

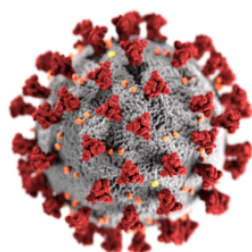
RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

Special Edition 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

Interim COVID-19 Support Plan

Supports to help all Métis in Alberta



Your Métis Government Working For You!

Interim COVID-19 Support Plan

MNA Supports Announcement:

Tansi. We are very busy processing applications, answering calls, and replying to emails in response to the support programs rolled out on Monday.

We are diligently working to address your questions and have assigned more staff to help. We kindly ask for patience and understanding as we try to help everyone. Please email us at emergencysupport@metis.org or mna@metis.org for assistance or for information about the supports available.

If you're feeling like you want to give back to your community at this time, please check out [Alberta Cares Connector](#), a collaboration between Volunteer Connector and the Government of Alberta. There are many opportunities to virtual volunteers who can work from home.

We know that this has been a stressful time. There is much uncertainty as COVID-19 impacts Métis Nation citizens across Alberta, and people across the globe. We have been busy putting plans into place to support any of you who have been impacted by the pandemic.

Our [Interim COVID-19 Support Plan](#) is based on needs already identified by Métis Albertans and will be responsive and adaptive as those needs evolve. This plan is intended to support **all** Métis Albertans.

To get money and support to you as quickly as possible, the MNA is providing funding to each region for their community's specific needs. We have also introduced some specific programs to support parents/guardians of children under the age of 12, citizens who have lost their income, and families who have lost a loved one as a result of COVID-19.

The following are programs available. Marsi. We are all in this together.

EMERGENCY CHILD WELLNESS BENEFIT PROGRAM

This program is for Métis families with children 0-12 years of age who have been impacted by school and daycare closures due to COVID-19. It will provide Métis families a maximum of \$500 per eligible child, per month for up to three months to a maximum total amount of \$2,500. For Example, if you have 2 or more children the maximum benefit paid is \$2,500 per household. This program will run from April through June 2020 and offers one-time emergency funding in response to COVID-19.

BENEVOLENT FUND TOP-UP

For many years, we have 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 you have lost a family member to COVID-19 and are in need of financial support, you can apply to the Benevolent Fund.

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

The MNA's *Interim 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 *Interim 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 · Edmonton 780-455-2200 · 1-800-252-7553 · albertametis.com

CITIZENS, FAMILIES & SENIORS DIRECT SUPPORT PROGRAM

The Métis Nation of Alberta (MNA) has provided \$500,000 to each of the six Regions. Regional offices will work with their Regional and Local Councils to ensure this funding provides immediate support to Métis Nation citizens and families who need it now. This program will allow each Region the flexibility to allocate funds where Métis citizens, families, and seniors say they need support most.

Contact your MNA Region 3 directly: Region 3 Office. 403-569-8800

Region 3 COVID 19 Hotline: 1-403-512-5603

For Medicine Hat contact through: Métis Nation Local 8 intake call Marlene Cadotte at 403-526-0756.

EMERGENCY RENT SUPPLEMENT PROGRAM

While some major lending institutions are providing mortgage payment holidays for those impacted by COVID-19, currently there are no such relief plans for Métis people who are renting. In partnership with our affiliate Métis Capital Housing Corporation, we're offering rental relief payments of \$1000 per month for three months to provide financial relief to Métis renters who are directly impacted by this pandemic. This program will be administered until funds are no longer available, and will be on a first come, first served basis.

To apply contact the Métis Capital Housing Corporation at 1-877-458-8684 or email emergencysupport@metishousing.ca. You can also visit metishousing.ca.

RUPERTSLAND INSTITUTE COMMUNITY EMERGENCY SUPPORT PROGRAM

Our affiliate, Rupertsland Institute (RLI), has announced their [Community Emergency Support Program](#) (CESP) as a response to COVID-19. The CESP will provide \$75,000 to each MNA Region to assist in the development of community-based responses to COVID-19 for three months. CESP is intended to provide immediate support during the pandemic and each MNA Regional Council will determine how to disperse funds among its respective Locals and citizens. RLI 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

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 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 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 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.
- 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 need to leave your house, wear a mask to avoid infecting others.
- 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 & Outreach Program Parent/Caregiver Education Program

May 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4 2-3 pm Story Time with Oonchi "Grandma"	5 10 am-12 pm ZOOM Circle for Seniors/Elders 1 pm-3 pm ZOOM Circle for Parents/Caregivers	6	7 10 am-12 pm ZOOM Advanced Beadling Circle 1 pm-3pm Beginning Beading Circle	8	9	10
11 2-3 pm Story Time with Oonchi "Grandma"	12 10 am-12 pm ZOOM Circle for Seniors/Elders 1 pm-3 pm ZOOM Circle for Parents/Caregivers	13 10 am-12 pm Mending Broken Hearts 6:30 pm-8:30 pm Mending Broken Hearts	14 10 am-12 pm ZOOM Advanced Beadling Circle 1 pm-3pm Beginners Beading Circle	15 10 am-12 pm ZOOM Traditional Parenting Skills Program	16	17
18 VICTORIA DAY CLOSED	19 10 am-12 pm ZOOM Circle for Seniors/Elders 1 pm-3 pm ZOOM Circle for Parents/Caregivers	20 10 am-12 pm Mending Broken Hearts 6:30 pm-8:30 pm Mending Broken Hearts	21 10 am-12 pm ZOOM Advanced Beadling Circle 1 pm-3pm Beginners Beading Circle 7 pm ZOOM MAWS Meeting	22 10 am-12 pm ZOOM Traditional Parenting Skills Program	23	24
25 2-3 pm Story Time with Oonchi "Grandma"	26 10 am-12 pm ZOOM Circle for Seniors/Elders 1 pm-3 pm ZOOM Circle for Parents/Caregivers	27 10 am-12 pm Mending Broken Hearts 6:30 pm-8:30 pm Mending Broken Hearts	28 10 am-12 pm ZOOM Advanced Beadling Circle 1 pm-3pm Beginners Beading Circle	29 10 am-12 pm ZOOM Traditional Parenting Skills Program	30	31



"May we all be rooted, centered, and connected" by Roberta Fontana

COVID-19 PANDEMIC SERVICES:

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

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

Need your 2019 Income Taxes done?
Contact Marlene@ 403-526-0756.

All activities are FREE thank you to our funders.
Medicine Hat Community Housing, Alberta
Children Services, Alberta Native Friendship
Centres

MIYWASIN FRIENDSHIP CENTRE
517 - 3RD STREET SE
MEDICINE HAT, AB T1A 0H2



Contact: Chasity/Brenda
To register OR for more information
Office: (403) 526-0756
Cell: (587) 253-0105
Email: mchasitycains@gmail.com
brendamercer64@gmail.com

MIYWASIN

Youth Development Program

May 2020 **ALL EVENTS ARE FREE**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Events are subject to change					
3	4 Medicine Wheel Mondays Zoom 2-4pm	5 Craft/ Social Zoom 2-4pm	6 Mental Wellbeing Check in/ Social Zoom 3-4:30pm	7 Craft/ Social Zoom 2-4pm	8 Filling Our Tipis Zoom 2-4pm	9
10	11 Medicine Wheel Mondays Zoom 2-4pm	12 Craft/ Social Zoom 2-4pm	13 Mental Wellbeing Check in/ Social Zoom 3-4:30pm	14 Craft/ Social Zoom 2-4pm	15 Filling Our Tipis Zoom 2-4pm	16
17	18 Victoria Day Stat	19 Craft/ Social Zoom 2-4pm	20 Mental Wellbeing Check in/ Social Zoom 3-4:30pm	21 Craft/ Social Zoom 2-4pm	22 Filling Our Tipis Zoom 2-4pm	23
24	25 Medicine Wheel Mondays Zoom 2-4pm	26 Craft/ Social Zoom 2-4pm	27 Mental Wellbeing Check in/ Social Zoom 3-4:30pm	28 Craft/ Social Zoom 2-4pm	29 Filling Our Tipis Zoom 2-4pm	30

Miywasin Centre
517-3rd St. SE
Medicine Hat
Alberta
T1A 0H2



"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

- Counseling Via
Phone or/zoom
- Drop off weekly cul-
tural crafts
- Access to traditional
Medicines
- Drop off Face Masks,
Gloves, and Hand
Sanitizer

Thank you to our funders
and supporters.

