



# *Pikwakanagan Tíbadjumowín*

**Friday March 27th, 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.algonquinsopikwakanagan.com](http://www.algonquinsopikwakanagan.com)**

**Facebook : Algonquins of Pikwakanagan First Nation**

## **COVID-19**

### **RENFREW COUNTY REPORTS ITS FIRST CASE OF COVID-19!! ITS GETTING CLOSE TO HOME!**

The spread of COVID-19 in Canada and in Ontario is still rising hourly. Everyone needs to take this crisis seriously and take action if we are to keep our community safe. You need to take precautions and measures to protect yourself, your family, your friends and the community. Here are some current (March 26<sup>th</sup>) statistics to give you an idea of the gravity of the pandemic;

- Worldwide there are 472,000 diagnosed cases with 21,000 deaths;
- Spain has a significant number of cases with 4,000 deaths. In one day alone Spain's number of cases rose by 10,000;
- Canada has 3,409 cases with 36 deaths;
- Ontario has 688 diagnosed cases with a number of deaths;
- Our neighbouring province of Quebec (25 miles away) has 1,339 diagnosed cases;
- Ottawa has declared a State of Emergency; and
- Renfrew County has reported its first case of COVID-19.

### ***We are not immune. You are not immune.***

You should know that if your child or a family member gets sick, they will be transported to the hospital in an ambulance **ALONE**, you will not be able to go with them or visit them. You will not be able to call them because healthcare staff will not have the time to help. They will be all alone, in a scary place and you will not be able to do anything to comfort them. It does not matter if they are 2 years old or 95 years old, they will not allow visitors. That is why our community must do everything we can to prevent this virus from reaching us.

The Emergency Response Control Group is strongly recommending that you follow the directions and instructions provided to you and in this Newsletter on how to reduce the risk. Practice social distancing and self-isolate. However, just because you self-isolate for 14 or more days does not mean you become immune – you will still need to take the precautions until the pandemic is declared over.

Just because someone is not showing any symptoms doesn't mean that they are not infected. There have been a significant number of people coming into Pikwakanagan interacting with members. Can you imagine what might happen, how people might feel and how they might react, how you might react if the virus was transmitted to a member here?

We sincerely appreciate those businesses that have been proactive in reducing the risk to the members and the community by closing down. This will greatly reduce the risk. We encourage other businesses to follow their lead.

The Control Group will continue to meet (via zoom and teleconferencing to reduce the risk!) to monitor the situation, take and recommend actions as necessary and to keep you informed. By all of us working together we can keep our community, our families, our children, our parents, and grandparents safe!

*Meegwetch, Chief and Council.*

## ***A MESSAGE FROM COUNCIL: RETIREES***

The front page communique will be the last one written to you by Kirby in his 17 years as our Chief. Kirby is stepping down from this position officially at the close of the polls on the 28<sup>th</sup> of March. Kirby has been a powerful leader for the Algonquins and he has always put the community first. Those who have worked with Kirby over the years know what he brought to the table. Kirby's dedication to the Algonquins and to the community and his accomplishments will not be forgotten. Kirby, you will be missed, we wish you well and all the best in whatever path you decide to follow. Enjoy what life brings you and Meegwetch Chief Kirby Whiteduck for your leadership!

A more formal farewell to both Chief Kirby Whiteduck and Councillor Ron Bernard will be held once we have overcome this pandemic where we can show our appreciation for your services to the Algonquins of Pikwakanagan First Nation

*Council For the Algonquins of Pikwakanagan First Nation*

## **ALGONQUINS OF PIKWAKANAGAN FIRST NATION COVID-19 RESPONSE**

Algonquins of Pikwakanagan First Nation leadership, senior management and senior nurses initiated the Community Emergency Plan to develop a Control Group in response to the Covid-19 Pandemic. To date the Plan has been used to respond to the emerging health, safety and welfare needs of the community.

### **The functions of the Emergency Response Control Group consists of:**

- Making informed recommendations to Chief and Council.
- Meeting on the weekly or daily basis throughout the crisis to maintain the best possible approach towards the COVID-19 Pandemic. Our Pandemic Plan will guide the approach.
- Overseeing and maintaining emergency measures and essential services. Establishing working groups for delivery of emergency measures and essential services.
- Delivering key messages and notifications on community safety aimed at protecting our community and taking care of our most vulnerable sectors.

The Emergency Response Control Group consists of the Chief, Council representative, Executive Director, Health Services Manager, Finance Manager, Public Works Manager, Community Health Nurse-Pandemic Advisor, Home & Community Care Nurse-Senior Services and Nurse Practitioner, Executive Assistants and Fire Chief.

**TO BE CLEAR, the Chief has NOT declared a community emergency at this time.**

## **NOTIFICATIONS**

1. March 25, 2020 Renfrew County and District Health Unit confirms the first positive laboratory confirmed case of novel coronavirus 2019 (COVID-19) in the region. A woman in her 90s developed symptoms and was tested by Pembroke Regional Hospital (PRH) on March 23, 2020. She is currently an inpatient at PRH.
2. The Ontario Provincial Government has declared all non-essential businesses close as of Tuesday, March 24<sup>th</sup>, 2020 at 11:59pm. This is to encourage social isolation to slow the progression of COVID-19 within communities across Ontario.

## **COVID-19 PANDEMIC INFORMATION POSTINGS**

**All COVID-19 PANDEMIC INFORMATION WILL BE POSTED ON THE ALGONQUINS OF PIKWAKANAGAN FIRST NATION FACEBOOK SITE AS SOON AS IT IS AVAILABLE. THE WEEKLY NEWSLETTER WILL CONTINUE BY PAPER COPY AND UPLOAD TO THE WEBSITE.**

**CALL 613-625-2800 EXT 230 AND LEAVE A MESSAGE WITH ANY QUESTIONS OR CONCERNS**

## **PIKWAKANAGAN BUSINESS OWNERS**

To Pikwakanagan Business Owners,

Our world has been gripped by an infectious disease that has never been seen before and that we currently have no means to treat. We have no medicines or vaccines that cure people that become sick with this illness. Our only way of slowing down the spread of this illness is to drastically limit our interactions with each other. This has meant restrictions on travel, avoidance of all group activities, working from home when possible and limiting the time we spend in public places, including stores. The Ontario government has mandated that all non-essential business close their doors to public shopping to help slow the spread of Covid-19.

Covid-19 is a virus that is easily spread from person to person. It is spread through droplets that are coughed or sneezed into the air and then can live on hands or other surfaces for up to 72 hours. People that have the virus may not feel sick and could still feel well enough to do tasks such as shopping. If a person who has the virus enters a business, it is possible for them to spread Covid-19 by coughing, sneezing or just touching objects within the store. As the virus can live for up to 72 hours on some surfaces, the risk is that another patron of the store can then touch or breath in the virus and become infected.

Every person that is infected with the virus can spread the virus to many more people and soon after the virus will be everywhere in our community. The fear of mass spread has been seen in other countries around the world. So many people are dying in these countries that our medical community and policy makers are recommending the most drastic measures to prevent spread of this virus in the community. While recognizing the financial implications of a closure of all non-essential businesses, the health consequences of not closing could mean very sick community members and even avoidable deaths to family members and friends.

This is an unprecedented time in our world. It is a time of uncertainty and unrest. We do have a shield of protection though and that is by e distancing ourselves from each other. This is a time where we need to unite together by separating ourselves. With this in view, it is the strong encouragement and recommendation of the pandemic planning committee that all non-essential businesses within Pikwakanagan close for the foreseeable future to help keep the spread of Covid-19 from reaching our community. This is the home of our friends and family, and we know it is in the heart of each one to do what we can to protect our most vulnerable members. To those businesses that have already closed, we thank you for taking this seriously and putting the health of the community above all else.

*Emergency Response Control Group*

## COMMUNITY HEALTH NURSE

Brittany Martin, Community Health Nurse (CHN) is the Pandemic Advisor. She provides Chief and Council with up-to-date advice about the COVID-19 virus. The CHN acts as a resource to AOPFN by providing health and safety recommendations and coordination of Pandemic Services.

The Renfrew County Health Unit is administering testing. If you think you have COVID-19 call the Health Unit or your primary care provider and they will screen you. **Health Unit # 613-735-8654 ext. 577**

### Pandemic- Community Safety Measures

Renfrew County has one confirmed case and community spread of COVID-19. Pikwakanagan must do what we can to protect the vulnerable. Every community member that is not listening to the following recommendation is at risk of passing the virus to other community members. Some members of the community will not survive if they are exposed to COVID-19. Please help stop the spread. Follow the Social Distancing guidelines below.

#### Social Distancing and Self-Isolation

- Anyone over the age of 65 should self-isolate
- Anyone with flu-like symptoms should self-isolate
- Anyone with international travel history in the last 14 days should self-isolate
- Anyone with chronic health issues should self-isolate
- All community residents should practice social distancing

#### Social Distancing means:

- STAY HOME
- Limit errands to once a week (errands should only include getting groceries & medicine)
- If you are over the age of 65 OR have other health issues, ask someone to drop off groceries to your door.
- No social gatherings (do not get together with friends or family, do not schedule playdates)

If you are feeling sick **DO NOT LEAVE YOUR HOUSE UNLESS IT IS AN EMERGENCY.**

#### DON'T FORGET..

- Wash your hands with soap and water for at least 20 seconds (Wash your hands as often as you can). 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 to ensure virus is killed.
- Cough or sneeze into you sleeve/elbow.
- Avoid touching your face
- Only believe info from credible sources (AOPFN Facebook Page, Provincial/Federal government, Public Health Agency of Canada)

We will get through this together,

Brittany Martin, Community Health Nurse & Pandemic Advisor

## FAMILY HEALTH TEAM

- Open on Monday and Thursday by appointment only
- Derek Frew will provide Nurse Practitioner services to clients that have concerns that cannot wait until the closure is over
- Phone appointments will be scheduled starting Monday March 23<sup>rd</sup>
- Clients can call and leave a message with their contact information; messages will be checked regularly

Pikwakanagan Community,

Now that COVID-19 has reached our doorstep, it is time for us to continue to put our planning and preparations into place. Our best defense is to remain calm, think logically and prioritize the health of the community. This no doubt is a time of increased fear and anxiety, everyone is aware of the devastation this virus has caused across the globe. That being said, we've had the advantage of learning from others in our world and we know that our best action is to isolate ourselves from others as much as we possibly can and to practice excellent hand washing when we are forced to be in public. We need to remind ourselves that the news doesn't capture the majority of people who recover fully from this virus.

No doubt, many will sense that they have symptoms of fever, cough and even shortness of breath. The natural impulse would be to go out and seek testing. This is not necessary for most people and in fact increases your risk of actual exposure to the virus. If you feel you have symptoms, call your primary care provider and have a discussion. For most people, the recommendation will be to stay home, drink lots of fluids, rest and take a medication like Tylenol for the fever and discomfort.

I want to write this to be as much of an encouragement as possible. If we practice the things we know to do, we significantly reduce our risk of exposure. If by chance, we do become infected with Covid-19, most will fully recover. What we need to do is think logically and not allow fear to dictate our decision making.

I wish you all a good and safe day.

*Derek Frew*

*Nurse Practitioner*

*Pikwakanagan Family Health Team*

**CANADA'S COVID-19 ECONOMIC RESPONSE PLAN.**

<https://www.canada.ca/en/department-finance/economic-response-plan.html>

## MENTAL HEALTH SERVICES

**Counselling:** Services will continue remotely by contacting Sandi Wright at (613) 639-9189

**Addictions:** **Services will continue remotely: Leave a message with Sandi at (613) 639-9189 and she will make connect you with Matt Hutton.** Email at [addictions.mhs@pikwakanagan.ca](mailto:addictions.mhs@pikwakanagan.ca)

**CONTINUED ON NEXT PAGE...**

**GROCERY STORES ARE STILL OPEN AND GETTING  
FOOD DELIVERIES MULTIPLE TIMES A WEEK.**

**Food & Supplies:** Please only use the food services if you are unable to leave your home because you fall into an at-risk category OR you cannot afford to buy food.

If in need food & supplies CALL (613) 625-2259.  
Leave a message with the following information:

- ✓ Name
- ✓ Telephone Number
- ✓ Address
- ✓ Single and Family Home
- ✓ Number of children if you are a Family Home
- ✓ Size of Baby Diapers, if needed
- ✓ Baby Formula, if needed

- All requests will be assessed and prioritized by need
- Residents should expect volunteers at their homes from 10am to noon and we ask that they **remain in their homes** until volunteers are in their vehicle.
- Information on future deliveries will come BUT residents are encouraged to continue to leave a message as they begin to run out for the following week.
- If we happen to have a shortage, we will use the next order to feed those who have not accessed the services before.

**NEXT DELIVERY DATE: MARCH 30, 2020**

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

**613-625-9974**

Services will remain OPEN.

*Delivery available Monday - Friday*

**Hours of Operation March 30 –April 3**

Monday:	9:00 am – 4:00 pm	(closed 12 to 1)
Tuesday:	9:00 am – 4:00 pm	
Wednesday:	9:00 am – 1:00 pm	
Thursday:	9:00 am – 1:00 pm	(closed 12 to 1)
Friday:	9:00 am – 1:00 pm	

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

*Thank you*

**MEDICAL TRANSPORTATION**

**(613) 625-1230**

- Essential appointments only i.e. dialysis, cancer treatments and specialist appointments or testing that haven't already been cancelled.
- All necessary precautions of protection for the driver and the clients is taken.

## FITNESS

It is very important to stay isolated to keep healthy but being isolated does not mean you can't stay active. You can still go for walks outside with your partner, yourself or your children so long as you keep your distance from others. Use the backroads and the bush trails! Fresh air will help keep your immune system healthy.

Make healthy eating choices to keep your body well nourished and well hydrated.

Please keep in touch with me and feel free to reach out at anytime. For those of you who do not have my number it is 613-334-9791. My email is [fitness@pikwakanagan.com](mailto:fitness@pikwakanagan.com). Stay healthy ☐ TerryAnn Grosklag

## TENNISCO MANOR & HOME CARE SERVICES

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

- Those affected by the closure were contacted individually
- Family calls and facetime can be arranged by phone & outdoor through glass visits.
- Doors are locked from 6:00 pm until 6:00 am.
- Staff are requesting your patience if calls are not answered immediately; staff maybe providing client care. Please leave a message or call back.

**Home Care:** Services and other community visits **is now LIMITED**.

- Clients have been contacted individually
- All precautions will be put into place when providing the service
- Home Care Nurses will call clients and do assessments over the phone

**Home Maintenance:** Services will continue by calling (613) 625-1230. Leave your Name & Number.

- Requests will be assessed, prioritized and arrangements will be scheduled.
- All precautions will be put into place when providing the services

**Palliative and Respite Care:** No interruptions and services will continue.

## HOUSING

**Responsibility:** Merv Sarazin, Manager is the only person available to deal Housing. He has provided his personal cell number to facilitate a quicker response for emergencies.

**Emergencies:** Will be prioritized and addressed. Call (613) 639-1522 (housing emergencies only)

**Service Contractors:** Plumbers, Electricians, Heating Companies etc. are limited but every effort is being made to secure their services to address our emergencies.

**Maintenance & Repairs:** Not available. Will be addressed when circumstances change. Leave a message or email your concern and a list will be started. (613) 625-2800 ext.246 or Email: [mgr.publicworks@pikwakanagan.ca](mailto:mgr.publicworks@pikwakanagan.ca)

## PUBLIC WORKS

**Garbage Pick Up:** Continues as normal.

**Landfill Site:** Hours of Operation will continue as normal.

**Recycling:** Continues as normal.

**Road Maintenance:** Completed and on going as necessary (road patching)

**Road Repairs:** Lower end of Mishomis Inamo to be addressed.

Nina will be checking messages daily, please call (613) 625-2800 ext.245 or

Email: [assistant.publicworks@pikwakanagan.ca](mailto:assistant.publicworks@pikwakanagan.ca)

## CHILD WELFARE & PREVENTION SERVICES

**Emergencies:** addressed , taking all necessary precautions

**Regular visits and follow-up meetings:** Will be done remotely by telephone or video conferencing

**Court Appearances:** Will be cancelled as the Court clerks advise

**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.

### Contact Numbers:

Clients & Community: (613) 585-2330

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

Angie Seguin, Prevention Worker: (613) 585-2330

**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.

## ONTARIO WORKS

- Cheque Distribution: Pick up at the Administration Office on:  
**April 1<sup>st</sup> 9:00-10:00 am. TAKE NOTE OF THE REDUCED HOURS.**
- All necessary precautions will be in place.
- New clients and applications will be completed over the phone.
- Client needing additional assistance are to contact Karen Levesque at (613) 625-2800 and dial ext. 241
- Messages are retrieved daily & a response will be provided within 24 hrs from 8:30 am to 4:30 pm.

## EDUCATION

**Post-Secondary:** weekly contacts with our students and institutions

- **Institutions have advised students OCAS is still open for your application (new students)**
- **Post-Secondary applications for continuing and new students deadline May 15<sup>th</sup>,**

Please e-mail [post.secondary@pikwakanagan.ca](mailto:post.secondary@pikwakanagan.ca) if you have any question about your application

### Elementary & Secondary Students:

- Both school boards schools are closed for the 2 weeks, pending on further announcements from the Government
- Both boards have advised they will be in contact with the parents and a letter will be sent to the parents
- Our office is working with the boards for our students

Email: [mgr.education@pikwakanagan.ca](mailto:mgr.education@pikwakanagan.ca) and [post.secondary@pikwakanagan.ca](mailto:post.secondary@pikwakanagan.ca)

Telephone Messages: (613) 625-2800 – Please use Ext. # 239, as calls are checked on a regular basis.

# GENERAL ELECTION

## MEMEBERS ARE STRONGLY ENCOURAGED TO VOTE ON-LINE OR BY MAIL.

The question has been asked: Is the Elections on March 28, 2020 going to be postponed due to COVID -19.

As the Electoral Officer, I have obtained a legal opinion on Custom Election Code in respect the powers of the Electoral Officer and/or Chief & Council to postpone an election date.

From the legal opinion the Custom Election Code does not give the Electoral Officer, the Council or anyone the discretion on when the election is to be held and that the code sets a mandatory date for the election. Therefore, it is not possible to extend or postpone the election date.

Additionally, the current Council's term ends after three years from last election and there is no provision to allow for the current Council's term to be extended.

Therefore, the Polling Station will be open from 9:00 a.m. to 7: 00 p.m. on March 28, 2020 at the Makwa Center and the count will follow on March 29, 2020 beginning at 9:00 a.m. at the Makwa Center with strict rules to safeguard everyone present.

We STRONGLY encourage members to vote electronically or by returned ballots. If you have misplaced your PIN for electronic voting, you can request your PIN by emailing [assistant.lem@pikwakanagan.ca](mailto:assistant.lem@pikwakanagan.ca) , [kassandra\\_sackaney@hotmail.com](mailto:kassandra_sackaney@hotmail.com) or [mgr.lem@pikwakanagan.ca](mailto:mgr.lem@pikwakanagan.ca). You will have to provide your full name, registry number and birth date so that we can verify who you are.

The Elections staff are working closely with the Pandemic Planning Committee to increase and implement new strategies to ensure every precaution is taken for safety of our membership if they choose to use the in-person polling station on March 28<sup>th</sup>, 2020.

### **DUE TO THE CORONAVIRUS, THESE RULES WILL APPLY:**

1. Only one voter at a time will be allowed in the Polling Station (Makwa Center).
2. Stay in your vehicle until security signs for you to come in.
3. You will come in and keep a 2-metre distance between you and the staff.
4. Proceed to the "X" marked on the floor in the Lobby for the sanitary station.
5. Proceed ONLY to the taped line marked on the floor in the gym area.
6. We will check the voters list and provide you with a ballot if you have not voted electronically.
7. Electoral Officer and/or Deputy will place a ballot on the table and then they will step back at safe distance.
8. Then you will pick up the ballot, proceed to the voting station and complete your ballot.
9. Once done, you will proceed to taped line again, and then the Electoral Officer and/or Deputy will direct you to place the ballot on the table and move back to the taped line. You can watch the Electoral Officer and/or Deputy pick up the ballot and directly deposit in the ballot box.
10. You will then leave the building.

### **PLEASE NOTE:**

- The voting station, the pencils and table will be disinfected between voters
- Voters will not be permitted anywhere else in the building

**RETURNED BALLOTS:** If you are dropping off a returned ballot, the rules 1 – 5 (above) apply except you will be depositing the returned ballot in a box designated for returned ballots.

*Note: To assure the membership, the current Council were not involved at any steps in making of this decision*

# AOPFN DIRECTORY

Due to Office Closure under Covid –19 NOT ALL MESSAGES ARE BEING CHECKED.

The information in red are the numbers and extensions checked regularly.

## EMERGENCY RESPONSE CONTROL GROUP: 613-625-2800 EXT. 230

### CHIEF AND COUNCIL 613-625-2800

Alanna Hein	chiefcouncil@pikwakanagan.ca	228
Kevin Lamarr	negotiations@pikwakanagan.ca	

### FIRE & RESCUE

Chris Sarazin	chrissarazin53@gmail.com	613-286-1018
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### HEALTH SERVICES 613-625-2259

Maureen Sarazin Tomasini	mgr.health@pikwakanagan.ca	227
Michelle Hume	assistant.health@pikwakanagan.ca	223
Carolyn Smoke	client.intake@pikwakanagan.ca	221
Brittany Martin	chn@pikwakanagan.ca	225
Melissa Pessendawatch	chr@pikwakanagan.ca	224
Marlene Sackaney-Keeling	hcc@pikwakanagan.ca	232
Dorothy Hartwig	seniors@pikwakanagan.ca	
Natalie Mooy	diabetic.navigators@pikwakanagan.ca	

### MENTAL HEALTH TEAM 613-625-2259

Sandi Wright	supervisor.mhs@pikwakanagan.ca	231
Emily Pecarski	navigator.mhs@pikwakanagan.ca	230
Matt Hutten	addictions.mhs@pikwakanagan.ca	
Sabrina Laframboise	counsellor.mhs@pikwakanagan.ca	226

### FAMILY HEALTH TEAM 613-625-2259

Tracey Madigan	assistant.fht@pikwakanagan.ca	
Jenna Walsh	dietician@pikwakanagan.ca	

### TENNISCO MANOR 613-625-1230

Peggy Dick	homecare.supervisor@pikwakanagan.ca	
Maggie Benoit	assistant.homecare@pikwakanagan.ca	
Victoria Luloff	homecare.tsp@pikwakanagan.ca	
Kim O'Brien	clientcare.tm@pikwakanagan.ca	

### PUBLIC WORKS 613-625-2800

Merv Sarazin	mgr.publicworks@pikwakanagan.ca	246
Angelina Commanda	assistant.publicworks@pikwakanagan.ca	245





# Managing Anxiety & Stress

DURING COVID-19

Everyone reacts differently to stressful situations. How people respond to an outbreak can depend on your experiences, background, and more.

Some people who might respond more strongly to the stress of a crisis are:

- Older people & people at higher risk for COVID-19
- Children and Teenagers
- People helping respond to the crisis, like health care providers or first responders
- People who have mental health or substance use challenges

If you, or someone you care about are feeling overwhelmed with emotions like sadness, depression, or anxiety, call the Crisis Line 24/7 1-(888)-866-0991 or the community crisis number.



## Strategies to Maintain Mental Wellness During COVID-19

What has worked for you before that helps you manage stress and anxiety? Many of those strategies you can still use. One challenge is the disruption of routines that pandemics create.

Some ideas that might be helpful are:

- **Find a balance** - stay up to date with information, but know when to take a break
- **Keep in touch** - with loved ones, friends via phone or video chatting
- **Get proper rest and sleep** - sleep can help reduce stress and prepare us to better manage stress
- **Stay active** - unless you're experiencing symptoms, you are allowed outside. Try to get moving once a day!



## Managing Child/Youth Anxiety

Children are at higher risk for experiencing anxiety during this uncertain time. The loss of their normal routine can throw children off balance, causing abnormal behaviours (or increased behaviors), appetite disruptions, sleep disruptions, and mood changes including symptoms of anxiety.

Some strategies to help lessen child/youth anxiety are:

- Creating and maintaining a routine can decrease anxiety because it establishes a sense of what to expect
- Limiting exposure to the news will decrease anxiety as children often feed into media
- Choose a quarantine ritual - Pick something to do as a family every day at the same time. Examples could include going for a walk at 4pm, calling a friend or relative every evenings, or having a dance party in the mornings
- Make Plans - Having little things to look forward to can help decrease anxiety. Virtual play dates, scavenger hunts, and movie nights are all great ideas!



## Quarantine and Isolation

**Quarantine** - Separating well people who have been exposed to the virus to see if they become sick

**Self-Isolation** - Separating people who have symptoms so that they can't infect others

Both are sometimes needed to prevent the spread of a virus in a community.

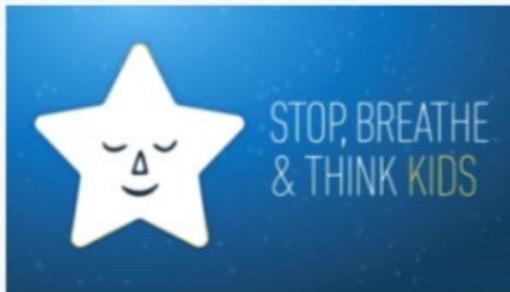
People placed in quarantine or self-isolation may experience a wide range of feelings. They may find it hard to sleep. Others may feel relieved.

The following may help you through this challenging time:

- **Keep Busy** - Try creating a schedule and sticking to it, catch up on tasks or home projects, or do things you normally love
- **Social Interaction** - Call, videochat, or text people close to you. Staying connected and sharing feelings is important
- **Self-care** - eating healthy, staying active, practicing relaxation strategies
- **Prepare Ahead** - Ask family or friends to get additional food if quarantined, make sure you have enough medication, and keep a list of important numbers

# APPS FOR COPING WITH ANXIETY

FOR KIDS/YOUTH!



Stop, Breathe, & Think Kids is a mindfulness-based app that offers activities to calm kids for stressful situations.

Colorfy is an app-based colouring book that has thousands of free pages to colour. A great strategy to take your mind off anxiety!



Super Stretch Yoga is an app to get kids moving - but also teaches about breathing and relaxation. The app features 12 yoga poses for kids to follow along with.

Calming Bottle is an app version of a DIY calming glitter bottle. Useful for regulating your child during a meltdown or to calm yourself during anxiety.



## NOTICE OF CANCELLATION

This is a notice of cancellation for the planned “Farewell to Chief Kirby Whiteduck and Councillors Ron Bernard” that was scheduled for March 27, 2020, at 11:00 a.m. in the Council Chambers because of the decision to close the office due to the COVID-19.

## SPRING FLOODING

### A 10 Step Prevention Guide

#### 1) FIX LEAKS IMMEDIATELY

If you have cracks in your foundation or roof, it will make it easy for rain to get in and cause water damage.



#### 2) PURCHASE EXTRA PROTECTION

Spend some money on your roof and purchase a waterproof barrier so that water doesn't seep into your home through cracks.



#### 3) CLOSE FOUNDATION CRACKS

Seal any cracks in your foundation with caulk or masonry, which will fill the gaps for a cheap price.



#### 4) BATTERY POWERED SUMP PUMP

If the power goes out, then your sump pump will stop as well. Having a battery powered pump will ensure that you're protected.



#### 5) MOVE IMPORTANT ITEMS

Move your valuables to a higher level of your home if you can, it will protect them during a severe flooding event.



#### 6) CATALOG YOUR POSSESSIONS

Taking a home inventory can help you with an insurance claim if your home does end up flooding in the future.



#### 7) ANCHOR FUEL TANKS

Unanchored tanks can float and release fuel in the event of a flood, so you should anchor them and wrap them in waterproof insulation.



#### 8) PREVENT SEWER BACKUP

Install a sewer line check valve, which will ensure that the water only flows one way which will prevent a flood.



#### 9) CLEAR DRAINS & GUTTERS

Keep your gutters free of debris so that water is being carried away from your home, not towards it.



#### 10) INSTALL FRENCH DRAINS

French drains carry water away from your home, and are a good investment for homeowners whose properties are prone to flooding.



## STRUGGLING TO FIND ADDICTION SUPPORT?

Even in a pandemic, you're not alone. Visit us online  
for free sessions with a CERTIFIED ADDICTION  
COUNSELLOR 9am - 9pm, 7 days a week.

[www.caccf.ca](http://www.caccf.ca)

Canadian Addiction Counsellors Certification Federation,  
Canada's Addiction Workforce Regulator

<http://www.houselogic.com/>  
<http://www.cafbservices.com/>

*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.

**NEWSLETTER**

**BY ELECTRONIC MEANS ONLY**

In response to COVID-19 and our efforts to encourage residents to practice social distancing and self isolation measures

including our employees, please be prepared for the discontinuation or limitation of a hard copy newsletter as the weeks unfold.

We encourage family members, friends and neighbours who have access to the electronic version to reach out to those people who don't. Please call and read the newsletter to them. For those in isolation, elderly, disabled, without internet, a call could be a life line and certainly an act of kindness.

Chi Meegwetch for your understanding.

**WASTE DISPOSAL SITE**

~ HOURS OF OPERATION ~

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

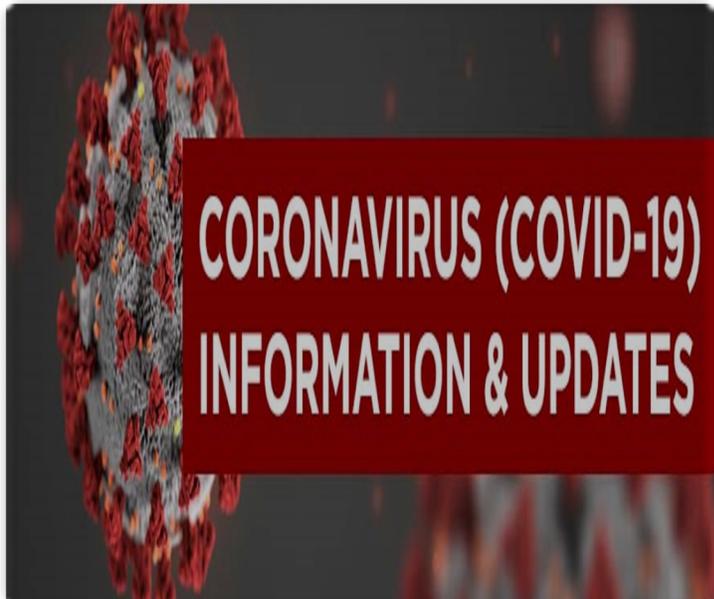
**Sundays: 9:00 a.m. to 3:00 p.m.**

Wednesday– Garbage pick up

Thursday– Fibre pick up

Friday– Containers pick up

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



**CORONAVIRUS (COVID-19)**  
**INFORMATION & UPDATES**

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