Monday, March 29, 2021



Tuesday, March 30, 2021



Wednesday, March 31, 2021



Moccasin Trail Challenge

Town Run

Omushkego Aski Way of Life & Traditional Customs Teachings with Elder Annie Metat & Knowledge Keepers

6:30PM Sessions via ZOOM

REGISTRATION DEADLINE

Easter Dinner

Take-Out Easter Dinner 5:30 PM @ Band Office

Pilates

7PM via ZOOM

ILR—Learn Moose Cree "L" Dialect Register with Culture

7PM—9PM via ZOOM



ILR—Learn Moose Cree "L" Dialect **Beginner's Crash Course Mondays** Register with Culture

7PM—9PM via ZOOM



Thursday, April 01, 2021

Town Run

Friday, April 02, 2021



BINGO #'s Drawn Playing for TWO-LINES

LEGEND						
	NUMBERS DRAWN THIS WEEK					
	NUMBERS DRAWN PREVIOUSLY					
В	_	N	G	0		
1	16	31	46	61		
2	17	32	47	62		
3	18	33	48	63		
4	19	34	49	64		
5	20	35	50	65		
6	21	36	51	66		
7	22	37	52	67		
8	23	38	53	68		
9	24	39	54	69		
10	25	40	55	70		
11	26	41	56	71		
12	27	42	57	72		
13	28	43	58	73		
14	29	44	59	74		
15	30	45	60	75		

Saturday, April 03, 2021



Sunday, April 04, 2021





For the week of the March 29-April 04, 2021

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

Please PRE-REGISTER and WEAR A
FACE MASK for the interesting/
interactive programs, activities and
events offered in our community.

Goose Moon

The goose is an essential part of the Cree Community. The call of the goose is greatly anticipated and its return is a joy to the heart of people.

Participation and feedback for
Activities/Events/Programs are
encouraged and greatly appreciated.
Submit feedback to Tracy Martin via
(705)-864-0200 or
healthcarecoordinator@chapleaucreehealth.ca

SERVICES

- Crisis Counselling
- Emotional support
- Safety planning
- Exploring your options
- Online counselling
- Phone interpreting available in up to 200+ languages

REFERRALS FOR

- Local community services
- Older adult centres
- Housing options
- Support groups
- Culturally appropriate services
- Counsellors/therapists
- Legal services
- LGBTQ2S Services
- Shelters

Confidential | Anonymous 24 hours | 7 days a week

toll free 1.866.299.1011

toll free tty 1.866.299.0008
online counselling www.awhl.org

Our toll free number won't show up on your phone bill.

We do not have call display.



The Seniors Safety Line
is supported by the
Government of Canada's Emergency
Community Support Fund



Charitable #127624443 RR0001



safe place to be heard.

Toll Free: 1.866.299.1011
Online Counselling: awhl.org

What is elder abuse?

Elder abuse is any action by someone in a relationship of trust that results in harm, mistreatment, or distress to an older person. It can be a single incident or a repeated pattern of behaviour.

Elder abuse often occurs because of the abuser's power and control over an older person.

Many feel frightened and/or embarrassed by their experience and often feel powerless and isolated.

Older adults affected by abuse often know and trust the person mistreating them. Elder abuse can be caused by a family member, a friend, someone who provides assistance with basic needs or services, or healthcare providers in institutional settings.

Elder abuse is complex.

The Seniors Safety Line can help you look at your situation and explore the options available to you, including safety planning so you can decide what is best for you.

The Seniors Safety Line is committed to helping and working with callers with compassion and in the spirit of inclusion, they work with all individuals from where they are at, with respect and without judgement.

You are not alone.

The Seniors Safety Line receives over 10,000 calls a year from older persons who are being abused or have experienced abuse.

Commonly recognized types of elder abuse and some examples include but are not limited to:

FINANCIAL

Misusing or stealing a senior's assets, property or money; forging an senior person's signature; unduly pressuring seniors to make or change a will, or to sign legal documents that they do not fully understand; sharing a senior person's home without paying a fair share of the expenses when requested.

NEGLECT

Withholding food or water, medicine or health services; assistance with basic necessities; leaving the older person alone for hours knowing that the person is unsafe or needs help.

PSYCHOLOGICAL/EMOTIONAL

Insults, threats, humiliation, harassment, isolation from family, friends or regular activities.

PHYSICAL

Hitting, pushing, inappropriate physical restraint, harm created by over or under medicating.

Blood Pressure & Glucose Checks

&

Foot Care
are available by
appointment only.

Please call Barb at 705-864-0200 ext 205 to book your appointment

OMUSHKEGO ASKI



Way of Life & Traditional Customs Teachings

with Elder, Annie Metat & Knowledge Keepers

CREATING A SENSE OF CALM AND BALANCE

What children learn from Grandparents & Elders stick with them
Singing to the baby before birth is very important
Role models of the Grandparents, Elders, Aunts, Uncles and older Siblings
Being open and honest & standing up for what you believe
Dances, songs and language connects you to traditions and identity

6:30 PM ZOOM SESSIONS | Begins Tuesday, March 16, 2021



Session 1: Values & Beliefs Teachings | Tuesday, March 16/21

Purpose and use of the legends to empower our parents, youth and families that bring unity in helping each other with making life choices and to connect as families within the community

Session 2: Traditional Parenting | Tuesday, March 23/21

Session 3: Walking Out Ceremony Preparation | Tuesday, March 30/21

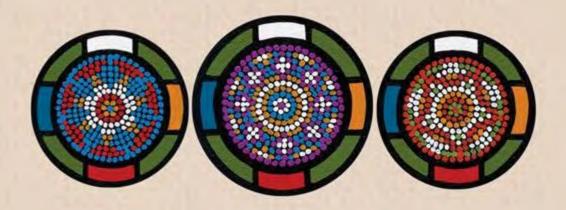
Session 4: Rights of Passage | Tuesday, April 6/21

Session 5: Grandmother Teachings & Roles within Families | Tuesday, April 13/21

Session 6*: Moss Bags & Tikinagan Teachings | April 23, 24 & 25/21

Session 7*: Clan, Seasonal Cycles and Grandmother Moon Teaching | April 26/21

^{*} More information to follow on Session 6 & 7



First Nations, Métis and Inuit population COVID-19 Vaccination for the City of Greater Sudbury – Registration for 18+

MARCH 30 to APRIL 1, 2021

Call to book your appointment.

Phone lines are open: 1-800-708-2505

Call from March 22 to 27, 2021

Ages 55+: 7 a.m. to 9 p.m.

Ages 41 to 55: 7 a.m. to 12 p.m.

Ages 30 to 40: 11 a.m. to 4 p.m.

Ages 18 to 29: 3 p.m. to 9 p.m.

Please respect the call time for age priority to avoid a system crash.

Location

Carmichael Arena 1298 Bancroft Drive Sudbury, Ontario

Vaccination hours

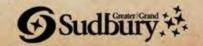
9 a.m. to 8 p.m.

In honouring and respecting the Indigenous population as a priority, we trust that the people will honour Shkagamik-Kwe Health Centre's position on servicing and abiding by these guidelines.





Public Health Santé publique SUDBURY & DISTRICTS







Wednesday, March 31, 2021

Pick-Up at Band Office @ 5:30 PM

DEADLINE to REGISTER and **PICK UP TICKETS**

via **Health** at **705-864-0200**

by Tues., March 30, 2021



Moose Cree is a severely endangered dialect of Cree. It has very few fluent speakers and revitalization is the conscious effort to save the language from falling out of use for generations to come.

Introducing the

Indigenous Language Revitalization (ILR) with the Moose Cree (L-Dialect)

The weekly classes are focused on helping people build their vocabulary and conversational skills. Classes will consist of casual conversation with other learners and fluent speakers on a variety of topics.

No prior knowledge of or fluency in Cree is necessary. All levels of fluency are encouraged to join! Weekly resources: Word of the Day & infographics, virtual flashcards, lessons, worksheets

Crash Introductory Classes offered on Monday Evenings @ 7:00 PM

via Zoom https://westernuniversity.zoom.us/j/98824871041 (direct link)



Weekly ILR Intermediate Classes offered on Wednesday Evenings @ 7:00 PM – 9:00 PM For Adults & Youth Age 14+

If youth are interested in learning Moose Cree (L-Dialect) please email so we can arrange alternative dates and times.

Indigenous Language Revitalization (ILR) is an organization created to keep the Moose Cree "L-Dialect alive. The zoom classes are hosted by ILR Lead, Terrance Sutherland, a member of the Moose Cree First Nation and ILR Coordinator, Ricki Archilles, Ph.D. Candidate, University of Western Ontario both residing in Kapuskasing, ON and other co-host speakers of the L-Dialect.

ZOOM WORKOUTS!

Join us every Wednesday, beginning

March 31st at 7 PM

until April 28th

for Pilates!

From the comfort of your own home, join us for a safe, fun and invigorating workout.

To join or sign out a chair, contact Amanda at 705-864-0200 or programfacilitator@chapleaucreehealth.ca

Chairs will be signed out in order of first come, first served basis, while supplies last.



Northern Clinic Schedule Chapleau Cree FN

David O'Hara - Nurse Practitioner

IN PERSON APPOINTMENTS AT THE CHAPLEAU CREE FIRST NATION ACROSS THE STREET FROM THE HEALTH CENTRE 814 FOX LAKE ROAD MARCH 31ST & APRIL 1ST 2021

Monday 29 th	Tuesday 30 th	Wednesday 31 th	April 1 st	April 2 nd
By Phone	By Phone	On-site 9:00 AM -3:00 PM	On-site 9:00 AM – 12:00 PM	Good Friday

~ WEEKLY PHONE APPOINTMENTS AVAILABLE ~

David O'Hara — Nurse Practitioner

Monday to Friday 9:30 AM to 2:30 PM (Regular Business Days)

Appointment Booking Line Mon – Fri, 8:30am-4pm (705) 914-0296 or Toll Free: 1-833-564-2726

Melody Hawdon – Mental Health Wellness Worker

~ WEEKLY PHONE APPOINTMENTS OR VIRTUAL ~ EXTENDED HOURS AVAILABLE!

Contact Melody Directly at (705) 904-4158
Email melody.hawdon@nmninoeyaa.ca

Maamwesying kina gweyahn N'Minobimaadizing – Working As One for the Wellbeing of All

REMINDER to Pre-Register



Moderna COVID-19 Vaccine Clinic

For Chapleau Cree

Band Members and Members of their household

(Age 18+)

First-Dose Date

Second-Dose Date

March 10th, 2021 April 6th, 2021

March 23rd, 2021 → April 20th, 2021

4:00 PM-7:00 PM

(may be subject to change)

Location

Chapleau Cree Band Office — Basement Hall

BY APPOINTMENT ONLY!

Please call the **Health Centre** at **(705) 864-0200** to register for an appointment



Canada Mortgage and Housing Corporation (СМНС)

has put out a call for an

Expression of Interest for the fiscal year 2021-2022

as to our requests under the following programs:

- Residential Rehabilitation Assistance Program (RRAP) On-Reserve
- Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP-D) On-Reserve
- Emergency Repair Program (ERP) On-Reserve
- Home Adaptations for Seniors' Independence Program (HASI) On-Reserve

Should you be interested in exploring your eligibility and receive an application, please contact:

Peggy Domingue, Economic Development Officer at

edo@chapleaucree.ca

or by calling **705-864-0784** Ext 231

DEADLINE for COMPLETED APPLICATIONS: April 8th, 2021



Residential Rehabilitation Assistance Program (RRAP) On-Reserve









What is the Residential Rehabilitation Assistance Program (RRAP) On-Reserve?

RRAP On-Reserve offers financial assistance to First Nations and First Nation members to repair substandard homes to a minimum level of health and safety.

Who is eligible?

First Nations or individual First Nation members that require major repairs to their homes may be eligible to apply. The total household income must be at or below the established income threshold for their area.

What work is eligible?

The house must lack basic facilities or is in need of major repair in one or more of the following categories:

- Structural
- Electrical
- Plumbing
- Heating or
- Fire safety.

Assistance may also be available to address a problem with overcrowding.

What assistance is available?

The financial assistance is in the form of a forgivable loan. The maximum loan amount is \$60,000* per unit.

*For northern or remote areas the maximum total amount may be increased by an additional 25 percent.

IMPORTANT: Any work carried out before application is approved in writing is not eligible.

Where can I get more information?

Contact your CMHC Consultant or local CMHC office. You can also contact CMHC at 1-800-668-2642.

Other CMHC programs are available on-reserve to assist with accessibility modifications and adaptations for persons with disabilities and seniors.

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Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP-D) On-Reserve







What is the Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP-D) On-Reserve?

RRAP-D On-Reserve offers financial assistance to First Nations and First Nation members to undertake accessibility work to modify dwellings occupied or intended for occupancy by persons with disabilities.

Who is eligible?

First Nations or individual First Nation members that require modifications to their homes may be eligible to apply. The total household income must be at or below the established income threshold for their area and the property must meet minimum health and safety standards.

What modifications are eligible?

Modifications must be related to housing and reasonably related to the occupant's disability. Examples of eligible modifications are ramps, handrails, chair lifts, bath lifts, height adjustments to countertops and cues for doorbells/ fire alarms.

All work required to bring your home up to minimum standards of health and safety must be completed in order to receive RRAP-D assistance.

Therapeutic care, supportive care, and portable aid equipment, such as walkers and wheelchairs, are **not** eligible for funding.

What assistance is available?

The financial assistance is in the form of a forgivable loan. The maximum loan amount is \$60,000* per unit.

*For northern or remote areas the maximum total amount may be increased by an additional 25 percent.

IMPORTANT: Any work carried out before application is approved in writing is not eligible.

Where can I get more information?

Contact your CMHC Consultant or local CMHC office. You can also contact CMHC at 1-800-668-2642.

Other CMHC programs are available on-reserve to assist with repairs to substandard housing and adaptations for seniors.

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What is the Emergency Repair Program (ERP) On-Reserve?

ERP On-Reserve offers financial assistance to help lowincome households on reserve make emergency repairs required for the continued safe occupancy of their home.

Who is eligible?

First Nations or individual First Nation members on reserve whose incomes are at or below the established thresholds for the area are eligible to apply for financial assistance.

Eligible repairs

Only emergency repairs immediately required for the continued safe occupancy of a home are eligible for assistance.

Examples include, but not limited to:

- Repair or replace a non-functioning heating system;
- Repair structural issues or water infiltration from damaged foundation, roof, or exterior walls;
- Repair plumbing so adequate supply of potable water is available;
- Electrical repairs necessary to correct health and safety hazards;
- Repair or replace damaged flooring to correct safety hazards.

IMPORTANT:

Any work carried out before application is approved in writing is not eligible. Once approved, all work must commence within 30 days and be completed within 90 days.

What assistance is available?

Assistance is in the form of a contribution which does not have to be repaid. The maximum contribution amount is \$30,000° per unit.

*For northern or remote areas the maximum total amount may be increased by an additional 25 percent.

Other CMHC programs, such as the Residential Rehabilitation Assistance Program (RRAP) and Home Adaptations for Seniors' Independence (HASI) program, are available on-reserve to assist with repairs to substandard housing, accessibility modifications and adaptations for persons with disabilities and seniors.

Where can I get more information?

Contact your CMHC Specialist. You can also contact CMHC at 1-800-668-2642.

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Home Adaptations for Seniors' Independence Program (HASI) On-Reserve







What is the Home Adaptations for Seniors' Independence Program (HASI) On-Reserve?

HASI On-Reserve helps First Nations and First Nation members pay for minor home adaptations to on-reserve properties to extend the time seniors can live in their own homes independently.

Who is eligible?

First Nations and First Nation members living on-reserve may qualify for assistance as long as the occupant of the dwelling where the adaptations will be made meets the following eligibility criteria:

- is 65 and over;
- has difficulty with daily living activities brought on by ageing;
- total household income is at or below a specified limit;
- dwelling unit is a permanent residence.

What assistance is available?

Assistance is a forgivable loan of up to \$20,000*. The loan does not have to be repaid as long as the occupant agrees to continue to occupy the unit for six months following the completion of the adaptation work.

*For northern or remote areas the maximum total amount may be increased by an additional 25 percent.

What adaptations can be done?

The adaptations should be minor items that meet the needs of seniors with an age-related disability. They could be:

- handrails;
- easy-to-reach work and storage areas in the kitchen;
- lever handles on doors:
- walk-in showers with grab bars;
- bathtub grab bars and seats.

All adaptations should be permanent and fixed to the dwelling.

IMPORTANT: Any work carried out before application is approved in writing is not eligible.

Where can I get more information?

Contact your CMHC Consultant or local CMHC office. You can also contact CMHC at 1-800-668-2642.

Other CMHC programs are available on-reserve to assist with repairs to substandard housing, accessibility modifications and adaptations for persons with disabilities and seniors.

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Womens Sharing Circle Friday, April 16 & 30, 2021 2:30 PM @ Turtle Lodge Ages 18 +



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

To register please phone Health @ 705-864-0200 or contact Cheryl at culture@chapleaucree.ca