



# TEMAGAMI FIRST NATION

December 18, 2020

**FIRST NATION CONTROL GROUP  
BI WEEKLY REPORT**

# COMMUNITY INFORMATION

**STATE OF EMERGENCY LEVEL 3  
COVID-19 PANDEMIC**



Coronavirus Disease 2019 (COVID-19)

# How to wash your hands

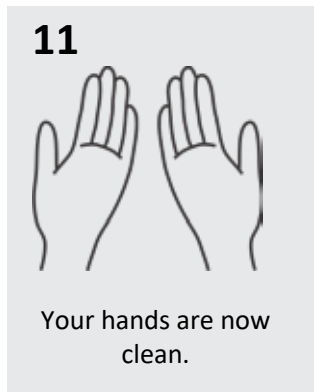
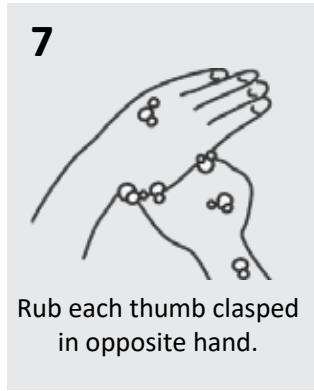
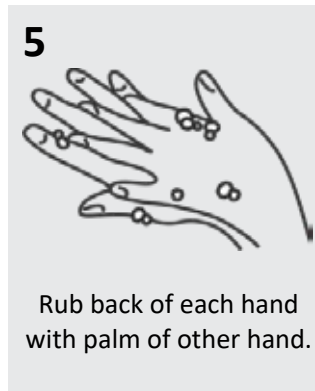
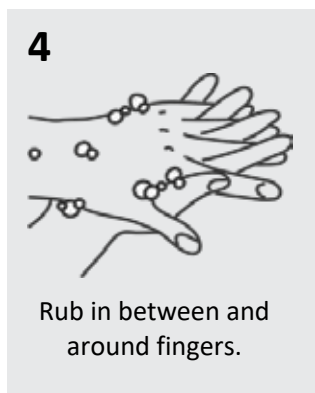




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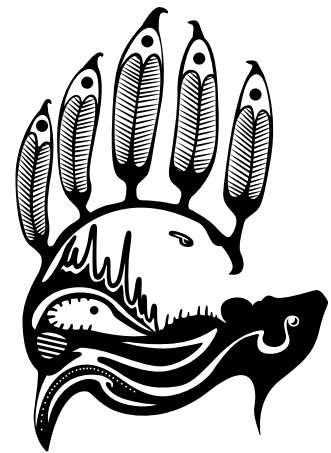
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**Telehealth: 1-866-797-0000**

*Emergency Information Coordinator:  
Heidi Jobson*

*OFFICE: (705) 237-8943 EXT. 107  
communication@temagamifirstnation.ca*

**[www.temagamifirstnation.ca](http://www.temagamifirstnation.ca)**

**CITIZEN INQUIRY SPOKESPERSON:  
Wayne Potts**

**OFFICE: (705) 237-8900 EXT. 302  
hsm@temagamifirstnation.ca**

## TFN First Nation Control Group Update

Please note that TFN Staff holidays span from Dec. 21st until Jan. 4th. Essential services will continue on revolving and on-call schedules. The FNCG will continue to meet and be available should any emergencies arise over the holiday shutdown period.

### **PUBLIC WORKS/ ELECTRICAL UTILITY REP/COMMUNITY EMERGENCY**

Shuttle boat services discontinued due to freeze-up as of December 14th, 2020; the airboat will be running on mail days and for emergency medical purposes only. The Friday mail run on Dec.29 is canceled and the Friday mail run on Dec. 22nd is yet to be determined.

### **POLICE**

The police remain status quo and have been responding to calls and general inquiries and enforcing the restricted access to Bear Island.

### **FIRE CHIEF**

We are currently without a Fire Chief; We are looking for a reliable person to check the equipment monthly; caches; and respond to calls if necessary. If you know of any one that may be interested, please have them contact Human Resources at [hr@temagamifirstnation.ca](mailto:hr@temagamifirstnation.ca), 705-237-8943 ext. 105.

### **EMERGENCY MEDICAL SERVICES REP**

Emergency services remain status quo; EFR have been responding to calls and practicing pandemic protocols and procedures.

### **MEDICAL/HEALTH REP**

The DPHC is equipped with a Rapid Testing Device. Community Health Nurse, Delma Peshabo is taking appointments for Community Members to have COVID-19 testing done at the DPHC. **Appointments must be booked.** Please call Nurse Delma to book an appointment. 705-237-8900 ext. 305 or Wayne Potts 705-237-8900 ext. 302 and **remember to bring your Health Card and mask.**

Med Trans services are now discontinued with freeze-up underway.

### **SOCIAL SERVICES AND FOOD SECURITY**

The Food Security program is servicing clients utilizing social support programs and can be utilized by those residents who are choosing not to travel due to concerns of COVID spread. Criteria for the program will change once freeze-up is underway as well as changes in positive case numbers in the region. See page 25-26 for details on and contact information for the Food Security Program.

Kevin McPhee is available for telephone/web conferencing sessions. If you wish to make an appointment with him, please call Linda Paul to book an appointment. 705-237-8022 ext. 403

Family Healing and Wellness Centre and Home and Community Care workers are completing weekly community check-in calls. If you're having anxieties and uncertainties or other concerns during these difficult times, be sure to talk to these support people. They can help by lending an ear and referring you to other resources.

### **MENTAL HEALTH**

Mental Health resources remain advertised in the newsletter, online and in the bi-weekly updates. Should you or any member of your household just need someone to talk to – there are workers available to do so. During these difficult times, mental health and wellness are of the utmost importance. Raymond Katt continues to hold position on the FNCG as Mental Health Representative. You can contact him at 705-237-8900 ext.307. Please be advised that we have partnered with the North Bay Indigenous Hub. This allows us an even broader range of service when it comes to wellness resources.



## HCC - ELDER'S SUPPORT

Snow removal and garbage pick-up will be available throughout the holidays.

## DAYCARE SERVICES

The Tillie Missabie Family Centre continues to operate as per usual. They are guided by the Ministry of Education on protocols and procedures. They further continue to support families with programs that can run under the health provisions in place. The TMFC will be closed for the holidays from Dec. 21st to Jan.11th.

## EDUCATION/LMLC REP

LMLC remains to be operating in Phase 3 of their phased in approach to education during the pandemic, which includes both in-class and on-line learning. The LMLC will be closed for the holidays from Dec. 21st to Jan.4th.

A Tutor for Secondary Students participating in distance learning has been hired. A notice has gone out to parents of these students notifying them on the availability of this service.

## INFORMATION COORDINATOR

Information has been made available through various media sources; The BI Blast; the Bi-Weekly Updates; Facebook, email – we continue to inform the community with those updates and how we are progressing through the pandemic. Continue to monitor the website and TFN facebook page for information.

## REOPENING PROCEDURES AND PROTOCOLS

Band offices remain **closed to the public**. Should you wish to attend band buildings for business, **an appointment is required**. All staff are following the established health & safety procedures. A working group has been established to better define the phases within the Level 3 State of Emergency. They are working towards giving specific, cohesive information on protocols and procedures that will reflect Temagami First Nation's COVID-19 policies and give guidance on how to behave in work, school and social situations as the pandemic fluctuates.

## SPOKESPERSON

With the Level 3 State of Emergency still in place and the First Nation Control Group remaining in place; our team has been working diligently in efforts to keep our community members safe and free from COVID. We continue to keep the **community closed to the public**; we continue to keep the buildings closed to the public; this is the best practice to ensure the limited chance of exposure within our community.

FNCG reminds the community to continue to practice social distancing; wear masks when out in public; wash hands and use sanitizer when hand washing stations are unavailable. Self-monitor and keep yourselves safe from exposure. Please watch for Chief Shelly Moore-Frappier's video updates that are released on her Facebook page.

## OPERATIONS OFFICER

FNCG operations remain status quo – the Level 3 State of Emergency has not heightened; we are ensuring that we are addressing the overall needs of the community during this pandemic. The current Trespassing restriction remains in effect. We shall continue to have the FNCG in place until the State of Emergency is lifted.





# TFN MENTAL WELLNESS RESOURCES

**THERAPY** Access to Kevin McPhee can be done through a referral via the Family Healing & Wellness Program at (705) 237-8022 to the attention of Linda Paul. Kevin is a therapist, who has been coming to Bear Island. Currently, due to Covid-19 access is offered though phone contact until the Ontario Emergency levels are lessened and TFN FNCG opens a change in policy for him to come to Bear Island again.

## **North Bay Indigenous Hub Traditional Healing Services**

The North Bay Indigenous Hub has many services available. To access these services you will need to speak with staff from FHWC or DPHC for a referral. FHWC 705-237-8022 ext 401 or DPHC 705-237-8900 ext. 301

**Mental Health Support for Indigenous**  
call or text - 1-855-242-3310

**Mental Health or Addictions Programs:**  
toll free number 1-866-531-2600

**Indigenous Women**  
call or text - 1-855-554-4325

**Children & Youth Support Line**  
1-800-668-6868

**Mental health and addictions support**  
[www.ontario.ca/page/mental-health-services](http://www.ontario.ca/page/mental-health-services)  
1-866-531-2600

**Good Talk Ages 17 – 25 yrs**  
1 (866) 925 5454

**Bounce Back**  
1 (866) 345 0224

**211 Ontario Live Chat**  
1 (877) 330 3213

**Hope for Wellness Helpline**  
1 (855) 242 3310

**TAKE CARE OF YOURSELVES**

# COVID Testing and Assessment Centres



Assessment Centre	Phone Number	Location
Bear Island	705-237-8900 ext. 301	Doreen Potts Health Centre
Temiskaming Shores and Area	705-648-1844	Temiskaming Hospital
Temagami and Area	705-569-3244	Temagami Family Health Team
North Bay and Area	705-474-8600 ext 4110	North Bay Regional Health Centre

*Please call to book an appointment. Walk-ins may be turned away.*



**QUESTIONS: Call the Timiskaming Health Unit - COVID-19 Line  
705-647-4305, Ext.7 or 1-866-747-4305, Ext.7**

## IMPORTANT PHONE NUMBERS & WEBSITES

WHERE	CONTACT	NUMBER
Timiskaming Hospital	Receptionist	705-647-8121
North Bay Regional Hospital	Receptionist	705-474-8600
TFN Band Office	Receptionist	705-237-8943 ext. 101
Doreen Potts Health Centre	Wayne Potts - Health Manager Delma Peshabo - Community Health Nurse	705-237-8900 ext. 302 705-237-8900 ext. 305
Ontario Tele-health	Free & Confidential Health Advice	1-866-797-0000
Timiskaming Health Unit	<a href="http://www.timiskaminghu.com">www.timiskaminghu.com</a>	1-866-747-4305 ext. 7. 705-647-4305 ext. 7
World Health Organization		
Ontario Ministry of Health	<a href="https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html">https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html</a>	

## Mental Health Supports



**Mental Health Support for Indigenous People**  
call or text - 1-855-242 3310

**Support for Indigenous Women**  
call or text - 1-855-554-4325

**Mental Health or Addictions Programs**  
1-866-531-2600

**Children & Youth Support Line**  
1-800-668-6868

**Good Talk for Ages 17-25 years**  
1-866-925-5454

**Hope for Wellness Helpline**  
1-855-242-3310

**211 Ontario Live Chat**  
1-977-330-3213

**TFN Family Healing & Wellness Centre**  
705-237-8022 ext 407

# FNCG and THU COVID-19 Collaboration Process

## SHOWING SYMPTOMS:

Self-isolate and call an **ASSESSMENT CENTRE** or the **Doreen Potts Health Centre** to book an appointment for **COVID TESTING**.

The Doreen Potts Health Centre is equipped with a Rapid Testing Device. Testing can be done on-island by **calling the Community Health Nurse, Delma Peshabo at 705-237-8900 ext. 305 or by calling Wayne Potts at 705-237-8900 ext. 302**. They will remain available for this throughout the holidays. If you happen to be tested outside of Bear Island, the Public Health Unit will notify the Community Health Nurse.

In either case, our Community Health Nurse and Public Health (the Timiskaming Health Unit) will work in unison on case investigation and contact tracing.

## CASE INVESTIGATION AND CONTACT TRACING:

Upon confirmation of a positive by the provincial lab system THU will contact the individual and begin case investigation and contact tracing. Those who are deemed high-risk contacts will be provided instructions on self-isolating and will be monitored daily for wellness and questions.

In the event that a resident would need to isolate, an isolation unit has been identified as an option on the island for community members.

### **If you suspect you may have been exposed to COVID-19 but aren't showing symptoms:**

Self-isolate and for contact tracing purposes call the Timiskaming Health Unit if they haven't already been in touch with you.

705-647-4305, Ext.7

1-866-747-4305, Ext.7

or

**Delma Peshabo at 705-237-8900 ext. 305**

**Wayne Potts at 705-237-8900 ext. 302.**

## Common COVID-19 SYMPTOMS

Symptoms of COVID-19 can vary from person to person. They may also vary in different age groups.

Some of the more **commonly reported symptoms** include:

- new or worsening cough
- shortness of breath or difficulty breathing
- temperature equal to or over 38°C
- feeling feverish
- chills
- fatigue or weakness
- muscle or body aches
- new loss of smell or taste
- headache
- feeling very unwell
- Children tend to have abdominal symptoms and skin changes or rashes.

Symptoms may take up to 14 days to appear after exposure to COVID-19.

You can infect others even if you aren't showing symptoms. The virus can be spread to others from someone who's infected but not showing symptoms. This includes people who:

- haven't yet developed symptoms (pre-symptomatic)
- never develop symptoms (asymptomatic)

This kind of spread is known to happen among those who are in close contact or are in enclosed or crowded settings.



## EMERGENCY NUMBERS



### BEAR ISLAND **EMERGENCY** CONTACTS

Bear Island Police / OPP	1-888-310-1122
Fire	1-866-762-0911
Ambulance	705-569-3434
Forest Fire	310-FIRE (3473)
Telehealth	1-866-797-0000
Timiskaming Health Unit	1-866-747-4305
Poison Control	1-800-268-9017
DPHC	705-237-8900 x301
TFN	705-237-8943 x101
Home Support	705-237-8900 x312
FHWC	705-237-8022 x401

Talk4Healing	1-855-554-4325
<i>Indigenous Women</i>	
Kids Help Phone	1-800-668-6868
<i>Children</i>	
Hope for Wellness	1-855-242-3310
<i>First Nations and Inuit Help Line 24/7</i>	

jack.org

Donate MENU FR

## COVID-19 Youth Mental Health Resource Hub

Powered by:  
jack.org Kids Help Phone

With our morning routines turned upside down, families, youth, and school staff may have brand new sources of stress. Remember to pause often and breathe deeply. This is a tool you can use at home, in class, or wherever you are. Breathing exercises will help calm your nervous system, your brain, and your mind.

For more please visit the COVID-19 Youth Mental Health Resource Hub @ <https://jack.org/covid>



## Memorandum

To: Community Residents

From: Donna Mattias – Office Manager

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Medical Transportation Schedule is as follows:

**Last day of operation:** Monday, December 14<sup>th</sup> 2020  
**Holiday Closure:** Monday, December 21<sup>st</sup> – Tuesday, January 5<sup>th</sup> 2021  
**Staff Return to Office:** Monday, January 11<sup>th</sup> 2021

In response to the second wave of the COVID-19 Pandemic in Ontario, TFN is instituting the following policies and approaches to ensure that services are continued in a safe way. From January 4<sup>th</sup> – 8<sup>th</sup> 2021 only those employees identified as an essential worker shall be expected to work on-site. All other employees shall be permitted to work remotely with the expectation that they shall return to their regular offices on Monday, January 11<sup>th</sup> 2021. The intent of this delayed return is to provide extra protection from potential transmission of the Coronavirus from holiday visitations. Although it is strongly recommended that travel be limited, Chief and Council are taking preventative measures, nonetheless.

With that being said, the Medical Transportation program will pick up medications in North Bay and Temagami on Friday, January 8<sup>th</sup>. (Travel permitted)

**SIDE NOTE: The Med Trans service of transporting clients to their appointments will not begin until Monday January 11 , 2021 providing TFN has officially opened the ice Road for at least skidoo shuttle travel.**



# PUBLIC HEALTH ALERT HOLIDAY GATHERINGS



Together, let's keep our community safe from COVID-19 over the holiday season.

## SOCIAL GATHERINGS

- ▶ Holiday **gatherings and celebrations should only include those living in an immediate household**



## HOLIDAY TRAVEL

- ▶ **Avoid all non-essential travel** until further notice



## CONTINUE TO FOLLOW PUBLIC HEALTH RECOMMENDATIONS

- ▶ **Do not visit other people's homes**
- ▶ Wash hands often
- ▶ Wear a mask
- ▶ Cover your cough or sneeze
- ▶ Practice physical distancing of 2-metres when outside of your home
- ▶ **If you have any symptoms**, get tested immediately and stay away from others
- ▶ Self-isolate until you have your test results



## MENTAL HEALTH

- ▶ Feelings of stress are common during the holiday season
- ▶ If you require mental health support, call:
  - 911 or the local emergency help line
  - The Canada Suicide Prevention Service (1-833-456-4566) and @KidsHelpPhone
  - The Hope for Wellness Help Line (1-855-242-3310) and <https://hopeforwellness.ca>
  - For those in remote and isolated communities you may also contact your local nursing station



**TIP** As long as you continue practicing physical distancing, going outside for exercise is a great way to help with mental health and well-being, even in colder temperatures!



# OPTIONS FOR LOWER RISK ACTIVITIES DURING THE HOLIDAYS

The holiday season will be different this year, but there are still ways to stay socially connected. To help reduce the spread of COVID-19, plan lower risk activities such as:

- Indoor celebrations with members of your household.
- Virtual celebrations.
- Doorstep gift exchanges.
- Outdoor celebrations in open spaces with room for 2-metres of physical distance.

To read more about how to reduce the risk and spread of COVID-19 during the holiday season, visit: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/plan-safe-holiday-celebration.html#a1>

## 5 WAYS TO BOOST YOUR HAPPINESS INSTANTLY

1



Spend 5 minutes doing something to brighten a loved one's day

2



Email someone and thank them for something they did for you

3



Have a meaningful conversation with a good friend

4



Take 30 seconds to help someone who needs it

5



**Savor a memory**  
Close your eyes and relive the happiest moment of your life



The purpose of this **series of information sharing** is related to the importance of understanding just how Covid-19 may be affecting you directly or indirectly as we are now coming to our 10th month of coping with it the best way that we can.

In having worked in the Human Service field for the last 25 years, the healing and recovery comes from themselves, as I will do my best to help with that process from a Healthy and Safety approach.

IT MUST BE NOTED THAT IF NEED BE CALL ANY OF THE EMERGENCY NUMBERS LISTED FOR YOURSELF OF SOMEONE ELSE...

Processing feelings can be difficult at times as the barriers create concepts of isolation, which leaves it within ourselves to do our best to cope. In respect to the Anishnabai Traditional Ways of our Ancestors, we must connect to those ways of "taking care of things". As a potential area of importance, the physical being is vital to one's health in assessing what is needed to carry out and look after all the other areas of our being.



# Kwe Kwe Anishnabai Series

in relation to Covid-19

SUBMITTED BY:  
Raymond Katt,  
NNADAP Worker

## Gratefulness...Thankfulness

It can be said that the key to life is to do our best to balance our Physical, Spiritual, Emotional and Mental parts of our being... to live that Good Life...Minobinmozwin...

It is recommended to call any of the resource numbers provided to help address any of the issues that needs that caring medicine...

In connecting to the Land...our Mother Earth we cherish all the gifts she provides for our very own survival... when I see the Magisi (eagle) I offer seema in Prayer for guidance and strength...

Chi-MeeGweetch Friends & Relatives...Merry Christmas and have a safe and happy holidays.... BiZhiw



TEMAGAMI FIRST NATION  
EMERGENCY MENTAL HEALTH TEAM  
**NOTICE OF RECRUITMENT REQUEST**

TO: Bear Island Residents

Dear Residents,

We are establishing our own Emergency Mental Health Response Team (EMHRT) as soon as possible. The goal is to have a total of 8 members by the end of the first week in January 2021.

Training will be provided regarding certifications in areas such as Mental Health First Aid, Crisis Intervention, Violent Threat Risk Assessment and more as recommended.

At this time of Covid-19, we are in more need of this service as the effects of stress and anxiety are more noticeable in the community.

**Service Description:** The goal and purpose of the EMHRT is to try and provide a safe result for all concerned. When the EMHRT receive a call, their role will be to respond as soon as possible. The first task would be to assess the circumstances to establish if other resources are needed such as the Emergency Response Team or the Police.

The time of being on the EMHRT will be honored by an honorarium that will be provided on a monthly or bi-monthly basis.

Please send a letter of interest and should you require clarification regarding this request, please contact me at (705) 237-8900, extension 307.

MeeGweetch,

Raymond Katt – NNADAP Worker

nnadap@temagamifirstnation.ca  
(705) 237-8900, extension 307

November 26, 2020

Community member  
General Delivery  
Bear Island, ON  
POH 1C0

Dear Community Member:  
Re: Covid-19

As you now know, we have entered the second wave. There are currently no active cases of Covid-19 in the community, however, at any time should a family member come home Covid-19 positive, or having symptoms of Covid-19, please contact the clinic for PPE supplies (gowns, gloves, masks, face shield). If possible, isolate the individual to one area of your house/apartment i.e. a space in your home where they can isolate from your family. Plans for a community hospice are in place, if such a time should come that there is a need for this.

We will continue to process Covid-19 testing here at the health centre during freeze-up.

If you become seriously ill with any of the symptoms of Covid-19 and you need to go out by ambulance, call the ambulance @ 705 569 3434. The paramedics will come in your home and assess you. EFR members will not enter your home. That involves a bit of a wait. Be patient, help will arrive soon enough. You will need your list of medication and your health card.

**Reminder:** All visitors to the clinic are required to call and book appointments as the entrance is locked. Also, please note, there is pre-screening and temperature check upon entry.

If you have any questions, feel free to call me at the clinic.

Miigwech,  
Delma Peshabo, Reg.N.  
Doreen Potts Health Centre  
T-705 237 8900 ext. 305

## Coronavirus Disease 2019 (COVID-19)

# Self-isolation: Guide for caregivers, household members and close contacts

If you are caring for or living with someone who has the virus, you are considered a 'close contact'.

Your local public health unit will give you special instructions about how to monitor your own health, what to do if you start to feel sick and how to contact them. Be sure to tell health care providers that you are a close contact of someone with COVID-19.

### Wash your hands often

- Wash your hands with soap and water after each contact with the infected person.
- Use an alcohol-based hand sanitizer as an alternative.



### Wear mask, gloves and eye protection

- Wear a mask, gloves and eye protection when you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces).
- Examples of eye protection include safety glasses, goggles and face shields.



### Dispose of gloves and mask after use

- Take the gloves and mask off right after you provide care and dispose of them in the wastebasket lined with a plastic bag.
- Take off the gloves first and clean your hands with soap and water before taking off your mask.
- Most face shields and goggles can be reused and cleaned between use with dish detergent and water or disinfectant wipe.
- Clean your hands again with soap and water before touching your face or doing anything else.



### Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep seniors and people with chronic medical conditions (e.g. diabetes, lung problems, and immune deficiency) away from the infected person.





## Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person under investigation.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwashers and washing machines can be used.
- Do not share cigarettes.



## Clean

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.



## Wash laundry thoroughly

- There is no need to separate the laundry, but you should wear gloves when handling.
- Clean your hands with soap and water immediately after removing your gloves.



## Be careful when touching waste

- All waste can go into regular garbage bins.
- When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Clean your hands with soap and water or alcohol-based hand sanitizer after emptying the wastebasket.



## Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website:

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

For more information please contact: \_\_\_\_\_

The information in this document is current as of July 31, 2020

## Coronavirus Disease 2019 (COVID-19)

# Take Care of Yourself and Each Other

Physical distancing will help limit the spread of COVID-19, but it may also lead to changes in the ways you connect with others. Physical distancing does not necessarily mean becoming socially isolated. Find new ways to connect with others and practice self-care during this time. For the list of resources that support mental health see [Resources for Ontarians Experiencing Mental Health and Addictions Issues during the Pandemic](#).

### Keep in touch

- If you are able to, use technology to communicate with your friends and family. Make phone calls, send texts and have video chats.
- If you are well, be creative when connecting with neighbours. Speak to them over a fence or from your balcony, while keeping two metres (or 6 feet) apart.
- Leave a message of support in your window, yard or condo message board.



### Think of others

- If you are well, connect with people who may find this time especially stressful, such as:
  - Older adults and those with chronic health conditions who are at increased risk of COVID-19
  - People who have a history of depression or anxiety, or who may be heavily impacted by COVID-19 (e.g., job loss, health concern, separation from loved ones)
  - People who have mobility challenges or few social supports



### Talk to your kids

- Empower your kids by teaching them the most effective ways to prevent COVID-19:
  - Washing their hands
  - Coughing or sneezing into their elbows, and
  - Physical distancing
- Children may feel anxious or stressed due to the uncertainty surrounding COVID-19. Reassure them that their feelings are valid.
- Encourage your children to ask questions. Use plain language to explain what's happening.
- Establish a routine that gives your kids structure while they're indoors.





## AFN MENTAL WELLNESS RESOURCES

The Assembly of First Nations (AFN) has collected a variety of Mental Health and Wellness resources for First Nations to access during the COVID-19 pandemic. Seeking help is important and shouldn't be a challenge – there are people here to help.

### NIHB Mental Health Services:

If you are in need of mental health supports, you may be eligible to receive 22 hours of counselling covered under the Non-Insured Health Benefits for First Nations and Inuit (NIHB). Your initial session (up to 2 hours) will be covered without any prior approval requirements. Eligible mental health counselling providers include Psychologists, Social Workers, Psychiatric nurses or other regulated mental health providers. For information on NIHB eligibility criteria please visit: <https://www.sac-isc.gc.ca/enq/1574187596083/1576511384063>

### Telehealth:

The NIHB program covers mental health counselling through telehealth, including telephone or video conferencing. When inquiring about counselling, please confirm with your provider what telehealth services are available. To find an enrolled mental health counsellor in your area, please contact your NIHB regional office here:

<https://www.sac-isc.gc.ca/enq/1579274812116/1579708265237>

### Our Partnerships:

**Thunderbird Partnership Foundation** is sharing harm reduction resources to help support your continued wellness during COVID-19: <https://bit.ly/2W4UAGU>

- For the Thunderbird Partnership Foundation document library, please click here: <https://thunderbirdpf.org/nnapf-document-library/>

**First Peoples Wellness Circle** is sharing holistic health and wellness supports online and for download during COVID-19: <https://bit.ly/2KO2Shc>

### Immediate Supports

#### Hope for Wellness Help Line:

- For crisis support and intervention please contact: 1-855-242-3310 or via chat at [hopeforwellness.ca](http://hopeforwellness.ca)

#### For Indigenous Women and girls:

- **Talk4Healing** is accessible across Canada, it is free and culturally safe for Indigenous women. Please contact: 1-855-554-HEAL (4325)

#### Assaulted Women's Helpline:

- Contact 1-866-863-0511

#### For Children and Youth:

- Kids Help Phone is accessible 24/7 across Canada and offers telephone or texting, supports.
  - › For telephone support, please contact: 1-800-668-6868.
  - › For texting support, please text CONNECT to 686868.

#### Native Youth Crisis Hotline:

- Offers 24/7 telephone support. Please contact, 1-877-209-1266

#### Online Resources for Youth:

- Culture for Life: <http://cultureforlife.ca/>
- Wise Practices: <https://wisepractices.ca/>
- Wapikoni Mobile: <http://www.wapikoni.ca/home>
- We Matter: <https://wemattercampaign.org/>



# Happiness Chemicals and how to hack them



## **DOPAMINE**

THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



## **OXYTOCIN**

THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



## **SEROTONIN**

THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



## **ENDORPHIN**

THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



@sumbu.official





If there was a time to make your mental health and well being a priority, it is now! Self Care isn't just about how you take care of yourself physically, it also has to do with taking care of yourself mentally. Sure, I know that life is not always the most accommodating and that life has a way of getting in the way at times, but that's okay! at the end of the day, it is important to make yourself a priority in whatever ways work for you. whether you are short on time or juggling a million things at once, a great way to show yourself some love and compassion is by doing a daily check-in.

Here are 6 questions to ask yourself, daily.....

1. WHAT AM I GRATEFUL FOR TODAY?
2. HOW AM I FEELING TODAY?
3. HOW AM I NURTURING MY "SELF" TODAY?
4. HOW AM I PRIORITIZING MY MENTAL HEALTH TODAY?
5. HOW AM I MOVING MY BODY TODAY?
6. WHO AM I CHECKING IN ON OR CONNECTING WITH TODAY?

\*If you need to some support and speak to counsellor contact Community wellness worker Linda Paul @ 705 237 8022 extension 403.

**\*\*If you are in immediate crisis please contact a crisis hotline\*\***

- 1) **First Nation & Inuit Hope for Wellness Help Line: 1-855-242-3310**
- 2) **Kids Help Crisis Text Line- Text HOME to 686868-phone: 1 800 668 6868**
- 3) **North Bay Regional Health Centre- (705) 495-7841**
- 4) **Canadian Mental Health Association- 1-888-893-8333**



## Mental Wellness During the Holidays

During the holidays and especially during COVID-19 people tend to get lonely, down and beyond stressed. With this their mental health is at risk and they are in need of support or different coping strategies during these uncertain times. Listed below are the contact persons for mental health crisis and some activities for Adults, Youth and Children to do during the holidays to brighten up spirits, provide support and an outlet for their mental health needs. All activities to be done while keeping in mind COVID-19 Social Distancing and Social Bubbles.

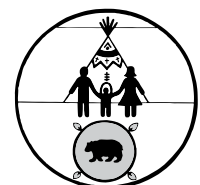
Contact the Family Healing & Wellness Centre

(705) 237-8022

- 1) For counselling services; Linda Paul extension 403 or Home: 705 237 8955
- 2) Boshk Aguonia extension 406
- 3) For Band Representative (Child Welfare); Deva Belec extension 407
- 4) Alternate for all Annette Paul extension 401.

### Activities for Adults:

- 1) Taking a walk--a break from the family duties, chores and to-dos. Calling up your friend or putting in headphones and going for it!
  - a. This will help you with fresh air, getting active/moving and getting a burst of energy out in order to tackle whatever you need to throughout the day.
  - b. Also, this will provide you with some down time to yourself to reflect and think about whatever's bothering you or provide you with a space to figure out how to tackle your 'list'
  - c. The simple act of minor movements and physically getting out helps with motivation and simply gets you out of the 'funk' or space you feel stuck in.
- 2) Yoga or Working out
  - a. Doing some kind of physical activity will help your body and mind release all the tensions and ultimately relieve stress through moving your body and focusing on your breaths and movements
    - i. This does not have to be a strenuous work out or intense, the point is to change up your routine and give your body something to do
- 3) Engaging with family or Playing with your children



- a. Children are wonderful in so many ways engaging with them will help you take a break from whatever is getting you down.
  - b. Playing outside, making a puzzle, colouring, or playing make believe, or whatever you can do will not only engage your kids, but it will provide quality time for you to spend with them
  - c. If you have older youth, engage with them differently by targeting their interests, games, online dancing, reading, cooking, watching a movie whatever works for your family.
- 4) Cleaning
- a. Does not have to be huge overhaul, but starting little by little will help with a sense of accomplishment and pride once completed, today dishes, tomorrow laundry, etc.
  - b. If it becomes too overwhelming stop and take a break
  - c. Getting the family or children involved can help make it fun, a competition for a snack or early Christmas gift, cleaning with dance breaks whatever makes it fun
- 5) Meditation
- a. Meditating can be very beneficial to grounding yourself. Practicing how to regulate or focus your breathing with provide you with calming and understanding your body better.
  - b. Meditation also provides you a space to focus on solely yourself. Your breaths, your thoughts, your self-awareness.
- 6) Speaking with a Counsellor (if needed)

### Activities for Children

#### 1) Arts and crafts

- a. Does not need a huge array of supplies, you can use household items! Pinterest or a simple google search will get you easy instructions on how to make whatever crafts you desire at home
- b. The most important thing is to let the children use their imaginations and creativity when crafting. It is easy to get stuck in the task of the project or the instructions but if we let the children lead really neat things happen creatively and artistically.

#### 2) Board games, Puzzles, Colouring, Movies

- a. These sit-down tactile activities help children expand their creativity but provide them a calm space/place to practice their skills
- b. These activities also allow for the entire family to engage which benefits the child(ren) and family as a whole

#### 3) Playing Outside

- a. Encouraging your children to go and play outside (while being socially distant and COVID-19 safe) is a great way to get them out of the house and engaging with others in their social bubble.
- b. This also allows some time for the adults in the home to have a break and focus on themselves

- c. This helps the children not only engage with their peers, but helps them to engage their senses, skills, and get their energy out which provides them with an outlet for their mental health too
- 4) Speaking to a counsellor if needed of course as well is highly significant for children too

### Activities for Youth

- 1) Journaling
  - a. Is great tool for youth to express themselves in a space and private place
  - b. It allows them to get their thoughts/emotions out in a healthy manner
- 2) Getting out of the house
  - a. going for a walk with friends (socially distanced and in social bubble)
  - b. exercise and engaging with their peers will help the older youth with being inside during the holidays
- 3) Meditation/Exercise
  - a. Working out and meditating helps youth focus their energies positively
  - b. It provides them with improving their bone/muscle strengthening
  - c. Also provides them with body awareness and improves cognitive performance
- 4) Crafts/Games/Cooking
  - a. For those who thrive in the home, implementing craft nights or cooking lessons, gaming (boards or digital) all provide the youth with family engagement but catered to their interests. Which will encourage them to engage with the whole family.
  - b. Again, these are simple activities that can be found on Pinterest or a simple google search
  - c. Or simply asking your youth what they would like to do—no one knows your kids better than you!
- 5) Speaking to a counsellor is also significant for youth if they do not feel comfortable speaking to their parent or just need someone else to talk too

**\*\*If you are in immediate crisis please contact a crisis hotline\*\***

- 1) First Nation & Inuit Hope for Wellness Help Line: **1-855-242-3310**
- 2) Kids Help Crisis Text Line- **Text HOME to 686868 or call 1 800 668-6868**
  - a. Youth Help Crisis Text Line- **Text WELLNESS to 686868**
  - b. Adult Help Crisis Text Line- **Text WELLNESS to 741741**
- 3) North Bay Regional Health Centre- **(705) 495-7841**
- 4) Canadian Mental Health Association- **1-888-893-8333**





# **FNCG FOOD SECURITY PROGRAM**

The FNCG Food Security Program is underway on a needs basis for people who have low-income, and who are utilizing social support programs. There are certain contacts for food orders depending on who you access your services from on the island.

The program is delivering biweekly at the moment.

If you would like to receive this food service but haven't yet been contacted by a program facilitator, please call 705-237-8022 ext 409.



**Traditional Food is also available**

**Consider making a donation of your wild game to the FNCG Food Security Team. Your community members would appreciate the traditional food option.**

**Call 705-237-8022 ext. 405**



# FNCG FOOD SECURITY INVENTORY

### **Meat Products:**

- Ground beef
- Stewing beef
- Skinless/boneless chicken breast
- Breakfast sausage
- Whole ham
- Mild Italian sausage
- Boneless pork chops
- Bacon
- Bologna
- Sliced pepperoni
- Ham sandwich meat

### **Frozen Items:**

- Broccoli florets
- Corn
- Peas & carrots
- California vegetable mix
- Frozen berries
- Hamburger patties

### **Canned Goods:**

- Canned beans
- Canned milk
- Beef stew
- Chili
- Corned beef
- Klik
- Tuna
- Salmon
- Baby carrots
- Cream style corn
- Peas
- Mushrooms
- Diced tomatoes
- Red kidney beans
- Pineapple tidbits

- Pear slices
- Fruit cocktail
- Chicken noodle soup
- Cream of mushroom soup
- Tomato soup
- Pasta sauce
- Pizza sauce
- Beef broth
- Chicken broth
- Vegetable broth
- Salt & pepper (shakers)
- Applesauce
- Parmesan cheese (shaker)
- Ketchup
- Mustard
- Relish
- Garlic plus seasoning
- Italian seasoning
- Onion powder seasoning
- Sloppy joe mix

### **Grain:**

- Macaroni
- Spaghetti noodles
- Penne noodles
- Long grain rice
- Instant rice
- White bread
- Whole wheat bread
- Soda crackers
- Navy beans
- Hamburger buns

\* Gluten free bread can be ordered upon request

### **Breakfast Items:**

- Pancake mix
- Syrup
- Bran flakes
- Cheerios
- Corn flakes
- Rice krispies
- Oatmeal
- Instant oatmeal
- Cream of wheat
- Marmalade
- Raspberry jam
- Strawberry jam
- Peanut butter
- Honey
- Tetley tea
- Coffee
- Coffee mate
- Sweet and low
- Salada tea
- Apple juice
- Fruit punch crystals
- Orange juice
- Iced tea crystals

### **Baking Items:**

- Yeast
- Salt
- Vanilla
- White sugar
- Brown sugar
- Splenda brown sugar
- Baking soda
- Baking powder
- Splenda sweetener
- Chocolate chips
- Cornstarch
- Flour
- Cornmeal

- Tenderflake
- Crisco shortening
- Crisco oil
- Raisins
- Powdered milk

### **Other Items:**

- Toilet paper
- Paper towel
- Kleenex
- Coffee filters

### **Dairy Products:**

- Milk
- Lactose free milk
- Almond milk
- Coffee cream
- Butter
- Margarine
- Lactose free milk
- Marble cheese
- Old cheddar cheese
- Mozzarella cheese

### **Eggs**

### **Produce**

- Apples
- Oranges
- Iceberg lettuce
- Peppers (green & red)
- Potatoes
- Onions
- Carrots
- Bananas
- Grapes

Please note\*  
this inventory list will be updated with changes periodically.

# COVID-19 UPDATE

## TEMAGAMI UPDATE # 43 on COVID-19

December 10, 2020

CURRENT ACTIVE CASES				
Timiskaming	Timmins/Porcupine	Sudbury	North Bay / Parry Sound	Algoma
7	5	8	8	1
<b>TOTAL ACTIVE CASES IN NORTH EASTERN ONTARIO 3</b>				

If you think you have any symptoms of COVID-19 or are concerned that you have been exposed, please call the Temagami and Area Assessment Centre | 705-569-3244

**For more information or questions on Covid-19 call the Timiskaming Health Unit line**  
705-647-4305, Ext.7 | 1-866-747-4305, Ext. 7  
Monday to Friday 8:30 – 4:30 p.m. | Saturday and Sunday 9:00 – 12 p.m.

The Timiskaming Health Unit District now has 7 positive cases of COVID-19. Contact tracing is underway and those who have been identified as close contacts have been, or are in the process of being notified.

With seven active COVID-19 cases in the district, people have been asking about the district's geography. When the Timiskaming Health Unit announce a COVID-19 case, here is what the geographical information means:

- North – Kirkland Lake and surrounding area
- Central – Englehart, Earleton and surrounding area
- South – Temiskaming Shores and surrounding area, including the Temagami region

### PLAN A SAFE HOLIDAY OR CELEBRATION

The provincial message remains to stay at home for the holidays. There are many risks/concerns with travel from or to other restrictive zones. This is not a regulation, but a provincial recommendation at this time. Individuals travelling are to take extra pre cautions prior to and upon their return. Families/friends are strongly encouraged to celebrate virtually where possible. Christmas parties are not recommended as many outbreaks are associated with gatherings where food and alcohol are served and distance measures are not being followed.

### ASSISTANCE COPING WITH STRESS AND ANXIETY:

**Bounce Back** – [www.bouncebackontario.ca](http://www.bouncebackontario.ca)  
**Seniors Centre Without Walls** 1-800-361-5820  
**Big White Wall** – [www.bigwhitewall.com](http://www.bigwhitewall.com)

Living Temagami has partnered up with Kari Sterling to help provide peer support services to the community. A peer supporter is an individual who has experience living with a mental illness who acts as a recovery guide. These support workers share knowledge and experiences. For more information, please contact [karisterling.2018@gmail.com](mailto:karisterling.2018@gmail.com) or [livingtemagami@gmail.com](mailto:livingtemagami@gmail.com)

**SEASONAL AND RECREATION USERS** if you decide to remain at your residence through the ice in and freeze up, be aware that all services may be limited during this seasonal change. Please ensure that you have enough supplies for the period.

**FLU SHOTS** are available **by appointment only** at the Temagami Family Health Team, please call 705-569-3244 and at Temagami Pharmasave, please call 705-569-3337.

The Municipal Office is still accessible via scheduled appointments, telephone and by doorbell located at the exterior doors. The Temagami Public Library is available by appointment and doorbell only. It is limited to four visitors at a time.

**THANK YOU ALL FOR YOUR SUPPORT AND EFFORTS TOWARDS  
FLATTENING THE CURVE OF COVID-19**

[www.Temagami.ca](http://www.Temagami.ca)  
(705) 569-3421

IF YOU WISH TO RECEIVE THESE UPDATES BY EMAIL  
PLEASE EMAIL [COMMUNICATE@TEMAGAMI.CA](mailto:COMMUNICATE@TEMAGAMI.CA)







# TFN's TUTOR PROGRAM

- ✓ Need help with your homework?
- ✓ Need tips about how to write better communications and essays?
- ✓ Struggling with how to understand concepts in your course?
- ✓ Want study and homework strategies?
- ✓ Test taking strategies?
- ✓ Online learning is a challenge?
- ✓ Want better grades?
- ✓ Want to work one-to-one with a friendly and easy-going, experienced, qualified teacher?

**No Problem!**

**The Secondary Tutor is available day or night to lend a helping hand!**

**How?**

- face-to-face, in person, on Bear Island (every Friday until further notice)
  - by phone: 705-358-9342
  - by email: [secondarytutor@temagamifirstnation.ca](mailto:secondarytutor@temagamifirstnation.ca)
  - face-to-face on Zoom (I'll send you a link)
- No need to wait or schedule a time. Just reach out. All it takes is you!**

## On First Nations reserves, as of December 16, Indigenous Services Canada (ISC) is aware of:



*This has been difficult but the hard work and diligence of our community is paying off. Continue in efforts to mitigate the exposure!*

**6,569 confirmed positive COVID-19**  
 2,490 active cases  
 295 hospitalizations  
 4,020 recovered cases  
 59 deaths

**Case numbers per region:**  
 British Columbia: 507  
 Alberta: 1,817  
 Saskatchewan: 1,766  
 Manitoba: 2,106  
**Ontario: 209**  
 Quebec: 162  
 Atlantic: 2



# Merry Christmas and stay safe

*from TFN First Nation Control Group*



# Northeastern Ontario Situation Report

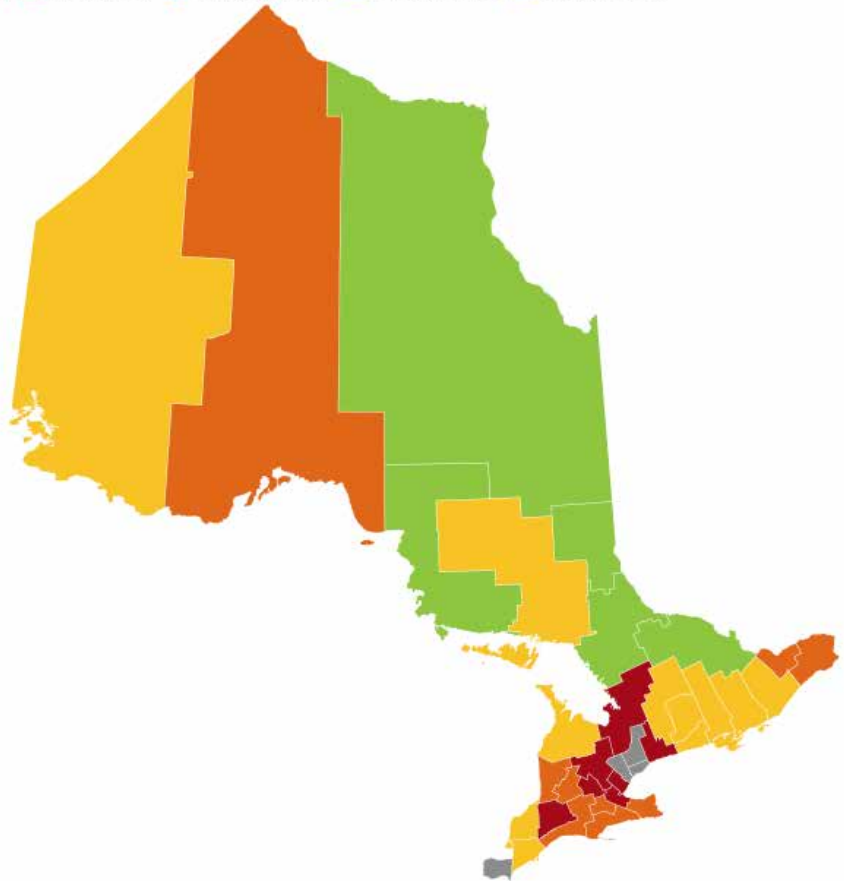
<https://www.cbc.ca/news/canada/sudbury/covid-19-numbers-northeastern-ontario-1.5509386>

- There are currently **26 active cases** in northeastern Ontario — 10 in Public Health Sudbury & Districts, three in the Porcupine Health Unit’s area, four in Timiskaming, one in the Algoma Health Unit district, and eight in the North Bay Parry Sound health unit district.
- There have been a total of **558 confirmed cases** since the pandemic began.
- According to health unit data, there are at least **520 recovered cases** in the region.
- A total of **12 people have died** from COVID-19 in northeastern Ontario.
- Northeastern Ontario health units are reporting that at least **317,892 tests** have been conducted for the COVID-19 virus.

## Ontario's COVID-19 restriction levels

Ontario's new framework classes public health regions into five levels, including lockdown

■ Lockdown 
 ■ Red (Control) 
 ■ Orange (Restrict) 
 ■ Yellow (Protect) 
 ■ Green (Prevent)



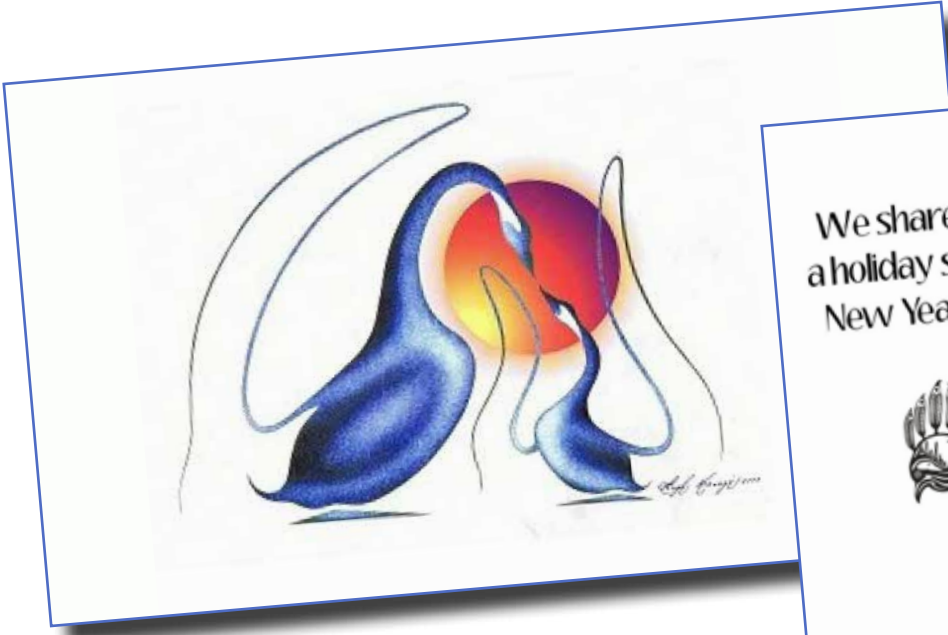
### Cases by health unit:

- Public Health Sudbury & Districts: 250
- Porcupine Health Unit: 119
- Timiskaming Health Unit: 29
- Algoma Health Unit: 62
- North Bay Parry Sound District Health Unit: 98

Most of northeastern Ontario is currently in a green zone, as outlined by Ontario’s COVID-19 response framework. Sudbury is in the yellow zone.

The restrictions get stricter as a region moves up the five levels. Here’s it how it escalates:

- Green-Prevent.
- Yellow-Protect.
- Orange-Restrict.
- Red-Control.
- Lockdown.



We share our warmest wishes for a holiday season filled with joy, and a New Year of peace and prosperity.



**TEMAGAMI**  
FIRST NATION  
Chief and Council



# CHRISTMAS GIFT PICKUP

## Marten River

Pickup Saturday  
Trappers Trading Post  
10am - 11am

## Temagami

Pickup Saturday  
Train Station  
10am - 1pm

## Bear Island

Will be mailed

If anyone cannot make these times, please email us at [livingtemagami@gmail.com](mailto:livingtemagami@gmail.com)

Thank you to the **Sisters by Choice** (Marten River & Temagami) and the **Marten River Book Club** for donating funds in order for us to purchase gifts for our community



## The Rising Phoenix Community Arts Project



### Participation Request by Living Temagami

On the eve of Winter Solstice, December 21<sup>st</sup>, a giant phoenix will burn into Temagami's night sky! On its wings of fire, it will carry **anonymous** thoughts, quotes, hopes, joys, fears, & difficult memories from our community.

Painful or dark thoughts from the past year will burn away into the darkness. Joyful or light thoughts will rise up like guiding stars to lead us to the future!

**Now it's your turn to make a "thought feather" in 2 -5 minutes!!**

#### **Option 1:**

- go to <http://freesuggestionbox.com/pub/jglrhwn>
- Write your completely anonymous message! It will be printed on the bird.

#### **Option 2:**

- Grab a piece of paper, but please do not sign it
- Write a couple words or phrases **AND / OR** draw a picture
- Take a photo of your creation and send it to [livingtemagami@gmail.com](mailto:livingtemagami@gmail.com) with the email labelled TOP SECRET, so we can use our "anonymous emails" strategy to print off your unique creation for the bird!

**HOORAY! Thanks for participating! Pat yourself on the back!**

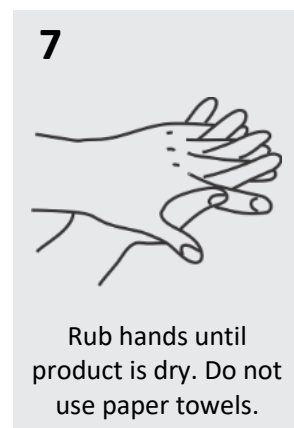
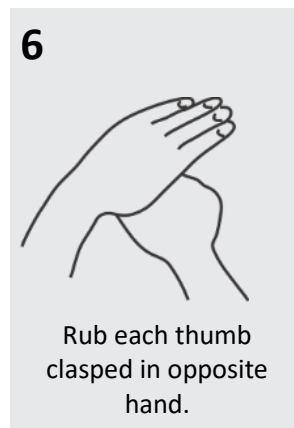
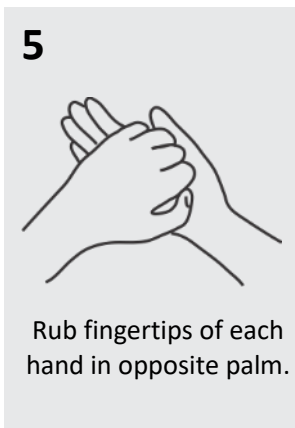
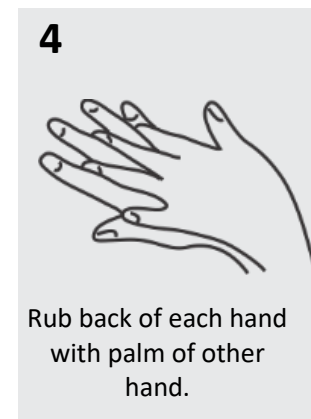
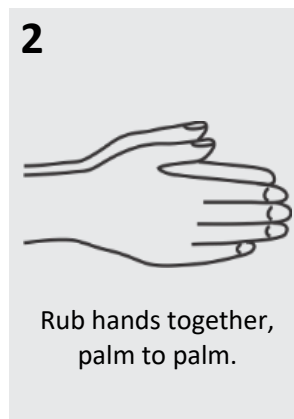
**Need ideas???** You may create **both or either** of the following on a sheet:

- 1) **Guiding Star Thoughts:** Thoughts, feelings, words, quotes, and images you want to share. These could be goals, feelings, plans, hopes, and dreams for yourselves, friends, and/or families.
- 2) **Dark Thoughts to Fade Away:** The thoughts you wish to "let go of" for the year ahead. This might include experiences that made you sad, scared, angry, or lonely. (This cathartic act of release is an old Winter Solstice tradition.)

**The fire exhibit & live art event will be filmed Dec 21st, so all may enjoy it!**



# How to use hand sanitizer



## Sources:

Ontario Agency for Health Protection and Promotion (Public Health Ontario), Provincial Infectious Diseases Advisory Committee. Best practices for hand hygiene in all health care settings [Internet]. 4th ed. Toronto, ON: Queen's Printer for Ontario; 2014. Available from: <https://www.publichealthontario.ca/-/media/documents/bp-hand-hygiene.pdf?la=en>

The information in this document is current as of March 16, 2020.

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COVID-19: How to wash your hands/How to use hand sanitizer



# FIRST NATION CONTROL GROUP

## ROLES AND CONTACT INFO

### FIRST NATION CONTROL GROUP

As outlined in the TFN Emergency Preparedness Response Plan (2020)

Position & Description	Main Contact	Designate
<b>Chief</b> <i>Providing overall leadership in responding to an emergency</i>	Shelly Moore-Frappier OFFICE: (705) 237-8943 EXT. 105 <a href="mailto:chief@temagamifirstnation.ca">chief@temagamifirstnation.ca</a>	John McKenzie <a href="mailto:2ndchieffn@temagamifirstnation.ca">2ndchieffn@temagamifirstnation.ca</a>
<b>Operations Officer</b> <i>Chairing the FNCG</i>	Robin Koistinen OFFICE: (705) 237-8943 EXT. 204 <a href="mailto:robin.koistinen@temagamifirstnation.ca">robin.koistinen@temagamifirstnation.ca</a>	
<b>Community Emergency Management Coordinator</b> <i>Ensuring that all members of the FNCG have necessary plans, resources, supplies, maps, and equipment</i>	Jamie Koistinen OFFICE: (705) 237-8943 EXT. 103 <a href="mailto:cimadmin@temagamifirstnation.ca">cimadmin@temagamifirstnation.ca</a> <a href="mailto:jamie.koistinen@temagamifirstnation.ca">jamie.koistinen@temagamifirstnation.ca</a>	
<b>Police Representative</b> <i>Notifying necessary emergency and community services, as required;</i>	Tom Saville OFFICE: (705) 237-8963 DISPATCH: 1 (888) 310-1122 <a href="mailto:thomas.saville@opp.ca">thomas.saville@opp.ca</a>	
<b>Fire Chief</b> <i>Activating the emergency notification system through the Community Emergency Coordinator;</i>	Jamie Koistinen OFFICE: (705) 237-8943 EXT. 103 <a href="mailto:cimadmin@temagamifirstnation.ca">cimadmin@temagamifirstnation.ca</a> <a href="mailto:jamie.koistinen@temagamifirstnation.ca">jamie.koistinen@temagamifirstnation.ca</a>	Louis LeFrancois DISPATCH: 1 (866) 762-0911 <a href="mailto:2fire.chief@temagamifirstnation.ca">2fire.chief@temagamifirstnation.ca</a>
<b>Public Works Rep</b> <i>Providing and maintaining all equipment necessary as well as keeping the water/sewer services running</i>	Jamie Koistinen OFFICE: (705) 237-8943 EXT. 103 <a href="mailto:cimadmin@temagamifirstnation.ca">cimadmin@temagamifirstnation.ca</a> <a href="mailto:jamie.koistinen@temagamifirstnation.ca">jamie.koistinen@temagamifirstnation.ca</a>	
<b>Medical/Health Rep</b> <i>Acting as a coordinating link for all emergency health services at the FNCG and ensuring liaison with Health Canada;</i>	Wayne Potts OFFICE: (705) 237-8900 EXT. 302 <a href="mailto:hsm@temagamifirstnation.ca">hsm@temagamifirstnation.ca</a>	Delma Peshabo OFFICE: (705) 237-8900 EXT. 305 <a href="mailto:delma.peshabo@temagamifirstnation.ca">delma.peshabo@temagamifirstnation.ca</a>
<b>Social Services Rep</b> <i>Ensuring the well-being of residents who have been displaced from their homes by arranging emergency lodging, clothing, feeding, registration and inquiries and personal services;</i>	Annette Paul OFFICE: (705) 237-8022 EXT. 401 <a href="mailto:sss@temagamifirstnation.ca">sss@temagamifirstnation.ca</a>	Alice Moore OFFICE: (705) 237-8022 EXT. 402 <a href="mailto:hbhc@temagamifirstnation.ca">hbhc@temagamifirstnation.ca</a>
<b>Emergency Medical Service Rep</b> <i>Ensuring emergency medical services at the emergency site</i>	Marie Paul DISPATCH: (705) 569-3434 <a href="mailto:efr@temagamifirstnation.ca">efr@temagamifirstnation.ca</a>	Delma Peshabo OFFICE: (705) 237-8900 EXT. 305 <a href="mailto:delma.peshabo@temagamifirstnation.ca">delma.peshabo@temagamifirstnation.ca</a>

## FIRST NATION CONTROL GROUP ROLES AND CONTACT INFO CONTINUED

<p><b>Electrical Utility Rep</b> <i>Monitoring the status of power outages and customers without services;</i></p>	<p>Jamie Koistinen OFFICE: (705) 237-8943 EXT. 103 <a href="mailto:cimadmin@temagamifirstnation.ca">cimadmin@temagamifirstnation.ca</a> <a href="mailto:jamie.koistinen@temagamifirstnation.ca">jamie.koistinen@temagamifirstnation.ca</a></p>	
<p><b>Emergency Information Coordinator</b> <i>The Emergency Information Coordinator is responsible for the dissemination of news and information to the media for the public</i></p>	<p>Heidi Jobson OFFICE: 1 (705) 237-8943 EXT. 107 <a href="mailto:communication@temagamifirstnation.ca">communication@temagamifirstnation.ca</a></p>	
<p><b>Telecommunications Coordinator</b> <i>Ensuring that all communication methods continue to stay up and running</i></p>	<p>Jamie Koistinen OFFICE: (705) 237-8943 EXT. 103 <a href="mailto:cim@temagamifirstnation.ca">cim@temagamifirstnation.ca</a> <a href="mailto:jamie.koistinen@temagamifirstnation.ca">jamie.koistinen@temagamifirstnation.ca</a></p>	
<p><b>Education/LMLC Rep</b> <i>Providing any school (as appropriate and available) for use as an evacuation or reception centre and a representative(s) to co-ordinate the maintenance, use and operation of the facilities being utilized as evacuation or reception centres;</i></p>	<p>Lynn Mongrain OFFICE: (705) 237-8943 EXT. 501 <a href="mailto:lynn.mongrain@temagamifirstnation.ca">lynn.mongrain@temagamifirstnation.ca</a></p>	<p>Michelle Polson OFFICE: (705) 237-8698 <a href="mailto:michelle.polson@temagamifirstnation.ca">michelle.polson@temagamifirstnation.ca</a></p>
<p><b>Health Centre Administrator</b> <i>Implementing the health centre/nursing stations emergency plan;</i></p>	<p>Wayne Potts OFFICE: (705) 237-8900 EXT. 302 <a href="mailto:hsm@temagamifirstnation.ca">hsm@temagamifirstnation.ca</a></p>	<p>Delma Peshabo OFFICE: (705) 237-8900 EXT. 304 <a href="mailto:delma.peshabo@temagamifirstnation.ca">delma.peshabo@temagamifirstnation.ca</a></p>
<p><b>Community Spokesperson</b> <i>The voice of the community for outside organizations; provides updates and constant communication for media etc.</i></p>	<p>Shelly Moore-Frappier OFFICE: (705) 237-8943 EXT. 105 <a href="mailto:chief@temagamifirstnation.ca">chief@temagamifirstnation.ca</a></p>	<p>John McKenzie <a href="mailto:2ndchieffn@temagamifirstnation.ca">2ndchieffn@temagamifirstnation.ca</a></p>
<p><b>Citizen Inquiry Spokesperson</b> <i>Point of contact for community members that may have questions or require an update on developing situations.</i></p>	<p>Wayne Potts OFFICE: (705) 237-8900 EXT. 302 <a href="mailto:hsm@temagamifirstnation.ca">hsm@temagamifirstnation.ca</a></p>	<p>Delma Peshabo OFFICE: (705) 237-8900 EXT. 304 <a href="mailto:delma.peshabo@temagamifirstnation.ca">delma.peshabo@temagamifirstnation.ca</a></p>
<p><b>Food Service Lead</b> <i>Ensuring that the most vulnerable population within the community will have their basic needs met during the duration of the emergency plan.</i></p>	<p>Annette Paul OFFICE: (705) 237-8022 EXT. 401 <a href="mailto:sss@temagamifirstnation.ca">sss@temagamifirstnation.ca</a></p>	<p>Rachel McKee OFFICE: (705) 237-8900 EXT. 312 <a href="mailto:hcc@temagamifirstnation.ca">hcc@temagamifirstnation.ca</a></p>
<p><b>Finance Lead</b> <i>Provides essential financial services such as Ontario Works cheques and other payments as required.</i></p>	<p>Vicky Blake OFFICE: (705) 237-8022 EXT. 113 <a href="mailto:vicky.blake@temagamifirstnation.ca">vicky.blake@temagamifirstnation.ca</a></p>	
<p><b>Mental Health Rep</b> <i>Providing support for the community's health and wellness during the duration of an emergency plan enactment.</i></p>	<p>Raymond Katt OFFICE: (705) 237-8900 EXT. 307 <a href="mailto:nnadap@temagamifirstnation.ca">nnadap@temagamifirstnation.ca</a></p>	<p>Delma Peshabo OFFICE: (705) 237-8900 EXT. 305 <a href="mailto:delma.peshabo@temagamifirstnation.ca">delma.peshabo@temagamifirstnation.ca</a></p>

