



**TEMAGAMI
FIRST NATION**

July 17, 2020

**FIRST NATION CONTROL GROUP
WEEKLY REPORT**

COMMUNITY INFORMATION

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





COMMUNITY CLEAN UP



Will commence Monday July, 20th, 2020 – for 1 week

~ CALL FOR PICK -UP ~

- We accept old furniture, machinery (cars, boats, snow-machines, bikes, etc.)
- Only items placed at the end of your driveway are eligible for pick-up.
- No brush or yard debris.

Absolutely NO FOOD WASTE accepted!

This is a phase of the project to clean up Flyer's Bay.

Call 705-237-8943 EXT 103 or 108 to arrange pick-up time.
Help keep N'Daki Menan beautiful for ourselves and our future generations.



TABLE
OF

CONTENTS

PG 4-5 FNCG Updates

PG 6 THU Mask or Face Covering Required

PG 7 -8 Timiskaming Health Unit Media Release - July 15, 2020

PG 9 AFN Mental Wellness Resources

PG 10 Self Care - Submitted by DPHC HSM

Pg 11 TFN Mental Wellness Resources

PG 12 Food Security & Home and Community Care Services Update

PG 12 Safely putting on and taking of a face mask

PG 13 Situation Report - July 17, 2020

PG 15 Coping with Stress, Anxiety and Substance Use

PG 16 Provisional Shuttle Boat Schedule

PG 18 The Impact of COVID-19 on Canadian Families and Children

PG 19 -20 FNCG Contact List



Telehealth: 1-866-797-0000

*Emergency Information Coordinator:
Heidi Jobson*

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

www.temagamifirstnation.ca

**CITIZEN INQUIRY SPOKESPERSON:
Wayne Potts**

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

TFN First Nation Control Group Update

PUBLIC WORKS/ ELECTRICAL UTILITY REP/COMMUNITY EMERGENCY

Shuttle boat is operating; Covid 19 Pandemic Protocol and Procedures in place – please be sure to wear a mask and use hand sanitizers that are available. **All trips must be booked in advance** by calling the office at ext. 101. The shuttle times are posted.

Sewage Works Reminder to residents that only toilet paper should be flushed down the toilet. Other materials can cause a very serious blockage in the line that could potentially lead to sewage backups into yours and/or other residents' homes and buildings.

POLICE

The police remain status quo and have been responding to calls and general inquiries.

FIRE CHIEF

We are currently without a Fire Chief; if you know of any one that may be interested, please have them contact Human Resources. We are looking for a reliable person to check the equipment monthly; caches; and respond to calls if necessary. Please report forest fires by calling 310-FIRE

EMERGENCY MEDICAL SERVICES REP

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

MEDICAL/HEALTH REP

Community Health Nurse, Delma Peshabo with assistance from Jennifer Peshabo, Reg.N., BScN, did some COVID testing on staff and community on Thursday. The results will be available in a few days. Those waiting on results are to refrain from attending Band Operating Buildings until their results come back as negative as per the Building Access Protocols.

If you wish to have testing done. Please call the DPHC to book an appointment. 705-237-8900 ext. 301.

Delma is waiting on delayed order of PPE. She expects her order of cloth masks to be delivered in the coming days and they will be distributed to those who would like to have them. Operations of medical transportation is under a trial period and the service will be assessed to see what improvements can be made and what service requirement has been like.

SOCIAL SERVICES

FHWC continue working toward a protocol and procedures for programming on the land; we aspire to pull together some programming for the summer.

FHWC has been tasked with mask-making; this will be used for staff traveling, clients and the community at large.

MENTAL HEALTH

A Mental Health Response Team is being formulated. These individuals are presently planning training and developing a work plan for this. There will be a call out for volunteers for this response team in the near future. Please feel free to reach out to Raymond Katt if you're interested in lending assistance in this regard.



Mental Health resources remain advertised in the newsletter, online and in the 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.

HCC - ELDER'S SUPPORT

Commencing with drop in on Tuesday; and HCC workers will be going into some homes for cleaning. Protocols and procedures will be followed and partial services will be available.

FOOD SECURITY

The Food Security Group will be discontinuing services and instead reinstating client shopping trips. The last day for food deliveries will be Tuesday, July 28, 2020. Please follow health and safety protocols when going into these public settings. Masks will be mandatory in most indoor establishments as of July 24, 2020.

EDUCATION/LMLC REP

Plans for children in the classroom in the Fall are underway; BIEA has been working on Protocols & Procedures to implement a plan to have school in the Fall.

INFORMATION COORDINATOR

Information has been made available through various media sources; The BI Blast; the Weekly Updates; Facebook, email – we continue to inform the community with those updates and how we are progressing through the pandemic.

REOPENING PROCEDURES AND PROTOCOLS

HR has been working with FNCG and Managers to get the protocols and procedures into the buildings to ensure that staff can return to a safe working environment. This also helps program managers to implement their programming under the new norm. Health & safety procedures are monitored and the needs for the staff to return are being addressed. We managed to hire our summer students on board.

SPOKESPERSON

With the Level 3 State of Emergency 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. The community is encouraged 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.

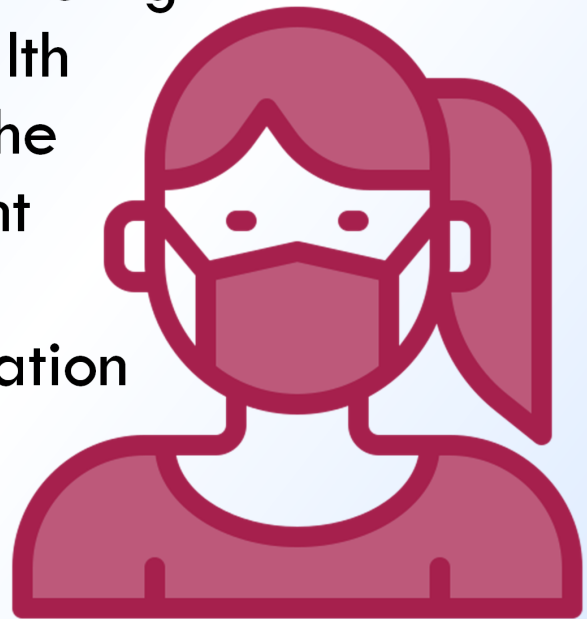
OPERATIONS OFFICER

FNCG operations remain status quo – the Level 3 State of Emergency has not heightened; we are ensuring we are addressing the overall needs of the community during this pandemic. The staff have been closely monitoring our needs to meet the community demands; the staff have worked cooperatively and ensuring food security, health & safety provisions are in place. We shall continue to have in place, the FNCG until the State of Emergency is lifted.

Mask or Face Covering* REQUIRED

in all indoor public places in the Timiskaming District
as of July 24, 2020 - see THU Press Release on next page

All persons entering or remaining in these premises must wear a mask or face covering that securely covers the nose, mouth, and chin as required by the Acting Medical Officer of Health under the authority of the Emergency Management and Civil Protection Act (EMCPA) Ontario Regulation 263/20.



Exceptions include people who cannot wear a mask or face covering for medical reasons, or children under two years old, or those who require accommodation in accordance with the Ontario Human Rights Code. Proof of exception is not required.

**A mask can be cloth (non-medical), disposable or medical and a face covering can be a bandana or scarf.*

timiskaminghu.com



Services de santé du

TIMISKAMING
Health Unit

Media Release



Mandatory Masks or Face Coverings for Indoor Public Spaces **July 15, 2020 - For immediate release**

On July 13, 2020, the Ontario government announced that 24 public health regions will be moving into stage 3 of the government's re-opening framework ([Stage 3 framework](#)), beginning Friday July 17, 2020. Timiskaming district is one of the areas that will be moving to stage 3. While these reduced restrictions are a positive development for the local economy, we need to ensure safety and prevention of future COVID-19 outbreaks remain a focus for our communities.

As of Friday, July 24, 2020, all commercial establishments in the district of Timiskaming will be required to ramp up their efforts to help prevent the spread of COVID-19. As part of COVID-19 prevention efforts, Dr. Glenn Corneil, Acting Medical Officer of Health for Timiskaming Health Unit, is issuing instructions to owners and operators of commercial establishments, as well as public transit, to have policies in place to prevent people from entering their business if they are not wearing a mask or face covering. The instructions are being issued [under the authority](#) of the provincial [Emergency Management and Civil Protection Act](#).

"The masking or face covering requirement for commercial premises that are open to the public is in addition to the diligent work businesses are already doing to ensure public health measures are in place, such as physical distancing and hand sanitization. Face coverings are extra protection to prevent COVID-19 spread, they also send a message that the wearer wants to protect others," said Dr. Corneil. "With our district now moving into stage 3 of reopening, there is also an increase of risk in spreading the virus, as more people will naturally be in situations where more contact is possible. Establishing routine masking or face coverings helps reduce this risk and also helps to protect us against a potential second wave in the fall," added Dr. Corneil.

Commercial establishments are expected to use their best efforts to implement their face covering policies. This means that signs and verbal reminders are used but there is not a requirement that a business must turn away the customer. This is in line with the "good faith" enforcement framework of the Timiskaming Health Unit's instructions, which builds on education and reminders.

In today's instruction letter, **all employers** are reminded of their ongoing responsibilities to ensure all public health measures are in place within their business.

For **owners or operators of commercial establishments or of public transit**, the additional face covering responsibility comes into effect at 12:01 a.m., Friday, July 24, 2020. A face covering means a medical or non-medical mask or other mouth and nose coverings such as a bandana, a scarf or cloth that covers the mouth and nose. Certain exemptions apply, for example, based on age or medical circumstances.

“As we adapt to this new preventative measure I encourage everyone to be patient, and respectful of one another. Wearing a mask or face covering while shopping or on public transit will now be standard practice in Northern Ontario and throughout much of the province, ,” said Dr. Corneil.

Accumulating epidemiological evidence indicates that the widespread use of face coverings by all persons decreases the spread of respiratory droplets, and expert opinion supports the widespread use of face coverings to decrease transmission of COVID-19.

Public Health is reminding residents to follow public health guidance - wash your hands; cover your cough or sneeze with your arm or a tissue; avoid touching your eyes, nose and mouth; stay two metres apart from others; wear your face covering, and stay home when ill. If you have any COVID-19 symptoms, please get tested.

For more information please visit ([COVID page](#)) or call Timiskaming Health Unit at 705-647-4305 or 1-866-747-4305 toll-free.

-30-

Media Contact:

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Communications Manager
705-647-4305 ex 2250
petersr@timiskaminghu.com

A Help Line

Aboriginal Women

1 855 554 HEAL

Talk Healing

TALK • TEXT • CHAT



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/eng/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/eng/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

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://wisepactices.ca/>
- Wapikoni Mobile: <http://www.wapikoni.ca/home>
- We Matter: <https://wemattercampaign.org/>



If you are experiencing a mental health crisis, please call CMHA-CT Crisis Line (24/7) toll free:

1-888-665-8888

Self Care

What is self-care and why does it matter? Self-care includes all the things you do to take care of your well-being in four key dimensions – your emotional, physical, psychological, and spiritual health.

Physical (the body) – to live, move, and breath

Physical self-care involves ensuring an overall healthy lifestyle that includes eating healthy, drinking lots of water, and getting plenty of exercise. Consider decluttering your home and office so that you have a feeling of spaciousness and manageability. Take time away from computers, TV, and your smartphone (sedentary lifestyles are a health issue). Enjoy moments to rest and replenish.

PAUSE & REFLECT: WHAT ARE YOU CURRENTLY DOING FOR YOUR PHYSICAL SELF-CARE?

Emotional (heart) – to love, care, and be in relationship with yourself and others

Emotional self-care might include setting clear boundaries on your time and energy. Engage emotional boundaries within helping relationships, surrounding yourself with positive people and affirmative and inspiring messages. Address any issues or problems so that they don't build up. Give and receive love, kindness, and support. Spend time with people you care about and who care about you.

PAUSE & REFLECT: WHAT ARE YOU CURRENTLY DOING FOR YOUR EMOTIONAL SELF-CARE?

Psychological (the mind) – to learn, think, and grow

Psychological self-care activities might include personal and professional development. Give attention to things that are in your control (your sphere of influence). Take time for personal reflection. Notice your inner experiences, thoughts, and feelings. Cultivate self-awareness through things such as journalling, getting feedback



from others, meditation, coaching/counselling, and consultation or supervision – places where you have the opportunity to grow, learn, and reflect.

PAUSE & REFLECT: WHAT ARE YOU CURRENTLY DOING FOR YOUR PSYCHOLOGICAL SELF-CARE?

Spiritual (the spirit) – to connect with essence, purpose, and meaning

Spiritual self-care might include prayer or meditation. You may want to visualize, practice gratitude, spend time in nature, and be aware of the non-material aspects of your life. Identify what is meaningful to you in your work and life. Practice mindfulness and being present in the moment.

PAUSE & REFLECT: WHAT ARE YOU CURRENTLY DOING FOR YOUR SPIRITUAL SELF-CARE?

Reflective Journalling Exercise

With these four dimensions of self-care and wellness in mind, consider your own self-care activities in these areas of life. How do you nourish your mind, body, heart, and spirit? How do you actively reduce and manage stress in both your personal and professional life?

How do you feel when you are honouring your self-care needs? How do you recognize when you are neglecting your self-care needs? What's calling to you for more attention? What self-care are you feeling proud of? What is one self-care action you would like to commit to doing today? This week? This month?

Your self-care matters! Allow it to be fun, guilt-free, enjoyable, and nourishing. You know what is best for you – give yourself permission to take time to fill your own cup so that you can make a difference from a place of vitality, well-being, and health. Your self-care benefits you and others too – it is a win-win!

CTRI Handout



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
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

TFN Home and Community Care Update

July 17, 2020

Shopping Trips:

- Will start back up the beginning of August to New Liskeard only
- July 28th will be the last day for the Food Security

Clients with in-home services:

- Starting the beginning of August in-home services will be weekly

Meals on Wheels:

- July 22nd will be the last Meals on Wheels



Safely putting on and taking off a mask*

When you wear a mask, be sure to:

PUTTING ON

- Wash your hands before
- Place mask on your face so it securely covers your nose, mouth, and chin (no gaps)
- If applicable, pleats on outer side are facing down
- If applicable, pinch metal strip over nose
- Do not touch the mask or your face while using it
- Do not leave it on your neck, forehead, or hanging from your ear

- Change your mask as soon as it gets damp or dirty
- Wash your hands before removing
- Remove it without touching the side that faces outwards
- Put the mask directly into the washing machine or a plastic bag for cleaning
- Wash your hands and clean any surface the mask touched

TAKING OFF

*A mask can be cloth (non-medical), disposable or medical and a face covering can be a bandana or scarf.



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Northeastern Ontario Situation Report

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

As of July 17, there are 217 confirmed cases of COVID-19 in northeastern Ontario.

- According to health unit data, there are at least **200 recovered** cases in the region, which is about 93 per cent of the total cases.
- There are currently **2 active cases** of COVID-19 in northeastern Ontario, according to local health units.
- A total of 11 people have died from COVID-19 in the northeast region.
- Northeast health units are reporting that at least 67,456 tests have been conducted for the COVID-19 virus.

Cases by health unit:

- Public Health Sudbury & Districts: 67
- Porcupine Health Unit: 69
- Timiskaming Health Unit: 18
- Algoma Health Unit: 26
- North Bay Parry Sound District Health Unit: 37



My mask protects you and your mask protects me. Wear a mask.



There have been reports of

FACE MASK LITTER

around the island.

When individuals do not take responsibility to dispose of their waste properly it puts others at risk.



**Proper disposal
is imperative.**

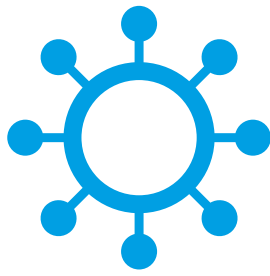
Wearing is caring.

Protect our community
by wearing a face mask.



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COPING WITH STRESS, ANXIETY, AND SUBSTANCE USE DURING COVID-19

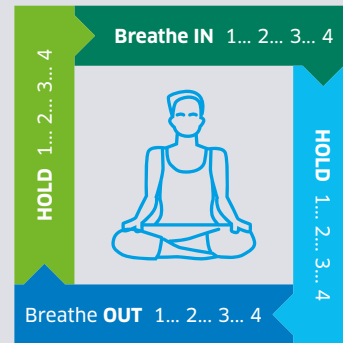
The COVID-19 pandemic has created disruptions in our lives that can cause feelings of stress and anxiety. **These feelings are normal.**

What you'll experience if you're feeling stressed or anxious

- Fear or constant worry
- Anger or being easily irritated
- Difficulty sleeping
- Difficulty concentrating
- Struggling with decisions
- Consuming alcohol, cannabis, or other substances more than usual

Square breathing

This simple exercise can help calm your nervous system and alleviate feelings of anxiety when you're getting overwhelmed.



When you use alcohol, cannabis, or other substances to cope or temporarily relieve stress and anxiety, it may make those feelings worse and increase the risk of developing a substance use disorder.

What you can do to cope

- Stay active and keep yourself busy** with activities you enjoy.
- Stay connected** with friends and family while still practising physical distancing.
- Find balance** by staying informed but know when to take a break from COVID-19 news and topics.
- Be kind to yourself**, this is a difficult time, and you're doing your best to manage a challenging situation.
- Take care of your body** by eating and sleeping well, exercising, and meditating.
- Reach out for help!** Talk to a family member or friend, and seek professional support if needed.

If you use substances

- 1 Monitor your use: pay attention to its frequency and context.
- 2 Follow *Canada's Low-Risk Alcohol Drinking Guidelines*.
- 3 Follow *Canada's Lower Risk Cannabis Use Guidelines*.
- 4 Avoid stockpiling alcohol, cannabis, and other substances.
- 5 Reach out for help if you feel your use is becoming a problem.

For more information, visit www.ccsa.ca or www.mentalhealthcommission.ca/English/covid19



Mental Health Commission of Canada
Commission de la santé mentale du Canada

Financial contribution from



Health Canada
Santé Canada



Canadian Centre on Substance Use and Addiction

Evidence. Engagement. Impact.

TEMAGAMI FIRST NATION

PROVISIONAL SHUTTLE BOAT SCHEDULE - JULY 2020

SCHEDULE A MONDAY TO FRIDAY		JULY 2020							WEEKDAY TRIPS ONLY
Depart Bear Island WEEK DAY (MON-FRI)	Depart Minerod WEEK DAY (MON-FRI)	Sun	Mon	Tue	Wed 1 Canada Day	Thu 2	Fri 3	Sat 4	
*7:45 a	*8:15 a	5	6	7	8	9	10	11	MUST BOOK BY CALLING 705 237-8943 EXT 101
*8:45 a	*9:15 a								NOTE: EMERGENCY SERVICES CALL MAY PRE-EMPT THIS SCHEDULE
*9:45 a	*10:15 a								
*10:45 a	*11:15 a								
*1:00 p	*1:30 p	12	13	14	15	16	17	18	Covid 19 Global Pandemic: Protocol & procedures 1. hand sanitizer prior to boarding available 2. face mask mandatory prior to boarding 3. five (5) passenger maximum plus driver 4. trash bin available
*2:00 p	*2:30 p								
*3:00 p	*3:30 p								
*4:00 p	*4:30 p	19	20	21	22	23	24	25	
*5:00 p	*5:30 p								
		26	27	28	29	30	31		

NOTE: ON-CALL TRIPS MAY REQUIRE ONE (1) HOUR NOTICE - PLEASE LEAVE MESSAGE FOR BOOKING & CANCELLED TRIPS

THIS SCHEDULE MAY CHANGE WITHOUT NOTICE ~ WEATHER PERMITTING

CALL (705) 237-8943 ~ All trips must be confirmed

- Programs & Services \$25/person up to \$100 max
- Two Regular size Bin Limit; \$10 per passenger
- Cash, EMT available vicky.blake@temagamifirstnation.ca

**Do not gather in
groups of more than
10 people.**



**Stay home if you're not well.
Stay safe. Stay positive!**

timiskaminghu.com/90484/COVID-19

The impact of the COVID-19 pandemic on Canadian families and children

We asked Canadians what it is like to be a parent during the COVID-19 pandemic. Here are some of the participants' responses:

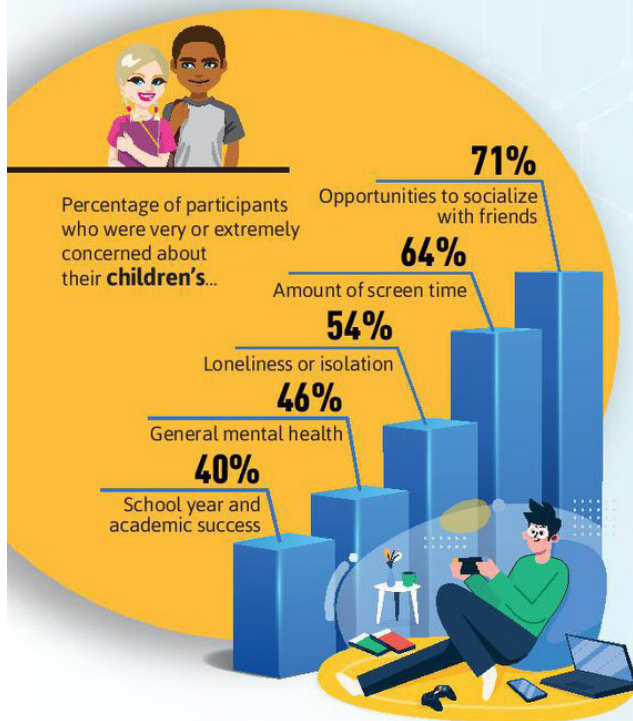
Screen time, reading and physical activity were the most popular daily activities

Daily or almost every day



Percentage of participants who said that their children engaged in selected activities at home

Parents' top concerns were children's opportunities to socialize with friends and balancing child care, schooling and work



Percentage of participants who were very or extremely concerned for their **families** in terms of...

Balancing child care, schooling and work	74%
Managing their child's or children's behaviours, stress levels, anxiety and emotions	61%
Having less patience, raising their voice, or scolding or yelling at their children	46%
Staying connected with family or friends	43%
Getting along and supporting each other	37%
Feeling lonely in their own home	30%

Parents of young school-aged children were the most likely to be very or extremely concerned about balancing child care, schooling and work

Preschool-aged children only	70%
School-aged children aged 4 to 11	80%
School-aged children aged 12 to 14	55%
Children of various ages	76%



For more information, please check out the [Daily](#) article.

Source: Statistics Canada, Impacts of COVID-19 on Canadians: Parenting During the Pandemic, June 2020.

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FIRST NATION CONTROL GROUP

ROLES AND CONTACT INFO

CONTACT INFORMATION: RECEPTIONIST AT (705) 237-8943 EXT. 101

Position & Description	Main Contact	Designate
Chief <i>Providing overall leadership in responding to an emergency</i>	Arnold Paul OFFICE: (705) 237-8943 EXT. 105 chief@temagamifirstnation.ca	John Turner OFFICE: 1 (705) 237-8982 EXT. 504 2ndchieffn@temagamifirstnation.ca
Operations Officer <i>Chairing the FNCG</i>	Virginia Paul OFFICE: (705) 237-8943 EXT. 102 ed@temagamifirstnation.ca	Robin Koistinen OFFICE: (705) 237-8943 EXT. 204 robin.koistinen@temagamifirstnation.ca
Community Emergency Management Coordinator <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 cim@temagamifirstnation.ca jamie.koistinen@temagamifirstnation.ca	Tom Mathias OFFICE: (705) 237-8631 EXT. 705 pwsuper@temagamifirstnation.ca
Police Representative <i>Notifying necessary emergency and community services, as required;</i>	Brad Kerr OFFICE: (705) 237-8963 DISPATCH: 1 (888) 310-1122 brad.e.kerr@opp.ca	Tom Saville OFFICE: (705) 237-8963 DISPATCH: 1 (888) 310-1122 thomas.saville@opp.ca
Fire Chief <i>Activating the emergency notification system through the Community Emergency Coordinator;</i>	Louis LeFrancois DISPATCH: 1 (866) 762-0911 2fire.chief@temagamifirstnation.ca	
Public Works Rep <i>Providing and maintaining all equipment necessary as well as keeping the water/sewer services running</i>	Derek Green OFFICE: (705) 237-8631 EXT. 701 derek.green@temagamifirstnation.ca	Tom Mathias OFFICE: (705) 237-8631 EXT. 705 pwsuper@temagamifirstnation.ca
Medical/Health Rep <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 hsm@temagamifirstnation.ca	Delma Peshabo OFFICE: (705) 237-8900 EXT. 305 delma.peshabo@temagamifirstnation.ca
Social Services Rep <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 sss@temagamifirstnation.ca	Alice Moore OFFICE: (705) 237-8022 EXT. 402 3tfnouncillor@temagamifirstnation.ca hbhc@temagamifirstnation.ca
Emergency Medical Service Rep <i>Ensuring emergency medical services at the emergency site</i>	Marie Paul DISPATCH: (705) 569-3434 efr@temagamifirstnation.ca	Delma Peshabo OFFICE: (705) 237-8900 EXT. 305 delma.peshabo@temagamifirstnation.ca
Electrical Utility Rep <i>Monitoring the status of power outages and customers without services;</i>	Jamie Koistinen OFFICE: (705) 237-8943 EXT. 103 cim@temagamifirstnation.ca jamie.koistinen@temagamifirstnation.ca	Tom Mathias OFFICE: (705) 237-8631 EXT. 705 pwsuper@temagamifirstnation.ca
Emergency Information Coordinator <i>The Emergency Information Coordinator is responsible for the dissemination of news and information to the media for the public</i>	Heidi Jobson OFFICE: 1 (705) 237-8943 EXT. 107 communication@temagamifirstnation.ca	Courtney Saville OFFICE: 1 (705) 237-8943 EXT. 110 courtney.saville@temagamifirstnation.ca

FIRST NATION CONTROL GROUP ROLES AND CONTACT INFO CONTINUED

Telecommunications Coordinator <i>Ensuring that all communication methods continue to stay up and running</i>	Jamie Koistinen OFFICE: (705) 237-8943 EXT. 103 cim@temagamifirstnation.ca jamie.koistinen@temagamifirstnation.ca	Patrick Cormier OFFICE: (705) 237-8943 EXT. 109 projectadmin@temagamifirstnation.ca
Education/LMLC Rep <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>	Lynn Mongrain OFFICE: (705) 237-8943 EXT. 501 lynn.mongrain@temagamifirstnation.ca	Michelle Polson OFFICE: (705) 237-8698 EXT.601 michelle.polson@temagamifirstnation.ca
Health Centre Administrator <i>Implementing the health centre/nursing stations emergency plan;</i>	Wayne Potts OFFICE: (705) 237-8900 EXT. 302 hsm@temagamifirstnation.ca	Delma Peshabo OFFICE: (705) 237-8900 EXT. 304 delma.peshabo@temagamifirstnation.ca
Community Spokesperson <i>The voice of the community for outside organizations; provides updates and constant communication for media etc.</i>	Arnold Paul OFFICE: (705) 237-8943 EXT. 105 chief@temagamifirstnation.ca	John Turner OFFICE: 1 (705) 237-8982 EXT. 504 2ndchieftfn@temagamifirstnation.ca
Citizen Inquiry Spokesperson <i>Point of contact for community members that may have questions or require an update on developing situations.</i>	Wayne Potts OFFICE: (705) 237-8900 EXT. 302 hsm@temagamifirstnation.ca	Delma Peshabo OFFICE: (705) 237-8900 EXT. 304 delma.peshabo@temagamifirstnation.ca
Food Service Lead <i>Ensuring that the most vulnerable population within the community will have their basic needs met during the duration of the emergency plan.</i>	Rachel McKee OFFICE: (705) 237-8900 EXT. 312 hcc@temagamifirstnation.ca	
Finance Lead <i>Provides essential financial services such as Ontario Works cheques and other payments as required.</i>	Vicky Blake OFFICE: (705) 237-8943 EXT. 113 vicky.blake@temagamifirstnation.ca	Beverley St.Denis OFFICE: (705) 237-8943 EXT. 111 beverly.stdenis@temagamifirstnation.ca
Mental Health Rep <i>Providing support for the community's health and wellness during the duration of an emergency plan enactment.</i>	Raymond Katt OFFICE: (705) 237-8900 EXT. 307 chr@temagamifirstnation.ca	Delma Peshabo OFFICE: (705) 237-8900 EXT. 304 delma.peshabo@temagamifirstnation.ca

WHAT IS PHYSICAL DISTANCING?

Physical distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:



Avoiding non-essential trips in the community



Cancelling group gatherings



Working from home, where possible



Conducting meetings virtually



Keeping kids away from group settings



No visits to long-term care homes and other care settings

If you must go out, keep a distance of 6 feet from others.