



P.O. Box 400 ♦ Fox Lake Reserve, Ontario ♦ P0M 1K0

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reception@chapleaucree.ca

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NOTICE

COVID-19 MEASURES

EFFECTIVE: *February 16, 2021*

Chapleau Cree First Nation offices have re-opened for business to the general public and continue to provide services to our members and business associates. We have modified the way we do business and put additional restrictions in place to reduce the risk of exposure to our employees, members, guests, and the community at large.

Meetings are held via teleconference or virtually through a variety of software programs whenever possible. Masks are now mandatory in the office. Guests and visitors must sign in upon entry to assist with contact tracing. Hand sanitizing, temperature checking and limiting capacity inside offices has been implemented and is enforced.

Chapleau Cree First Nation staff will be available by phone, email, and other forms of communication during regular business hours. For your safety and that of our employees and community members, we ask that you limit office visits during this time.

Furthermore, social circle and gathering guidelines provided by the Government of Ontario will continue to be followed.

Our Councillors will continue to keep abreast of the current COVID-19 Pandemic and will meet as necessary to review operation planning for Chapleau Cree First Nation. We thank you for patience during this time. I can assure you that we are doing everything possible to assist and support our community, keeping safety and security as our primary concern, while we navigate this difficult time together.

As this situation evolves, we will continue to keep you informed to the best of our ability. Please continue to see our website at www.chapleaucree.ca for further information and updates.

Meegwetch

Chief Keith Corston.

ATTENTION COMMUNITY MEMBERS



To honour our late member, Reginald Fletcher, a **ROAD NAME CHANGE** has been proposed to **RENAME** the **SOUTH-EAST SECTION** of **CACHAGEE ROAD** to **FLETCHER ROAD**.

Driver's License
Ontario Health Insurance Card
Address on file at Post Office
Other legal and billing records

Chief & Council support this decision and welcome any concerns, comments, or questions to be submitted to Edith Larocque, Band Administrator via:

Edith Larcoque
bandadministrator@chapleaucre.ca
(705) 864-0784
P.O. Box 400
828 Fox Lake Road
Fox Lake Reserve
Chapleau, ON, P0M 1K0

Pimii Kamik

Gas Bar & Gift Shop

AS OF SUN., FEB., 14, 2021

We're Back!

MAX 2 CUSTOMERS IN STORE AT A TIME

Hours of Operation (Daily)

7:00 AM

TO

9:00 PM



MUSHKEGOWUK HEALTH AUTHORITY PRESENTS... a call out for



BEADWORK SUBMISSIONS

With the global pandemic, COVID-19 has affected our First Nation community members placing stress on our Mental Wellness. To improve the mental health and wellness of our Mushkegowuk members and to promote our identity and honor our cultural skills, we are encouraging you to participate in our call out for beading submissions.

- Attawapiskat First Nation
- Kashechewan First Nation
- Fort Albany First Nation
- Taykwa Tagamou First Nation
- Moose Cree First Nation
- Chapleau Cree First Nation
- Missanabie Cree First Nation



Create your own unique beadwork design and submit weekly progress and final picture of completed work.

You can create earrings, necklaces, memorabilia's, hair clips, etc.

Participants may be contacted for potential quote and purchase of beadwork.

6 WEEKLY DRAWS

\$500.00 Gift Certificate from Supplies for the Soul in North Bay **AND**
a **\$200.00** Gift Certificate from iBead in Sudbury.

That's \$700.00!!!

Progress pictures of your beadwork must be submitted to be eligible for the draw.

Registration ends:

February 15, 2021 @ 5:00PM

For more info or to register, please contact Vanessa Uiselt, Clinical Assistant

Email: vanessauiselt@mushkegowuk.ca



MUSHKEGOWUK HEALTH AUTHORITY

Beading Activity: RULES & REGULATIONS

Start of event: February 16, 2021

End of event: March 30, 2021

1. Must complete and send in registration form by February 15, 2021. No Extensions.
2. Activity will last 6 weeks with weekly draws.
3. To be eligible for weekly draws, you must post weekly progress pictures of your OWN beadwork project.
4. Must be a current project and show image with a date/time stamp.
5. If your project has been completed before the 6 weeks, you can start a new project. (I know we have a lot of speedy bead workers out there. 😊)
6. One entry per registrant. If you decide to create additional pieces, we encourage you to continue submitting weekly photos. (See number 10).
7. The draws will be done using Wheel Decide.
8. Draw dates: February 23, March 2, March 9, March 16, March 23, March 30.
9. Photos must be submitted by Sunday of each week to ensure your name is entered into the draw.
10. Please note you may be contacted if we would like to purchase your beadwork and/or place an order.
11. Mushkegowuk Health Department cannot make any entries.
12. Lastly, be creative and have fun!

Some examples could be:





DIABETES SUPPORT

Join on Zoom with

Kasey Bissaillion, RPN- Diabetes Nurse
Educator

To talk about diabetes management &
Continued support for 2021

*Nurse Practitioner David O'Hara will be
joining in for introductions and questions!

February 18th 2021 (12 noon-1:00 pm)

Please Email Amanda Domingue to Register
programfacilitator@chapleaucreehealth.ca

Meeting ID: 306 708 5721

Passcode: Health



Heart Health Education Program

Join Angela Fletcher, RPN on ZOOM for hypertension support and education

Tuesday, February 23rd
12:00 Noon – 1:00 PM

Register with Amanda Domingue for giveaways by Emailing

programfacilitator@chapleaucreehealth.ca

Zoom Meeting ID: 306 708 5721
Passcode: Health



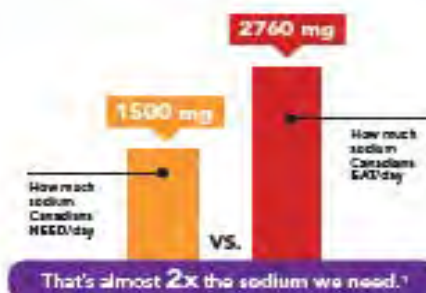


Salt and Hypertension Facts

FACTS

- ☐ A healthy diet is key to maintaining healthy blood pressure. A good place to start is a Dietary Approach to Stop Hypertension (DASH Diet) and has been shown to improve blood pressure. The DASH Diet emphasizes eating plenty of vegetables and fruit, low-fat milk products, whole grains, lean meats, fish, legumes (dried beans) and nuts.
- ☐ >30% of Canadians diagnosed with hypertension is accounted for by high dietary sodium, an estimated 2 million Canadians have hypertension caused by excess dietary sodium and roughly 90 per cent of Canadians are expected to develop Hypertension over their life span
- ☐ Increased consumption of a variety of fresh, unsalted canned or freshly frozen fruits, vegetables, nuts, seeds, whole grains and legumes. Low fat dairy products with limited amounts of unprocessed fish, poultry and red meats are strong components of a healthy diet. Avoiding highly processed and restaurant foods are key strategies to reduce dietary salt.
- ☐ Here are a few other ways to think about processed food:
 - A processed food is any food that has been changed from its original, raw form.
 - Processing a food often involves the use of added ingredients, including sodium-containing additives, which could make the product less healthy.
- ☐ Very little sodium is found in fresh foods and most of our dietary sodium (75 per cent) is added in food processing, with only small amounts added in cooking and at the table.
- ☐ **WATCH YOUR SALT INTAKE**
The WHO and Hypertension Canada guidelines for sodium intake recommend consuming less than 2000 mg/day (5g) with less for children.
- ☐ **CANADA'S MOST VULNERABLE POPULATIONS**
Indigenous peoples, low-income Canadians, new Canadians and Black Canadians have a higher burden of hypertension.
- ☐ "Processed" can mean many different things. Not all of processed foods are bad for your health. Products such as frozen vegetables are often still low in sodium. That's why it's important to check Nutrition Facts labels and choose options lower in sodium.

A salty Situation



3 OUT OF 5
CANADIANS EAT
TOO MUCH SODIUM*



Too much sodium can cause high blood pressure and lead to **HEART DISEASE** and **STROKE**.²

Percentage (%) of Canadian population eating too much sodium:¹



TOP 6 sources of **SODIUM** in our diet:¹



The average restaurant meal item contains 1 DAY'S WORTH of the recommended intake of sodium.³

¹ Statistics Canada, 2012. Available from: <http://www50.statcan.gc.ca/n1/pub/82-625-x/2012001/article/11831-eng.htm>

² Institute of Medicine, National Academies Press, 2010. <http://www.nationalacademies.org/handbook/summary/11831-eng.htm>

³ Health Canada, 2012. <http://www.healthcanada.gc.ca/healthy-eating-strategy/>

Learn how **HEALTH CANADA** is committed to reducing **sodium** in processed foods
www.canada.ca/healthy-eating-strategy