



# Pikwakanagan Tíbadjūmowín

Friday April 24, 2020

Published by: Kateri Amikons (613) 625-2800 ext. #221

Email: [admin.reception@pikwakanagan.ca](mailto:admin.reception@pikwakanagan.ca)

View the newsletter on-line: [www.algonquinsofpikwakanagan.com](http://www.algonquinsofpikwakanagan.com)

Facebook : Algonquins of Pikwakanagan First Nation

Dear members of The Algonquins of Pikwakanagan First Nation,

This letter will be short and sweet compared to my last letters; I know there is a lot to review and digest in these newsletters.

We remain in a holding pattern in a state of emergency and, while the number of cases and deaths are appearing to level out, we are not going to change our response. Other First Nations and other jurisdictions are considering easing some of the restrictions and we will watch closely and seek advice regarding the best course of action for Pikwakanagan. It is precisely because we have been swift, decisive, and complete in our response that we have been able to keep the virus away. A decision to reopen for short term economic benefit will be of no benefit at all if the longer-term outcome is a loss of life.

Some of the important things to consider when evaluating our collective response as a First Nation, or your own personal response to this pandemic are: What is a life worth? How do you value a life? Is a visit or activity worth the death of a relative or friend? What are we really giving up?

We are grateful to the frontline workers who are sacrificing their personal safety and the businesses who are sacrificing their profit and livelihood to save the most vulnerable amongst us. Every day I am counting our collective blessings and my personal blessings. To wake up each day is a blessing. Life can be quite a struggle at times. Please, see the following poem "Desiderata", a concise but truly inspiring reminder to strive for the high ideals. It reminds us to treat others kindly, to accept who they are and to be gentle with ourselves.

*Wendy Jocko, Chief*

## Desiderata

GO PLACIDLY amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune.

But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with Creator. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

Adapted from text by Max Ehrmann

©1927

**FINANCIAL ASSISTANCE IS AVAILABLE TO MEMBERS BY CALLING  
(613) 639-1633 - Covid-19 related.**

Leave your name & number and someone will call you within 24 hours, except on weekends.

*\*Financial Assistance is subject to change daily\**

## FINANCIAL ASSISTANCE PROGRAMS

### Emergency Assistance through Ontario Works

There are additional supports available for OW and ODSP clients as well as those who do not currently receive those supports.

#### Eligibility:

Must be living in AOPFN

Cannot be receiving Ontario Works, ODSP or any other income at this time

#### Assistance for:

To receive up to 48 days and can be renewed (call for reassessment)

Contributes towards basic needs and shelter costs

Additional funds available, please keep receipts

**Call Karen Levesque at 613-625-2800 ext. 241.**

### Employment Insurance

If you are eligible, you may apply for regular EI benefits, EI sickness benefits or EI caregiver benefits. After April 6th, if you stopped working for a reason related to COVID-19, you should apply for CERB instead.

Either way, your application will be automatically assessed for CERB. If you get CERB, you may still be eligible for EI benefits when CERB benefits run out.

Apply online for EI benefits - <https://www.canada.ca/en/services/benefits/ei.html>

### Canada Emergency Response Benefit (CERB)

#### The benefit is available to workers:

- Residing in Canada, who are at least 15 years old;
- Who have stopped working because of reasons related to COVID-19 **OR** are eligible for EI regular or sickness benefits **OR** have exhausted their EI regular benefits between December 29, 2019 and October 3, 2020;
- Who had employment and/or self-employment income of at least \$5,000 in 2019 or in the 12 months prior to the date of their application; and,
- Who have not quit their job voluntarily.

#### How To Apply:

Online with CRA My Account <https://www.canada.ca/en/revenue-agency/services/e-services/e-services-individuals/account-individuals.html> Over the phone with an automated phone service 1-800-959-2019 or 1-800-959-2041

### Canada Child Tax Benefit

\$300 per child will automatically added to monthly payment for current recipients

If you need to apply:

<https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview/canada-child-benefit-apply.html>

### Ontario Child Benefit

\$200 per child (age 0-12) OR \$250 per child (age 0-21) with special needs. If your child attends Ontario public school and you received money during the strikes, you are already enrolled.

If you need to apply:

<https://www.ontario.ca/page/get-support-families>

### GST Credit

Average \$400-600 added per eligible household, to receive you must have filed your taxes.

**Tax Deadline** extended to June 1, 2020.

### Wage Subsidy

Assistance available for businesses to encourage not to lay off employees

Open to non-profits, charities and businesses that have lost at least 30% of their revenue due to COVID-19.

For more information: <https://www.canada.ca/en/departement-finance/economic-response-plan/wage-subsidy.html>

# EOCC COVID-19 PANDEMIC

**613-625-2800 EXT. 230**

*Leave messages with questions regarding COVID 19 at this number*

To follow all latest updates on COVID-19 on our website click the red banner  
“Algonquins of Pikwakanagan First Nation update on COVID-19” at the top of our main page.

**PIKWAKANAGAN WILL REMAIN UNDER ITS' STATE OF EMERGENCY  
UNTIL MAY 12, 2020.**

## COVID-19 - UPDATES

*April 22nd, 2020 by Brittany Martin, CHN/Pandemic Advisor*

### 1. Renfrew County

**has:**

- 14 Confirmed Cases
- 1 Death
- 998 Negative Tests
- 177 Pending Test Results.

### 2. Pikwakanagan has:

No confirmed cases at this time. We expect to see the number of confirmed cases increase over the next couple of days as more results come back. The measures

### 3. Canada has:

- 38,206 Confirmed Cases
- 1,8310 deaths

## TRAFFIC CONTROL

Monitoring Stations continue to be set up at three access points to Pikwakanagan:  
a) The Bridge b) Mishomis Inamo/Crimson Maple Road b) Kokomis Inamo/Ruby Road.  
Staff & Volunteers are committed to our State of Emergency.

***Pikwakanagan security will increase into the evenings and we will continue to collaborate with authorities.***

## CALL THE OPP TO REPORTS INCIDENCES AS FOLLOWS:

Reference: [www.opp.ca](http://www.opp.ca) Detachment numbers and emails: [opp.ca/detachments](http://opp.ca/detachments).  
***Emergencies: call 911***

**To report a less serious incident call:** 1-888 310-1122 or online at [opp.ca/reporting](http://opp.ca/reporting).

**To report a non-essential business remaining open contact:** call 1-888-310-1122 or Killaloe Detachment (613) 757-2600

**To report non-compliance under the Quarantine Act contact:** Public Health Agency of Canada <https://www.canada.ca/en/public-health.htm>.

**COVID-19 related scams are available on:** the [Canadian Anti-Fraud Centre](http://Canadian Anti-Fraud Centre) or <https://antifraudcentre-centreantifraude.ca/features-vedette/2020/covid-19-eng.htm>; 1-888-495-8501 or (613) 757-2600

## FINES

\$ 750.00– Fail to comply with an order made during a declared emergency

\$1,000.00– Obstruct any person with an order made during a declared emergency

\$ 1,000.00- Obstruct any person performing duty in accordance with an order made during an emergency



## PIKWAKANAGAN FIRE & RESCUE

Level 2 Fire ban in effect starting Tuesday April 7, 2020 until further notice

#pikfirerescue



### FLOODING

If you are experiencing flooding issues: bags, ties and sand are available between Pikwakanagan Fire Hall & the community post office boxes. Due to COVID-19 individuals will have to fill bags themselves. Please bring your own shovels. Ensure that if you have help & safe distancing protocols are followed. Call Jan Leroux at 613-434-2353 for bags & ties if needed.

### HEALTHY, BABIES, HEALTHY CHILDREN (HBHC) HAS EXPANDED:

Are you a family with children ages 0-6 years or are pregnant, please contact the Community Health Nurse for Food/ Essentials Vouchers and support. Provide your name, children's name and age, address and a contact number. NEW USER? Don't forget to use "HBHC" in your email subject line. [chn@pikwakanagan.ca](mailto:chn@pikwakanagan.ca)

### PANDEMIC- COMMUNITY SAFETY MEASURES

- Covid-19 is in Renfrew County. Follow the steps below to protect yourself and your loved ones.
- STAY HOME
- Limit errands to once a week (errands should **only** include groceries & medicine)
- Wearing non-medical masks is a measure you can take to protect those around you.
- If you are over 65 OR have other health issues, ask someone to drop off groceries to your door.
- If a person does not live in your home they should not be coming to your house.
- Wash hands often with soap and water for at least 20 seconds. Use hand sanitizer if soap and water is not available.
- To Clean Surfaces: Use soap and water, normal household cleaners OR Mix 5 Tablespoons of bleach with 1 Gallon of water. Keep surfaces wet with solution for several minutes before wiping.
- Cough or sneeze into you sleeve/elbow and avoid touching your face.

**If you are feeling sick do not leave your house unless its an emergency. If it is an emergency call 911.**

If you suspect you have COVID-19 please complete the self-assessment tool at the following website: [covid-19.ontario.ca/self-assessment](https://covid-19.ontario.ca/self-assessment), Contact RCDHU at 613-735-8654, 7-days a week, Monday to Sunday, 8:00 a.m. to 7:00 p.m OR Contact your primary care provider by phone.

### NIHB (Non Insured Health Benefits)

Non-insured Health Benefits will be processed as usual, please drop off any bills to the Health Center on Tuesdays between 8:30-12:00.

### TEMP HELP WANTED

#### Traffic monitors

Volunteers are needed at the entrances, Shifts will be 5 1/2 hours per day. Honorariums are being paid to volunteers. If interested please call Jan Leroux at (613) 585-3213

#### Administrative Assistant/ Coordinator

Aopfn is looking for persons to provide support for emergency response activities

Please register with Christine Hutchinson at 613 625-2800 ext 253



## CLOTH MASKS

Cloth masks were made for each household by AOPFN Staff and volunteers. These masks were delivered today (April 24, 2020) to each household in Pikwakanagan. Please read the information below on cloth masks.

# Let's Talk About Masks!

- ✓ Non-medical masks may help protect others around you
- ✓ They offer protection, especially when physical distancing is hard to maintain
- ✓ Wearing a non-medical mask is NOT a replacement for physical distancing, hand washing, and monitoring your health
- ✓ Wearing a non-medical mask can increase your risk of infection if you touch your face more frequently



[OttawaPublicHealth.ca/Coronavirus](https://OttawaPublicHealth.ca/Coronavirus)



All parts of non-medical masks can become contaminated when touched by your hands. Follow these precautions to protect yourself and others:

- Wash your hands properly with soap and water or use an alcohol-based hand sanitizer before and after putting on a mask.
- **Avoid touching the mask while wearing it**
- Make sure the mask fits well (no gaps) over your mouth and nose
- Change the mask by only touching the straps or ear-loops. Do not touch the front of the mask.
- Place the used mask directly into the washing machine or a bag that can be emptied into the washing machine and then disposed of.
- Wash the cloth masks in the washing machine with other items using regular laundry detergent and a hot cycle, and then dry them thoroughly.

Do not leave discarded masks in shopping carts or on the ground. Do not place a used mask on any work surface, common area, or equipment because it could contaminate that surface.

**Continue physical distancing and wash your hand often.**

## FOOD SECURITY 613-639-1633

- Open for food requests Monday to Friday (except holidays) 8:30 am to 4:30 pm
- Afterhours calls or messages will not be accepted.
- Provide your name, number of people in household, your contact phone number and what food items are you looking for.
- You must be at home at the time of food delivery - remain in the house until the food is dropped off at your front door.
- Individuals have to call in for themselves

### **Client Shopping –using your own funds.**

Shoppers (select) is a service that is being provided.

You can make arrangements by calling 613 639 1633 or 613 625 1230. Leave your contact number and a shopper will be in contact with you to arrange.

- You can order and pay in advance by credit card, pay by your debit or cash.
- Provide your shopping list.
- Gift cards

Peggy Dick R.N., Supervisor, Home Care

## ALGONQUINS OF PIKWAKANAGAN FIRST NATION MEMBERSHIP ADDITIONS

Name	Family Line	Date Posted	Appeal Period Ends
Lavalley, Joseph	Lavalley	10 Oct 19	10 Apr 20
Lavalley, Jady	Lavalley	10 Oct 19	10 Apr 20
St. Louis, Joshua	Lavalley	10 Oct 19	10 April 20
Dick, Phoenix	Aird/Commada	25 Oct 19	25 Apr 20
Lopes, Ella	Lavalley	8 Nov 19	8 May 20
Filiatrault, Marcus	Ignace	16 Dec 19	16 June 20
McCutcheon, Bertram	Jocko	16 Dec 19	16 June 20
Pilatzkie, Carla	Lavalley	09 Jan 20	09 July 20
Turcott, Kaitlyn	Ignace	09 Jan 20	09 July 20
Sovie, Daniel	Ignace	21 Feb 20	21 Aug 20
Griff, Melissa	Commandant	21 Feb 20	21 Aug 20
Sarazin, Phoenix	Sarazin	02 Mar 20	02 Sept 20
Glassford, Mark	Meness	12 Mar 20	12 Sept 20
Chadwick, Chantel	Lamure/Commanda	12 Mar 20	12 Sept 20
Lepine, Pamela	Sharbot	12 Mar 20	12 Mar 20
Hatfield, Susan	Lavalley	12 Mar 20	12 Sept 20
Chadwick, Benjamin	Lamure/Commanda	30 Mar 20	30 Sept 20
Chadwick, Jasmine	Lamure/Commanda	30 Mar 20	30 Sept 20
O'Shea, Carly	Partridge	30 Mar 20	30 Sept 20
O'Shea, Tyler	Partridge	22 April 20	22 Oct 20

If you wish to appeal the addition of one of the above persons becoming a Member of the Algonquins of Pikwakanagan First Nation, please refer to your Membership Code, available in the Lands, Estates & Membership Department or email at [mgr.lem@pikwakanagan.ca](mailto:mgr.lem@pikwakanagan.ca)

## FAMILY HEALTH TEAM

**613-625-1175**

- Continuing services but on a limited client interaction basis
- Phone calls and messages are taken daily Monday to Friday 8:30 – 4:30.
- Patients that are in the schedule for an appointment, will be contacted 1-2 days prior to their appointment for screening and triaged for respiratory symptoms.
- Please contact your pharmacy for all prescription renewals.
- Patients that require an appt. may contact the Family Health Team as usual for triage and f/u. Most appointments will be completed by phone with D. Frew NP and Dr. Coulas.
- The front doors are looked at all times.
- If it is decided that you need to be seen, arrangement will be made.
- Allergy desensitization and child hood immunizations will continue with scheduled appointments

## VEGETABLE GARDEN STARTER KIT

### CONWAY'S PHARMACY – REMOTE DISPENSING LOCATION PIKWAKANAGAN, HEALTH CENTRE

**613-625-9974**

Services will remain **OPEN** and **DELIVERIES AVAILABLE** *Monday - Friday*

#### Hours of Operation April 27–May 1

Monday:	9:00 am—4:00 pm	closed 12:00-1:00
Tuesday:	9:00 am—4:00 pm	closed 12:00-1:00
Wednesday:	9:00 am—1:00 pm	
Thursday:	9:00 am—4:00 pm	closed 12:00-1:00
Friday:	9:00 am – 4:00 pm	closed 12:00-1:00

If you have questions or concerns on how to pickup your prescriptions if the main door is locked, please call us prior to your arrival. Messages will be checked multiple times throughout the day.

## TENNISCO MANOR & SERVICES

**613 625-1230**

**CLOSED** to the public and visitors with a few exceptions.

Home Care, Home Maintenance, Palliative and Respite Care, Community Services are limited. Call for more information.

## MEDICAL TRANSPORTATION

**613 625-1230**

Essential appointments only. All necessary precautions will be taken for driver and clients

**613-625-2259 [diabetic.navigators@pikwakanagan.ca](mailto:diabetic.navigators@pikwakanagan.ca)**

The diabetic Care Navigator would like to thank you to all who participated in my vegetable growing starter kit giveaway program. In all, 25 vegetable starter kits were delivered throughout the community. Please stay tuned to our Facebook page (Pikwakanagan Health Service) for more veggie growing tips next week. Happy gardening!! To my diabetic clients, please know that I am available for phone or email consultations. Natalie

## MENTAL HEALTH SERVICES

**613-639-9189**

In honour of Volunteer Appreciation Week, the Mental Health Team would like to thank the Pikwakanagan Fire Department and all of the volunteers who are currently assisting in keeping Pikwakanagan safe and monitoring entrances to the First Nation. In addition, we want to express our appreciation to all the essential workers on the frontlines at the Tennisco Manor who continue to care for our elders. A big thank you as well to Mindiwin Manido staff, Prevention staff, and others for helping deliver food to community members!

**Community Crisis Line** – 613-639-9189

**Counselling:** Sandi Wright (613-625-2259) and leave a message with your name.

**Addictions:** Matt Hutten call (613) 639-9189

**Family and Child Counselling** – Ruqqiah available on Fridays. Call (613) 625-2259 and leave a message with your name

**Overdose Prevention Line** – 1-888-853-8542

**Online AA Support** – To access virtual AA support, visit [www.247aaonline.com](http://www.247aaonline.com).

**Safe Injection Kits** – To access safe injection kits, contact the Health Centre or Renfrew County District Health Unit.

**On evenings and weekends, or if you prefer using anonymous services, we suggest the following crisis lines:**

Mental Health Crisis Line (Distress Centre) – 1-866-966-0991

Bernadette McCann House – 613-732-3131

Women's Sexual Assault Centre of Renfrew County – 1-800-663-3060

Victims Services Renfrew County (Domestic Violence & Human Trafficking) – 1-800-668-6868

Kids Help Phone – 1-866-668-6868

## KEEPING SAFE DURING COVID-19

Home is not always a safe place for everyone. Pandemics can cause increased isolation and danger because of social distancing. If your home becomes unsafe, or if you'd like to have someone check in with you, please call the Community Crisis Line and let us know.

### **\*NEW SERVICE\***

Qualia Counselling Services located in Six Nations First Nation is offering free telephone and video counselling to all First Nations during COVID-19. Must have a valid status card number. For more information, visit their website at [www.qualiacounselling.com](http://www.qualiacounselling.com), call 1-855-785-2273, or text 226-792-8433.

## CHILD WELFARE & PREVENTION SERVICES

**Clients & Community: (613) 585-1275.**

Alexandra Bednash, Supervisor, FN Child Welfare: [childwelfare.cfs@pikwakanagan.ca](mailto:childwelfare.cfs@pikwakanagan.ca)

Angie Seguin, Prevention Worker: please call contact number above

**Emergencies:** taking all necessary precautions

**Regular visits and follow-up meetings:** Done remotely by telephone or video conferencing

**Reporting:** To report a child or youth in need of protection, please contact Family and Children of Renfrew County at: (613) 735-6866 or toll-free 1-800-267-5878.

FCS is available 24 hours a day, 7 days a week.

**Court Appearances:** Courts are **not** operating as usual. Please visit the Superior Court of Justice or Ontario Court of Justice websites for detailed information. On-site family mediation and information services have been temporarily suspended. Contact service providers for more information.



## **PUBLIC WORKS**

For issues pertaining to Public Works, call Selena Roesler at (613) 717-2770

## **EDUCATION 613 625-2800 EXT. 239**

### **POST-SECONDARY**

Congratulations to our Post-Secondary Students who completed their exams!

### **NEW APPLICATIONS FOR POST-SECONDARY FUNDING DUE MAY 15TH**

- New applicants please visit the [www.algonquinsofpikwakanagan.com](http://www.algonquinsofpikwakanagan.com) to access the application form under Education Program for the Post-Secondary Policy.
- New applicants refer to Page 9 & 10 How to Apply for Sponsorship.
- Pages 15 & 16 are the “Application for Sponsorship” this applies to new students, includes the Secondary Students.

Any questions please e-mail to [post.secondary@pikwakanagan.ca](mailto:post.secondary@pikwakanagan.ca) Telephone Messages: 613-625-2800 ext. 239 Toll Free 1-866-841-8900

## **ELEMENTARY & SECONDARY STUDENTS**

### **Secondary Students – Opeongo High School**

- Scott will be also being setting up other means to work with our students, i.e. zoom, face to face chat. Please call or email at the following information Scott Schoenfeldt  
Email: [Schoenfeldts2@rcdsb.on.ca](mailto:Schoenfeldts2@rcdsb.on.ca). Tel: 613-585-1491.
- Virginia Sarazin-Lasenby email: [lasenbyv@rcdsb.on.ca](mailto:lasenbyv@rcdsb.on.ca)
- Parents/Guardians please be advise if you have not been contacted by the schools due to a change in your contact information. Please call the school ASAP at 613-628-2606 and leave a message.
- **DO NOT HAVE ACCESS TO INTERNET?** the school will be packaging learning materials for the students to be pickup at the schools and/or delivered. The schools will contact you when the material is available, please be patience.
- If you are experiencing difficulty in accessing Google for your student, Adam Bernard is available to assist you. Please contact him at Email: [bernard@rcsb.on.ca](mailto:bernard@rcsb.on.ca) Telephone: 613-585-2503
- **Native Language Michele Gaudry** is available for both elementary schools on line in google classroom  
Email: [michel.gaudry@gmail.com](mailto:michel.gaudry@gmail.com) Telephone: 613-633-7130  
**Educational Assistant Jessica Verch** with St. James Classroom Assistant is available on line with the teacher. Email: [jessica.verch@rcdsb.ca](mailto:jessica.verch@rcdsb.ca)
- In-School Staff are available Monday to Friday from 8:30 to 4 p.m.

## **COMMUNITY HOT SPOTS FOR INTERNET**

1. Administration Office Parking lot Wifi network: aopfnguest Password: junebugs Available Monday to Friday from 8:00 a.m. to 5:00 p.m.
2. Makwa Community Centre Parking lot Wifi network: Bell082 Password: 2356416C Available 7 days a week from 8:00 a.m. to 8:00 p.m.

*Algonquins of Pikwakanagan First Nation*  
*1657A Mishomis Inamo Pikwakanagan, ON K0J 1X0*

Office : (613) 625-2800

Fax : (613) 625-2332

**OFFICE CLOSURE IN EFFECT DUE TO COVID-19**

**NORMAL HOURS OF OPERATION**

Monday - Friday  
8:30 am to 4:30 pm

12:00-1:00 pm Closed for LUNCH

**\*\*HOLIDAY CLOSURES\*\***

New Year's Day, Family Day, Good Friday, Easter Monday, Victoria Day, National Aboriginal Day, Canada Day, Civic Holiday, Labour Day, Thanksgiving, Remembrance Day & Christmas Day.

Closed between Christmas & New Year's Day

**NEWLETTER**

As of Friday April 3, 2020 there will be a limited amount of hardcopies of the Weekly Newsletter at our community mailbox. Please continue to view our weekly newsletter at [www.algonquinsopikwakanagan.com](http://www.algonquinsopikwakanagan.com) or check out the link on our facebook page.

**ANIMAL CONTROL**

JUNE LOGAN

(613) 625-2545 or (613) 602-3626

Our Animal Control law can be viewed on our  
website

**WASTE DISPOSAL SITE**

~ HOURS OF OPERATION ~

**Wednesdays: 12:00 noon to 6:00 p.m.**

**Sundays: 9:00 a.m. to 3:00 p.m.**

Wednesday– Garbage pick up

Thursday– Fibre pick up

Friday– Containers pick up

**Garbage and Recycling must be at curbside  
by 9:00 am**

**ZOOM & FACEBOOK MESSENGER  
STAYING IN TOUCH**

Zoom offers a free 1 hour that video conferencing that people can use to stay connected with family and friends. Facebook messenger also has free video calling people can use to stay in touch.

<https://zoom.us/> OR [facebook.com](https://www.facebook.com/)

**COVID-19  
UPDATE**

**\*\*\*DEADLINE FOR SUBMISSION IS THURSDAY'S at 12:00 NOON - NO EXCEPTIONS\*\*\***