

RIEL ISSUES

NEWSLETTER

Métis Nation Local '8'

Medicine Hat, AB

January 2021



We wish everyone a safe and healthy 2021!

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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 SUPPORT PROGRAMS



COVID19 funding supports for Metis, First Nations and Inuit that need help with rental relief, utility bill arrears, phone bill arrears, prescription medications filled, staying connected with Internet/ChromeBook/cell phone, emergency housing, bison meat, \$200 Safeway grocery gift cards, transportation/bus fares, counseling supports and filling out applications for COVID19 funding supports. There may be other needs that arise in your intake session that we can help with. Please don't hesitate to call. The Metis Nation and Miywasin Friendship Centre are here to help.

Due to in person restrictions in place, all clients will be processed over the phone with qualified counselor, Marlene Cadotte, BSW, RSW and are strictly confidential.

Our Support Worker – Jolynn will follow up and deliver supports as per needs identified during intake.

If you or someone you know needs assistance during this pandemic, please call Miywasin Friendship Centre at 403-526-0756 to speak to our counselor, Marlene Cadotte.

Youth Development and Caregiver Parenting programs will continue to be via ZOOM. If you are registered for any of these programs, the program staff will contact you.

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
Gina Levasseur, Caregiver Program Manager	403-878-5548
Lisa Kerlake, 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



YOGA CLASSES



Due to the Provincial Notice on COVID19 restrictions for Alberta, Yoga for Seniors is 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.

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

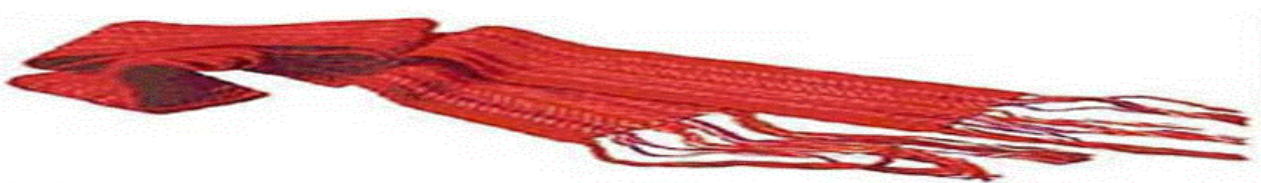
Hot Meals on Cart Wheels Trail for Seniors 65+



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.





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. 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 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.

