

SFN Newsletter 2020

DECEMBER 2020 HOLIDAY EDITION



Holiday Office Closure

The SFN Offices will be closed for the holiday from

December 18th - January 4th

We wish you all a happy and safe holiday season!

Take care of yourselves and each other.

Have a Happy New Year!



Inside This Issue

- Christmas Parade
- Merry Christmas & Happy Birthday
- Health Centre
- COVID-19 Safety Tips
- Family & Social Development
- New Beginnings Program House
- Contests
- Muskoti Learning Centre
- Resilient and Rising Project
- Community in Need
- Public Works Holiday Notice
- SFN Fibre Internet Support
- Dear Santa / Colouring Page
- Contact Information

Contact

Saulteau First Nations
1717 Boucher Lake Rd.
Moberly Lake, BC
V0C 1X0

Monday-Thursday
8:00am - 4:30pm

(250) 788-3955

communications@saulteau.com
facebook.com/saulteaufirstnations

CHRISTMAS PARADE



Saulteau First Nations wishes everyone a happy and safe holiday!

Following health guidelines, we've come to happy medium that is fun, safe, and involves the community as a whole!

We will be celebrating the holiday season with a parade for the community!

When:

December 10th, 4:00pm

Where:

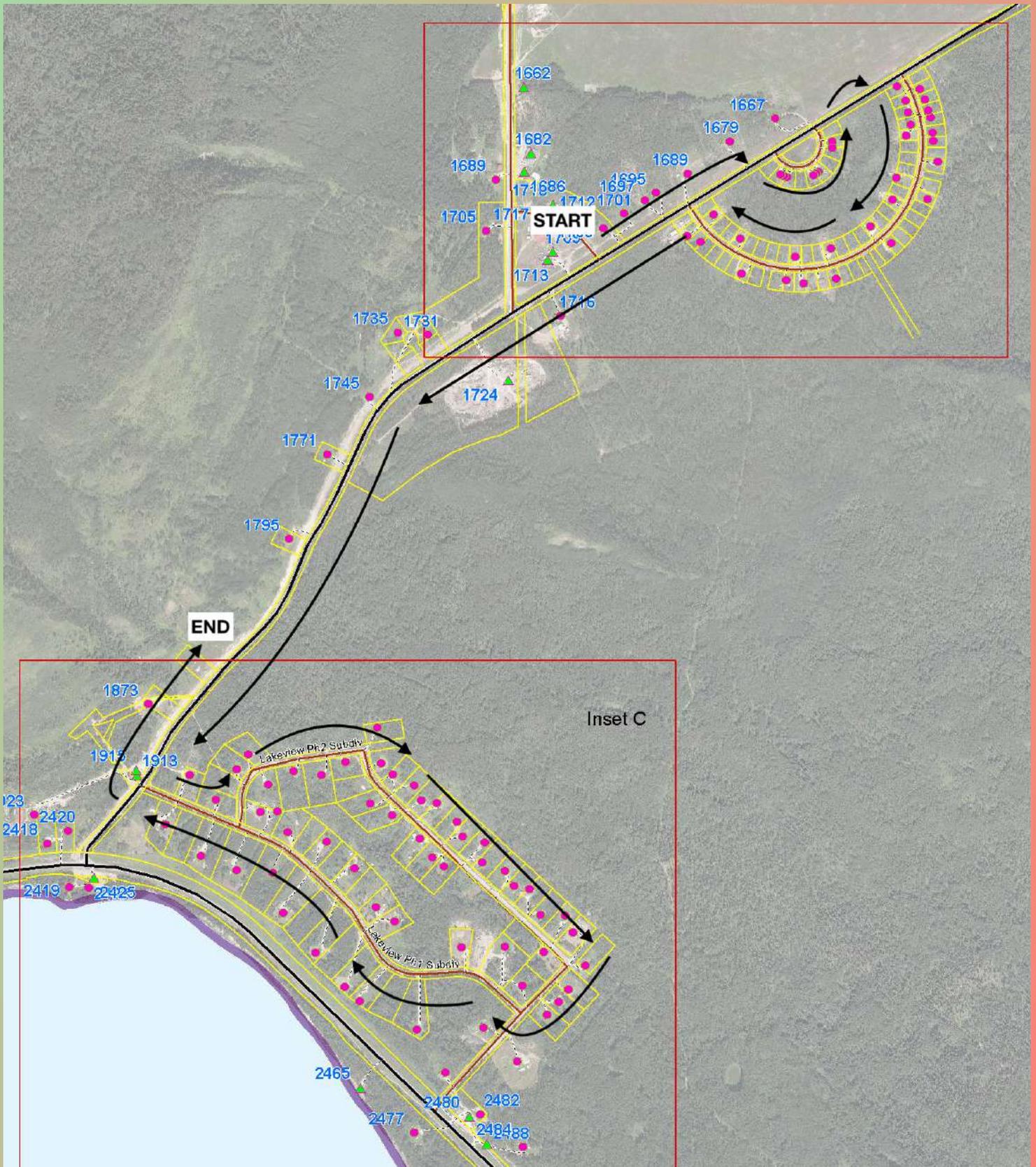
Please watch from the comfort of your home.

A map with the parade directions are on the next page.

Food & Gifts

We will also be delivering food and gifts on December 9th starting at 3:30pm

PARADE ROUTE



MERRY CHRISTMAS & HAPPY BIRTHDAY

MERRY CHRISTMAS!

“A very Merry Christmas to my mom Victoria and my brothers, sisters, nieces and nephews.”

-From Earl and Penny

HAPPY ANNIVERSARY!

Dec 1 - Happy Anniversary to Ben and Shiny Andrews

-From Mary, Will and family

HAPPY BIRTHDAY!

Nov 25 - Hehaka Parenteau

-Love Grandma and Grandpa

Nov 30 - Brighton Campbell

-From Mary, Will and family

Dec 3 - Lakyn Parenteau

-Love Grandma and Grandpa

Dec 3 - Aunty Laura Murfitt

-Love Sean, Chantelle, Miles, Nixon & Olivia

Dec 3 - Lynn Munch

-Love Earl and Penny

-From Mary, Will and family

Dec 4 - Laura Murfitt

-From Mary, Will and family

Dec 5 - Aunty Mary Doyle

-Love Sean, Chantelle, Miles, Nixon & Olivia

Dec 7 - Jerri Lynn Apsassin

-Love Aunty Penny

-Love Sean, Chantelle, Miles, Nixon & Olivia

Dec 12 - Santee Ross

-Love Earl and Penny

Dec 13 - Jr Davis

-Love your sis Penny

Dec 13 - Mike Logan

-Love Sean, Chantelle, Miles, Nixon & Olivia

Dec 17 - Miles Parenteau

-Love Grandma, Grandpa and the Parenteau Gang

-From Mary, Will and family

-Love mom, Sean, Nixon & Olivia

Dec 19 - Rachel Plante

-From Mary, Will and family

-Love Sean, Chantelle, Miles, Nixon & Olivia

Dec 21 - Maskepton Parenteau

-Love Grandma and Grandpa

Dec 22 - Ashley Barrett

-Love Mom and Dad

Dec 22 - Tyron Sochan

-Love Sean, Chantelle, Miles, Nixon & Olivia

Dec 23 - Chad Gauthier

-Love dad, mom, Isaiah & Rylen

Dec 24 - Grayson Lyonel David

Courtoreille

-You bring so much joy into our lives. We love you so much! Love Mommy, Daddy, Jaiden and Brielle

Dec 24 - Echo Cooper

-From Mary, Will and family

-Love Sean, Chantelle, Miles, Nixon & Olivia

Dec 26 - Emily Davis

-Love dad, mom, Isaiah & Rylen

Dec 26 - Samantha Davis

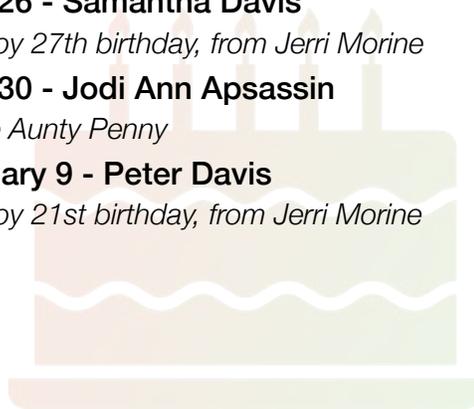
-Happy 27th birthday, from Jerri Morine

Dec 30 - Jodi Ann Apsassin

-Love Aunty Penny

January 9 - Peter Davis

-Happy 21st birthday, from Jerri Morine



Health Centre



Saulteau Health Care Services

Dr. Banas will be available on select days throughout the holiday closure, call 250-788-7266 or 250-788-7258 to book an appointment. No walk-ins available.

The Health Team will be conducting safety checks for our Home Care Clients throughout the closure.

Mental Health Supports

KUU-US Crisis Line

The KUU-US Crisis Line Society operates a 24-hour provincial aboriginal crisis line for Adults/Elders (250)-723-4050, Child/Youth (250)-723-2040, Toll Free Line (1-800-588-8717).

Provincial Alcohol and Drug Information Referral Service

Free, confidential information on referral services to residents of BC in need of substance use support, please call 1-800-663-1441.

Kids Help Phone

A 24/7 National support service offering professional counselling, information, referrals and support. Call 1-800-668-6868 or text "connect" to 686868 to access text support.

First Nations Hope for Wellness Help Line and On-line Counselling Service

Immediate mental health counselling and crisis intervention, please call 1-855-242-3310

Here2Talk- Post Secondary Student Mental Health Support

Adults Students can engage in chat sessions with a trained counsellor by downloading the Here2Talk app, visiting here2talk.ca or calling 1-877-857-3397

COVID Support

COVID-19 Self-Assessment

Use the BCCDC Covid Self-Assessment Tool to determine whether you require a Covid-19 test. Visit bc.thrive.health

OR call:

Health Link BC 8-1-1

8-1-1 is a free-of-charge provincial health information and advice phone line available in British Columbia. You can speak to a health service navigator, or directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist.

Northern Health COVID Clinic

If you are experiencing symptoms of COVID-19, please call the COVID Line to arrange for a test at 1-844-645-7811

Emergency Services

9-1-1 or Chetwynd Hospital Emergency for Emergency Services

Poison Control Centre 1-800-567-8911

Other Support

For the Ministry of Children & Family Development please phone (250) 788-2298.

COVID-19 Safety Tips



REDUCING RISK OF INFECTION

Reducing risk of infection is an important way to prevent people from becoming infected with COVID-19 and other infection diseases. Coronavirus is spread from an infected person through:

- Respiratory droplets spread when a person coughs or sneezes
- Close personal contact such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands

It is important to keep about 2 metres away from a person who is sick, to reduce breathing in droplets if they cough or sneeze.

HAND WASHING

Washing your hands using soap and water is the single most effective way to reduce the spread of infection.

- Wash your hands often with soap and water for at least 20 seconds
- If a sink is not available, you can use alcohol based hand rubs (ABHR) to clean your hands as long as they are not visibly soiled. If they are visibly soiled, use a wipe and then ABHR to effectively clean them
- Do not touch your face, eyes, nose or mouth with unwashed hands

- Regularly clean and disinfect frequently touched surfaces
- Do not share food, drinks, utensils, etc.

GENERAL CLEANING AND DISINFECTING

Clean and disinfect your home regularly to prevent the spread of illness including COVID-19.

- Use water and soap (e.g. liquid dishwashing soap) or common household cleaning wipes to clean dirt, crumbs, oil or other debris on surfaces
- Clean surfaces that are touched often (e.g., counters, tables, doorknobs, toilets, sinks, taps, etc.) at least once a day
- Clean with soap or detergent before disinfecting
- If possible, use store bought disinfectants. If store bought disinfectants are not available, you can mix household bleach with room temperature water (do not use hot water) in specific ratios to disinfect areas in your home. Household bleach should be diluted
- Rinsing and drying recommendations are important parts of the disinfection process



Expert Advice on Preventing Falls Among Seniors

Did you know that falls are the leading cause of injury-related hospitalizations among Canadian seniors?



Did you know that falls are the leading cause of [injury-related hospitalizations](#) among Canadian seniors, starting at the age of just 65? But many of us seem to think falls happen much later in life. According to a Leger survey commissioned by the [National Institute on Ageing \(NIA\) and TELUS Health](#), the majority of Canadians (66 per cent) believe that the victims of falls are between the age of 75-84.

Many Canadians may not be aware that they or their aging loved ones could be more vulnerable to falls and their many possible health consequences. [Fall Prevention Month](#) (November) is a great time to learn more about the risks for falls and ways to keep them from happening:

1. Get the best advice

Despite the risks and the desire of seniors to live safely and independently at home, over half of Canadians (55%) said they have not spoken to their healthcare professional about what to do if a fall occurs to themselves or a loved one. Start with opening the discussion with your family doctor. They can share tips and support on preventing falls, as well as managing health following a fall, that suit you and your specific needs.

2. Evaluate the risk

It's important to assess a senior's risk for falls, especially within their own home. Creating a trip-free environment with clear and well-lit pathways, using non-slip mats or rugs, and installing safety grab bars in bathrooms can all help prevent falls from happening in the first place.

3. Stay active

Staying active can also help reduce accidents. Going on walks around your neighbourhood or following online fitness videos can help strengthen muscles, increase stability, improve one's mood and maintain a healthy immune system to help prevent illness and even facilitate quicker recovery from injury.

4. Be prepared.

Falls do happen, so it's important to plan for unexpected medical emergencies. Consider a personal emergency response system (PERS) such as the [LivingWell Companion from TELUS Health](#), which quickly connects you to trained operators who can alert emergency support services and family contacts should a fall or medical accident occur. The device provides peace of mind to seniors and their loved ones, knowing that help is available at the push of a button.

Find more information on fall prevention, and how you can help older loved ones stay independent and safe, at fallpreventionmonth.ca.

(copied from <https://www.telus.com/en/ab/health/personal/health-matters/expert-advice-on-preventing-falls-among-seniors?cid=telDM265903&bid=1253456022>)

Call or email Heather, Community Health Nurse, if you'd like to talk about this further – 250 788-7371 or heather.lirette@saulteau.com. And STAY SAFE out there!

SFN Diabetes Programs

Education

- Currently being offered online (see Facebook) and via newsletter delivery
- After COVID, in person sessions will resume
- Ask Heather, Community Health Nurse for details or more information. 250 788 7371
- Pamphlets available at the front door on a variety of topics
- 1:1 educational sessions available with Heather on request

Diabetic foot care

- Every two months maximum
- Currently provided by Drea Kurjata
- Available in your home ONLY to those with limited mobility
- Otherwise available at the business of Drea.
- Contact Melva at Health Centre for eligibility and more information 250 788-7280

Fitness challenges

- Contact Megan Campbell 250 556 4237

Fitness classes

- Boot camps
- Yoga
- Resistance training
- Pound
- Kayak
- Hiking
- Golf
- Contact Megan Campbell

Swim and Gym passes

- Contact Megan Campbell

Nutritional workshops

- Held at New Beginnings house – currently being planned and developed
- Contact Megan Campbell

1:1 personal training

- Contact Megan Campbell

Community Garden – growing season only and depending on community interest

- Learn how to grow and harvest veggies and fruit
- Contact Ashley Gauthier at the Health Centre 250 788 7280



Hello to all Residents of Saulneau First Nations. On behalf of the staff of the SFN Health Center I would like to take the opportunity to wish you warmest holiday greetings.

On November 19 at 430 pm, the SFN offices once again closed our doors to the public as a renewed effort to slow the spread of the COVID virus. **WE ARE STILL ALL WORKING.** We can't see you in person, but there are lots of other ways we

can still serve our community. Call or email us with your concerns. We can all be reached the same way as before. If you don't have our contact information, call Melva 250 788 7280 and she will give you the information for any of the Health Center staff.

63 FLU vaccines and 12 PNEUMONIA vaccines were given during the two weeks since they have been available. Staff were offered vaccines at their place of work, elders with limited mobility were offered vaccines at their homes on two separate days. School children and those who work during the day were offered an evening clinic. Two and a half days of flu clinics here at the health clinic were also offered. Now that we are closed to the public, anyone needing the flu vaccine will be referred to either pharmacy or the Chetwynd Primary Care Clinic.

I've attached information on Diabetic resources and Pre and Post Programs available, as I have had lots of inquiries about this information. Baby welcoming will still be happening. Although there will not be a gathering this year, we will still celebrate the babies born in 2020, so contact Melva if you live in Chetwynd and have had a baby in 2020.

Please remember to stay at home if you have any cold or flu like symptoms. And don't let anyone visit you during this time. Clean your hands often using either soap and water or alcohol-based hand sanitizer – whether you feel well or whether you are sick. Keep your group small and keep make sure it's always the same 6 people (MAX) each time you gather – don't change the members of your group. If you are around other people wear a three-layer face mask and carry hand sanitizer in your pocket to use each time you touch anything.

With these guidelines in place, we can have a festive and jolly Christmas celebration. Turn up the music, grab a dance partner, put some logs on the fire, mull some wine, etc. Enjoy the winter and MERRY CHRISTMAS!

From Heather and the Health Care Team.

Family & Social Development



New Space Update & Warm Welcome

The Family & Social Development team is happy to announce they have been situated in their new space within the old TREP building!

The Family & Social Development team would like to welcome its newest members to the team:

Tylene Paquette - Family & Social Development Cultural Connections Coordinator

Megan Campbell - Recreation Program Facilitator

Kaleigh Hillton - Infant and Toddler Program Facilitator

Program Updates

- SA Day is December 16th, 2020
- SA Declarations are due December 7th -10th, 2020.
- Notice to Recipients: To have all required info and other requests for SA in by December 10th, 2020.
- Please check your propane levels before the deadline of December 10th, 2020. **Tenants should be ordering propane at 30% in winter months or to avoid running out during the Christmas Holidays.** *If you have any questions or concerns please contact Carrie at (250) 788-7286.*
- New Year: SA Day January 20th, 2021 and declarations due January 11th -14th, 2021.
- Because of COVID-19 safety measures, Hamper Applications will done over the phone by calling Corrina at (250) 788-7288 and Carrie at (250) 788-7286. Deadline is Dec 3, 2020. *If we do not answer, please leave your name and number and we will get back to you.*

Shari-Lyn Rougeau
Director of Family & Social Development
srougeau@saulteau.com
(604) 786-0514

Carrie Paquette
Band Social Development Worker
cpaquette@saulteau.com
(250) 788-7286

Corrina Wutzke
Family Support Worker
cwutzke@saulteau.com
(250) 788-7288

Tylene Paquette
Cultural Connections Coordinator
tpaquette@saulteau.com
(250) 401-7365

Tristan Robertson
Administrative Assistant
tristan.robertson@saulteau.com
(250) 788-7367

Fiona Groves
Family Program Facilitator
fgroves@saulteau.com
(250) 401-1071

Megan Campbell
Recreation Program Facilitator
mcampbell@saulteau.com
(250) 556-4237

Kaleigh Hillton
Infant and Toddler Program Facilitator
khillton@saulteau.com
(403) 849-1997

Debra Trask
Cultural and Crisis Advisor
dtrask@gmail.com
(250) 793-3836

New Beginnings Program House

The **New Beginnings Program House** is to support Saulteau families that reside on and off reserve in the local area. Our goal is to introduce programs for parents and children that will reflect their culture and be responsive to their needs.

The New Beginnings House will be reaching out to families of *Saulteau First Nations* the best way we can during this COVID-19 Christmas season.



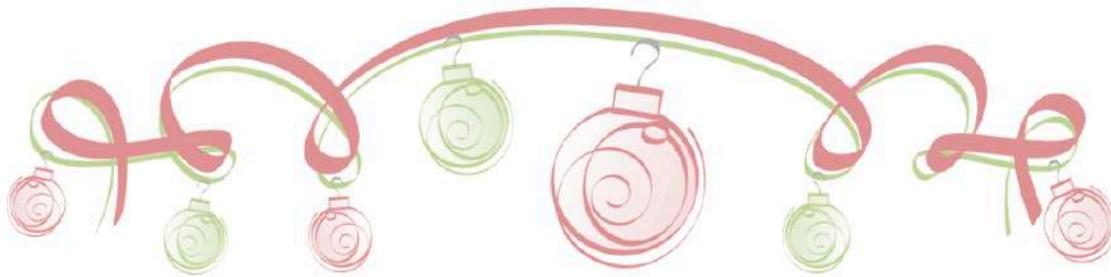
December 2020 Family Christmas Fun events

- *Snow Sculpture Contest*
- *Drawing / colouring contest*
- *Find the Moose*
- *Building cookie kit*
- *Creative Christmas Story*
- *Aboriginal Family Services New Year's Eve family breakfast (door dash delivery only)*

Watch for all upcoming events as they will be posted through SFN communication site with the team members in charge and sign-up contact info.

Aboriginal Family Services will be available through social media or phone during the Christmas season.

Emergency calls: Debra Trask (250) 793-3836 and Fiona Groves (250) 401-1071



SFN FAMILY & SOCIAL DEVELOPMENT
are collecting non-perishable food items
on behalf of the Chetwynd Christmas Bureau Society.
For every item donated your name will be entered into a
draw for a **\$100 Amazon Gift Card**



Please drop your donations in our drop box outside the *New Family & Social Development Building, knock on the door and our staff will be happy to enter your name in the draw.

DONATION ACCEPTED until Dec 15, 2020:
DRAW DATE: Dec 16, 2020 @ noon (FSD Building)

*No outdated items please. All items donated will be wiped down or sanitized.





NEW BEGINNINGS HOUSE

DRAWING/COLOURING CONTEST

Show your Christmas Spirit!
Color or Draw us your best
drawing/coloring page!



SUBMISSION DATE: DECEMBER 1-15
PLEASE SUBMIT WITH NAME AND AGE
SUBMIT TO: MCAMPBELL@SAULTEAU.COM

OR

DROP OFF AT NEW BEGINNINGS HOUSE
(BOX WILL BE OUTSIDE FRONT DOOR)



SNOW SCULPTURE CONTEST!

NEW BEGINNING STAFF WILL
BE DRIVING AROUND
COMMUNITY.
PRIZES WILL BE DROPPED
OFF AT DOOR THE DAY OF.

DECEMBER 10, 2020
9 - 12 PM

FAMILY FUN

NEW BEGINNINGS
HOUSE PROGRAMING





NEW BEGINNINGS HOUSE
FAMILY FUN!

FIND THE MOOSE

The moose will be hanging out within the
Saulteau Community.
Once found, please send a funny picture with
the moose to
mcampbell@saulteu.com

DEC. 1 -17
LOCATION WILL CHANGE EVERY
MONDAY



WEEKLY PRIZES TO BE
WON!!!

NEW BEGINNINGS HOUSE PROGRAMS

A CREATIVE CHRISTMAS STORY

Provide your most creative christmas story.
Reminder: Provide your name and age on
your story
submit to: mcampbell@saulteau.com
Or
Drop off at New Beginnings
(there will be a box outside front door for drop off)

DEADLINE: DECEMBER 15, 2020
STORIES WILL BE SORTED BY AGE
AND PRIZES WILL BE GIVEN DEC 17.



Happenings and Updates – COVID-19 Special Projects

I would like to take this time to thank a few people who have been doing a lot of behind the scenes work during this Covid-19 time. We have been very lucky to get funding and donations from various organizations and those are the first I would like to mention.

United Way
 BC Aboriginal Child Care Society
 The Canadian Government Emergency Covid Funding
 Second Harvest-Food Rescue
 Right Play
 Shell

Also, some companies that have helped with orders such as Twin Sister's Nursery (Cheryl Martens), Fresh Mart (many times), IGA.

Since the spring we have been able to do many projects for many groups from Elders, families of children under the age of 12, all community homes with some essentials and we have been able to do a few more projects. There have been a few people who have been very dedicated since Spring and there are those who are continuing to help out. One person who has been working very hard since we started has been Adrianna Glover and without her hard work I don't think most of these projects would have been completed so quickly, she worked on every one of the projects so far and will continue to help with upcoming ones. She is a role model to other young people, and we are very proud of her.

The following is a list of people who we have worked with on these projects in one way or another. Ashley Gauthier, Pauline Walker, Penny Berg, Ingrid Davis, Cindy O'Brien, Ronda Lalonde-Auger, Cory Noskiye, Barry Davis, Nevaeh Montgomery, Valerie Anderson, Tylene Paquette, Melanie Williams, Keith Glover, Eugene Randall, and Mari Davis. Canning helpers like Henriette Landry, Niska Napoleon, Oshen Walker, Danyel Walker, Ethan Neilson, Shelby Davis, Brooke Walker, Sarah Canning, and Phyllis Gauthier. This includes helping to get the groceries and other supplies, sorting to taking all our recycling and garbage, to cooking and deliveries. So much is involved with all of these projects and the help is greatly appreciated. These things do not happen without help whether in small ways or a lot of help. I am so sorry if I missed anyone. You are important and we are thankful – I am just forgetful sometimes.

Thanks to Finance who have been dealing with all of our requests and receipts and reporting needs. It is a lot of extra work for them also, especially Elisha and Rachel. I also want to thank our leadership; Chief and Council for the support to do these projects and Estelle who is always there when we need her.

This is a different time, and all the staff is having to do things in a different way and constantly trying to find ways to help the community. There are still a few projects that you will see over the next couple of months from frozen meals for our oldest Elders on reserve to hams at Christmas to a project Megan is working on for youth ages 13-17.

We know it is appreciated by the community and hope we can find more funding as this hard time is on us. Please keep each other safe, check in on your friends and family and others who might just need a friendly voice once in a while. Saulteau First Nation (all the people) are a supportive community. Keep it up. Mussi

Jerri Lynn Morine
 Daycare/Headstart Manager &
 Right to Play
jmorine@saulteau.com
 250-788-3911



Proudly determined

Box 1020 Chetwynd, BC V0C1J0 T 250.788.3955 F 250.788.7261 info@saulteau.com www.saulteau.com



MUSKOTI LEARNING CENTRE

SEASON'S GREETINGS!

Wishing everyone a safe and happy holiday season!



*From: Audrey, Cheri, Cody, Skylar, Harmony, Brendon, Hannah, Tonia,
and Denise*

Warm Welcome

Tonia Richter

Tonia Richter is the new Employment and Training Coordinator here at Saulteau First Nations. She has lived in Chetwynd for the last 33 years. Her mother-in-law Verna Richter is a member of Saulteau First Nations, along with her husband and children.

Because of this family connection, Tonia is fortunate to have made many connections and built relationships with many Saulteau members.

Her background includes banking, along with 8 years with the Chetwynd Chamber Commerce, where she represented and advocated for the businesses in our community. She is passionate about economic development, training, and personal development.

"I have an open-door policy and I look forward to meeting the membership, gaining their trust and working with my team to make a strong training department."

Tonia can be reached via email at trichter@saulteau.com or by phone at (236) 364-2008 Monday to Thursday.



Members of SFN

Call for Participation

**Be a part of our Community
Resiliency Project!!!!**

“Resilient and Rising”

This is how..... Simply send us a photo of you
and/or your family!

Upon completion, we will be showcasing our slideshow presentation
via email and community Facebook pages.

Deadline to submit photos:

December 3, 2020

Email to:

mdoyle@saulteau.com

or

jgayse@saulteau.com



Community Members in Need

We have collected some items through donations for community members of Saulteau First Nations in the Moberly area. We have some dry-goods and a very limited, amount of frozen items. If you have a need please contact me at jmorine@saulteau.com (anytime) or call the daycare Monday-Thursday 7:30 am -4:30 pm and leave a message you need me or Adrianna to call you back. This will be done confidentially. We can let you know what we have (there is a variety of items) and though it is not a super big amount we want to make sure these donations get to those in need.

If you would like to donate items, even packaged game, please let us know and Adrianna can pick it up.

Thanks

Jerri Morine & Adrianna Glover



SFN Fibre Internet



How to Pay & Tech Support

Please note, we will be closed
December 18th - January 4th
Please make sure your payments are up to date
before shutdown.

To make payments for fibre internet, please call
(250) 788-3955 to set up an appointment.

For all issues with fibre internet, please call
+1 (888) 622-2879



Dear Santa,





Contact

Chief & Council

Justin Napoleon

Chief

Davis Family Councillor
jnapoleon@saulteau.com
(250) 788-7271

Ken Cameron

Courtoreille Family Councillor
kcameron@saulteau.com
(250) 788-7265

Rudy Paquette

Desjarlais Family Councillor
rpaquette@saulteau.com
(250) 788-7270

Juritha Owens

Napoleon Family Councillor
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(250) 788-7269

Falon Gauthier

Gauthier Family Councillor
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Sarah Canning

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