

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

Special Edition #2, 2020



COVID-19 SUPPORT PROGRAMS

Available through Metis Nation
&
Miywasin Friendship Centre



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Métis Nation Local 8: (403) 504-4060
Miywasin Friendship Centre (Medicine Hat): (403) 526-0756
Métis Urban Housing: (403) 504-4062
Miywasin Centre - 517 3rd Street SE, Medicine Hat, T1A 0H2

METIS NATION OF ALBERTA

COVID19 RESPONSE PLAN

The MNA's *updated COVID-19 Support Plan* is based on needs already identified by Métis Albertans and will be responsive and adaptive as those needs evolve. Need support not covered in this plan? Get in touch! All of the programs identified in the *updated COVID-19 Support Plan* are available to the MNA's more than 43,000 registered citizens, including their family members who may not yet be registered with the MNA as well as all Métis Nation citizens living in Alberta who self-identify as such and provide objectively verifiable documentation establishing that they are citizens of the Métis Nation. These eligibility requirements will be applied flexibly at this time of crisis to ensure those in need receive the supports they require, while also ensuring that this limited Métis-specific funding is accessed by individual Métis Nation citizens and families living in Alberta.

Métis Nation of Alberta • Provincial Office

Delia Gray Building • 11738 Kingsway Avenue • in Edmonton call 780-455-2200

Out of town: call 1-800-252-7553 or visit the website at:
www.albertametis.com



Benevolent Fund

Increased to \$500 per applicant

For many years, the MNA has offered financial support to Métis Nation citizens who have lost family members. During this unprecedented pandemic, the existing Benevolent Fund is being increased to \$500 per applicant. If families have lost members to COVID-19 and wish to apply for support funding, they can do so through the existing Benevolent Fund.

Contact the MNA Provincial Office about this program at:

1-800-252-7553 or 780-455-2200



EMERGENCY CHILD WELLNESS BENEFIT PROGRAM

PLEASE NOTE: Due to the number of applications, emails, and questions regarding the Child Wellness Benefit program, processing times are increased. We are very busy going through, responding to, and processing **each** application, so please be patient with us as we make our way through to yours.

Currently, processing of your application and payment can take up to 30 days, but we are aiming to minimize the wait time. If you have applied, **please do not call or email to follow up**. We will reach out to you once we begin processing it.

\$500 per child aged 0-12 years old, up to a maximum total payment of \$2,500 per household

This program is designed for Métis Nation families with children who are newborns or up to 12 years of age who have been impacted by school and daycare closures due to COVID-19. The program will provide Métis families a maximum of \$500 per eligible child, to a maximum total payment of \$2,500 per household, over three months to support child wellness.

This program will run from April through June 2020 and offers one-time emergency funding in response to COVID-19.

Contact the MNA Provincial Office at 1-800-252-7553 or 780-455-2200, or email cwb@metis.org for more information.



RUPERTSLAND INSTITUTE COMMUNITY EMERGENCY SUPPORT PROGRAM

Our affiliate, [Rupertsland Institute](#) (RI), has announced their [Community Emergency Support Program](#) (CESP) as a response to COVID-19. RI is also working in partnership with schools to provide Chromebook devices to Métis students to participate in Alberta's virtual K to 12 classrooms.

Learn more by calling **1-888-48-MÉTIS**

(1-888-486-3847) or visit www.rupertsland.org



Youth Emergency Benefit Program.



The Youth Emergency Benefit Program is available to Métis Albertans who are the parent/guardian of a youth between the ages of 13-18 living within their household. If a youth is between the ages of 16-18 and living on their own, they can claim the benefit for themselves.

Youth between the ages of 13-18 are eligible for \$250 per month for a three-month period (May, June and July) when they apply before July 31. The maximum benefit one household can receive is \$1,500 (two youth).

This financial support can be used towards the following:

Utility Costs, Grocery Costs, Educational Costs, Job Loss – Parent/Guardian or Youth, Wellness Costs – such as counseling, therapist or outdoor activities.

For more information, please contact:

For more information, please
contact: youthbenefit@metis.org



Seniors Relief Funding

Prime Minister Trudeau recognized that extra dispensing fees and grocery delivery charges are significant for those on fixed income. He announced the following supports for seniors impacted by the COVID-19 pandemic:

- Those who qualify for Old Age Security (OAS) will be eligible for a one-time, tax-free payment of \$300
- Those who are eligible for the Guaranteed Income Supplement (GIS) will get an extra \$200
- If a senior qualifies for both, they will receive \$500.

Seniors who are already receiving OAS and GIS will receive the benefit automatically; there is no need to apply.



Canada



Metis Nation of Alberta Local Council #8 (Medicine Hat)
517 3rd Street SE
Medicine Hat, AB T1A 0H2
Ph: (403) 504-4060 Fx: (403) 504-4064

COVID19 RELIEF FUNDING

Metis Nation of Alberta Association Local Council #8 (Medicine Hat) is working in partnership with Miywasin Friendship Centre to assist Metis members in need with accessing COVID19 Relief funding. This funding is to help members with Emergency Housing, Rental Relief Supplement, Utility Arrears, \$200 Food/Medicine Supply Gift Cards, PPE supplies, Wellness Kits, Deer Meat and Counseling Supports. We also have a limited number of Computer Notebooks available to assist members with staying connected. Appointments for intake are made with qualified Counselor, Marlene Cadotte, BSW, RSW and may be booked through Miywasin Friendship Centre by calling 403-526-0756.



Covid19 Relief Funding provided by:

Metis Nation Region 3



&

Government of Canada.



EMERGENCY RENT SUPPLEMENT PROGRAM



For those impacted by COVID-19, this program, offered in partnership between the MNA and Métis Capital Housing Corporation (MCHC), offers rental relief payments of \$1000 per month for three months to provide financial relief to Métis Nation renters [who are directly impacted by this pandemic](#).

You can fill out an [application online](#) or [download one](#) from metishousing.ca. This program will be administered until funds are no longer available on a first come, first served basis.

For more information Métis citizens should contact MCHC by:

Calling: 1-877-458-8684,

Emailing: emergencysupport@metishousing.ca,

Online: metishousing.ca



∞ Métis
Capital Housing
Corporation

Metis Business Emergency Loan and Subsidy Program

Steps have been taken to protect Métis-owned businesses with the MNA and Rupertsland Institute (RLI) providing their affiliated lending institution [Apeetogosan \\$500,000 and \\$750,000 respectively](#). [Apeetogosan](#) will match this funding for a total injection of \$2.5 million allowing hundreds of Métis business owners to keep their doors open. Thanks to this additional funding, Apeetogosan is offering the [Métis Business Emergency Loan and Subsidy Program](#).

To find out more visit their website at

www.apeetogosan.com

or by phone at 1-800-252-7963 for more information on their supports.





MIYWASIN FRIENDSHIP CENTRE INDIGENOUS COVID19 RELIEF PROGRAM

Indigenous Clients have access to COVID19 Relief funding to assist with emergency housing, rental relief supplement, food/medicine supply gift cards, PPE supplies, wellness kits, deer meat and counseling supports.

To stay connected we have a limited number of notebooks available to assist clients with participating in Caregiver / Parenting Programs and Youth Development Programs offered through Miywasin Friendship Centre, and hook-up for Internet if needed.

Appointments for intake with qualified Counselor, Marlene Cadotte, BSW, RSW may be booked through Miywasin Friendship Centre by calling 403-526-0756. Covid19 Relief Funding provided by the Government of Canada.

Canada



PROTECTING YOURSELF AND OTHERS FROM THE SPREAD OF COVID19

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Clean surfaces – such as kitchen tabletops, counters, seats, work desks - regularly with disinfectant.
- Maintain at least 2-metre (6 feet) distance between yourself and others.
- Avoid going to crowded places.
- Avoid touching eyes, nose and mouth.
- If you need to leave your house, wear a mask to avoid infecting others.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash your hands.
- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. Have someone bring you supplies. If you have a fever, cough and difficulty breathing, seek medical attention, but call by telephone in advance if possible and follow the directions of your local health authority.
- Keep up to date on the latest information from trusted sources, such as WHO or your local and national health authorities.





Counseling Parenting Education Program

June 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 10-12 pm Medicine Wheel (Physical)	2 10-12 pm Social via ZOOM	3 10 am – 12 pm Mending Broken Hearts via ZOOM "Introduction"	4 10am-12pm Craft Circle Via ZOOM	5 1-3 pm Traditional Parenting Skills "Indigenous Culture"	6	7
8 10-12 pm Medicine Wheel (Mental)	9 10-12 pm Social via ZOOM	10 10 am – 12 pm Mending Broken Hearts "Intergenerational Trauma"	11 10am-12pm Craft Circle Via ZOOM	12 1-3 pm Traditional Parenting Skills "Intergenerational Trauma"	13	14
15 10-12 pm Medicine Wheel (Emotional)	16 10-12 pm Social via ZOOM	17 10 am – 12 pm Mending Broken Hearts "Exploration of Grief & Recovery from Loss"	18 10am-12pm Craft Circle Via ZOOM	19 1-3 pm Traditional Parenting Skills "Values, Traditions, Ceremonies"	20	21 National Aboriginal Day
22 10-12 pm Medicine Wheel (Spiritual)	23 10-12 pm Social via ZOOM	24 10 am – 12 pm Mending Broken Hearts "Myths & Messages"	25 10am-12pm Craft Circle Via ZOOM	26 1-3 pm Traditional Parenting Skills "Child Stages of Development"	27	28
29 10-12 pm Medicine Wheel (Wholeness)	30 10-12 pm Social via ZOOM					

MIYWASIN FRIENDSHIP CENTRE
517 - 3RD STREET SE
MEDICINE HAT, AB T1A 0H2
Office: (403) 526-0756



To register OR for more information
Chasity Cairns
Cell: (587) 253-0105
Email: mchasitycairns@gmail.com
Brenda Mercer
Cell: (403) 878-5548
brendamercer64@gmail.com

**Need your 2019
Income Taxes done?
Contact Marlene for
free income tax
preparation @ 403-
526-0756.**

COVID-19 PANDEMIC SERVICES:

- Counseling via Phone or ZOOM.
- Drop off weekly cultural crafts
- Access to traditional medicines
- Drop off Face masks/Gloves
- Financial Assistance

Need help getting onto ZOOM our staff will help you get set up!

All activities are FREE thank you to our funders.



MIYWASIN Youth Development Program

June 2020 **ALL EVENTS ARE FREE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Medicine Wheel "Physical" Zoom 2-4pm	2 Bingo 2-4pm *Sign up*	3 Mental Wellbeing Check in/ Social Zoom 3-4:30pm	4 Filling Our Tipis Dream Catcher 2-4pm	5 Filling Our Tipis "Faith" Zoom 2-4pm	6
7	8 Medicine Wheel "Physical" Zoom 2-4pm	9 Video Game Trivia Zoom 2-4pm	10 Mental Wellbeing Check in/ Social Zoom 3-4:30pm	11 Beading Zoom 2-4pm	12 Filling Our Tipis "Kinship & Good Child Rearing" Zoom 2-4pm	13
14	15 Medicine Wheel "Emotional" Zoom 2-4pm	16 Rhyme Time & Scattergories Zoom 2-4pm	17 Mental Wellbeing Check in/ Social Zoom 3-4:30pm	18 Beading Zoom 2-4pm	19 Filling Our Tipis "Ultimate Protection & Control Flaps" Zoom 2-4pm	20
21 	22 Medicine Wheel "Mental" Zoom 2-4pm	23 Pictionary Zoom 2-4pm	24 Mental Wellbeing Check in/ Social Zoom 3-4:30pm	25 Medicine Wheel and Filling Our Tipis Medicine Pouches 2-4pm	26 No Programming	27
28	29 Medicine Wheel "Spiritual" Zoom 2-4pm	30 Canadian Trivia Zoom 2-4pm				

Miywasin Centre
517—3rd St. SE
Medicine Hat
Alberta



"Miywasin Youth Development Program"

Contact: Carol or Carlee
Phone: (403) 526-0756
Text: (403) 866-3366

If you would like to register for any of the Zoom Sessions please email Carol Syrette at carolsyrette@gmail.com

COVID-19 Pandemic Services

- ♦ Weekly Wellbeing Check in
- ♦ Counseling Via Phone or/zoom
- ♦ Access to traditional Medicines
- ♦ Drop off Face Masks, Gloves, and Hand Sanitizer

Thank you to our funders and supporters.

