

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

February 2021



COVID19 Supports Still Available

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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

COVID-19 Supports available for Metis, First Nations and Inuit:

Rent relief & emergency housing,
grocery gift cards & traditional meat,
utility & phone bill arrears, staying connected online,
prescription medications filled, transportation/bus fare,
counseling supports, COVID-19 funding applications, and more.
The Metis Nation and Miywasin Friendship Centre are here to help.



Need assistance during this pandemic?

Call **Miywasin Friendship Centre**

403-526-0756

to register for COVID-19 Support.

Following health and safety guidelines,
we will deliver supports to your home.

In partnership with



Employment and
Social Development Canada

Emploi et
Développement social Canada



National Association
of Friendship Centres
Association nationale
des centres d'amitié



YOGA CLASSES



Due to the continued Covid19 gathering restrictions as posted by the Government of Alberta, Yoga for Seniors will continue to be by appointment only and only scheduled for individual instruction at Half Moon studios with Pam Goodine.

This service is free to seniors 60+.

Please call Marina to register at 403-526-0756.

Hot Meals on Cart Wheels Trail for Seniors 65+



Miywasin Friendship Centre will continue to make weekly hot meals FREE to Indigenous seniors 65+ for delivery within Medicine Hat or pick up. You must pre-register for this program. It is free to our Indigenous Seniors 65+. Please call Marina at 403-526-0756 to register. Those pre-registered will be able to pick up their meal on Fridays at Miywasin Centre – main reception area, 517 3rd Street SE between 10:00 am – 2:00 pm.

Everyone must follow pandemic safety protocols – hand sanitizing, wearing gloves and wearing masks. If you need Personal Protective Equipment – masks, hand sanitizer and gloves, please let us know and we will prepare packages for you to take with you or deliver.

We will do the home deliveries on Fridays from 10:00 am – 2:00 pm.

Seniors Programs sponsored by the Government of Canada – New Horizons for Seniors Program.

Miywasin Staff Cell Phone Contacts (emergency/after hours):

Marlene Cadotte, BSW, RSW - Counselor	403-952-8100
Chasity Cairns, BSW, RSW - Addictions Counselor	*587-253-0105
<i>*Please note, this is the corrected phone number.</i>	
Gina Levasseur, Caregiver Program Manager	403-878-5548
Lisa Kerslake, Family Support Worker	403-866-2717
Jolynn Parenteau, Support Worker	403-866-6109
Carol Syrette, BSW, RSW, Youth Program Manager	403-866-3366
Carlee EaglePlume, Youth Program Coordinator	403-878-5069



Indigenous Vaccine Roll-out Plan

Metis Nation and Alberta Native Friendship Centres are working together to get the Corona Virus Vaccine to our Urban Indigenous population. We want to be ready when it is our turn to get vaccinated. To help with this process, we are asking Indigenous community members to get their name on the list in our area. We require your full name, birthdate, phone number and Indigenous status card number – Metis, First Nations and Inuit. When the clinics are in place, we will notify those that have registered and book your appointment. You will need your Alberta Healthcare card, identification and you will be required to sign an informed consent waiver to receive the vaccine. If you are concerned about receiving the vaccine and/or have health issues, please consult with your Doctor. We will be providing transportation to the vaccination sites if needed. As soon as we have up-to-date information, it will be posted in the newsletters and online at www.miywasincentre.net. In the meantime, we have PPE supplies – masks, gloves, and sanitizer for anyone that needs it. Please call Jolynn at 403-526-0756 to request supplies and they will be delivered.

If you require more information on the health risks of taking the vaccination, and want reassurances on the safety and efficacy of the Corona Virus Vaccine(s), please call 811 Health Link or visit Alberta Health Services website at www.albertahealthservices.ca. We have in our office the Alberta COVID19 Vaccine Questions and Answers Bulletin if you would like a copy mailed out to you, please call Marina at 403-526-0756.



Alberta Indigenous Virtual Care Clinic

Santa Fe Plaza, 18232 - 102 Avenue NW, Edmonton Alberta T5S 1S7
phone: 1.888.342.4822 email: info@aivcc.ca efax: 1.855.574.0807

Overview

The Alberta Indigenous Virtual Care Clinic (AIVCC) is a collaborative service delivery innovation that aims to increase access to culturally safe primary care for Indigenous patients and families across Alberta.

On October 28, 2020 AIVCC will open its virtual doors, providing same day primary care services to rural and urban First Nations, Métis and Inuit patients and families through a secure telephone and/or video system. AIVCC is staffed by Alberta based physicians experienced in Indigenous health and cultural safety. This is a joint primary care initiative between Indigenous Services Canada (First Nations and Inuit Health Branch), First Nations Technical Advisory Group Inc. (TSAG), and Alberta Health Services Indigenous Wellness Program Clinical ARP (IWPCARP).

Background

Indigenous peoples face disproportionate systemic barriers and health inequities. Available data in Alberta show a 12-year gap in life expectancy and an infant mortality rate 2 times that of non-First Nations populations. (Alberta Health, 2019). Primary care should be the foundation of a strong health system which addresses health inequities. COVID-19 rapidly transformed how primary care services are delivered and opened the door to unprecedented opportunities in virtual care. While not ideal, virtual care is an opportunity to bridge increasing gaps in rural areas as well as opening doors for the chronically underserved urban Indigenous populations. Through a partnership model between IWPCARP, TSAG and FNIHB, AIVCC proposes a virtual clinic that provides primary care to First Nations, Métis and Inuit patients and families in rural and urban communities across Alberta. AIVCC physicians will connect patients with local resources.

Scope

Initially, AIVCC will operate Monday to Friday from 08:30 to 4:40 pm with potential to provide afterhours services on evenings and weekends, depending upon demand.

- Patients, families or caregivers, and allied health professionals call a central access telephone line to book a same day appointment with a physician.
- Each visit is triaged and scheduled by Medical Office Assistants (MOAs) and takes place using secure protocols for virtual care.
- MOAs can arrange for phone appointments for patients and families who do not have access to wi-fi or video conferencing tools.
- All patients will be connected with appropriate local clinical resources including family doctors if available.
- All participating physicians have committed to the principles and practices of cultural safety and humility and have established positive working relationships with First Nations, Métis, and Inuit communities.

For More Information Contact

Michelle Hoeber

Alberta Indigenous Virtual Care Clinic, Team Lead, First Nations Technical Advisory Group Inc.
mhoeber@tsag.net

Dr. Amy Gausvik

Alberta Indigenous Virtual Care Clinic, Physician Lead, Alberta Health Services Indigenous Wellness Program Clinical ARP
amy.gausvik@albertahealthservices.ca

Thursday, October 15, 2020

Indigenous Complaints of Treatment In the Healthcare System

If you or someone you know has been discriminated against, abused or felt marginalized by the Alberta Healthcare system in clinics, hospitals, emergency rooms, doctors offices and/or by a health care provider, you may now register your complaints of treatment in the health care system, by calling the New Indigenous Health Complaints Line.

The number is **1-855-550-2555**

COVID-19 RELIEF

NEW! SUPPORTS FOR MÉTIS MICRO BUSINESSES

Indigenous Community Business Fund (ICBF)

This fund will provide non-repayable financial support to Métis owned micro-business and businesses collectively owned by MNA Regions, Locals, and Métis Settlements that do not qualify for the Canada Emergency Business Account (CEBA) or other federal support programs.

Eligible micro-businesses can receive contributions of up to \$5,000 with collectives eligible for a maximum of \$50,000. The non-repayable contributions can be used for operating costs like:

- Salaries and benefits
- Bank fees and interest payments
- Rent and loan payments
- Utilities
- Other applicable operating costs



APPLY TODAY!

APPLICATION IS ONLINE AT: <https://apeetogosan.com/metis-business-emergency-loan/>

Or call:

Michael P. Ivy (M.Sc), General Manager
Apeetogosan (Metis) Development Inc.
12308 - 111 Avenue, Edmonton, Alberta T5M 2N4
Email: mikei@apeetogosan.ab.ca
Office: (780) 452-7951 Cell: (780) 691-9585

Telus has introduced **MOBILITY FOR GOOD** for Low Income Seniors.

Seniors over the age of 65 that receive the Guaranteed Income Supplement are eligible for a free refurbished smart phone (while supplies last) and/or a subsidized mobility rate plan. The rate plan, which costs \$25/month, includes:

Unlimited Nationwide Talk and Text & 3 GB of data

To be eligible, you must receive the GIS benefit and can provide your Old Age Security Statement, T4A(OAS), indicating the amount paid to you in box 21 (net supplements paid).

How to apply:

- Confirm that you are eligible
- To protect your privacy, black out your SIN and OAS numbers on your Old Age Security document, leaving only the last 4 digits visible

• Send your approved documentation via: **Email:** mobilityforgood@telus.com (preferred)
Mail: TELUS, Attention: Mobility for Good Program
510 West Georgia Street - Floor 23
Vancouver, BC V6B 0M3

Please include your full name, return address, email address (if applicable) and contact phone number so we can contact you about your application.

NOTICE TO METIS LIFETIME CARDHOLDERS

If you are moving or have moved, it is your responsibility to update your address with the Metis Nation of Alberta and your local so that we may send you important information, ensure that you remain an eligible MNA citizen and to provide updates on services and programs available to you. You can do this by contacting the MNA registry at:

Hours: Monday to Friday 8:30 a.m. – 3:30 p.m.



**Registry Department, Métis Nation of Alberta
#100 Delia Gray Building, 11738 Kingsway Ave,
Edmonton, AB T5G 0X5
registry@metis.org
Tel: (780) 455-2200
Toll Free: 1-866-678-7888**

MIYWASIN

Youth Development Program

February 2021 ****ALL EVENTS ARE FREE****



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 No Programming	2 No Programming	3 Pictionary 4:30-6:00pm	4 No Programming	5 Drum Sticks 6-8pm	6
7 	8 Elder's Teachings via Zoom 6-8pm	9 Youth Yoga & Mediation 4:30-6:00pm	10 Jeopardy 4:30-6:00pm	11 "Love" Painting 4:30-6:30pm	12 Valentines Day Cookies 4:30-6:00pm	13
14	15 Family Day No Programming	16 Drumming Zoom Circle 6-8pm	17 "Guess what this is?" 4:30-6:00pm	18 Healing and Reconciliation Week Info Session 4:30-6:00pm	19 No Programming	20
21	22 Elder's Teachings via Zoom 6-8pm	23 "Happy" Pow Wow Sweat 4:30-6:00pm	24 "Things" Game 4:30-6:00pm	25 "Faith" "Who are my supports?" 4:30-6:30pm	26 No Programming	27
28	*AGES 10 - 17*		**Events are subject to change**			

All February programming is online via Zoom

PRE-REGISTRATION is required.

COVID-19 Pandemic Services

- ♦ Access to Traditional Medicines
- ♦ Drop off Face Masks, Gloves, and Hand Sanitizer

Thank you to our funders and supporters



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



Find us on:
facebook

"Miywasin Youth Development Program"

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

Alberta





COVID19 Phase 3 Supports



As we navigate through this pandemic, we understand the hardships our families, friends, and community have to face. We are now moving into Phase 3 of our COVID19 Supports, which offers MNA Citizens the Child & Family COVID19 Relief Program (CFCRP), the **Harvesters Relief Support (HRS)**, and **Emergency Housing Rent Subsidy**.

Child & Family COVID19 Relief Program: \$500/child aged 0-12 years old, up to a maximum of \$2,500 per household. Subsidy is available for up to three months (January, February, March 2021). If you have questions about this support, email CFCR@metis.org.

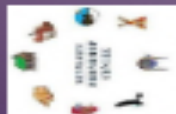
Harvesters Relief Support Program: approved MNA harvesters can now apply for Harvester Relief Support (HRS) to help with the costs of securing food and providing for their households during these difficult times.

HRS provides a maximum of \$200 to cover the costs for:

- Butchering of wild game
- Fishing gill net
- Fishing rod, tackle, lures, bait
- Rifle
- Ammunition
- Freezer

If you are not sure about an item, submit your application for review. If you have questions about this support, email harvesting@metis.org.

Emergency Housing Rent Subsidy: up to \$1000/month for 3 months. This program is for citizens struggling to pay rent due to the COVID19 pandemic. Metis Capital Housing Corporation (MCHC) is offering rental relief payments of up to \$1000/month for three months in efforts to provide financial relief to Metis renters. If you have questions about this support, call 1-877-458-8684, email covidsupport@metishousing.ca or visit metishousing.ca.



Cultural Addictions Counselling Parent & Caregiver Education

FEBRUARY 2021

MIYWASIN FRIENDSHIP CENTRE

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



To register or for more information contact our
office (403) 526-0756

Cultural Addictions Counselor: Chasity Cairns
mchastycalms@gmail.com 587-253-0105

Program Coordinator: Gina Levasseur
miywasin.glevasseur@gmail.com 403- 878-5548

Family Support Liaison: Lisa Kerslake
miywasin.liskerslake@gmail.com 403- 886-2717



ALL ACTIVITIES ARE FREE

ANYONE CAN JOIN

THANK YOU TO OUR FUNDERS

Family Resource Network

Alberta

2019-2021

Community Housing



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 FAMILY TRAPLINE FITNESS 2PM-3PM	2 SHARING CIRCLE 1PM-3PM	3 12 STEP WELLBRIETY 6PM-8PM	4 MOTHERS OF TRADITION 1PM-3PM	5 DRUM STICK MAKING 6PM-8PM	6	7
8 TRAPLINE FITNESS 2PM-3PM TRADITIONAL TEACHINGS 6PM-8PM	9 SHARING CIRCLE 1PM-3PM	10 12 STEP WELLBRIETY 6PM-8PM	11 MOTHERS OF TRADITION 1PM-3PM	12	13	14 Valentines Day
15 FAMILY DAY CLOSED	16 SHARING CIRCLE 1PM-3PM DRUMMING ZOOM SESSION 6PM-8PM	17 12 STEP WELLBRIETY 6PM-8PM	18 MOTHERS OF TRADITION 1PM-3PM	19	20	21
22 TRAPLINE FITNESS 2PM-3PM TRADITIONAL TEACHINGS 6PM-8PM	23 SHARING CIRCLE 1PM-3PM	24 12 STEP WELLBRIETY 6PM-8PM	25 MOTHERS OF TRADITION 1PM-3PM	26	27	28
1	2	3	4	5	6	7
MARCH						
NO PROGRAMMING						
JOURNEY TO TRUTH AND RECONCILIATION WEEK						