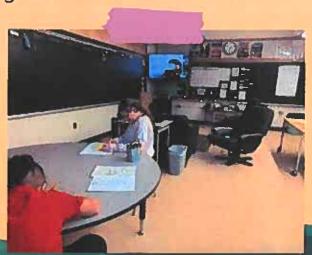
MRS. CHRISTIE'S 5/7/8 CLASS

Literacy Development

Our UFLI reading sessions are ongoing, helping students to further develop their reading competencies. Additionally, we're delving deep into the writing process, encouraging students to express their ideas and improve their writing skills.

History and Social Studies

An important educational focus is learning about the Holocaust. This topic is being approached with sensitivity and care, aiming to educate Continuing with our Mental Health students about this significant historical event and its broader implications for understanding human rights and empathy.



Mental Health and Well-Being and Well-being lessons, we're committed to supporting students'

overall wellness. These lessons provide valuable tools and strategies to help students navigate their emotions and develop healthy coping mechanisms.

Cultural Awareness

We're also learning about indigenous introductions and practicing our personal introductions in our daily talking circle.

MRS. CHRISTIE'S. 5/7/8 CLASS

Physical Education Volleyball and Teamwork

In physical education, the focus is currently on developing volleyball skills. Students are not only learning the technical aspects of the game but also the importance of teamwork and sportsmanship.

As always, I thank you, the parents and guardians, for your ongoing support and collaboration. Together, we're creating a nurturing and dynamic learning environment for our students. Here's to a wonderful start to 2024! Warm regards,

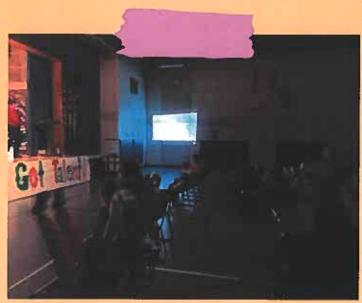
Mrs. Joanne Christie



DECEMBER WINTER CONCERT

Thank you so much for those who attended our 2023 winter concert! It was a great success! Students really enjoyed performing on stage and showing off their hard work. Lucy the Elf did a fabulous job as our MC running North Pole's Got Talent. Students of the 6/7/8 class acted as judges, commenting on and scoring each performance. They thought the kindergarten students were so cute ringing their bells and shaking their grass skirts during the Merry Hula. The 1/2/3 class was very coordinated during their snow action song and Boom Chicka Boom dance! Mr. Wynia's 4/5 class brought out the boom whackers and showcased some impressive dance skills! Unfortunately, the judges were not a fan of the staff performance – a reading of 'Twas the Week before Christmas. Better luck next year, staff!

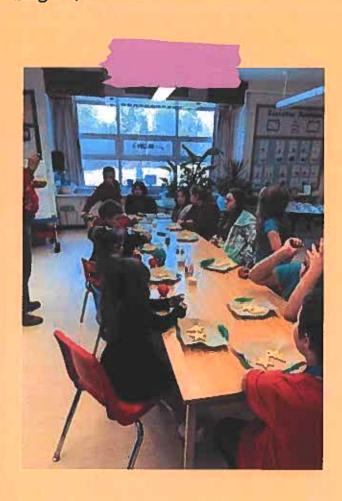




DECEMBER WINTER CONCERT

Festive Activities

In December, our school was alive with holiday spirit. Students participated in a variety of activities, including sing-alongs in the gym and practicing for our much-anticipated holiday concert. Their hard work and enthusiasm shone brightly during the performance, which was a highlight of the season.



Creative Crafts and Spirit Days

Our students also engaged in festive crafts, creating beautiful artwork that adorned our classrooms and hallways. Spirit days added a fun twist to the school routine, with students and staff dressing up in holiday-themed attire, bringing joy and laughter to our school.



ANISHINABEK NATION STUDENT



CULTURAL SUPPORTS GRANT

WINTER INTAKE

applications will be accepted between:

January 26 - March 15, 2024

or until full

This grant provides financial assistance to Anishinabek Nation students pursuing language, cultural, and/or land-based opportunities outside the classroom that enhance their educational experience.

Successful applications will receive a reimbursement for a maximum of \$300 per student per year for projects/ activities that happened/ will happen within September 1, 2023 – August 30, 2024



ELIGIBILITY

- enrolled as a student for the 2023-2024 school year
- registered member of one of 39 Anishinabek Nation First Nations
- activity falls into one of these categories:
 - Language
 - Land-based learning
 - Culture
- Ontario resident



APPLY TODAY

https://www.surveymonkey.com/r/culturalsupports2023-24 Questions? Contact: natasha.george@anishinabek.ca



Student Cultural Supports Grant

2023-2024 GUIDELINES

Description

The Cultural Supports Grant is a grant established by the Anishinabek Nation Education Secretariat. The objective of the grant is to provide financial assistance to Anishinabek Nation (AN) students pursuing language, cultural, and/ or land-based opportunities outside the classroom that enhance their educational experience.

This grant will provide a reimbursement for a maximum of \$300 per student per year for projects/ activities that happened/ will happen within September 1, 2023 – August 30, 2024.

Students or caregivers are invited to complete an application for eligible activities. All applications will be reviewed and assessed: applications will be accepted until full or deadline date and are subject to available funding.

The Cultural Support Grant will have two intake periods: winter and spring.

Eligible Activities

Activities or resources must endorse learning and fit within one of these 3 categories:

- Language Learning:
 - First Nation language learning course / class
 - First Nation language learning resources
 - Language equipment / supplies
- 2. Land-based Learning:
 - Land-based learning course / class
 - Land-based learning resource
 - On-the-land learning equipment / supplies
- 3. Cultural Learning:
 - Cultural learning course / class
 - Cultural learning resource
 - Cultural learning equipment / supplies

A. About the Anishinabek Nation

The Anishinabek Nation (AN) represents 39 First Nations throughout the province of Ontario from Golden Lake in the east, Sarnia in the south, Thunder Bay and Lake Nipigon in the north. The 39 First Nations have an approximate combined population of 65,000 citizens, one third of the province of Ontario's First Nation population. AN has four strategic regional areas: Southwest, Southeast, Lake Huron, and Northern Superior. Each region is represented by a Regional Deputy Grand Council Chief.

Anishinabek Nation First Nations:

Aamjiwnaang First Nation
Alderville First Nation
Algonquins of Pikwakanagan First Nation
Atikameksheng Anishnawbek
Aundeck Omni Kaning First Nation
Beausoleil First Nation
Bilgtigong Nishnaabeg
Bilinjitiwaabik Zaaging Anishinaabek
Chippewas of Georgina Island First Nation
Chippewas of Kettle and Stony Point FN
Chippewas of Rama First Nation
Chippewas of the Thames First Nation
Curve Lake First Nation

Dokis First Nation
Fort William First Nation
Garden River First Nation
Henvey Inlet First Nation
Long Lake #58 First Nation
M'chigeeng First Nation
Magnetawan First Nation
Michipicoten First Nation
Mississauga #8 First Nation
Mississauga #8 First Nation
Mississauga of Scugog Island FN
Moose Deer Point First Nation
Munsee-Delaware Nation
Namaygoosisagagun First Nation

Netmizaaggamig Nishnaabeg
Nipissing First Nation
Pays Plat First Nation
Red Rock Indian Band
Serpent River First Nation
Sheguiandah First Nation
Sheshegwaning First Nation
Thessalon First Nation
Wahnapitae First Nation
Wasauksing First Nation
Whitefish River First Nation
Wiikwemkoong Unceded Territory
Zhiibaahaasing First Nation

B. About the Cultural Supports Grant

In 2021, the Cultural Supports Grant was established by AN Education Secretariats Lifelong Learning program. This Grant has been designed to support AN students, on and off reserve, in areas of individual interests that fit into one of the three categories outlined.

The grant will provide a maximum reimbursement of up to \$300 for students that have accessed or will access land-based, cultural, and/or language learning opportunities.

C. Eligibility

mere	ested applicants who meet all of the following requirements are eligible to apply.
	Must be a student within the 2023-24 school year (caregivers can apply for their student)
	* Preference will be given to projects involving AN youth under the age of 21
	Must be enrolled as a student of a First Nation school, elementary school, secondary school, post-secondary institute, or home school
	Must be a registered member of one of the 39 Anishinabek Nation First Nations * see the First Nations listed in section "A"
	Activity must fall into one of these categories:
	i. Language
	ii. Land-based learning

- iii. Culture
- ☐ Ontario residents only
- ☐ Must provide a **receipt** of costs for approved activity
- ☐ Activity will or did take place within September 1, 2023 August 30th 2024

Other terms:

- All applications are subject to available funding and are not guaranteed
- One successful grant per student per school year (students cannot apply to the second intake if they were successful with the first intake)
- Unsuccessful applicants can apply at the other intake period. Ex. A new application can be submitted for an alternative eligible project
- One gas mileage reimbursement per household for the same activity, proof of attendance is required
- If receipt(s) are not received before the identified date, the approval will be withdrawn

D. Activities Eligible for Reimbursement:

Activities or resources must endorse learning and fit within one of these three categories:

- 1. Language Learning:
 - First Nation language learning course / class
 - First Nation language learning resources
 - Language equipment / supplies
- 2. Land-based Learning:
 - Land-based learning course / class
 - Land-based learning resource
 - On-the-land learning equipment / supplies
- 3. Cultural Learning:
 - Cultural learning course / class
 - Cultural learning resource
 - Cultural learning equipment / supplies

More examples:

- Registration fees e.g. immersion camp, land-based learning course fee, etc.
- Anishinaabemowin (language) learning resources e.g. text books or dictionaries
- · Material for culture-based workshops e.g. regalia making, lodge building etc.
- Land-based learning equipment / supplies i.e. gardening, harvesting, etc.
- Travel costs associated with the activity / project

E. Ineligible Activities

- employment training
- costs associated with sports
- post-secondary tuition

F. Application Process for Applicant

- Step 1: Review:
 - Student Cultural Supports Grant 2023-2024 Guidelines and Student Cultural Supports Grant 2023-2024 Application
- Step 2: Complete Application
 - Direct questions to Natasha George at <u>natasha.george@anishinabek.ca</u>
- Step 3: Submit Application
 - Completed applications must be sent to the AN Education Secretariat, via online application, email or mail
- Step 4: Await Decision
 - Successful and unsuccessful applicants will be contacted following the closing date
- Step 5: Send in Requirements
 - Successful applicants will be required to send in receipt(s) for their approved project/ activity
 - Successful applicants will be asked to send a photo of project/ activity and/ or feedback
 - Confirm name for the payment

• Step 6: Payment

 Cheques will be mailed to the successful applicant. Payment will only be released following submission of receipt(s)

G. Selection

- All applications will be reviewed and assessed for:
 - Application completeness
 - Responses to application questions
 - Eligibility
- Decisions will be made taking into consideration diversity of recipients with respect to AN regions, and student grade level
- Applicant selection will take place after each closing date; all applicants will be informed
 if their application was successful or not

H. Payment information:

- Payments will only be released following submission of receipt(s) (copy/ or original)
 - Receipts can be sent via email or mail to Natasha George at the AN Education Secretariat, see contact info below
 - Applicants who do not send receipts before identified due date will be withdrawn from consideration
- A follow up email will be sent to verify the name for payment
- Successful applicants will be mailed a cheque for reimbursement

I. Important Dates

Applications will be accepted until full or deadline date:

Winter Intake: January 26, 2024 – March 15, 2024

Applications Due: March 15, 2024

Spring Intake: April 12, 2024 – June 7, 2024

Applications Due: June 7, 2024

CONTACT INFORMATION

Please submit inquiries or applications to:

Natasha George, Lifelong Learning Coordinator Anishinabek Nation Education Secretariat natasha.george@anishinabek.ca

> 1 Migizii Miikan PO Box 711 North Bay, Ontario P1B 8J8

ADMINISTRATION OFFICE **DEPARTMENTS:**

Administration, Finance, Capital Projects, Public Works, Ontario Works, Family Resources. Economic Development, Lands, Membership



ADMINISTRATION OFFICE:

2 Village Road Nobel, Ontario, P0G 1G0 Tel: (705) 366-2526 Fax: (705) 366-2740

SHAWANAGA FIRST NATION **Healing Centre**

7 Grandfather Teachings:

JOB POSTING - Internal & External Posting

Humility -Dhuadendiziwin: To be humble about your accomplishments is to be strong

Cultural Worker Full Time 37.5 Hours/Weekly Start Date: Tbd

Bravery -Aakwa'ode'ewin: Let nothing stand in the way of doing the right thing

Description

The Cultural Worker position will be directly responsible for the development and delivery of cultural and community project and programming that integrates traditional teachings and balances the mental, emotional, spiritual, and physical aspects of culture.

Honesty -Gwekwaadziwin: Better to fail with honesty than succeed by fraud

The Cultural Worker reports to the Executive Director.

Wisdom -Nbwaakaawin: With hard work and dedication, will come knowledge

Duties & Responsibilities

Truth - Debwewin: It is ulways easiest to

- Coordinate cultural teachings and events such as Shawanaga First Nation Annual Pow Wow.
- speak the truth
- Conduct program/event evaluations and report on outcomes.

- Respect -Mnaadendimowin: Give it, earn it, and receive it
- Provides relevant, competent cultural support services to children and familles who request.

Love - Zaagidwin: It is important to care for one another

- Plan, organize and coordinate cultural workshops, programming and activities, teachings, ceremonies and healing practices for clients as required.
- Recruits for and maintains a roster of Elders, Traditional Advisors and Healers for the provision of culturally appropriate healing practices for clients.
- Assists in obtaining the necessary supplies, equipment or funds to facilitate agency culturally based functions.
- Acts as a resource or provides resources to ensure that cultural knowledge and practices are maintained.
- Plans, develops, and participates in special projects assigned by the Executive Director.
- Lead or participate in traditional or spiritual practices for meetings or cultural activities as requested.

- Participates in in-service training and seminars, workshops, and courses as they are available.
- Reviews and makes recommendations to the Executive Director on program policy and services, and service procedures to improve service effectiveness in relation to agency needs.
- Promotes the Agency's vision, mission, goals and objectives.
- Other duties assigned by Executive Director.
- Submit Cheque Requisitions and Travel Claims for programs.

Service Administration

- Prepare and submit monthly activity reports to the Executive Director.
- Prepares activity reports to the funding agencies as required.
- Ensure expense claims for resources are submitted for payment.
- Participates as a team player with other Healing Centre staff and attends regular staff meetings.
- Other duties assigned by Executive Director.

Qualifications

- Post-secondary education in First Nation Studies, First Nation focused/directed programming.
- Experience in project and financial management, including planning, developing, implementing and evaluating community-based programming.
- Knowledge of and experience in working with First Nations heritage, language, traditional and/or cultural resources.
- Must possess excellent communication and computer skills.
- Must have a valid driver's license.
- Demonstrate a commitment to their own personal healing.

Work Conditions

- Working in an office environment.
- Flexible hours when needed.
- Interaction with employees, management, community, and the public.
- Operation of desktop computer:

Successful candidates must be able to produce and maintain a clean Criminal Record Check.

Only those applicants selected for an interview will be contacted. Please submit a resume with a cover letter and three work related references, via in-person, email or fax to;

Courtney Mullen
Human Resource Administrator
Shawanaga First Nation
2 Village Road, Nobel Ontario, POG 1G0
Tel: (705) 366-2526 x 232 Fax: (705) 366-2740
hradministrator@shawanagafirstnation.ca

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SHAWANAGA FIRST NATION **Healing Centre**

JOB POSTING — Internal & External Posting

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Respect -Mnaadendimowin: Give it, eurn it, and receive it

Love - Zaagidwin: It is important to care for one another

Community Health Representative 12 Month Contract 37.5 Hours/Weekly

Start Date: Tbd

Description

The Community Health Representative will be directly responsible for providing education, information and assistance to Shawanaga First Nation Community members regarding the promotion of positive health practices, the accessibility and availability of health services/benefits. To play a supportive role to community members as their need arises.

The Community Health Representative reports to the Executive Director.

Duties & Responsibilities

- To provide health information, instruction and guidance to community members on health-related issues. (HIV/AIDS, STD's, Birth Control, Diabetes, High/Low Blood Pressure, Childhood Diseases. Etc.)
- To provide health education to community members on sound health practices through development and implementation of health programs, workshops, information sessions, newsletter items and Individual/family assistance.
- To provide information and assistance to community members on the accessing of the availability of health services and/or benefits.
- To design, prepare, deliver and/or access resources on health hygiene for various community groups and/or individuals.
- To deliver and provide instructions to community members on health prevention practices. (Dental, Nutrition, Exercise, Weight Control, Family Planning, etc.)

- Liaises nurses or health care professionals.
- Liaises with the Environmental Health Officer on a regular basis and provides water samples if required.
- Maintains regular contact with the health facilities, health care professionals and benefit providers to keep abreast and/or changes in the provision of services.
- Liaises and maintains regular contact with other communities' services to ensure that the needs of the community are being met.
- Liaises and maintains regular contact with other First Nations health providers and services to exchange information and build a network system.
- Provides support and assistance to community members regarding health-related issues as required or requested.
- To document and provide reports of illnesses and/or injuries of community members.
- Provide referrals for community members to appropriate health care facilities, professionals and/or agencies.
- Maintains case management forms as required.
- Consults with other First Nation programs and services and external agencies on the provision and coordination of services.
- Attends case management meetings as required.

Service Administration

- Prepare and submit monthly activity reports to Executive Director.
- Prepares work plans for CHR program, and other approved funding programs.
- Prepares activity reports to the funding agencies as required.
- Participates as a team player with other Healing Centre staff and attends regular staff meetings.
- Other duties as assigned by the Executive Director.

Qualifications

- A Native Community care, Counselling and Development (community care stream diploma from a approved post-secondary institution) or;
- A Native Community Worker (healing and wellness diploma from an approved postsecondary institution) or;
- Grade 12 or equivalent with 2 years' experience in Health
- Must be capable of working with all ages.
- Knowledge of various issues that impact First Nation communities
- Knowledge of health issues in First Nation communities.
- Knowledge of community services, programs, customs and traditions.
- Must possess excellent computer and communication skills.
- Must have a valid driver's license.

Work Conditions

- Working in an office environment.
- Flexible hours when needed.
- Interaction with employees, management, community, and the public.
- Operation of desktop computer.

Successful candidates must be able to produce and maintain a clean Criminal Record Check.

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Respect -Mnaadendimowin: Give it, earn it, and receive it

Love - Zuagidwin: It is important to care for one another

Homemaker (Home Worker) 12 Month Contract 37.5 Hours/Weekly Start Date: Tbd

Description

The Home Maker will assist the elderly and disabled with light housekeeping service to enable clients to remain in their homes and the community as long as it is safe to do so. The Home Maker will prevent, shorten or delay hospitalization and/or admission to a longterm care facility and prevent, shorten or delay deterioration and assist family caregivers to continue caring for their family members. Homemakers demonstrate sensitivity and respect for those in their care. The Home Maker reports to the Executive Director.

Duties & Responsibilities

- Clean client homes and maintain a clean, healthy and safe living space.
- Assist with client wellbeing, schedule appointments and advocate when needed.
- Assist with dressing, grooming, laundry, and meal prep as needed.
- Take clients grocery shopping, banking, bill payments and household items.
- Assist clints to and from programming, in the community and out of community.
- Assist client to renew identification, status cards and health cards etc.
- Forward client requests to the proper departments (i.e., Ontario Works, ODSP)
- Coordinate Seniors programming, events and outings. (Meals on Wheels, 50+ Luncheon, Lunch & Craft)
- Monitor emails on a regular basis.
- Send out emails, invites surrounding communities to our events and programs.
- Network with surrounding First Nations, Health Departments, etc.
- Liaise with Nurses, Health Reps as needed.
- Liaise with Homecare Teams regularly on client's well-being.
- Report and file all incident reports into the client's file and Mustimuwh.
- Data entries of all activities and home visits into Mustimuwh.
- Maintain client's files, hardcopy files and in Mustimuwh.
- Assist with assessment taking.
- Report any vehicle concerns to the Maintenance Worker.

- Submit Cheque Requisitions and Travel Claims for programs.
- Clean up after programs and events.
- Prepare and deliver meals to clients.
- Assist with Medical Transportation duties (i.e., maintain appointment files, use of Medical Transportation forms, assist with Medical Appointments when needed, Submit Prior Approvals to ON Medical Transportation).
- Assist with Harvest Share
- Assist with Food Hamper Program

Qualifications

- High School Diploma is preferred
- Minimum 1 year of experience working with the public.
- Minimum 1 year of experience working with elderly and disabled individuals.
- Previous experience within a hospital or seniors/extended care environment would be an asset.
- Intermediate proficiency in Microsoft Word, Excel, Power Point, Publisher, Internet and Email Software's.
- Certification in CPR First Aid or willing to obtain.
- Member or Resident of Shawanaga First Nation
- Able to work flexible hours, including days, evenings, night and weekends.
- Provide an up-to-date immunization record.
- Able to complete repetitive tasks, lift 50lbs.
- Able to work as a team and individually.
- Knowledge of how to secure a wheelchair into an accessible van.
- Certification in WHIMIS or willing to obtain.
- Safe Food Handling Certificate or willing to obtain.

Work Conditions

- Working in an office environment.
- Flexible hours when needed.
- Interaction with employees, management, community, and the public.
- Operation of desktop computer.

Successful candidates must be able to produce and maintain a clean Criminal Record Check.

Only those applicants selected for an interview will be contacted. Please submit a resume with a cover letter and three work related references, via in-person, email or fax to;

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Shawanaga First Nation
2 Village Road, Nobel Ontario, POG 1G0
Tel: (705) 366-2526 x 232 Fax: (705) 366-2740
hradministrator@shawanagafirstnation.ca

OPEN UNTIL FILLED

Teacher Elementary School Jk-Gr.5

Shawanaga First Nation Education Department - Nobel, ON

Job description

Job Summary: Job description

Job Summary: Under the direction of the Shawanaga First Nation Chief and Council, along with the Education Administration, the Elementary Teacher (Grades 1 to 5) being a key member of the First Nation's Education Department will supervise and work closely with the Education Assistant. The teacher will also work closely with the Principal as well as the Special Education Teacher to ensure that students' academic and social needs are being met. This position is at the Kinomaugewgamik Elementary School located on the Shawanaga First Nation reserve.

Job Related Duties:

- Model professional and ethical standards (Ontario College of Teachers)
- Knowledge of Ontario Teaching Curriculum
- Cooperate and work as a team member to provide a relevant and meaningful education
- Work under the direction of the Education Administration
- Ensure a reliable, consistent schedule is maintained to ensure the effective delivery of education with day plans
- Follow the procedures and policy of Shawanaga First Nation and the Education Department
- Sensitivity and inclusion of First Nation Culture and Issues
- Experience teaching a multi-level class
- Experience working with First Nations students
- Promote the teachings of the 7 Grandfathers
- Observe and evaluate students' performance, behavior, social development, & physical health.
- Establish clear objectives for all lessons, units, and projects, and communicate those objectives to students.
- Assign and grade class work and homework.

Apply current classroom management and techniques to enhance student interactions, learning and classroom management.

- Adapt teaching methods and instructional materials to meet students' varying needs, interests, and learning styles.
- Provide a positive and supportive learning environment which will lead to maximum learning opportunities for each student. Be a positive role model.
- Maintain accurate and complete student records as required by Shawanaga First Nation and provincial standards, (Report Cards/OSR)
- Incorporate cultural teachings and Anishinaabemowin into their daily curriculum

Adhere to administration policies and rules governing students.

Attend staff meetings and professional activity days

Requirements & Qualifications: CANADIAN LANDED RESIDENT OR CITIZEN PLEASE

Current Ontario Teacher's Certificate (OCT) must be in Good Standing Must be an Ontario Licensed Teacher residing in our area or able to relocate with short notice

B.A and B.ED or equivalent

- Special Education Qualifications a definite asset
- Valid driver's license
- Provide a current C.P.I.C. (Police Check Vulnerable Sector)
- CPR and First Aide training a definite asset

Three references to be made available upon request

Types: Full-time, Permanent

Salary: \$65,000.00-\$70,000.00 per year.

Job Types: Full-time, Permanent

Salary: \$65,000.00-\$70,000.00 per year

Benefits:

- Dental care
- Extended health care

Flexible Language Requirement:

French not required

Schedule:

• 8 hour shift

Education:

Bachelor's Degree (preferred)

Experience:

• teaching: 1 year (preferred)

Work Location: In person









SATURDAY FEBRUARY 3, 2024

Admission Book \$40.00; Extra Strips \$7.00; Specials \$2.00; 50/50 Games \$1.00; Late Night \$2.00 Games 200/300; Specials 300/500; Jackpot 500/500/4,000

Doors open at 11:00 am 50/50 Specials
11:15 to 12:30... Regular Bingo 1:00 pm
Shawanaga Recreation Centre
Call 705-366-2378 for more info







Just like that January has come and gone! We got to have a lot of fun last month by exploring and mixing colours in the snow, made our own playdough/cloud dough and even got to have a crazy hair day!

Beginning February parents will no longer enter the daycare classroom. Due to the salt/dirt being tracked into the classroom we are asking parents to drop-off and pick-up inside the cubby area. This will help with a smoother drop-off and pick-up transition as well.

Some activities we have planned for the month of February are:

- ▶ February 5th: Salt crystal snowflakes (using salt and water we will watch as we create our very own snowflakes)
- February 7th: Ice cube painting (using colourful ice cubes to make different pictures on various materials)
- ▼ February 9th: Backwards Day (can come wearing your favourite outfit but BACKWARDS!)
 - ♥ February 12th: Red, white and Pink day (wearing you favourite red white or pink outfit)
- ♥ February 14th: Valentine Party (making special valentine treats, having valentine dance, valentine crafts)
- February 21st: Construction Day (using various materials and blocks to build various forts/ structures)
- ▼ February 23rd: Beach Day (come dressed in your 'summery' attire for a fun beach day, we will do various games and 'beach' activities)
- ♥ February 27th: Slime Day (creating types/colours of slime and exploring by adding various materials)

Please make sure you are not attending the daycare when you are sick! We have been lucky so far to keep those horrible colds/flus away and want to ensure anyone who is sick remains at home for **UNTIL SYMPTOMS HAVE CLEARED**. This is for the safety of the both the children and staff!

Any questions or concerns please don't hesitate to call the daycare (705-857-0957)

Ashley (RECE), Kathy (RECE), Nancy (RECE), Darlene (RECE)

February 2024

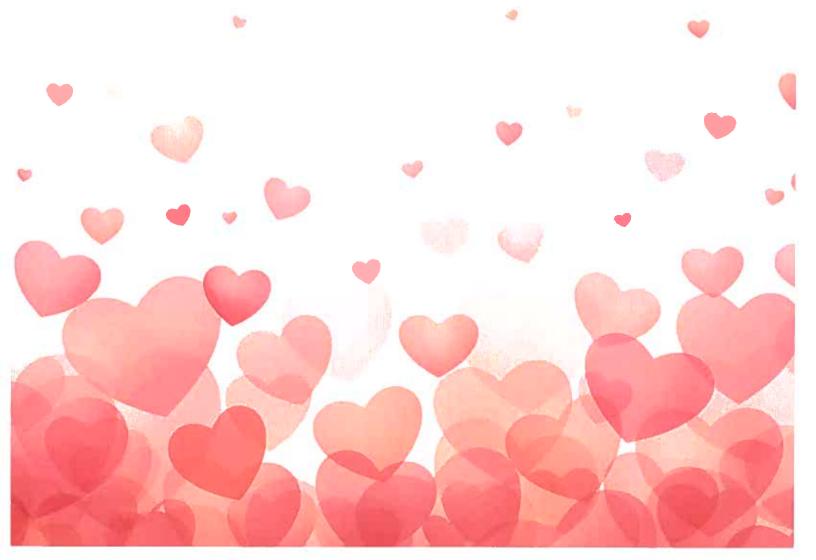
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 Salt snowflake making	6	THE CLIBE PAINTING Ice cube painting	8	9 BACKWARDS DAY was a strain of the strain o	10
11	Red, White and Pink day	13	Valentino's	15	16	17
18	19	20 Construction Day	21	22	23 BACH Day	24
25	26	27	SENSORIAL SENSORY Play	29	13/6 = 21	



FEBRUARY 2024

WORKSHOPS/PROGRAMMING

BAND REPS & CHE/HBHC



Band Representative On-Call Schedule

Staff Member	Start Date	End Date		
Naomi	2024-01-08 16:30	2024-01-22 8:30		
Kerri	2024-01-22 16:30	2024-02-12 8:30		
Naomi	2024-02-12 16:30	2024-02-19 16:30		
Jodi	2024-02-19 16:30	2024-02-26 8:30		
Kerri	2024-02-26 16:30	2024-03-04 8:30		
Naomi	2024-03-04 16:30	2024-03-11 8:30		
Kerri	2024-03-11 16:30	2024-03-18 8:30		
Jodi	2024-03-18 16:30	2024-03-25 8:30		
Kerri	2024-03-25 16:30	2024-04-01 16:30		

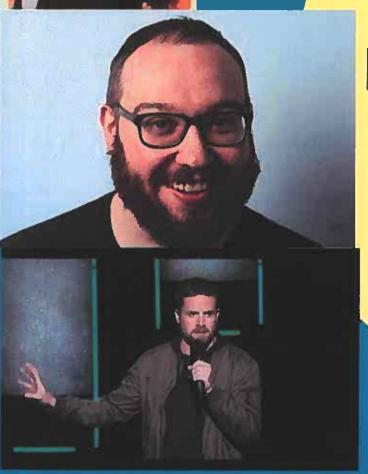
All On-Call Shifts are from day of week @ 4:30 PM to day of week @ 8:30 AM, Holidays are all day

Contact Numbers:	
Kerri	(705) 921-5202
Naomi	(705) 690-6829
Jodi	(705) 690-9146
Erin	(705) 698-2935

^{*} Our office is open Monday-Thursday from 8:30 - 4:30 and Friday from 8:30 - 12 to provide necessary items (food, diapers, etc.). On-Call is for Child Welfare emergencies ONLY *



Self-care Day



February 8 @ 10 AM

Learning Centre

Limit of 20 Participants

Medium - Lunch - Comedians

Valentine's Luncheon

Bring Someone you care about to lunch.

Participate in photos and party games

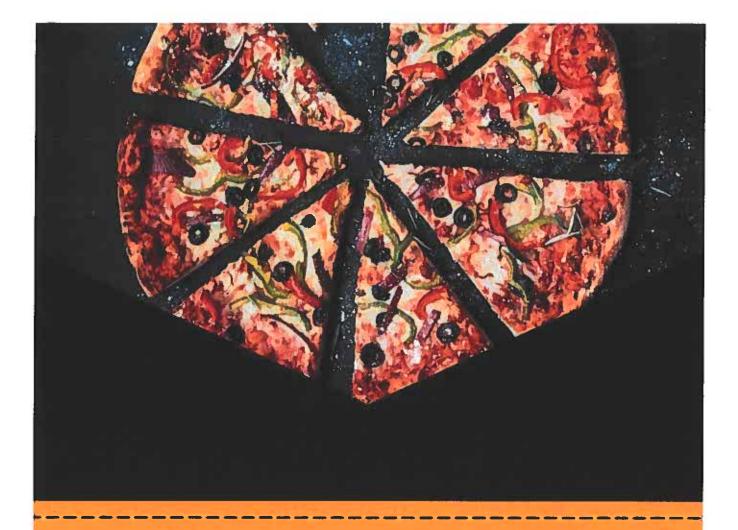
Limit of 16 people to sign up + their guest for 32 people total *Nonworking Band Members have priority*

Contact Darcy to register by February 8 @ 4:30 PM

February 14 @ 12 PM Learning Centre







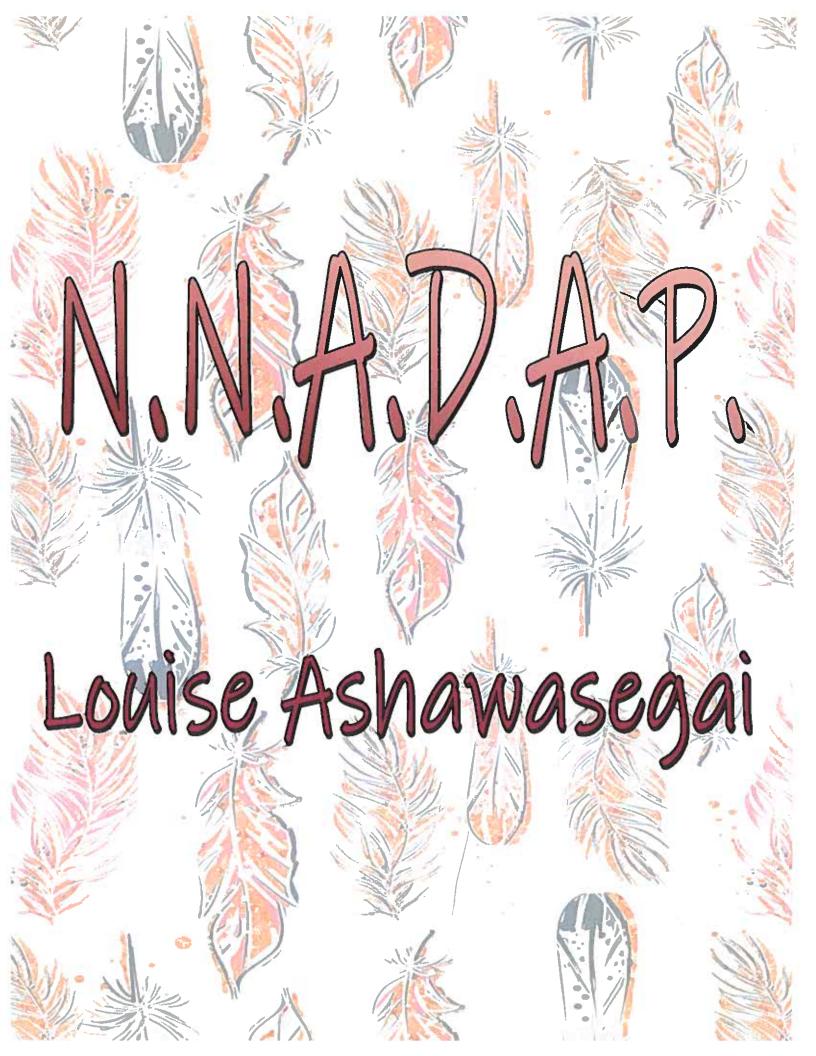
Janice Campbell will be back on ZOOM to teach community members how to make real homemade Pizza dough from scratch!

PIZZA CRUST WORKSHOP

February 29 @ 9 AM

Contact Darcy to register

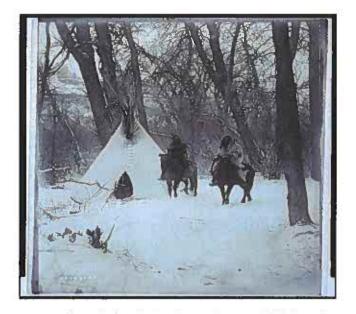
Limit of 5 participants *Nonwork Band Members



February

2024

Title



We will be known forever by the tracks we leave.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				off	office	3
4	5 Office	6 Home visits	7 Office	8 Office & drop in	9 Office	10
11	12 Office	13 Home visits	14 Breakfast	15 Home visits	16 Office	17
18	19 Office	20 Home visits	21 Office	Home visits & Drop ion	23 Office	24
25	26 Office	27 Home visits	28 Breakfast	29 Home visits		



Breakfast at Kitchen Trailer



February 14 8 to 10

February 28 8 to 10



Drop in to beat winter blues

Coffee

Tea

Cookies

Good Laugh

Stories & More

February 8 & 22 in the PM

Why are clean needles important?

The purpose of these policies is to reduce the transmission of blood-borne pathogens, including HIV, hepatitis B virus (HBV), hepatitis C virus (HCV). HIV and syphilis Policies that authorize the legal sale and exchange of clean needles and syringes are typically enacted at the state level. What are the benefits of needle and syringe programs?

The key aims of Needle exchange program

- reduce the transmission of HIV, hepatitis B and C.
- minimise related harm for individuals and communities.
- encourage safer injecting by providing education and access to clean needles, clean injecting equipment and safe disposal containers.

Testing for HIV

It's important to go right to the source, which is the test that actually is designed to detect the infection.

There's lots of ways to get an HIV test. You can get your blood drawn, it goes to a laboratory, or you can do a rapid test or something that's what they call point of care,

whether it's a finger stick or an oral swab. It can give you your HIV results often in a minute to 20 minutes. So really, really fast.

The other option, if you don't want to go to a clinic or a medical professional's office is to get a self-test.

There's a lot of ways to get a self-testing kit. It can be delivered where you want it to be, whether that's your home or somewhere else that you feel comfortable, or you can just roll on up to a pharmacy and purchase one yourself.

So, an HIV test, it can detect HIV fairly soon after a new infection, it depends on what test is being used.

And, so, lab-based testing, on the order of 6-8 weeks you should have a positive test result if there is an infection.

A self-test may have a longer window period. So, if you had a recent exposure and let's say you did a self- test, that's an oral test, you may want to consider getting a repeat test sooner than later, or going into a clinical provider to get a lab-based test.

You don't want to wait for symptoms because that means that HIV potentially has really progressed, which means that you may have later stage infection. The sooner we know about HIV the better...

We can start you on antiretroviral therapy and keep that immune system healthy.

This video is a joint production of KFF's GREATER THAN HIV and CDC's LET'S STOP HIV TOGETHER. This information is shared for educational purposes and should not be used as a substitute for professional medical advice. The views expressed are those of the featured medical professional and reflect information available to that professional at the time of filming.

Always consult a healthcare provider for any personal health decisions. The marks "CDC" and "Let's Stop HIV Together" are owned by the US Dept. of Health and Human Services and are used with permission. Use of these logos is not an endorsement by HHS or CDC of any particular product, service, or enterprise.

Getting tested for hepatitis C

A blood test, called an HCV antibody test, is used to find out if someone has ever been infected with the hepatitis C virus. The HCV antibody test, sometimes called the anti-HCV test, looks for antibodies to the hepatitis C virus in blood. Antibodies are chemicals released into the bloodstream when someone gets infected.

Test results can take anywhere from a few days to a few weeks to come back. Rapid anti-HCV tests are available in some health clinics and the results of these tests are available in 20 to 30 minutes.

What does a non-reactive HCV antibody test result mean?

- ► A non-reactive or negative antibody test means that you are not currently infected with the hepatitis C virus.
- ► However, if you think you might have been exposed to hepatitis C in the last 6 months, you will need to be tested again.

What does a reactive HCV antibody test result mean?

- ► A reactive or positive antibody test means you have been infected with the hepatitis C virus at some point in time.
- ▶ Once people have been infected, they will always have antibodies in their blood. This is true if they have cleared the virus, have been cured, or still have the virus in their blood.
- ► A reactive antibody test does not necessarily mean that you currently have hepatitis C and a follow-up test is needed.

What to do if the HCV antibody test is reactive

► If the antibody test is reactive or positive, you need an additional test to see if you currently have hepatitis C. This test is called a nucleic acid test (NAT) for HCV RNA. Another name used for this test is a PCR test.

▶ If the NAT for HCV RNA is:

- Negative you were infected with hepatitis C virus, but the virus is no longer in your body because you were cured or cleared the virus naturally.
- Positive you now have the virus in your blood.
- ▶ If you have a reactive antibody test and a positive NAT for HCV RNA, you will need to talk to a doctor about treatment. Treatments are available that can cure most people with hepatitis C in 8 to 12 weeks.

How do they test for syphilis?

Usually, your nurse or doctor will take a quick blood sample to test you for syphilis. If you have open sores, they may gently take a sample of fluid from the sore with a swab and test it. The idea of getting tested may seem scary, but try to chill out.



SAVE THE DATE

NOOJIMOM MAMAAJIING MIINWAA IZHI AADIZING HEALING THROUGH MOVEMENT & CULTURE

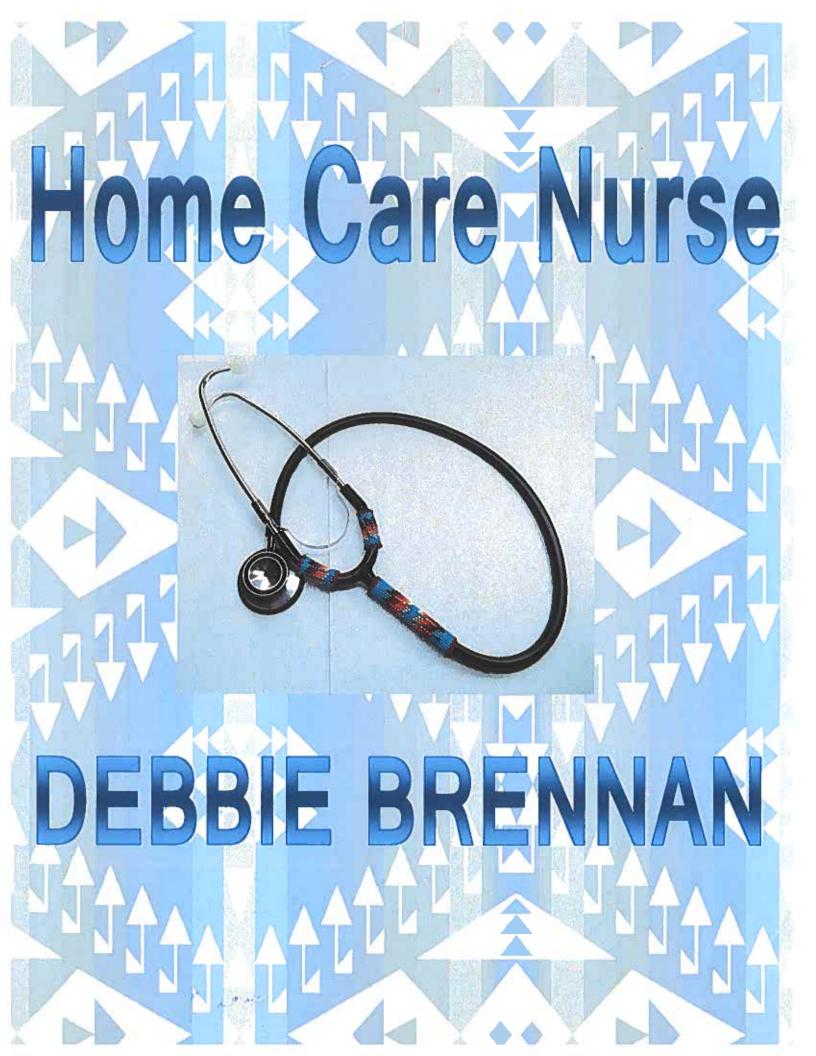
February 24, 2024

Anishinaabe Baagaadowewin (Lacrosse)

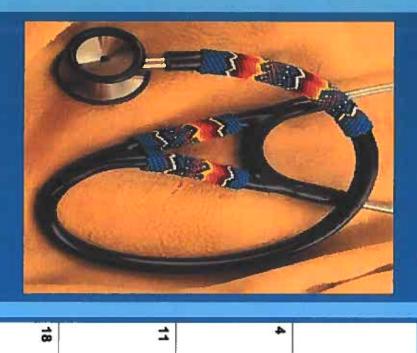
First Ontario Centre in Hamilton, Ontario Anishinabek Nation Youth ages 13-24 plus one chaperone

For more information, contact: tim.ominika@anishinabek.ca

More information to follow.

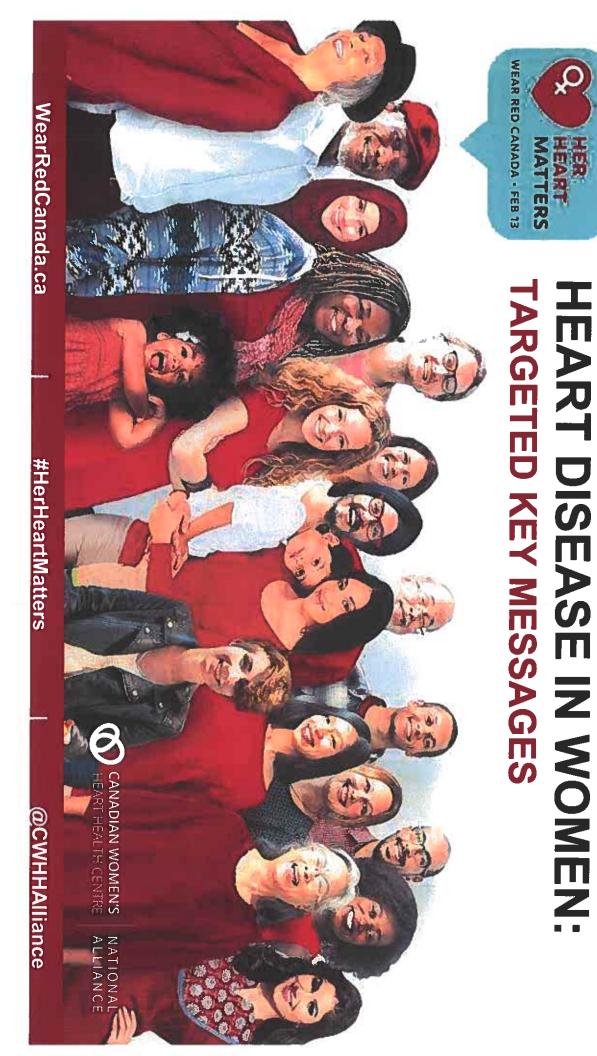


February 2024



DEBBIE BRENNAN HCN

			NI PARTIES		
25	18	⇉	4		Sun
26 Methadone Medical Follow-up HCC	FAMILY DAY (offices closed)	Methadone Medical Follow-up	Methadone Medical Follow-up		Mon
27 OFFICE Methadone Clinic	OFFICE Home visits	13 OFFICE Methadone Clinic	6 OFFICE Home visits HCC		Tue
28 OFFICE Home visits HCC	21 OFFICE Home visits HCC	14 OFFICE Home visits HCC	7 OFFICE Home visits HCC		Wed
29 Methadone clinic Medical Consultations	22 OFFICE Medical Consultations HCC	Methadone Clinic Medical Consultations HCC	8 OFFICE Medical Consultations HCC	Methadone Clinic Medical Consultations	Thu
	23 Methadone Clinic	16 Methadone Clinic	9 Methadone clinic	2 Methadone Clinic	Fri
	24	17	10	ω	Sat



HEART MATTERS



HEART DISEASE IS ON THE RISE

CAUSE OF DEATH T'S THE LEADING WORLDWIDE FOR WOMEN



Heart attack symptoms are not recognized in over 50% of women.



different for women than men. The types of heart disease can be



There is a lot we can all do to help

Women can be at greater risk for heart disease than men



the conversation with the to first take care of yourself. Start largely preventable. reduce the risk. Heart disease is To take care of others, you need

Questions? Visit WearRedCanada.ca or your healthcare provider

women in your life.



Heart disease is on the rise and is the leading cause of death for women worldwide.



Canada United Kingdom **United States** Australia 2006 YEAR 2011 2016

DEATH RATES % CHANGE IN AGE-STANDARDIZED

KEY MESSAGE # 1

WORLD HEALTH ORGANIZATION MORTALITY DATA

VITAL STATISTICS FROM THE



KEY MESSAGE #2

are not recognized in over 50% of women. Heart attack symptoms

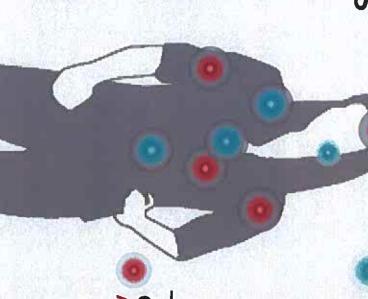
addition to chest pain. with 3 or more symptoms in Women are more likely to present



a heart attack, seek immediate If you think someone is having medical attention.

WOMEN MOST OFTEN REPORTED BY SYMPTOMS OF HEART ATTACK

- Chest pain or discomfort (ex. pressure, tightness, or burning)
- Pain in the jaw, neck, arm, or back
- Abnormal excessive sweating
- Shortness of breath
- Stomach pain or discomfort, or feelings of nausea or indigestion



OTHER ACCOMPANYING OR ASSOCIATED SYMPTOMS

- Unusual weakness or fatigue
- Back, shoulder or right arm pain
- Sleep disturbance
- Dizziness or light-headedness
- Fast or irregular heartbeat





Common types of heart disease:

- Coronary artery disease
- Valvular heart disease
- Arrhythmia (irregular heart beat)

Some health providers may be less aware of the differences between women and men.

Women are more likely than men to have:

- Spontaneous coronary artery dissection (SCAD)
- Coronary vasospasm
- Microvascular dysfunction (small-vessel disease)
- Takotsubo (stress-induced) cardiomyopathy (disease of the heart muscle)
- Peripartum cardiomyopathy (weakened heart during or after pregnancy)

Questions? Visit WearRedCanada.ca.



KEY MESSAGE # 4

Women can than men. greater disease risk for heart be at

The following conditions lead to a greater risk of heart disease:



Certain pregnancy complications

(ex. Premature birth, diabetes or hypertension during pregnancy, preeclampsia)



Earlier menopause

menopause 50-52) (Average age of



Polycystic ovary syndrome



Systemic inflammatory and autoimmune disorders

(ex. Rheumatoid arthritis, lupus)



Cigarette smoking

(Women have 3x higher risk of heart attack due to cigarette smoking compared to men)



Diabetes mellitus

(Women living with diabetes are 3x more likely to die from heart disease compared to men)

Questions? Visit WearRedCanada.ca or your healthcare provider



Heart disease is largely preventable. There is a lot we can all do to help reduce the risk.



keep moving Be active,



Eat a variety of healthy foods



Manage stress



commercial tobacco Live free from and vaping



Limit



(test for blood sugars, blood pressure and cholesterol) Get regular check ups

To take care of others, you need to first take care of yourself Visit WearRedCanada.ca or your healthcare provider alcohol

Yusuf, S. et al (2004). Lancet, 364(9438):937-52 Hu, F. B., et al (2000). New England Journal of Medicine, 343(8), 530-537





HEART DISEASE IN WOMEN | DID YOU KNOW?



Heart disease is on the rise and is the **#1 killer for women** worldwide.



Men and women may have different symptoms during a heart attack. These symptoms may not be recognized in more than half of all women.



Women and men can have different types of heart disease.



Pregnancy complications and earlier menopause are some specific risk factors for women.



Women living with diabetes are 3 times more likely to die from heart disease compared to men.



There is a lot we can all do to prevent or lower the risk of heart disease.





To take care of others, you need to first take care of yourself. Start the conversation.

Visit WearRedCanada.ca or talk to your healthcare provider.

High blood pressure:

- The #1 risk factor for stroke
- A major risk factor for heart disease

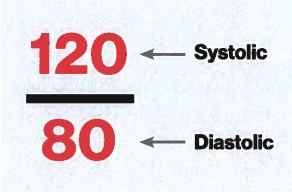
What is blood pressure?

Your heart pumps blood around your body through your arteries. Blood carries oxygen and nutrients to your organs and tissues. A certain amount of force is needed to get blood to all parts of your body. Blood pressure is the force of blood pushing against the inside of arteries.

What do the blood pressure numbers mean?

Blood pressure readings have two numbers. It is written as a fraction (for example 120/80) but when speaking you would say 120 over 80.

• The top number is called **systolic** pressure (sounds like siss-tall-ick). This is the amount of pressure against the walls of your arteries when your heart pumps blood out to your body with each heartbeat.



The bottom number is called
 diastolic pressure (sounds
 like dye-es-tall-ick). This is the amount of pressure in your arteries
 when your heart relaxes and refills with blood between heartbeats.

What is high blood pressure?

Everyone experiences increases in their blood pressure at times but usually only for short periods, such as during physical activity or in stressful situations.

High blood pressure becomes a problem when blood pressure stays higher than normal over a period of time. We call this hypertension ('hyper' meaning 'too much', and 'tension' refers to the pressure in the arteries).

A single high blood pressure reading does not mean you have high blood pressure. Your doctor confirms a diagnosis of high blood pressure when either the top number (systolic) or the bottom number (diastolic) stays high over a period of time.

Anyone can get high blood pressure. So, it is important to have your blood pressure checked regularly. When you catch high blood pressure early, you have a better chance of getting it under control.

If you are diagnosed with high blood pressure, your doctor will talk to you about a target blood pressure and the best way to manage it based on your medical history and your risk factors.

Risk level	Blood pressure reading			
Low risk	Less than	120 80		
Medium risk*	1,000,000	o 134 o 84	You might hear it called: • 'high-normal' blood pressure • 'elevated' blood pressure • 'pre-hypertension'	
High risk*	More than	135+ 85+	For people with diabetes, 130/80 is considered high	

These blood pressure targets are for adults under the age of 80. Talk to your doctor about the right targets for your children, teenagers or seniors over 80 years old.

Blood pressure numbers are measured in mmHg.

^{*}Medium risk is also called moderate risk. High risk is also called elevated risk.

Why should I worry about high blood pressure?

High blood pressure puts too much pressure on the walls of your arteries. This can damage your arteries, as well as cause other health problems. Artery damage reduces blood flow throughout the whole body.

We know high blood pressure can lead to stroke, heart failure, heart

attack, kidney disease, and even kidney failure. It has also been linked to dementia.

Whether or not arteries are damaged and how much they are damaged depends on:

- How high the top or bottom number is and
- How long the blood pressure remains high

Once you have been told you have high blood pressure, you may have it for the rest of your life. However, there are actions you can take to lower your numbers and limit the damage. If needed, there are several types of medicines that can help to treat high blood pressure.

How can I tell if I have high blood pressure?

You can't feel it. There are no warning signs. Because of this, it is often called a 'silent killer'.

The only way to know if you have high blood pressure is to check your blood pressure. While you can check your blood pressure at home or at a pharmacy, it is important to

also have it checked regularly by a healthcare provider.

If you are Medium Risk or High Risk, have your blood pressure checked by a healthcare provider at least once every year.



Many people have a higher than normal blood pressure just by being in the doctor's office. This is called "white coat effect". That is why it is good to check your pressure at home.

Take action

Monitor your blood pressure.	
 Check your blood pressure regularly (see 'Checking your blood pressure', page 14). 	
Have your blood pressure checked at least once every year by a healthcare provider. Have it checked more often if your blood pressure is high.	
Take medication as directed.	
 If your doctor has prescribed medication for high blood pressure, take it as directed. 	ı
Continue to take your blood pressure medication even when your blood pressure has returned to normal.	٢
□ Do not stop taking medications without first talking with your documbes you have a serious reaction. (For more on medications, see page 12).	
Eat less salt.	
☐ Eat less than 2,300mg of sodium (about 1 teaspoon / 5mL of salt) each day. See 'Shake the salt habit' (page 9).	
Eat foods high in potassium.	
Eat more potassium-rich foods such as fresh fruits, vegetables, low-fat dairy foods and beans, unless you have been told you have an abnormally high potassium level.	е

Follow a healthy, balanced diet with lots of vegetables and fruit.



Fill half your plate with vegetables and	fruit at
every meal.	

- ☐ Make meals at home without prepared or pre-made foods. Cooking at home allows you to select whole foods and fewer processed foods. It also allows you to limit the amount of added salt.
- ☐ Drink fluids throughout the day. Water is best. Sugar-free drinks such as coffee and tea are okay too.
- ☐ Take time to learn more about a lifelong approach to healthy eating using the DASH eating plan.

It is based on prescribed daily servings of different food groups:

- Vegetables 4-5 servings
- Fruit 4-5 servings
- Grains (mainly whole grains) 7-8 servings
- Low-fat or no-fat dairy foods 2-3 servings
- Lean meats, poultry and fish 2 servings or less
- Nuts, seeds and dry beans 4-5 servings per week
- Fats and oils 2-3 servings

Aim for a healthy weight.

If you are overweight, losing even 5% to 10% of your weight can help to reduce your blood pressure as well as dramatically decrease your chances of having a stroke or heart attack.

Choose healthy foods and be more active — it is	3
the best way to lose weight and maintain it.	



- ☐ Start with small changes that you can keep for life. That's better than making lots of changes at once, and not being able to stick to any of them.
- ☐ Get support from a friend, family member, dietitian or support group.



Shake the salt habit

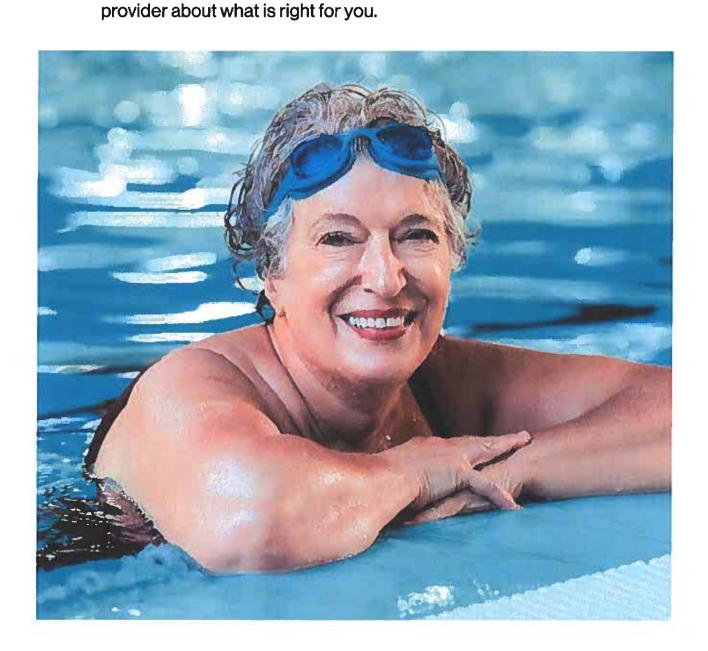
About 80% of the salt we eat comes from ready-made, processed foods. This includes fast foods, prepared meals, processed meats (such as hot dogs and lunch meats), canned soups, bottled dressings, packaged sauces, condiments (such as ketchup and pickles) and salty snacks (such as potato chips).

Tips for eating less salt

- Eat fresh foods most of the time.
- Eat more fresh or frozen vegetables and fruit.
- Put the salt shaker away. Reduce the amount of salt you add to cooking, baking and food at the table.
- Cut down on prepared and processed foods.
- Choose products labelled as low sodium, sodium reduced or no salt added.
- Try other seasonings, such as garlic, lemon juice and fresh or dried herbs.
- When eating out, ask for nutrient information for the menu items and select meals lower in sodium.

Keep active.

Aim for 30 minutes of physical activity most days of the week. You can get to 30 minutes by doing 10 minutes (or more) of activity 3 times a day.
 Walking is a great way to start. Try biking, jogging, swimming, or any other physical activity you enjoy.
 Look for opportunities to be active every day: Playing outside with the kids, raking leaves, taking the stairs...it is all good!
 Start slowly. Set weekly goals. Increase your level of activity over time.
 Before starting a physical activity program, talk to a healthcare



How to take a reading

- 1. About 30 minutes before taking your blood pressure:
 - Do not drink any beverages containing caffeine.
 - Do not smoke.
- 2. Sit with your feet flat on the floor, your back and arm resting and supported, and your arm placed at the same level as your heart.
- 3. Place the blood pressure cuff on your bare arm, making sure the cuff is in the correct position. This helps to make sure you are getting as accurate a reading as possible.

Important

Always read the instructions on how to use your blood pressure machine. Ask a healthcare provider for help, if you are not sure if the cuff is in the right place.

- 4. Rest quietly (ideally for 5 minutes) before you take a reading.
- 5. Take your first blood pressure reading. Do not speak while the machine is taking your blood pressure.
- 6. Wait at least 1 minute then take your second blood pressure reading.
- 7. Write down your readings and the time. Keep a record of the readings. Many apps and online tools are also available to help you track your readings.

How often to take your blood pressure

If you are Medium Risk or High Risk check your blood pressure often **and** have it checked by your healthcare provider at least once every year. In addition, take your blood pressure regularly for a week in these situations:

- 1. Before each appointment with your healthcare provider.
- 2. When you start any new medication.
- 3. When there is a change in your blood pressure medication dose.

This will help you and your healthcare provider understand whether your blood pressure treatment is working or if it needs to be adjusted.

When tracking your blood pressure regularly for a week:

- Take it twice a day, in the morning and in the evening.
- Take it every day, for 7 days. Take 2 readings each time.
- Share the results with your healthcare provider.

Making changes for life

As you plan to make changes in your life, set goals that are realistic and that you are confident you can reach.

How to stay on track

- Keep a record of your blood pressure and the medications you take.
- Set goals for lifestyle changes. Ask yourself how confident you are about reaching the goal. If you don't feel confident, change the goal to one you can reach. Example: Instead of a goal of walking 30 minutes every day, maybe start with walking for 10 minutes a day, 3 days a week.
- Take one step at a time. Set new goals as you progress. Success is key to moving forward.
- If you feel stuck, stop and look at what might be keeping you from sticking to your plan. A good way to check in on your plan is to keep a record of what you eat each day, what physical activities you are doing, and your weight. Compare this to your blood pressure readings. Can you see any patterns? Can you see where you could make some changes?

Don't give up. Get back on track.

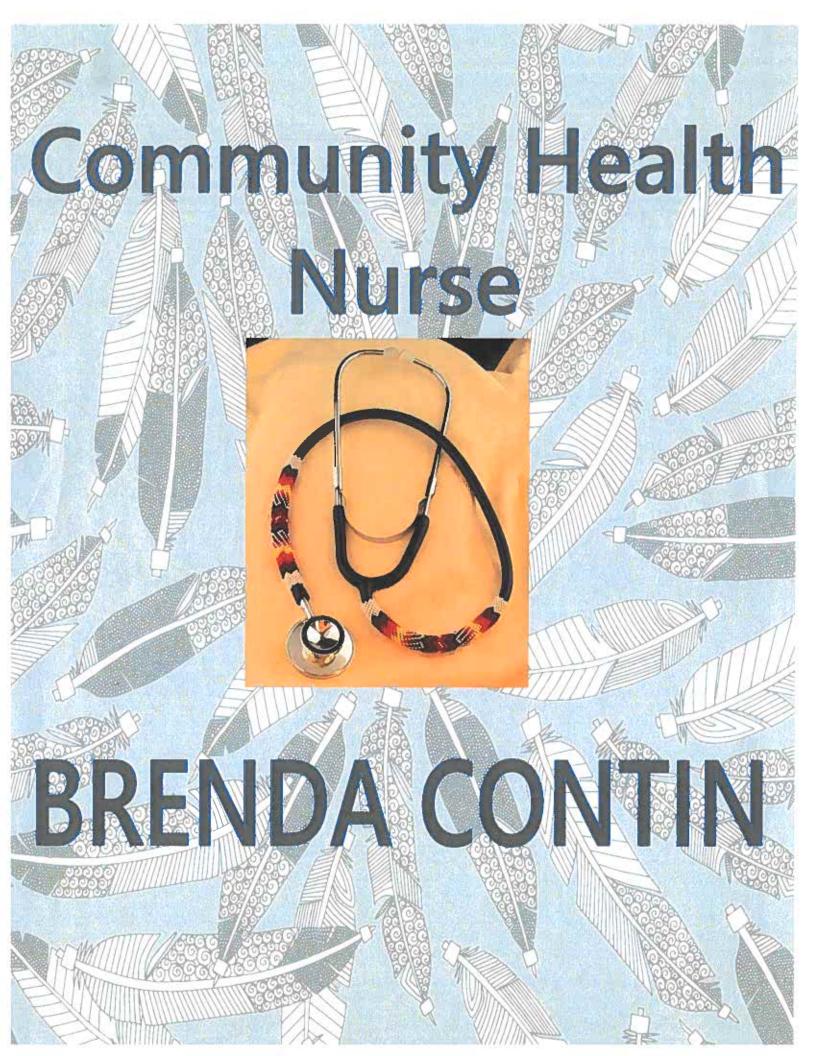
Reward yourself when you reach major goals! Choose something you like to do, not food.



heartandstroke.ca

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This publication Managing your blood pressure is for informational purposes only and is not intended to be considered or relied upon as medical advice or a substitute for medical advice, a medical diagnosis or treatment from a physician or qualified healthcare professional. You are responsible for obtaining appropriate medical advice from a physician or other qualified healthcare professional prior to acting upon any information available through this publication.



Brenda Contin, CHN

February 2024

Fri	2 Methadone Clinic/ OFFICE	9 SUDZ: Program Shopping	16 ANNUAL HOLIDAY	23 SUDZ: SKHC BOARD MTG	01 NOT IN OFFICE
Thu	1 Methadone Clinic/ OFFICE	8 Methadone Clinic/ OFFICE	15 Methadone Clinic/ OFFICE	22	29 NOT IN OFFICE
Wed		7 Methadone Clinic/ OFFICE	14 Methadone Clinic/ OFFICE	21	28 NOT IN OFFICE
Tue		6 Methadone Clinic/ OFFICE	13 Methadone Clinic/ OFFICE	20 ANNUAL HOLIDAY	27 Methadone Clinic/ OFFICE
Mon	CALENDAR SUBJECT TO CHANGE!	5 Methadone Clinic/ Methadone Clinic/ OFFICE OFFICE	12 Diabetes Bingo/ OFFICE	19 STAT HOLIDAY	26 ANNUAL HOLI- DAY
Sun					

FOOT CARE



For Elders & Diabetics

Wed. Feb 7 - Full Day & Thurs. Feb 8, 2023 for Half day (Morning)

Appointments will be approximately 30 minutes, First appointment at 9am & last appointment is 2:30pm

Call Darcy at the Health Centre to book your appointment time!



Brenda Contin-C.H.N. 705-857-1221

Foot Care Nurse

Billie Hynes

Welcome everyone, my name is Billie Hynes. I am a CMP, Certified Master Pedicurist trained in diabetic foot care and treating foot ailments.

My main service is cut and file nails while also thinning and sculpting thick nails. This helps keep the nail bed attached and fit comfortably in your shoes.

There are other common issues that I work with and treat. Such as:

- Nail fungus
- Athletes foot
- Ingrown nails
- · Corns & calluses
- Cracked heals

Sessions are 25mins and your feet will always feel better when I am done!

While you are in the chair, I am searching for any small cuts or objects in your skin. So I take over your Foot Care needs on a regular basis. This allowing you to do things you enjoy!

I so look forward to meeting everyone! Health & Well Wishes!



Deadline to Submit Bids:

Wednesday February 7, 2024@ 4:00PM

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

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

Diabetic Bingo

Location: Henvey Inlet Learning Centre

Date: Monday February 12, 2024 @ 11:30 am



Diabetes Education

People who are
Diabetic will be given
first priority on sign
up list!

Diabetes BINGO!!

20 maximum players

Please call Darcy to sign up!!

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

For Info Contact:

Brenda Contin, C.H.N.

705-857-1221

RESPIRATORY SYNCYTIAL VIRUS (RSV) VACCINE: AREXVY FOR INDIVIDUALS 60 YEARS OF AGE AND OLDER

What is RSV?

RSV is a virus that usually causes mild, cold-like symptoms but *can* affect the lungs and airways. In older adults, RSV can cause more serious respiratory infection and illness and make chronic health problems worse. The virus is spread from person to person through sneezing or coughing.

Symptoms of RSV include:

- Runny nose, sneezing
- Coughing
- Headache
- Fever

Some individuals may experience more severe symptoms including:

- Difficulty breathing
- Severe cough
- Wheezing

What is the RSV vaccine?

The RSV vaccine is a single dose licensed for individuals 60 years of age and older that reduces RSV related infection. Studies have shown that the vaccine is over 82% effective.

The province of Ontario is providing free vaccine to some individuals **60 years of age and older**. Speak to your health care provider regarding eligibility.

Who should NOT get the vaccine?

Individuals with the following <u>should not</u> receive the RSV vaccine:

- High fever or illness worse than a cold
- Severe allergy to this vaccine or any of its ingredients

What are the vaccine side effects?

Side effects are usually mild to moderate, improve within a few days and may include:

- Redness, swelling, or pain where the vaccine was given
- Headache, tiredness, fever, chills, runny nose, diarrhea
- Muscle and joint pain

Talk to your health care provider about managing mild side effects after vaccination.

Severe allergic reaction after immunization is rare and occurs in approximately one per one million doses.

Symptoms of a severe allergic reaction include:

- Trouble breathing
- Rash (hives)
- Swelling of the mouth, face or throat

It is important to stay in the clinic for 15 minutes after all immunizations. If you experience serious side effects after you leave the clinic seek medical attention immediately.

Vaccine safety is closely monitored. Report any side effects or severe vaccine reactions to your health care provider.

For more information visit:

Respiratory Syncytial Virus | ontario.ca



RESPIRTORY SYNCYTIAL VIRUS (RSV) VACCINE

FOR ANY INDIVIDUALS 60 YEARS OF AGE OR OLDER

PLEASE CALL HEALTH CENTRE TO ADD NAME TO LIST IF INTERESTED IN GETTING THIS VACCINE.





Henvey Inlet First Nation Health Centre 354A Pickerel River Road- Pickerel, ON PoG 1J0

(705)857-1221 EXT: 229



TUESDAY FEBRUARY 6, 2024

MEN'S CIRCLE

REGULAR PROGRAMMING

WITH STAN MOSES & ARLEN TULLOC

TRAILER #4

Starting at 5:00 PM

PLEASE CALL TO SIGN UP ASAP!!!

10 SPOTS AVAILABLE

FOR FURTHUR INFORMATION OR IF A RIDE IS NEEDED WITHIN COMMUNITY, CONTACT:

CULTURAL COORDINATOR- STAN MOSES 705-857-1221



MONDAY FEBRUARY 12, 2024

MEN'S CIRCLE

WITH STAN MOSES & ARLEN TULLOC

RATTLE MAKING WITH DAVE RICE

TRAILER #4

Starting at 5:00 PM

PLEASE CALL TO SIGN UP ASAP!!!

10 SPOTS AVAILABLE

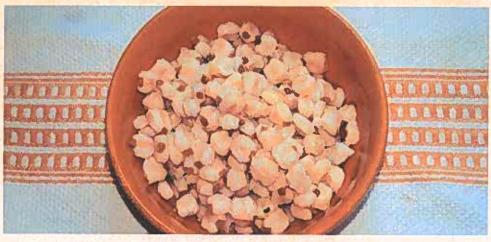
FOR FURTHUR INFORMATION OR IF A RIDE IS NEEDED WITHIN COMMUNITY, CONTACT:

CULTURAL COORDINATOR- STAN MOSES 705-857-1221



LEARN HOW TO MAKE HOMINY CORN

WITH JOYCE TABOBANDUNG

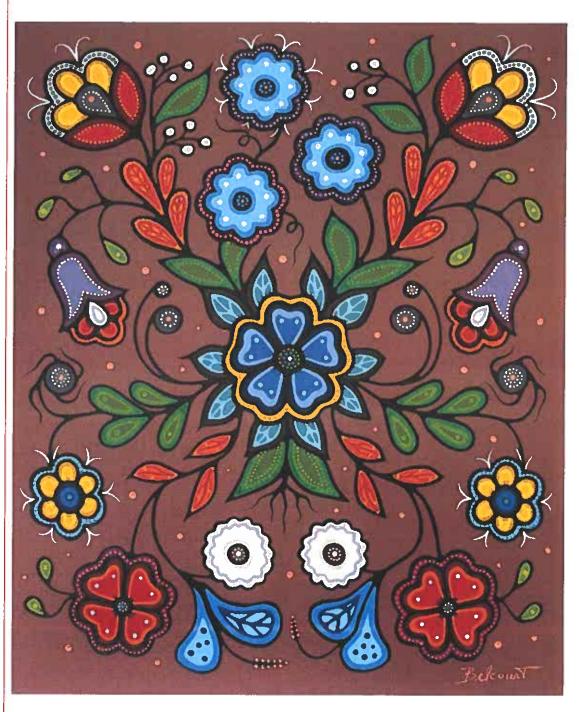


UPCOMING WORKSHOP!!!

KEEP AN EYE OUT FOR DATES!!

Contact Info: Stan Moses-Cultural Coordinator 705-857-1221

COMMUNITY WELLNESS PROGRAM NEWS



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



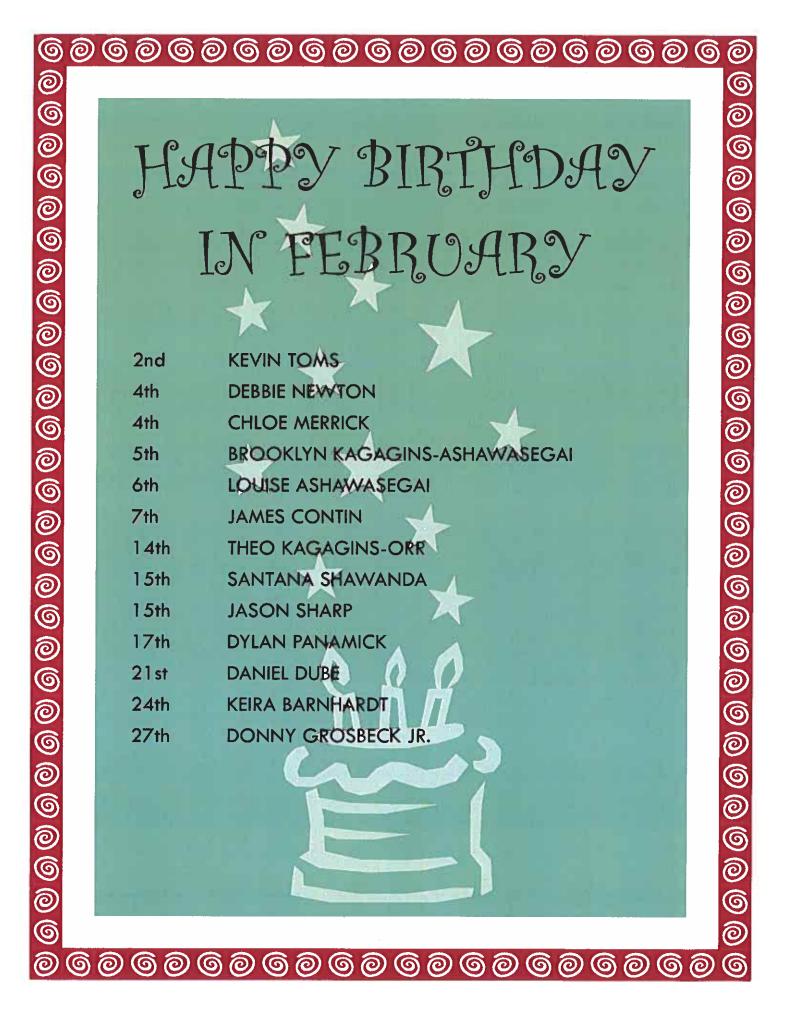
COMMUNITY WELLNESS PROGRAM

To share your weakness is to make yourself vulnerable; to make yourself vulnerable is to show your strength



FEBRUARY 2024

Saturday	e.	01		PG.	
Friday	2 IN OFFICE	9 IN OFFICE	16 IN OFFICE	23 FULL MOON CEREMONY	
Thursday	OUT OF OFFICE	8 HOME VISITS	15 HOME VISITS	22 OUT OF OFFICE IN THE A.M.	29 HOME VISITS
Wednesday		7 IN OFFICE	14 IN OFFICE	21 IN OFFICE	28 IN OFFICE
Tuesday		6 IN OFFICE	13 IN OFFICE	20 IN OFFICE	27 IN OFFICE
Monday		STAFF MEETING HOME VISITS	12 HOME VISITS	STAFF MEETING HOME VISITS	26 HOME VISITS
Sunday				18	255



FEB 23rd 2024

263 PICKEREL RIVER ROAD

7:00 PM



All Women & Young Women are welcome, no matter what phase of their moon time they find themselves.

Women gather at various phases of the Moon to honor Nokomis, our Grandmother, in order to restore our Feminine Power and to restore the balance between the feminine and masculine sides of ourselves. In our Moon ceremony we learn the teachings of the current moon cycle and share our experiences of these Women's Teachings.

Ceremonies are held around each monthly Full Moon

Please remember to:

- Wear a **Skirt** and warm clothes (be prepared to be outside)
- Bring Tobacco for an offering.
- Bring Yellow cloth to make a tobacco tie offering.
- Bring a <u>Chair</u> to sit on, I have limited chairs.
- · Blanket.
- · Food to share with the other women.

PLEASE SIGN UP WITH THE HEALTH CENTRE

FOR FURTHER INFORMATION CONTACT:
COMMUNITY WELLNESS WORKER LUANA MCQUABBIE

Henvey Inlet First Nation PowWow coming June 8 & 9, 2024



FOR MORE INFORMATION CONTACT CWW LUANA MCQUABBIE 705 857-1221 EXT 227

CREATING YOUR OWN PERSONAL FAMILY TREE

FEBRUARY 2024 (ON-GOING), HIFN HEALTH CENTRE/TRAILER #3

Gathering family history involves tracing a continuous line of descent from a given ancestor. In past times many First Nation people were taught to memorize their genealogy and this data was recited at marriages, funerals and at other feasts and ceremonies. Over time, the ability to trace one's ancestry by memory became a lost.

Today anyone wishing to trace his or her ancestry must search through vital statistical records such as births, marriages and deaths, and through various government and private records as well as ancestry research through on-line sites and DNA testing kits to obtain information on their own family lineage.

DNA tests kits available upon request. A big thank you to S & N Convenience for their kind donation of 10 AncestryDNA kits.

TO MAKE AN APPOINTMENT FOR AN INDIVIDUAL SESSION PLEASE CONTACT

CWW LUANA MCQUABBIE 705 857-1221 EXT 227



SPECIALTY SEWING

INDIVIDUAL REQUESTS

WHEN: ANYTIME

WHERE: HEALTH CENTRE/TRAILER #3

For some time now I have been asked to make special items for ceremonial use, special gatherings and funerals. I do enjoy sewing and don't mind requests like this within reason.

In the last couple of years requests have come for moccasins as well. I am not a moccasin maker so I have had to turn down some requests, I did have a small supply of moccasin kits available, they are now gone.

I would like to acknowledge and thank S & N Convenience for kindly donating 25 moccasins kits on January 30, 2024 to my program to make available to Henvey Inlet First Nation band members. Moccasins kits will be available for funerals, ceremonial use and special gatherings.

Moccasins sizes vary from size 4 to 13.