

**Monday, March 9, 2020**



**Homework Club**  
*Public & Fatima Schools*  
**3:30 - 4:30 PM @ Band Office**

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**Jr. Girls' Drumming**  
*(3-10 yrs.) with Sandy*  
**3:30 - 4:30 PM @ Health**  
\*\*\*\*\*  
**Women's Drumming Dinner**  
**5:30 PM @ Health**  
\*\*\*\*\*  
**Chief & Council Meeting**  
**6:00 PM @ Band Office**

**Tuesday, March 10, 2020**



**Town Run**

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**Nutrition Lunch & Learn**  
*with Robin Greer*  
**12:00 PM @ Health**

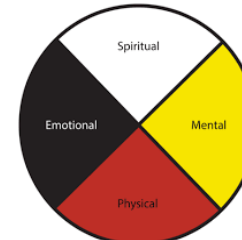
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**Sr. Girls' Drumming**  
*(11-18 yrs.) with Sandy*  
**3:30 - 4:30 PM @ Health**

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**Weight Loss Support Group**  
*4th Meeting*  
**7:00 PM @ Health**

**Wednesday, March 11, 2020**



**Diabetic Foot Screening**  
*By Appointment Only with Kasey*  
**9:00 - 11:40 AM @ Health**

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**Diabetes & Foot Care Lunch & Learn**  
*with Kasey*  
**12:00 PM @ Health**

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**Bingo with Seniors**  
**2:00 PM @ Mukeso House**

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**Final Wed. Homework Club**  
*Public & Fatima Schools*  
**3:30 - 4:30 PM @ Band Office**

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**Boy's Drumming**  
**3:30 - 4:30 PM @ Hospital/Activation**

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**OTF Recognition Dinner &  
"Golden Route" Project Update**  
**5:30 PM @ Band Office**

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**Women's Sewing Group**  
*(Girls' Drum Project)* **6:00 PM**  
**@ Health**

Thursday, March 12, 2020

Town Run

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Reflexology with Kathleen

1:00 - 4:00 PM @ Health

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Parent/Caregiver

Support Program

6:30 - 8:30 PM @ LSJ

Friday, March 13, 2020

Saturday, March 14, 2020

Community Social

Dinner & Activities

with Culture & LSJ

5:00 PM @ Band Office

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Legion Fish Fry

Sunday, March 15, 2020



For the week of  
March 9 - March 15, 2020

Winter Hours  
Monday - Friday  
8:30 AM - 4:30 PM

Activities/Events/Programs  
Participation & feedback is  
always welcomed  
& greatly appreciated

Eagle Moon

A New Cycle of Life.

Please come join the  
interesting/interactive  
activities, events and programs  
offered in our community.

Chapleau Cree First Nation  
Community Health Programs Planning  
Questionnaire

1. What services have you utilized from Health in the past?
2. How can we improve on these services?
3. What programs have you attended in the past?
4. How can we improve the quality of these programs?
5. What programs would you like to see offered at Health?
6. What do you feel is the community's top 5 health issues ex: diabetes, high blood pressure?
7. Would you attend workshops or lunch and learns to learn more about these health issues and how to manage them?

## ***Community Health Programs Planning***

8. What health topics are of interest to you?
9. What types of activities are of interest to you ex: snowshoeing, knitting?
10. Would you participate in these activities as a group?
11. What activities would you like to see offered at Health?
12. How can we improve participation in our programming?

Please list any other suggestions/ideas that you may have that could benefit future Health programming:

## KNOW THE FACTS

# ABOUT CORONAVIRUS DISEASE (COVID-19)

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Symptoms of human coronaviruses may be very mild or more serious, such as:



**FEVER**



**COUGH**



**DIFFICULTY BREATHING**

Symptoms may take up to 14 days to appear after exposure to the virus.

Coronaviruses are most commonly spread from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

The best way to prevent the spread of infections is to:

- ▶ wash your hands often with soap and water for at least 20 seconds;
- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands;
- ▶ avoid close contact with people who are sick;
- ▶ cough and sneeze into your sleeve and not your hands; and
- ▶ stay home if you are sick to avoid spreading illness to others.

### For more information on coronavirus:

1-833-784-4397

[canada.ca/coronavirus](https://canada.ca/coronavirus)

[phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)

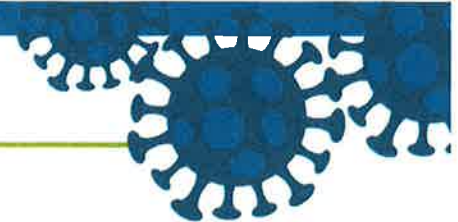


Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

# COVID-19 — BE PREPARED



Canada's health system is ready to respond to cases that arise in Canada, but it is important that individuals and communities are ready if there is widespread illness here at home.

## Plan Ahead

Take time to consider what you will do if you or a family member becomes sick and needs care. Think about:

- ▶ What food and household supplies you need for you and your family
- ▶ What medicines you need, including renewing and refilling prescriptions ahead of time

Discuss your plans with your family, friends and neighbours, and set up a system to check in on each other by phone, email or text during times of need.

## Get Prepared

Have supplies on hand so you do not need to leave your home if you become ill. Add a few extra items to your grocery cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.

### Stock up on:

- |                                      |   |                               |
|--------------------------------------|---|-------------------------------|
| ▶ Dried pasta and rice               | ▶ Diapers   | ▶ Toilet paper                |
| ▶ Pasta sauces                       | ▶ Soap  | ▶ Paper towels                |
| ▶ Canned soups, vegetables and beans | ▶ Alcohol-based hand sanitizer  | ▶ Plastic garbage bags        |
| ▶ Pet food and supplies              | ▶ Fever-reducing medications (acetaminophen or ibuprofen for adults and children) | ▶ Dish soap                   |
| ▶ Feminine hygiene products          |   | ▶ Laundry detergent           |
| ▶ Thermometer                        | ▶ Facial tissue   | ▶ Household bleach            |
|                                      |   | ▶ Household cleaning products |

## Stay Healthy and Limit Spread

- ▶ Wash your hands frequently with soap and warm water for at least 20 seconds.
- ▶ Sneeze or cough into your arm or sleeve.
- ▶ Consider a wave or elbow bump in place of a handshake, hug or kiss.
- ▶ Reduce your exposure to crowded places by shopping or using transit during non-peak hours.
- ▶ Encourage those you know are sick to stay home until they no longer have symptoms.
- ▶ If you become ill, stay home until you are no longer showing symptoms. Contact your health care professional or local public health authority and tell them your symptoms. They will give you advice about what to do next.

## Stay Informed

For more information on coronavirus:

**1-833-784-4397**

[canada.ca/coronavirus](https://canada.ca/coronavirus) | [phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)



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Canada

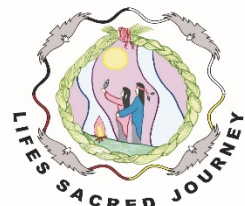





AS IS.  
\$10,000.00  
OR BEST OFFER

*Please submit your offer to  
[bandadmin@chapleaucree.ca](mailto:bandadmin@chapleaucree.ca)*





# Youth **VS** Parents and Staff

**Come out and play head-to-head against another generation!**

**March 31<sup>st</sup>, 2020 @ 5:30 PM, CCFN Rink**

**Barbeque!**

**Hotdogs!**

**Outdoor Fire!**

**Hot Chocolate!**

**Bring skates and boots.**

**Sign up and support our youth!**

**Contact Brenda Armstrong @ 705-860-0001**



*The Ojibway and Cree Cultural Centre  
is proud to announce our new*

# OMUSHKEGO CREE APP!



Omushkego Cree App



Available on the  
**App Store**

GET IT ON  
**Google play**

## NOW AVAILABLE! OMUSHKEGO CREE APP

Learn your language  
anytime, anywhere!

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**Ojibway & Cree Cultural Centre**  
150 Brousseau Avenue, Unit B  
Timmins, ON P4N 5Y4  
705-267-7911  
[www.occ.ca](http://www.occ.ca)

Funded by the  
Government  
of Canada

**Canada** 

# Seniors Activities

**Wed. Mar. 4<sup>th</sup>**; Seniors Sharing Circle Luncheon  
12:00 PM @ Mukeso House

**Wed. Mar. 11<sup>th</sup>**; BINGO with Seniors  
2:00 PM @ Mukeso House

**Wed. Mar. 18<sup>th</sup>**; BINGO with Seniors  
2:00 PM @ Mukeso House

**Wed. Mar 25<sup>th</sup>**; Games with Seniors  
1:30 PM @ Mukeso House



# Fun for Seniors



# Girls' Drumming Group's

## Jr. Girls' (3-10 yrs.)

- Mon. Mar. 9<sup>th</sup> 3:30 - 4:30 PM @ Health
- Mon. Mar. 23<sup>rd</sup> 3:30 - 4:30 PM @ Health

## Sr. Girls' (11-18 yrs.)

- Tues. March 10<sup>th</sup> 3:30 - 4:30 PM @Health
- Tues. Mar. 24<sup>th</sup> 3:30 - 4:30 PM @ Health





# Chief & Council Meeting

Mon. March 9<sup>th</sup>

6:00 PM @ Band Office

Devine



# Women's Activities'

- **Wed. Mar. 9<sup>th</sup> ; Women's Drumming Dinner**  
5:30 PM @ Health
- **Wed. Mar. 11<sup>th</sup> ; Women's Sewing Circle (Girls Drum Project)**  
6:00 PM @ Health
- **Mon. Mar. 23<sup>rd</sup> ; Women's Sewing Circle (Boys Drum Project)**  
6:00 PM @ Health
- **Mon. Mar. 30<sup>th</sup> ; Women's Sharing Circle Dinner**  
5:30 PM @ Health



Women united in spiritual circles will awaken the  
in each other's spirit ...

- Shikoba -

# Nutrition Lunch & Learn



- With Robin Greer
- Tues. Mar. 10<sup>th</sup>
- 12:00 PM @ Health

Please Call Health to sign up  
705-864-0200





# Diabetes & Foot Care

## Diabetic Foot Screening

- Wed. Mar. 11<sup>th</sup>
- 9:00 – 11:40 AM
- With Kasey (MAAM)
- Call health to book your 20 min. appointment 705-864-0200

## Diabetes & Foot Care Lunch & Learn

- Wed. Mar. 11<sup>th</sup>
- 12:00 PM @ Health
- With Kasey (MAAM)

Please call Health to sign up  
705-864-0200

# Boy's Drum Group

- Wed. Mar. 11<sup>th</sup> ; 3:30 – 4:30 PM  
@ Hospital-Activation
- Wed. Mar. 25<sup>th</sup> : 3:30 – 4:30 PM  
@ Health





Please join us for a

## **Ontario Trillium Foundation Recognition Dinner**

as well as an

## **Economic Development Project Information Session**

on March 11th, 2020 in the Band Community Hall commencing  
at 5:30 PM

Guest Speakers will be in attendance to provide an overview of past, current and ongoing projects.

Please call Peggy or Cheryl at 705-864-0784 to register for the dinner by March 6th.

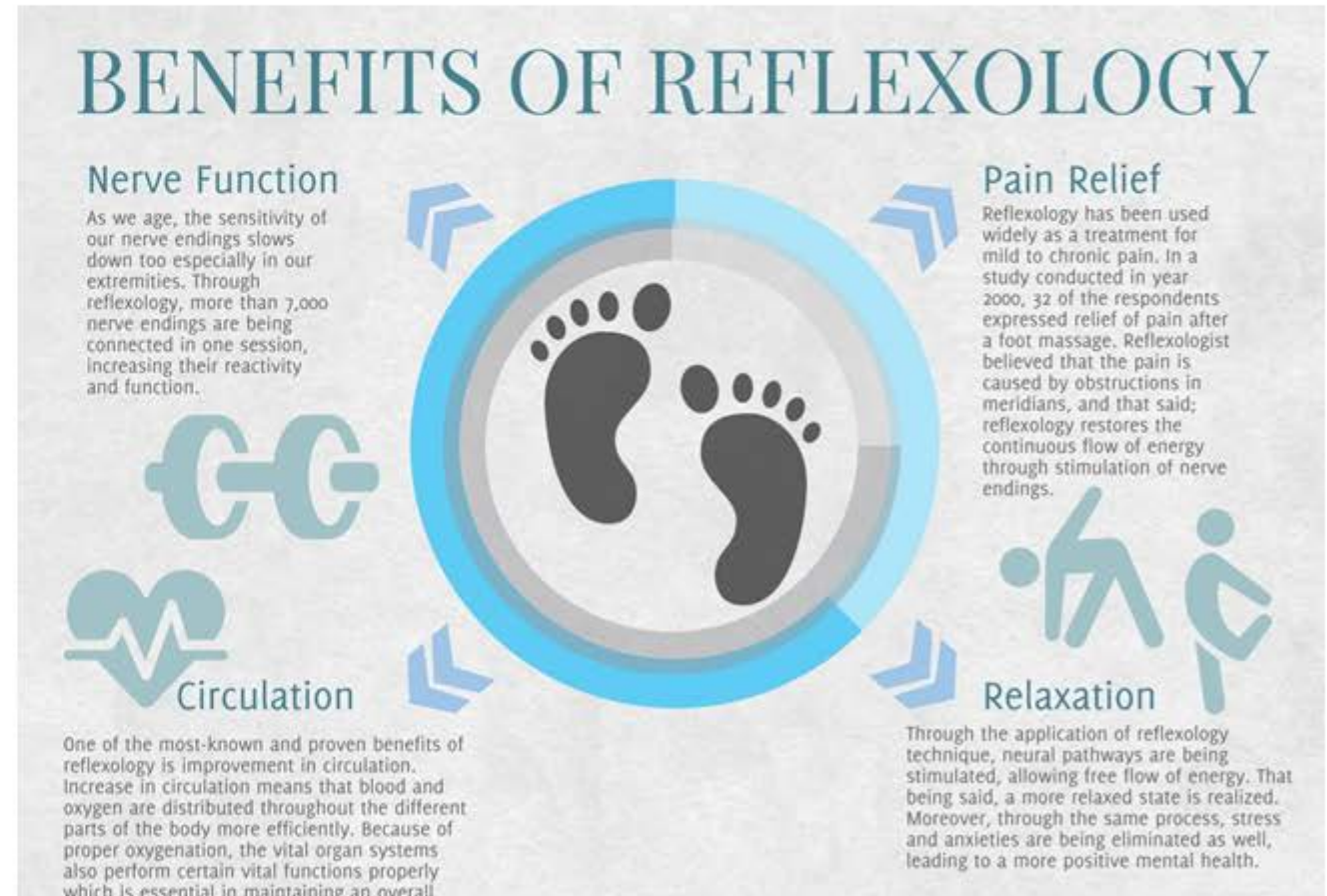
We will also have a brainstorming session  
for new ideas on future economic  
development activities  
and what economic development looks like  
to you!





# Reflexology with Kathleen

- Thurs. March 12<sup>th</sup>, 2020
- 1:00 – 4:30 PM
- Call Health to schedule an appointment. 705-864-0200

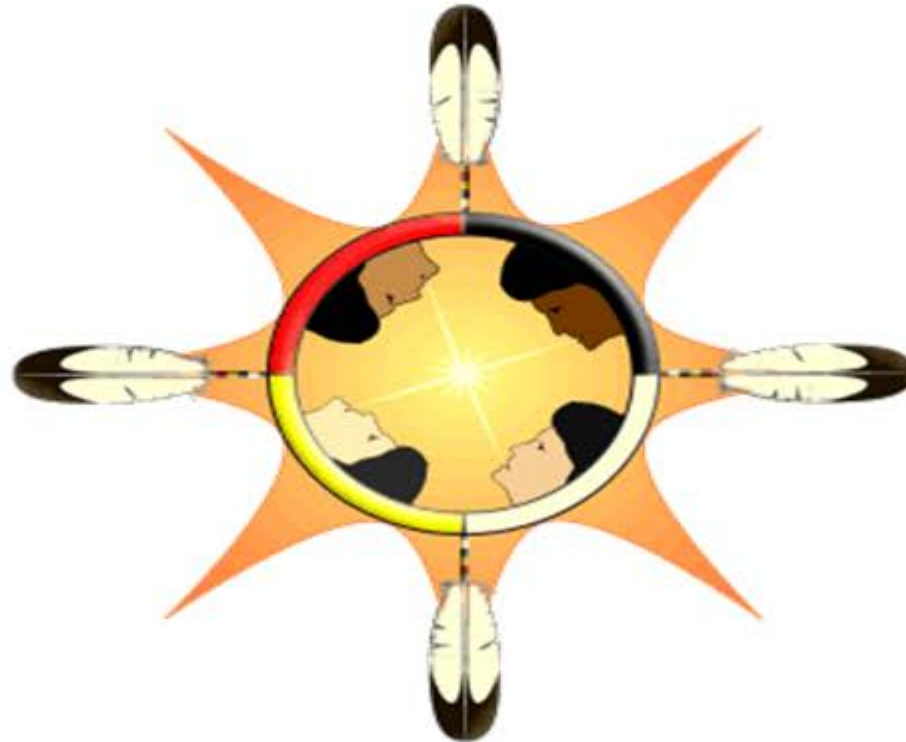


# **Life's Sacred Journey Parent Caregiver Support Program**

**March 12, 2020**

**6:30-8:30pm Lifes Sacred Journey Office**

**Contact Life's Sacred Journey- Brenda Armstrong 705-860-0001  
to sign up for program.**





# Meals on Mocs

- On Reserve Senior's
- \$3.00 a meal
- 3 Day's a week.
- Call Health 705-864-0200 to sign up before **March 13<sup>th</sup>, 2020.**



- **Tues. Mar. 24<sup>th</sup>** — Salisbury Steak, Mashed Potatoes/Veg. Salad, Beef Barley Soup, Chocolate Chip Cookie.
- **Thurs. Mar. 26<sup>th</sup>** — Baked Beans, Ham, Coleslaw, Italian Wedding Soup, Cake.
- **Fri. Mar. 27<sup>th</sup>** — Chicken Stew, Bannock, Tossed Salad, Chicken Noodle Soup, Fresh Fruit.
- **Mon. Mar. 31<sup>st</sup>** — BBQ Chicken, Roasted Potatoes/Veg. Tossed Salad, Pea Soup, Apple Crisp.
- **Wed. Apr. 1<sup>st</sup>** — Meatloaf, Mashed Potatoes, Cauliflower, Spinach Salad, Ham/Mac Soup, Pudding.
- **Thur. Apr. 2<sup>nd</sup>** — Fish & Chips, Coleslaw, Tomato Soup, Cupcake.



# **Community Social Dinner & Activities**

with Culture & Life's Sacred Journey

Sat. March 14<sup>th</sup>, 2020  
5:00 PM @ Band Office

**Royal  
Canadian LEGION**

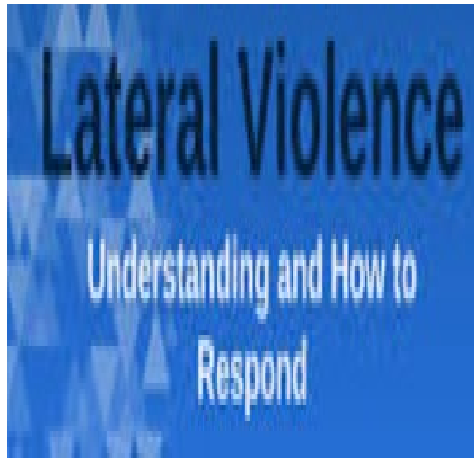


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Come One Come All  
Saturday March 14, 2020  
\$14.50 / Plate  
4:30pm till 7:00pm  
Or until we run out

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Limited tickets  
available  
@ Health  
Stop by and get a  
ticket while  
quantities last.



# Lateral Violence Lunch & Learn

Traditional Healer: Isabelle Meawasige  
Knowledge Keeper/Helper: Margaret Jackson

**Friday, April 3<sup>rd</sup>, 2020 ~ 12:00 PM @ Health**

## Appointments Available

*Cedar Baths (Full Body 1/1) or Negative Extraction Removal (1/1)  
One (1) hr. each for Traditional Healing*

**Friday, April 3<sup>rd</sup>, 2020: 1:15, 2:15, 3:15, 4:15 & 5:15 PM**

**Saturday, April 4<sup>th</sup>, 2020: 9:00, 10:00, 11:00 AM, and 1:15, 2:15, 3:15 & 4:15 PM**

***[Deadline] Book your preferred 1-hour Traditional Healing appointment before March 26, 2020***

***Call Health @ (705)-864-0200***





**G**randmother Isabelle Meawasige is a bear clan woman from the Serpent River First Nation in Cutler. Isabelle has worked for over thirty years as a social worker in service to the people. She is a traditional healer, ceremonialist and a Grandmother.

Her specialties include, Women's and Grandmother's empowerment and training, child and family, mental health, woman abuse, Indian Residential School Movement and Metis Community Wellness. Isabelle combines "Ancient Teachings" with contemporary education to bring understanding to people of all nations. Isabelle carries earth woman

teachings and medicine wheel teachings. At the sacred fires of her people, she is called Blue Fire Woman, and walks under the protection of the turtle, buffalo, and the eagle. Isabelle is a woman who brings peace and an openness to connect with others.

Grandmother Isabelle Meawasige has travelled throughout Canada and other countries to provide Traditional Knowledge Teachings and Healings and is instrumental in working toward right relations between our people and others and does great work with young people who have been trafficked or others involved in human trafficking.