

ONKWE'TA:KE

THE MOHAWK COUNCIL OF AKWESASNE NEWSLETTER

Volume 9 Issue 4

Onerahtókha/April 2020

IN THIS ISSUE:

COVID-19
(NOVEL
CORONAVIRUS)
UPDATE

CHILDREN'S PAGE

MCA & SRMT
JOINT RELEASES

DEPARTMENT OF
HEALTH UPDATES

OPERATIONAL
PROGRAMS
& SERVICES

MENTAL HEALTH
TIPS

DEPARTMENT OF HEALTH WORKS TOGETHER TO PROVIDE GREEN FOOD BAG TO COMMUNITY



On March 17, staff from the Department of Health worked together to ensure that individuals who ordered their monthly Green Food Bag safely received it. In order to limit contact amongst individuals and ensure that the health and safety of all was met, staff made deliveries to those that ordered.

Niawenko:wa to all our front-line workers that are working hard to ensure that services are carried out.

For up-to-date information on COVID-19, please visit: akwesasne.ca/covid-19-novel-coronavirus-information/

UPCOMING MCA MEETINGS & SPECIAL DATES:

District and General Meetings

- Please be advised that there are no district or general meetings for the month of April.

Staff Events

- Please be advised that all staff activities have been cancelled for the month of April.

MOHAWK COUNCIL OF AKWESASNE 2018-2021

Grand Chief

Abram Benedict

Kana:takon District

Chief Theresa Jacobs
Chief Darryl Lazore
Chief Julie Phillips-Jacobs
Chief Tim Thompson

Kawehno:ke District

Chief Carolyn Francis
Chief Edward Roundpoint
Chief Vince Thompson
Chief Vanessa Adams

Tsi Snaihne District

Chief April Adams-Phillips
Chief Connie Lazore
Chief Joe Lazore
Chief Tobi Mitchell

Administration

Heather Phillips
Executive Director

Daryl Seymour
A/Director,
Department of Technical Services

Joyce King
Director,
Akwasasne Justice Department

Charmaine Caldwell
Director,
Department of Housing

Heather Phillips
A/Director,
Department of
Community and Social Services

Keith LeClaire
Director,
Department of Health

Donna Lahache
Director,
Akwesasne Mohawk Board
of Education

Shawn Dulude
Chief of Police,
Akwasasne Mohawk Police
Service

Kylee Tarbell
A/Director,
Tehotienawakon

WAT'KWANONHWERA:TON/GREETINGS

She:kon/Wat'kwanonhwera:ton,

The MCA Communications Team is proud to bring you a new issue of our print newsletter, Onkwe'ta:ke. The name Onkwe'ta:ke means "For the people" and the newsletter is our way of reporting MCA news and information to those we are serving...you, the people. MCA prides itself on transparency and accountability, and the news and reports in the pages to follow are MCA's attempt to ensure you receive informative and helpful news.

There is always a lot to learn about Council and the MCA departments, so we hope you find the newsletter both interesting and useful. We look forward to sharing our most valuable news with you in this format, and welcome you to provide feedback or suggestions by emailing our team at communications@akwasasne.ca.

FIVE THINGS

OUR MONTHLY LIST OF FACTS, REMINDERS &
IMPORTANT MESSAGES

1

The MCA and the SRMT have announced the first confirmed case of COVID-19 in Akwasasne. The Franklin County Department of Public Health notified the Tribe's Emergency Operation Center that the case involves a community member, who is in quarantine at home and receiving follow-up care. Read the full joint release on Page 3.

2

Now is the time to be prepared, not scared. To help, MCA & SRMT have activated their Emergency Operation Centers. If you have an emergency matter or require essential items, please call them at:

* MCA EOC: 613-575-5005, 613-575-2331, or eoc@akwasasne.ca

* SRMT EOC: 518-320-0019 or eoc@srmt-nsn.gov

3

In response to the COVID-19 pandemic and Akwasasne's State of Emergency, the MCA has reduced staff presence as a precaution for their own safety and the safety of our community members. This decision has impacted MCA operations and resulted in scaling back to essential services. Visit Page 9 for a list of operational programs and services.

4

Staff at Iakhihsohtha and Tsiionkwanonhso:te have been working diligently to ensure our elders are in good health. Although the facilities are closed to the public, our hardworking employees found a way to let the community know that our Totas are safe and in high spirits. Turn to Page 30 to see smiles and messages from the residents.

5

Managing stress & mental health is important, especially during a public health emergency. Find some activities and tips for kids on Page 33. Also, please be reminded that the MCA Wholistic Health and Wellness Program has a 24-Hour Support Line — to get connected with one of our mental health specialists, please call our toll-free number at 1-844-244-1060.

NEWS

SRMT AND MCA ANNOUNCE FIRST CONFIRMED COVID-19 CASE IN AKWESASNE (MARCH 28, 2020)

On March 28, 2020, the Saint Regis Mohawk Tribe and the Mohawk Council of Akwesasne were notified of the first confirmed case of COVID-19 (Novel Coronavirus) in the community of Akwesasne. The Franklin County Public Health Department notified the Tribe's Emergency Operations Center that the case involves a community member, who is in quarantine at home and receiving follow-up care.

The County Health Department is investigating the individual's case to determine exposure and those who may have been in recent contact. No additional information is being released at this time due to patient privacy laws.

It is extremely important that everyone practice social distancing and stay home to avoid contact with others. Please limit travel to essential purposes only, such as for groceries or prescriptions, and consider sending only one person. While in public, stay at least 6 feet apart from others.

For those returning to the community from beyond a 50-mile radius of Akwesasne, you **MUST** self-quarantine for 14 days. Please place the community's health and safety as a priority, particularly those who are most vulnerable — our Elders and those with underlying medical conditions.

It is important to remember that now is the time to be prepared, not scared. To help, both organizations have activated their Emergency Operation Centers and our health professionals are working hard to slow the spread of the Coronavirus. If you have an emergency matter or require essential items, please call them at: SRMT's EOC (518) 320-0019 or MCA's EOC at (613) 575-5005 or (613) 575-2331. They are here to help you.

Symptoms associated with the Coronavirus include a sustained temperature reading of 100.4 degrees or more, coughing, shortness of breath, or difficulty breathing. If you have these symptoms, please call the Tribe's Medical Clinic at (518) 358-3141 Ext. 7130 or MCA's Community Health at (613) 575-2341 Ext. 3220. Remember to call first.

For those who may have questions about the Coronavirus, we encourage you to please call the New York State Department of Health's Coronavirus Hotline at 1-888-364-3065 (toll free) or the Eastern Ontario Health Unit at Eastern Ontario Health Unit: 1-800-267-7120. Real questions deserve real answers, so please share this number with anyone who wants to know more about the disease.

Both councils and their EOCs will continue to monitor the situation and will share updates as they become available. Please continue to listen to CKON, follow our Facebook pages, and visit our websites.



**COVID-19
(NOVEL CORONAVIRUS)
INFORMATION**

NEWS

MCA AND SRMT URGES "STAY AT HOME" AND SELF-QUARANTINE FOR TRAVELERS (MARCH 27, 2020)

The health and safety of the Akwesasne community is a priority. To help protect our community members, the Mohawk Council of Akwesasne and the Saint Regis Mohawk Tribe is urging all travelers returning to Akwesasne from beyond a 50-mile radius to self-quarantine at home. This includes those who traveled for non-essential and essential purposes; including for work, vacation, school, release from incarceration or other reasons. This is to prevent the spread of the Coronavirus from areas experiencing an outbreak.

During the self-quarantine, stay away from sick people and do not visit others, particularly the vulnerable members of our community — such as our Elders and those with underlying medical conditions. Throughout the self-quarantine period, you should monitor your symptoms 3 times per day, which includes taking your temperature and keeping an eye out for a sustained reading of 100.4 degrees or more, coughing, shortness of breath, or difficulty breathing. If you have these symptoms, please call the Tribe's Medical Clinic at (518) 358-3141 Ext. 7130 or MCA's Community Health at (613) 575-2341 Ext. 3220. Remember to call first.

With the number of reported cases increasing in Franklin County, St. Lawrence County, and within the East-

ern Ontario Health Unit (EOHU) catchment, it is now a critical time to practice social distancing and limit your local travel. Stay home and only travel for essential items, such as groceries, refill prescriptions, or for other necessary reasons. If you must travel, please consider sending only one person and maintain at least a 6-foot distance from other people in public.

Now is the time to be prepared, not scared. To help, both organizations have activated their Emergency Operations Centers (EOC), and our health professionals are working hard to slow the spread of the Coronavirus. If you have an emergency matter or require essential items, please call the Emergency Operations Centers at SRMT's EOC (518) 320-0019 or MCA's EOC at (613) 575-5005 or (613) 575-2331. They are here to help you.

Both councils and their EOCs are continuing to monitor the situation and will share updates as they become available. Please continue to listen to CKON, follow our Facebook pages, and visit our websites.

EMERGENCY OPERATION CENTER (EOC)

☎ 613-575-5005
☎ 613-575-2331
✉ EOC@AKWESASNE.CA

AVAILABLE
WEEKDAYS: 9 AM - 6 PM



NEWS

MOHAWK COUNCIL OF AKWESASNE & SAINT REGIS MOHAWK TRIBE EMPHASIZE SELF-QUARANTINE REQUIREMENT (MARCH 24, 2020)

On March 16, 2020, the Mohawk Council of Akwesasne and the Saint Regis Mohawk Tribe declared a State of Emergency. Since that time, both of our councils have received, and continue to receive, serious concerns from community members about travel outside of Akwesasne by others and the NEED for those community members who return to Akwesasne to self-quarantine. This includes those returning from ironwork, post-secondary studies, vacation, and from any location outside of the 50-mile radius for any reason, including release from incarceration.

“The Tribe issued a Travel Protocol in response to community members taking vacations and participating in non-essential travel. We want to emphasize that there should be no unnecessary travel outside our immediate area,” stated SRMT Tribal Chief Beverly Cook. Chief Cook emphasized, “Those that have made the personal decision to do so, need to exercise precaution and self-quarantine themselves for 14 days. Everyone needs to take this situation as serious as they’ve ever been about their loved one’s lives and well-being.”

During the self-quarantine, stay away from sick people and do not visit other people, particularly the vulnerable members of our community — such as our Elders and those with underlying medical conditions. Throughout the self-quarantine period, you should monitor your symptoms 3 times per day, which includes taking your temperature and keeping an eye out for a sustained reading of 100.4 degrees or more, coughing, shortness of breath, or difficulty breathing. If you have these symptoms, please call the Tribe’s Medical Clinic at (518) 358-3141 Ext. 7130 or MCA’s Community Health at (613) 575-2341 Ext. 3220. Remember to call first.

“Please know that this is an unprecedented and extraordinary time that requires difficult decisions and measures to be taken, for the Tribe and MCA, but also for yourself and your families,” shared Tribal Chief Eric Thompson. “The Coronavirus is affecting every aspect of our lives. In response, both organizations have activated their Emergency Operations Centers to help all of us get through this together,” added Chief Thompson.

For any emergency-related matters, please contact one of the Emergency Operations Centers (EOCs) if you or a family member require any emergency supplies. The Tribe’s EOC can be reached at (518) 320-0019 and MCA’s EOC can be reached at (613) 575-5005 or (613) 575-2331. Please write these numbers down and keep them handy.

“Now is not the time to panic, but to practice common sense and follow the preventative measures being recommended,” said Tribal Chief Michael Conners. Chief Conners noted, “You can still travel for essential items, such as groceries or to refill prescriptions, but please consider sending only one person and practice social distancing. The sooner we can help “Flatten the Curve” the sooner we can all return to our normal lives.”

Both councils know that there are a lot of questions and concerns about the Coronavirus. Community members are encouraged to call the NYS Department of Health’s 24/7 Hotline at 1-888-364-3065 or the Eastern Ontario Health Unit at 1-800-267-7120 from 8:00 am- 8:00 pm for any questions you may have. No question is insignificant.

MCA Grand Chief Abram Benedict stated, “This is an important message and both councils wanted to reach

NEWS

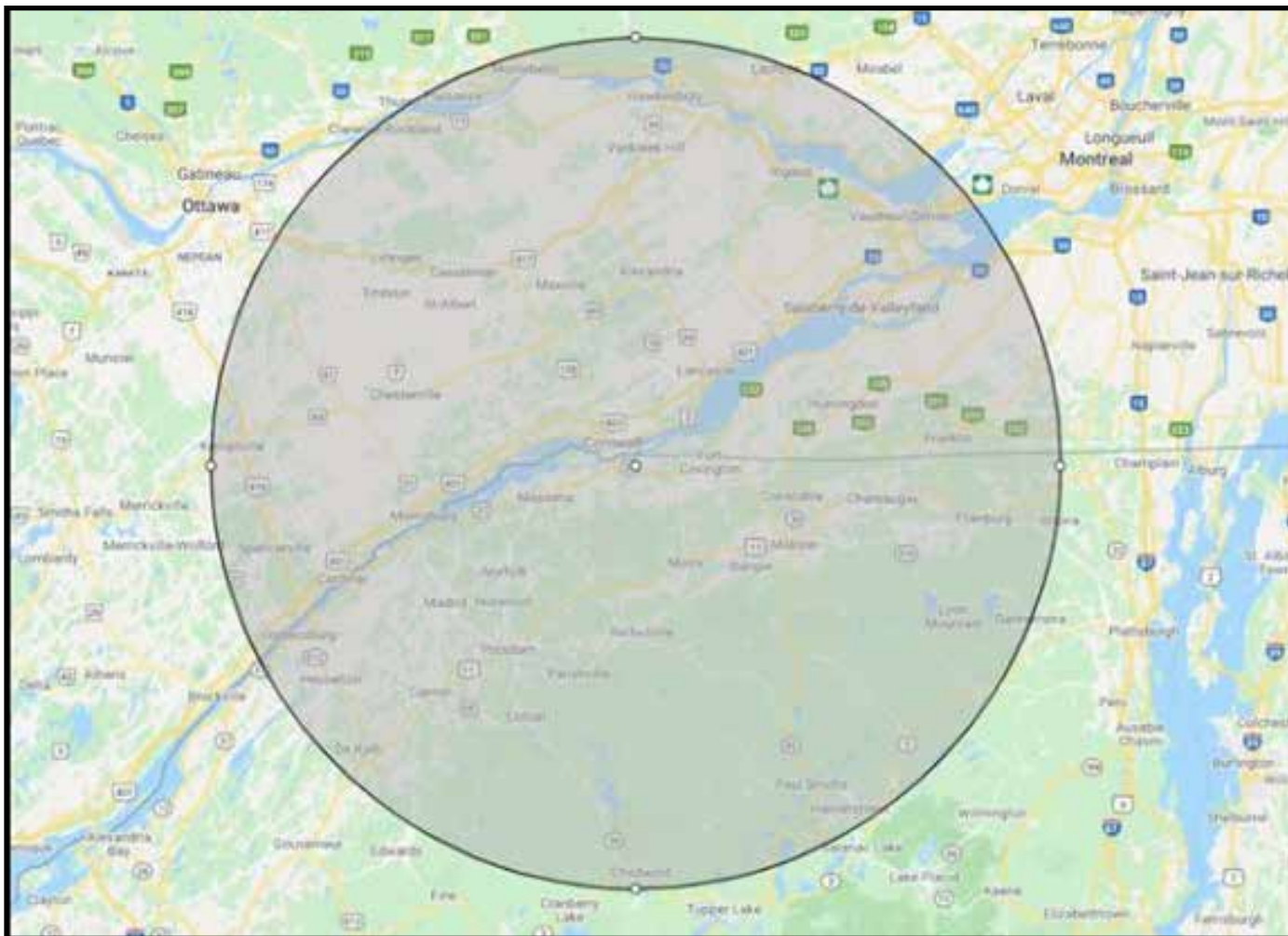
MOHAWK COUNCIL OF AKWESASNE & SAINT REGIS MOHAWK TRIBE EMPHASIZE SELF-QUARANTINE REQUIREMENT CON'T (MARCH 24, 2020)

out to the community together to stress the importance of self-quarantining for any community member who is returning to Akwesasne. Remember, it's not about you, it's about the safety of the whole community, and especially our most vulnerable. We are strongest when we all work together."

In that regard, everyone should be actively practicing prevention in terms of frequently washing your hands for 20 seconds at a time, socially distancing yourself from others, and for those who are returning from travel outside the 50-mile radius, self-quarantining for 14 days.

Both councils and their EOCs will continue to monitor the situation and will share updates as they become available. Please continue to listen to CKON, follow our Facebook pages, and visit our websites.

Niawen:kowa/Thank you very much to the medical professionals, emergency response personnel, and local businesses who have voluntarily closed and/or made adjustments to continue making their essential services available for the Akwesasne community.



Any individual who are returning from travel outside of a 50-mile radius should self-quarantine for 14 days.

NEWS

EMERGENCY OPERATION CENTER (EOC) CONTACT INFORMATION

The EOC was enacted in order to provide leadership and staff with a hub to collect information on the ongoing situation with COVID-19 (novel coronavirus). It was also initiated to make decisions amongst leadership, to keep in contact with outside organizations (ie. Saint Regis Mohawk Tribe), to receive updates from departments within the Mohawk Council of Akwesasne, and to provide community members with access to ask questions.

Community members can also contact the EOC if they need access to food or supplies, or if you have health questions or concerns.

The EOC will be open Monday-Friday 9 AM - 6 PM.

Contact:

- 613-575-5005
- 613-575-2331
- eoc@akwesasne.ca



COVID-19 TOLL PLAZA EMERGENCY PROTOCOL

The Seaway International Bridge Corporation (SIBC) would like to inform the community that an Emergency Protocol Pass has been created to process free pas-



sage transits so that free passage will not require the handling of cards. This pass is used only by the gloved attendant and will be scanned when the customer shows their photo bridge pass, their photo INAC card, or, acceptable status card. It is imperative that customers show and hold up their own identification for this purpose so that we can ensure the safety of both customers and employees in an attempt to continue business objectives.

Attendants are encouraged to avoid and discourage as much contact as possible during this time. Always supplied: gloves (mandatory), masks if required, hand sanitizer and Lysol. Positive words will always be encouraged, welcomed and necessary at this time. We wish the best in health to all.

NEWS

MESSAGE FROM U.S. CUSTOMS AND BORDER PROTECTION (MARCH 20, 2020)

Recent announcements regarding border crossing restrictions made by the President of the United States and the Prime Minister of Canada may have raised many concerns and questions amongst members of the Akwesasne community.

The U.S. Customs and Border Protection (CBP), Massena, NY, would like to reassure Akwesasne community members that they respect the unique mobility needs of Native Americans in the United States and will continue to facilitate border crossing into the United States for Native American travelers.

They also wish to reassure you that travel between Saint Regis, Snye, and Cornwall Island will not be impeded.

CBP noted they are committed to ensuring that Native Americans continue to be able to move within and between their communities, and are able to provide and access essential goods and services, including emergency services.



A MESSAGE FROM THE CBSA TO MEMBERS OF THE AKWESASNE COMMUNITY (MARCH 20, 2020)

Recent announcements regarding border crossing restrictions made by the Prime Minister of Canada and the President of the United States may have raised many concerns and questions amongst members of the Akwasasne community.

The Canada Border Services Agency (CBSA) would like to reassure Akwesasne community members that we respect the unique mobility needs of Indigenous People in Canada and we will continue to facilitate border crossing into Canada for Indigenous travellers. We also wish to reassure you that travel between Saint Regis, Snye and Cornwall Island and the north shore of the St. Lawrence River will not be impeded.

The CBSA would also like to remind members of the Akwesasne community that proper identification is still required to enter Canada. We kindly ask that all Akwe-

sasne community members present approved Canadian ID when entering Canada in order to be eligible for the Indigenous community travel exemption. Acceptable ID during this period includes birth certificates, passports, and Secure Certificates of Indian Status (issued by Indigenous Services Canada).

We are committed to ensuring that Indigenous people continue to be able to move within and between their communities, and are able to provide and access essential goods and services, including emergency services.

Canada

NEWS

MCA OPERATIONAL SERVICES (MARCH 27, 2020)

KEY:

DEPARTMENTS ARE INDICATED IN PURPLE CAPS.

PROGRAMS ARE IN CAPS AND BOLDED.

Sub-programs are bolded and underlined.

Operational Status is indicated by red font.

Additional information indicated by regular text.

Contact Person is bolded.

Contact information is italicized.

Kana:takon School

Suspended services

Online services (TBD)

Courtney Thomas-*courtney.thomas@ambe.ca*

Tsi Snaihne School

Suspended services

Online services (TBD)

Tami Kroon-*tami.kroon@ambe.ca*

Head Start

Suspended services

Digital applications

Elaine Thompson-*elaine.thompson@ambe.ca*

DAYCARE

Kawehno:ke Daycare

Suspended services

Zero to Six Program

Suspended services

Kana:takon Daycare

Suspended services

Tsi Snaihne Daycare

Suspended services

POST SECONDARY

Iohahi:io

Suspended services

Classes moved to online.

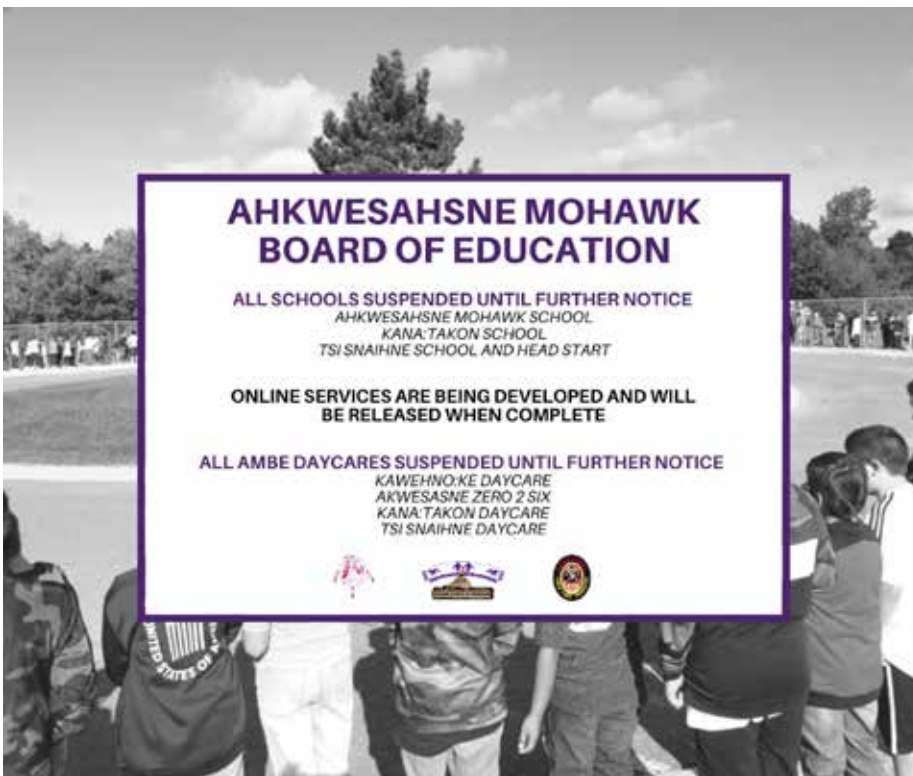
Accepting college applications online.

Academic Support

Rebecca Smoke-*rebecca.smoke@ambe.ca*

Sheila LaFrance-*sheila.lafrance@ambe.ca*

Amanda Tarbell-*amanda.tarbell@ambe.ca*



AKWESASNE MOHAWK BOARD OF EDUCATION

SCHOOLS

Ahkwesahsne Mohawk School (AMS)

Suspended services

Online services (TBD)

Andrea Carpenter-*andrea.carpenter@ambe.ca*

Akenhnhahse White-*akenhnhahse.white@ambe.ca*

NEWS

MCA OPERATIONAL SERVICES (MARCH 27, 2020)

Post Secondary Education

Operational services

Accepting PSAP applications for FA20, Accepting grades for SP/WI20, Providing academic support for online study

Dwight Bero Jr.-dwight.bero.jr@ambe.ca

Hannah McDonald-hannah.lafrance@ambe.ca

Emergency Services

Veronica Jacobs-veronica.jacobs@ambe.ca

OPERATION AND MAINTENANCE

Suspended services

AMBE ADMINISTRATION

Operational services

Closed to Public - online services

Donna Lahache-donna.lahache@ambe.ca

Owen Benedict-owen.benedict@ambe.ca

Lynn Roundpoint-lynn.roundpoint@ambe.ca

Heather Jacobs-heather.jacobs@ambe.ca

Roberta Lazore-roberta.lazore@ambe.ca

Denise Jackson-denise.jackson@ambe.ca



AHKWESAHSNE MOHAWK BOARD OF EDUCATION
IOHAHI:IO & POST SECONDARY SERVICES

IOHAHI:IO

IOHAHI:IO IS SUSPENDING IN-PERSON CLASSES AND PROGRAMS UNTIL FURTHER NOTICE. CURRENT CLASSES ARE MOVING TO AN ON-LINE FORUM. THEY ARE ALSO ACCEPTING COLLEGE APPLICATIONS ON-LINE.

CONTACT INFORMATION:
REBECCA.SMOKE@AMBE.CA
SHEILA.LAFRANCE@AMBE.CA
AMANDA.TARBELL@AMBE.CA

POST-SECONDARY EDUCATION SERVICES

THE POST-SECONDARY EDUCATION SERVICES ARE OPERATING ON-LINE. CURRENTLY, THEY ARE ACCEPTING POST-SECONDARY ACADEMIC PLAN (PSAP) APPLICATIONS FOR FALL 2020. THEY ARE ALSO ACCEPTING GRADES FOR SPRING/WINTER 2020 SEMESTERS. IF YOU NEED ACADEMIC SUPPORT FOR ONLINE STUDY, PLEASE CONTACT THEM FOR ASSISTANCE.

CONTACT INFORMATION:
DWIGHT.BERO.JR@AMBE.CA
HANNAH.LAFRANCE@AMBE.CA



STUDENT SERVICES

Food Services

Suspended services

Louella Lazore-louella.lazore@ambe.ca

After School Program

Suspended services

Transportation

Suspended Services



DEPARTMENT OF TECHNICAL SERVICES

CLOSED TO THE PUBLIC

DISINFECTION OCCURRING AT ALL FACILITIES TO ENSURE HEALTH AND SAFETY

613-575-2250



NEWS

MCA OPERATIONAL SERVICES (MARCH 27, 2020)

DEPARTMENT OF TECHNICAL SERVICES

ROADS

Operational Services

BUILDING MAINTENANCE

Operational Services

Disinfected and closed to public

Educational Facilities

Suspended Services

Disinfected and closed to public

Administration Facilities

Suspended Services

Disinfected and closed to public

Health Facilities

Suspended Services

Disinfected and closed to public

CAPITAL PROJECTS

Suspended Services

Sites are isolated

WATER & WASTEWATER

Operational Services

Closed to Public

HOUSING

BMO Housing Mortgage Program

Suspended Services

Home Adaptations for Seniors Independence

Suspended Services

Residential Rehabilitation Assistance

Suspended Services

New Construction Loan Program

Suspended Services

Upgrading Loan Program

Suspended Services

Rent to Own

Limited Services

Emergency Service

Ben Benedict-613-551-5608

Rental Units

Limited Services

Emergency Service

Corey Tarbell-613-363-1295

Emergency Home Repair and Emergency Elders

On-Call Services

Elders Emergency Assistance

Charmaine Caldwell-613-575-2250 ext. 2303

MCA HEALTH FACILITY CLOSED TO THE PUBLIC

KANONHKWA'TSHERI:IO HEALTH FACILITY IS CLOSED TO THE PUBLIC AS OF MARCH 24, 2020

ESSENTIAL PROGRAMS AND SERVICES WILL CONTINUE TO BE DELIVERED TO THE COMMUNITY

TO CONTACT THE KANONHKWA'TSHERI:IO HEALTH FACILITY, PLEASE CALL
(613) 575-2341

AND YOU WILL BE ROUTED TO THE APPROPRIATE PROGRAM OR SERVICE.



NEWS

MCA OPERATIONAL SERVICES (MARCH 27, 2020)

DEPARTMENT OF HEALTH

ADMINISTRATION

Operational Services

Emergency Service

Cindy Francis-Mitchell-613-575-2341 ext. 3361

NON-INSURED HEALTH BENEFITS

Operational Services

Processing claims

Community telephone calls

Melanie Gibson-613-575-2341 ext. 3340

Medical Transportation

Operational Services

Dialysis, cancer patients only

Melanie Gibson-613-575-2341 ext. 3340

Benefit Analyst

Operational Services

Processing claims

Community telephone calls

Benefit staff-613-575-2341 ext. 3340

COMMUNITY HEALTH

Operational Services

Public Health

Lesley Bero-613-575-2341 ext. 3220

Healthy Babies Healthy Children

Operational Services

Phone follow-up

Karole Mitchell-613-575-2341 ext. 3220

Immunizations

Postponed Services

Karole Mitchell-613-575-2341 ext. 3220

They are planning on resuming services.

Aboriginal Diabetes Initiative

Operational Services

Follow-up via phone

Home visit for insulin starts

Delia McDonald-613-575-2341 ext. 3220

Child Nutrition

Operational/Limited service

Vouchers for existing clients

Karole Mitchell-613-575-2341 ext. 3220

Childrens Oral Health Initiative

Suspended Services

Community Health Nurses

Operational Services

Public Health

Lesley Bero-613-575-2341 ext. 3220

CPNP

Operational Services

Follow-up via phone

vouchers

Karole Mitchell-613-575-2341 ext. 3220

Environmental Health Officer

Operational Services

Follow-up via phone

community emergency

Naeem Irshad-613-575-2341 ext. 3220

Fetal Alcohol Spectrum Disorder

Suspended Services

Maternal Child Health

Operational Services

Follow-up via phone

Karole Mitchell-613-575-2341 ext. 3220

NEWS

MCA OPERATIONAL SERVICES (MARCH 27, 2020)

Ontario Diabetes

Operational Services

Follow-ups

Insulin requests

Delia McDonald-613-575-2341 ext. 3220

Smoke Free Ontario

Operational Services

Phone consults - NRT disbursement info

Don Lucas-613-575-2341 et. 3220

IAKHIHSOHTHA HOME FOR THE ELDERLY

Operational Services

Closed to Public

Allison Lazore Green-613-575-2341 ext. 4202

DOC: Joan Lazore-613-575-2341 ext. 4203

TSIIIONKWANONHSO:TE LONGTERM CARE

Operational Services

Closed to Public

Allison Lazore Green-613-575-2341 ext. 1621

DOC: Sonja Sylvester-613-575-2341 ext. 1617

WHOLISTIC HEALTH & WELLNESS PROGRAM

Traditional Medicine

Limited Operations

Telephone follow-ups for existing clients only

Arisawe Lazore-613-575-2341 ext. 3115

Aronhiaies Herne-613-575-2341 ext. 3115

Addictions

Limited Operations

Telephone appointments

Bonnie Bradley, CFNHM-613-575-2341 ext. 3115

Mental Health Services

Limited Operations

Telephone session

613-575-2341 ext. 3115

24 Hour Support Line

This number is toll free and will connect you with the Wholistic Health and Wellness Health Specialist.

1-844-244-1060

Brighter Futures

Suspended Services

Building Healthy Communities

Suspended Services

Akwesasne Medical Clinics

Limited Services

Urgent care, by appointment only (starting March 30)

Triaging patients by phone

Dr. Horn-613-575-2341 ext. 3215

Dawn King-613-575-2341 ext. 3215

Courtnei Day-613-575-2341 ext. 3215

Theresa Connors-613-575-2341 ext. 3215

Kawehno:ke Medical Clinic

Limited Services

Urgent care, by appointment only

Triaging patients

Janet Brant-613-932-5808

Katelyn Fedorak & clinic staff-613-575-2341 ext. 3110

Gambling

Suspended Services

Kahswentha

Suspended Services

Life Promotions

Suspended Services

NEWS

MCA OPERATIONAL SERVICES (MARCH 27, 2020)

Acupuncture

Suspended Services

Physiotherapy (Tsiionkwanonhso:te)

Suspended Services

Prevention

Suspended Services

Satellite Clinic

Suspended Services

Childrens Mental Health

Limited Operations

613-575-2341 ext. 3115

Suicide Prevention

Limited Operations

Closed to Public

613-575-2341 ext. 3115

NATIONAL NATIVE ALCOHOL AND DRUG ABUSE PROGRAM

Limited Operations

Closed to Public

613-575-2341 ext. 3115

HOME AND COMMUNITY CARE

Home Care

Operational Services

PSW Care Limited

April White-613-575-2341 ext. 1066

Community Nursing

Operational Services

Palliative Priority

April White-613-575-2341 ext. 1074

Micheline White-613-575-2341 ext. 1074

Akwesasne Mohawk Ambulance Unit

Operational Services

No limitations

Emergency Dispatch-613-575-2000

LOCAL INTEGRATED HEALTH NETWORK

Crisis Intervention

Operational Services

Tess Benedict-613-575-2341 ext. 3303

Footcare

Suspended Services

Maintenance

Operational Services

Congregate Dining

Suspended Services

Meals on Wheels

Operational Services

Daily

Dave Oakes-613-575-2341 ext. 4205

Respite

Operational Services

Security

Operational Services

Tri District Services

Suspended Services



NEWS

MCA OPERATIONAL SERVICES (MARCH 27, 2020)

AKWESASNE MOHAWK POLICE SERVICE CLOSED TO THE PUBLIC

THE AKWESASNE MOHAWK POLICE SERVICE WOULD LIKE TO INFORM THE COMMUNITY THAT THE BUILDING IS CLOSED TO THE PUBLIC. IN THE CASE OF AN EMERGENCY OR YOU NEED TO TALK TO SOMEONE PLEASE CALL PRIOR TO COMING TO THE BUILDING.

PROBATION IS STILL ON-GOING BUT WILL BE DOING PHONE CHECK-INS RATHER THAN IN PERSON CHECK-INS. FOR THOSE WHO ARE NOT ABLE TO OWN A CELLPHONE DUE TO PROBATION RESTRICTIONS, THEY WILL STILL BE REQUIRED TO CHECK-IN, IN PERSON.

EMERGENCY DISPATCH:
613-575-2000
SCREENING QUESTIONS WILL BE ASKED

NON-EMERGENCY LINE:
613-575-2340



ADMINISTRATIVE BUILDING #1 (A-FRAME)

PLEASE BE ADVISED THAT THE
ADMINISTRATIVE BUILDING #1 IS CURRENTLY
CLOSED TO THE PUBLIC AT THIS TIME.

PHONES ARE OPERATIONAL:

613-575-2250



AKWESASNE MOHAWK POLICE SERVICE

Community Policing Services

Operational Services

Sgt. Ranatiostha Swamp-613-575-2340 ext. 3506

Joint Investigations Team (JIT)

Operational Services

Deputy Chief Beaudry-613-575-2340 ext. 3504

Emergency Dispatch Services

Operational Services

Sgt. Ranatiostha Swamp-613-575-2340 ext. 3506

SAVE Unit

Operational Services

Sgt. Ranatiostha Swamp-613-575-2340 ext. 3506

ADMINISTRATION & GOVERNMENT SERVICES

ADMINISTRATION

Finance

Operational Services

Closed to Public

No longer taking payments

**Richard Fournier-613-575-2341 ext. 2163 or
613-662-5169**

Human Resources

Operational Services

Closed to Public

Information Services

Operational Services

Closed to Public

NEWS

MCA OPERATIONAL SERVICES (MARCH 27, 2020)

Communications Unit

Operational Services

Closed to Public

Hydro Quebec

Suspended Services

GOVERNMENT SERVICES

Aboriginal Rights & Research Office

Suspended Services

Office of Vital Statistics

Limited Operations

Status Cards

Tina Mitchell-613-361-9144

Entewatatha:wi

Suspended Services

Mohawk Government Staff

Limited Operations

Residency Letters

Grand Chief and Council (EOC)-613-575-2341

AKWESASNE JUSTICE DEPARTMENT

ONTARIO PROBATION AND PAROLE SERVICES

Limited Operations

Client Checks

Mike Benedict Jr-613-361-2889

LEGISLATIVE DEVELOPMENT

Suspended Services

AKWESASNE COURT

Suspended Services



LEGAL SERVICES

Suspended Services

FIRST NATIONS RESTORATIVE FINANCIAL MANAGEMENT PILOT PROJECT

Suspended Services

AKWESASNE COMMUNITY JUSTICE PROGRAM

Victims Services

Limited Operations

Jenna David-613-360-8897

Aboriginal Extrajudicial Measures

Limited Operations

Rena Smoke-613-577-2731

Diversion

Gladue Writer/Aftercare

Limited Operations

NEWS

MCA OPERATIONAL SERVICES (MARCH 27, 2020)

AKWESASNE JUSTICE DEPT. CLOSED TO THE PUBLIC

THE FOLLOWING ARE LIMITED SERVICES PROVIDED BY THE AKWESASNE JUSTICE DEPARTMENT:

ONTARIO PROBATION AND PAROLE SERVICES
CONTACT MIKE BENEDICT | 613-361-2889

AKWESASNE COMMUNITY JUSTICE PROGRAM
CONTACT RENA SMOKE | 613-577-2731
(ABORIGINAL EXTRAJUDICIAL MEASURES, DIVERSION, GLADUE WRITER/AFTERCARE, MAG COURT WORKER, SECTION 84 EARLY RELEASE PROGRAM, PERSONAL SERVICE ORDER)

VICTIM SERVICES
CONTACT JENNA DAVID | 613-360-8897

NATIVE INMATE LIAISON OFFICER
CONTACT DENISE DAVID | DENISE.DAVID@AKWESASNE.CA

THE FOLLOWING SERVICES ARE SUSPENDED UNTIL FURTHER NOTICE:

LEGISLATIVE DEVELOPMENT
AKWESASNE COURT
LEGAL SERVICES
FNRFMPP
COMPLIANCE OFFICE



DEPT. OF TEHOTIENNAWAKON

ALL PUBLIC PROGRAMS AND SERVICES WITHIN THE DEPARTMENT OF TEHOTIENNAWAKON ARE SUSPENDED UNTIL FURTHER NOTICE

FACILITIES ARE ALSO CLOSED TO PUBLIC UNTIL FURTHER NOTICE, THIS INCLUDES:

ECONOMIC DEVELOPMENT PROGRAM OFFICE
ENVIRONMENT PROGRAM OFFICE
PEACE TREE TRADE CENTRE
A'NOWARA'KO:WA ARENA



DEPARTMENT OF TEHOTIENNAWAKON

Rena Smoke-613-577-2731

MAG Courworker

Limited Operations

Rena Smoke-613-577-2731

Section 84 Early Release Program

Limited Operations

Rena Smoke-613-577-2731

Personal Service Order

Limited Operations

Rena Smoke-613-577-2731

Native Inmate Liaison Officer

Limited Operations

Denise David-denise.david@akwesasne.ca

COMPLIANCE OFFICE

Suspended Services

Economic Development Program

Suspended Services

Environment Program

Suspended Services

Peace Tree Trade Centre

Suspended Services

A'nowara'ko:wa Arena

Suspended Services

DEPARTMENT OF COMMUNITY & SOCIAL SERVICES

AKWESASNE CHILD & FAMILY SERVICES

Operational Services

Office: M-F (8 am - 4pm)

613-575-2341 ext. 3139

Emergency: 613-575-2000

NEWS

FUNERAL GUIDELINES DURING THE COVID-19 CRISIS (MARCH 21, 2020) FROM DONALDSON FUNERAL HOME

Our funeral home guidelines for services at this time -
March 21, 2020

1. The Donaldson and Donaldson-Seymour Funeral Home is required to adhere to the regulations set forth by the NYS Department of Health, St. Lawrence and Franklin Public Health, and CDC. In coordination with the Canadian Health officials, Mohawk Council of Akwesasne, and the St. Regis Mohawk Tribe.

2. This funeral home will continue to serve the needs of the community with regards to the death of a community member with full staff but, under the following guidelines.

A. Viewings/Visitations may occur privately for IMMEDIATE family members only at the Funeral Home with no more than 10 people in the building at one time (including staff) with social distance measures in place.

B. Funeral Services are encouraged to be done in an outside environment (cemetery) but, may be performed at the funeral home under the above stated guidelines.

C. Burial and/or cremation is encouraged to be done at this time, again under the same guidelines.

i. Provisions may be made if burial grounds are not suitable for burial at this time (too wet). However, burial should be done as soon as possible after such provision.

D. Memorial services, celebrations of life, memorial meals may be coordinated after the mass gathering restrictions are lifted.

3. IMMEDIATE family is listed as spouse, parents, children, grandchildren, siblings of deceased – as the Executive Order states as few as possible with social distances in place. We at Donaldson Funeral Home will accommodate families that are larger than 10, allowing periods of time to “cycle” immediate family members

through for a ‘private viewing’ period. These will be limited time slots.

4. Due to the fact that we are serving multiple families with these same restrictions and the requirement to clean our facilities in between uses, timing of services may be impacted.

5. Should a person be in self-quarantine or show any symptoms, we would ask that they not enter the building for the safety of the visitors and staff.

6. We realize there are many funeral customs honored throughout the Native American community and we will do our best to honor those customs, however not all may be able to be honored in a timely manner including visitations/viewing in the personal home, church, or Longhouse setting.

7. These guidelines are in place for all services for individuals who are attending services for a person that is NOT infected with the COVID-19 illness. Should the death occur due the COVID -19 illness a completely different set of procedures may be put into place.

8. These provisions are set in place, not as an inconvenience to us, but as a manner to prevent a mass infected incident that could result with mass casualties.

9. As this is a very fluid situation, these guidelines may change at any given time and without much notice.

Respectfully,

Chad W. Green, Owner



NEWS

HYDRO-QUÉBEC UPDATE

In the context of the COVID-19 (coronavirus) pandemic, we would like to reassure you that our employees are on the job and will continue to be here for you. Hydro-Québec management has put its emergency measures into action, which means that a special committee is holding daily meetings to track the evolution of risk levels associated with COVID-19.

We are also in touch with our partners and suppliers who provide goods and services or who work at our facilities.

With health and safety top of mind, we will continue to provide information during this uncertain period to address your concerns.

In accordance with the order given by the Québec government, Hydro-Québec will continue to provide essential services. Our line workers will continue to respond:

- In case of an outage.
- In case of an incident that could jeopardize public safety.
- To provide service connection for residential customers with imminent move-in dates.
- All non-essential work will be delayed for an undetermined period.

We are sensitive to the fact that over the coming weeks, some customers could experience financial difficulties associated with the COVID 19 crisis.

We are putting the following measures in place to help those affected:

- We will not cut off power to anyone for non payment.
- There will be no planned service interruptions for system maintenance, with the exception of those

that are absolutely necessary.

- Starting Monday, March 23, we will stop applying administration charges for unpaid bills until further notice for all customers. Customers unable to pay their electricity bills over the coming months will thus not be penalized. They can enter into a payment arrangement with Hydro Québec to defer payment.
- If you expect to have trouble paying your bill, at any time you can make a payment arrangement online, in your Customer Space, or by phone, with one of our agents.

To protect Hydro-Québec personnel during the COVID-19 pandemic, we have reduced the size of our customer service teams, and our business hours have temporarily changed. You can reach us from Monday to Friday, 8 a.m. to 6 p.m. Please note that though wait times may be longer than usual, we are there for you.



For more information on how to enter into a payment arrangement, recent changes to customer service hours and more, please visit: <https://www.hydroquebec.com/covid-19-en.html>

COUNCIL AND MOHAWK GOVERNMENT

ENSURING SERVICE & SOCIAL DISTANCING

The Mohawk Council of Akwesasne is embracing technology to ensure social distancing and service delivery for our community — we want to make sure Akwesasnon have access to essential services & programs while keeping health a top priority! Our chiefs have

been meeting regularly via videoconference to stay updated on COVID-19 developments and guidelines.

Do your part to help stop the spread of novel coronavirus — stay safe & socially distant.

ENSURING SERVICE & SOCIAL DISTANCING



MCA chiefs have been utilizing videoconferences to stay both safe and up-to-date!

Stay safe & socially distant.



CHILDREN'S PAGE

SPOT THE DIFFERENCES

What is different between these two pictures?



1. Approximately 3 drops away from center girl, going northeast, there is a missing raindrop. 2. The girl in the middle has a missing pocket. 3. The girl in the orange has a missing string. 4. The same girl has missing socks. 5. The girl in the green has missing pocket panels.

YOU GOT TO BE KIDDING ME!

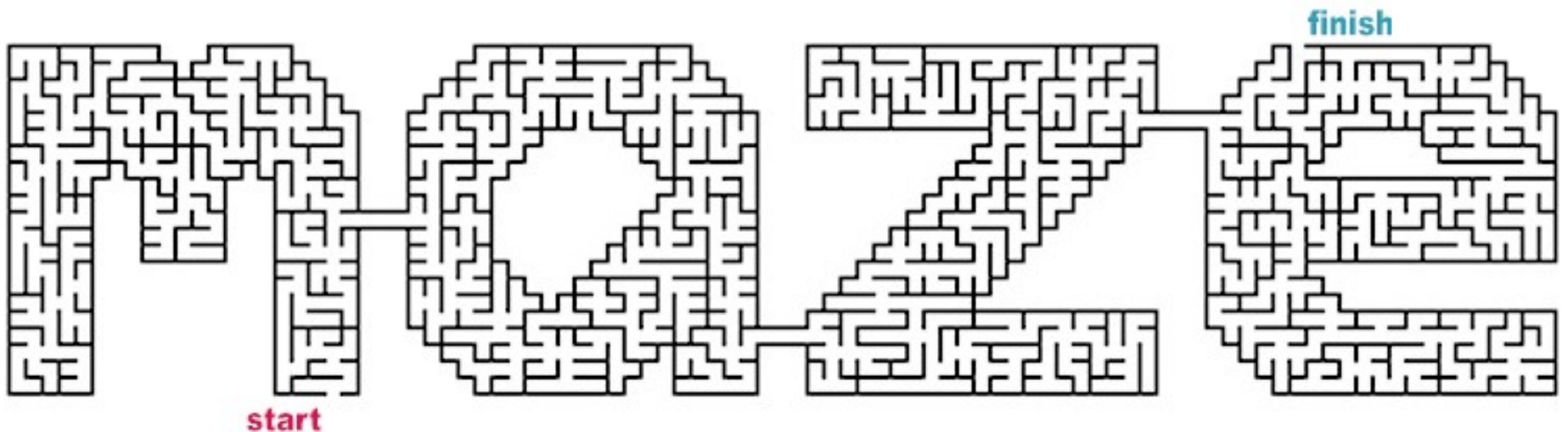


Q: WHY DID CINDERELLA GET KICKED OFF THE BASEBALL TEAM?

A: SHE ALWAYS RAN AWAY FROM THE BALL.



SIMPLY A-MAZE-ING



CHILDREN'S PAGE

COLOUR ME!



DEPARTMENT OF HEALTH

DEPARTMENT OF HEALTH ESSENTIAL SERVICES AND HEALTH RECOMMENDATIONS

The Mohawk Council of Akwesasne's Department of Health is diligently monitoring the situation in Akwesasne and surrounding areas, proactively taking steps to prepare our community.

Due to the unexpected implementation of the travel advisories, followed by the declared state of emergency, a number of MCA Department of Health staff were directed to self-isolate as a precaution and to protect the community members who they serve. This decision directing staff to self-isolate impacted MCA Department of Health operations, and resulted in scaling back to essential services and maintaining direct contact with clientele who depend on specialty services.

The MCA Department of Health is taking necessary precautions to safeguard the community by ensuring our staff are healthy before they resume their operations.

MCA Department of Health determines health guidelines are based on public health recommendations coming from partnering agencies like Eastern Ontario Health Unit, with daily monitoring and assessment of new information.

Regular updates from the MCA Department of Health will be released, keeping the community up to date as these guidelines are revised.

Current public health recommendations on what you can do to help the community at this time:

- Continue practicing social distancing – maintain a distance of at least 6-feet from other persons both in public and in private.
- Continue practicing good hygiene – continue

washing your hands, avoid touching your face, use tissue to cover your nose and mouth if you sneeze or cough.



- If you have been sent home by your employer to self-isolate, stay home for 14-days and self-monitor for symptoms.
- If someone is not a member of your household or a direct care support person, they should not be visiting your home at this time.
- If you need emergency services, honestly report your travel history when speaking with emergency medical technicians, 9-1-1, and MCA dispatchers – the Akwesasne Mohawk Ambulance Unit and other first responders will respond to emergency calls even if a person is at risk for COVID-19.

COVID 19
CORONAVIRUS DISEASE

STOP THE SPREAD OF GERMS

SOCIAL DISTANCING 101

- **Reduce face-to-face contact:** to help reduce the spread of COVID-19 (Novel Coronavirus).
- **Give 6 feet & wave:** instead of handshakes.
- **Stay home:** do not go out in public if sick. Call ahead before going to any healthcare facility.
- **Minimize close contact:** by encouraging telecommuting and avoiding groups of 10 or more.



DEPARTMENT OF HEALTH

HOW TO SELF-ISOLATE

Follow the advice that you have received from your health care provider. If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or your local public health unit.

STAY HOME

- Do not use public transportation, taxis, or rideshares.
- Do not go to work, school, or other public places.
- Your health care provider or public health unit will tell you when it is safe to leave.



COVER YOUR COUGHS AND SNEEZES

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket and wash your hands.



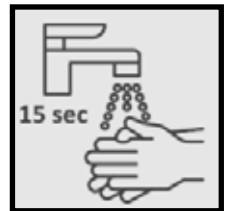
LIMIT THE NUMBER OF VISITORS IN YOUR HOME

- Only have visitors who you must see and keep the visits short.
- Keep away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).



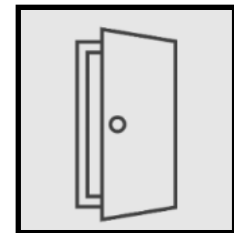
WASH YOUR HANDS

- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.



AVOID CONTACT WITH OTHERS

- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).



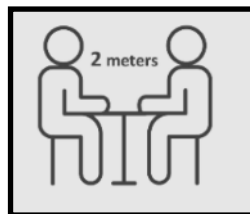
WEAR A MASK OVER YOUR NOSE AND MOUTH

- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two metres of other people.



KEEP DISTANCE

- If you are in a room with other people, keep a distance of at least two metres (6.5 feet) and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



Contact your public health unit:
MCA COMMUNITY HEALTH PROGRAM
613-575-2341 ext. 3220

DEPARTMENT OF HEALTH

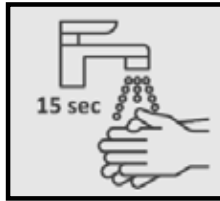
SELF ISOLATION: GUIDE FOR CAREGIVERS & HOUSEHOLD MEMBERS

If you are caring for or living with someone who has the virus, you are considered a “close contact.”

Your local public health unit will give you special instructions about how to monitor your own health and what to do if you start to feel sick and how to contact them. Be sure to tell health care providers that you are a close contact of someone with COVID-19.

WASH YOUR HANDS OFTEN

- Wash your hands with soap and water after each contact with the infected person.
- Use an alcohol-based hand sanitizer if soap and water are not available.



WEAR MASK AND GLOVES

- Wear a mask and gloves when you have contact with the person’s saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine, and feces).



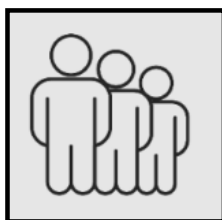
DISPOSE OF GLOVES AND MASKS AFTER USE

- Take the gloves and mask off right after you provide care and dispose of them in the wastebasket lined with a plastic bag.
- Take off the gloves first and clean your hands with soap and water before taking off your mask.
- Clean your hands again with soap and water before touching your face or doing anything else.



LIMIT THE NUMBER OF VISITORS IN YOUR HOME

- Only have visitors who you must see and keep the visits short.
- Keep seniors and people with chronic medical conditions (e.g. diabetes, lung problems, and immune deficiency) away from the infected person.



AVOID SHARING HOUSEHOLD ITEMS

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person under investigation.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwashers and washing machines can be used.
- Do not share cigarettes.



CLEAN

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.



WASH LAUNDRY THOROUGHLY

- There is no need to separate the laundry, but you should wear gloves when handling.
- Clean your hands with soap and water immediately after removing your gloves.



BE CAREFUL WHEN TOUCHING WASTE

- All waste can go into regular garbage bins.
- When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- Clean your hands with soap and water after emptying the wastebasket.



DEPARTMENT OF HEALTH

VULNERABLE POPULATIONS AND COVID-19

While diseases can make anyone sick, some Akwesasnon are more at risk of getting an infection and developing severe complications due to their health, social, and economic circumstances.

Organizations, staff and volunteers play an important role in helping to prevent these populations from get-

ting or spreading the COVID-19 virus.

Start by sharing simple things the vulnerable populations can do to help keep themselves and others healthy, guide them to help if they develop any signs and symptoms, and learn ways to help care for sick clients recovering from COVID-19.

VULNERABLE POPULATIONS INCLUDE:

- An Older Adult
- Individuals at risk due to underlying medical conditions (heart disease, hypertension, diabetes, chronic respiratory diseases, cancer)
- Individuals at risk due to a compromised immune system from a medical condition or treatment (ex. chemotherapy)



MOBILITY & STRETCHING EXERCISES (FROM IAKWA'SHATSTE YOUTH FITNESS)

Stretches may be done seated or standing. Hold each movement for 10-15 seconds completing 2-3 rounds.

Neck Exercises:



DEPARTMENT OF HEALTH

MOBILITY & STRETCHING EXERCISES (FROM IAKWA'SHATSTE YOUTH FITNESS)

Stretches may be done seated or standing. Hold each movement for 10-15 seconds completing 2-3 rounds.

Chest and Arms:



Back and Lower Body:



DEPARTMENT OF HEALTH

STRENGTH TRAINING FOR SENIORS (FROM IAKWA'SHATSTE YOUTH FITNESS)

These exercises may be done with light dumbbells or any type of weighted object such as a can of soup.



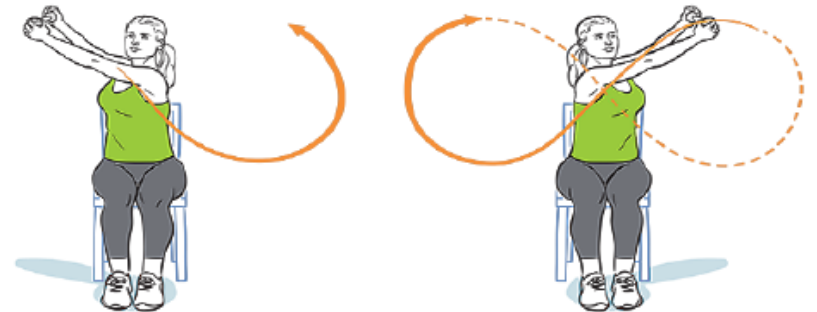
DB Bicep Curl
12-15 reps



DB Tricep Extension
12-15 reps



DB Wood Chopper
10 reps each side



DB Figure 8
10 each way



Standing Side Leg Raises
10-12 reps each side



Seated Calf Raises
12-15 reps

DEPARTMENT OF HEALTH

STAYING SAFE & IN HIGH SPIRITS AT IAKHIHSOHTHA

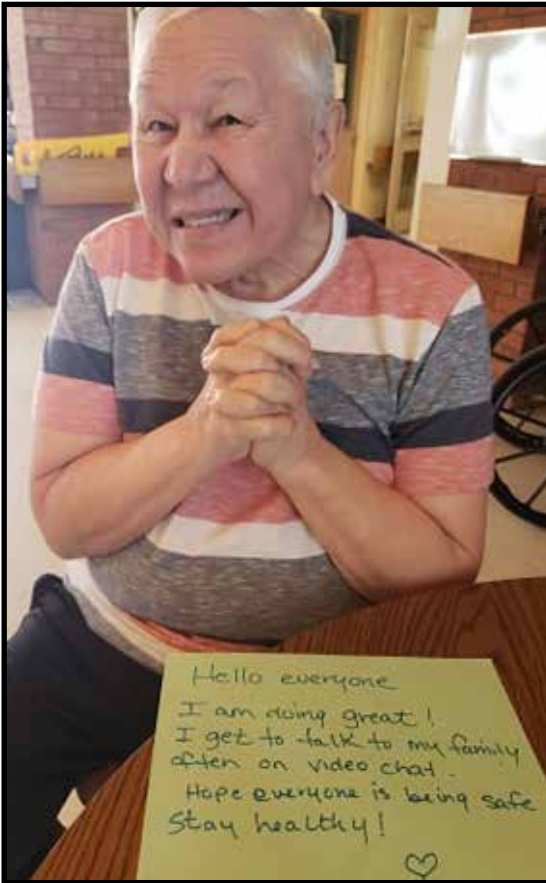
During this time, we are thankful for all the love that the amazing staff at Iakhihsohta are providing to our Totas!

They are being well taken care of and are happy! Niawenhko:wa!



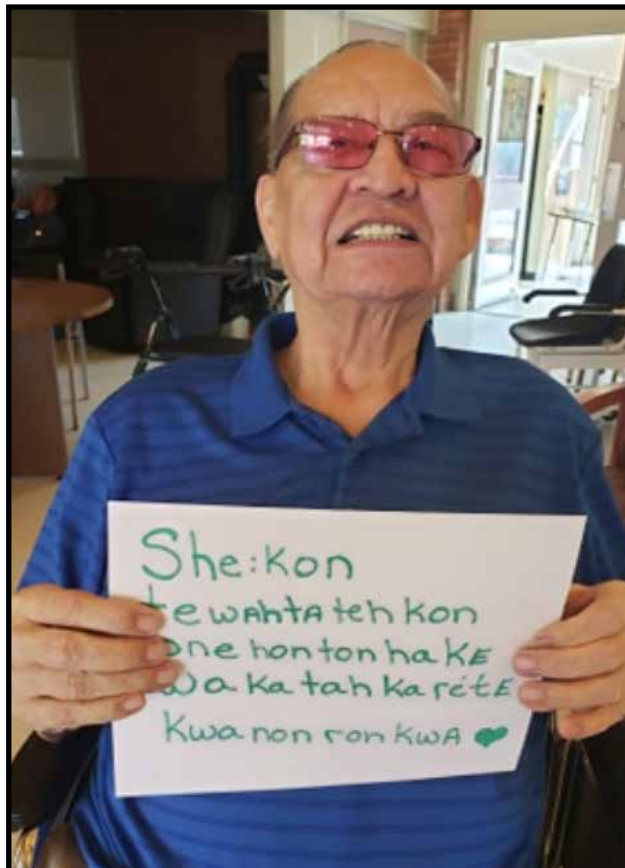
DEPARTMENT OF HEALTH

STAYING SAFE & IN HIGH SPIRITS AT IAKHIHSONHTHA



DEPARTMENT OF HEALTH

STAYING SAFE & IN HIGH SPIRITS AT IAKHIHSONHTHA



MENTAL HEALTH FOR KIDS (FROM WHOLISTIC HEALTH & WELLNESS)

Your child/ren may have questions that you're unsure of how to answer. It is always best to keep answers simple, short and follow through with reassuring that the entire community is working together to keep everyone safe.

What is coronavirus or COVID-19?

It causes a sickness in your respiratory system (lungs, nose, mouth, throat, bronchi and other parts that are involved in breathing).

How does COVID-19 spread?

It is passed from one person to another person through sneezes, coughs, runny nose, and saliva. For example: If someone sneezes on their hand and then touches the bathroom door handle, then another person touches that same bathroom door, and then touches their face. That person can become infected with the virus.

I am a kid; does that mean I can get coronavirus?

Yes, kids can still become infected with the virus.

Why are we all staying home from school?

All of the adults at school want you and your family to be safe and healthy. Scientists say that staying home more often will keep us safer from that sickness.

Why can't we go to the places we always go?

It is for the same reason that kids are staying home from school. Those scientists are saying that if we keep out of large crowds, or groups of people, it will stop the sickness from spreading so fast.

What should I do to protect myself?

1. Wash your hands as much as you can, especially after the bathroom and before you eat. Wash hands for 20 seconds. You can sing the ABC song while you wash, and when you are done singing, that is about how long

you should wash.

2. Try your best not to touch your nose, mouth, eyes, and face with unwashed hands.

3. We can have healthy habits like eating healthy foods, drinking lots of water, exercising and getting plenty of sleep.

4. If you need to sneeze or cough, do it into a tissue or the inside of your elbow. Then make sure you wash your hands.

5. Follow the instructions from the trusted adults in your life. They want to take care of you.



DEPARTMENT OF COMMUNITY & SOCIAL SERVICES

MANAGING YOUR CHILD'S MENTAL HEALTH AT HOME (FROM WHOLISTIC HEALTH & WELLNESS)

Establish and maintain a schedule/routine at home. Daily routine means predictability, which helps children feel secure. It also helps with behavioral issues.

Limit time for gaming or screen time.

Encourage your child/ren to exercise.
Engage in family activities.

Watch for signs of distress:

- Changes in sleep, appetite, mood
- Withdrawing
- Bedwetting, nightmares, defiance

AKWESASNE CHILD & FAMILY SERVICES

ARE THE KIDS BORED?

Call us!
We have some boardgames, art supplies, hockey sticks, and more to give away to kids that can use them!

Stock is limited, one item per child.
First 'call' first serve.

CALL:
(613) 575-2341
EXT 3139

STAY BUSY! ACTIVITIES HELP KEEP WORRY AWAY (FROM WHOLISTIC HEALTH & WELLNESS)

School Work!	Play Basketball, Try a New Sport	Read	Learn Kanien'keha
Board Games with Family	Play Cards	Dance Party with Siblings	Create Videos or Vlogs about this Experience
Video Chat with Tota	Read to Your Little Brother or Sister	Have a Movie Night	Play Hide and Seek
Draw	Paint	Write/Journal	Crafts

TIPS FOR KIDS: WHEN I'M FEELING WORRIED (FROM WHOLISTIC HEALTH & WELLNESS)

Share your thoughts and feelings.

Talk with someone you trust: your parents, friends, cousins, aunts, uncles, and even siblings. Note: It is a good idea to use Facetime or video chatting if they don't live with you.

Ask an adult all the questions you have to help you understand. This is a good way for you to feel less worried.

Calm your body with yoga:



Breathe it out! Take time to sit and slow your breathing. Try these exercises and repeat 5 times:



Challenge friends

How much can you read each day? How many sit ups or push ups can you do each day? If you are a lacrosse player, how long can you do wall balls on your left or right side? Encourage your friends to play basketball outside in your yard; practice singing a song; learn a new traditional song; or converse in Kanien'keha at home. See how many nice things you can say to family members; how long can you have a clean room; help your parent(s) at home with chores. Do this together as a family every morning for 10 minutes.

If you are STILL worried, try this!

1. Set a timer for 1-5 minutes and during those minutes, think about all the worries then when time goes off, the worry time is over. Get up and look for your support, breathe, set your goals, do something fun!
2. Make a worry doll so at night you can share your worries with your doll and place it underneath your pillow.
3. Write your worries on a piece of paper and then tear it up and toss it in the trash can.

AHKWESAHSNE MOHAWK BOARD OF EDUCATION

IOHAHI:IO AND POST SECONDARY SERVICES

Iohahi:io is suspending in-person classes and programs until further notice. Current classes are moving to an on-line forum.

They are also accepting college applications on-line.

CONTACT INFORMATION:

rebecca.smoke@ambe.ca
sheila.lafrance@ambe.ca
amanda.tarbell@ambe.ca

POST SECONDARY EDUCATION SERVICES

The Post-Secondary Education Services are operating on-line.

Currently, they are accepting Post-Secondary Academic Plan (PSAP) applications for Fall 2020.

They are also accepting grades for Spring/Winter 2020 Semesters.

If you need academic support for online study, please contact them for assistance.

CONTACT INFORMATION:

dwight.bero.jr@ambe.ca
hannah.lafrance@ambe.ca

AHKWESAHSNE MOHAWK BOARD OF EDUCATION CLOSURES

The Ahkwesahsne Mohawk Board of Education (AMBE) is informing the community that the following schools are suspended until further notice:

- Ahkwesahsne Mohawk School
- Kana:takon School
- Tsi Snaihne School and Head Start

- Akwesasne Zero 2 Six
- Kana:takon Daycare
- Tsi Snaihne Daycare
- Building Blocks Program

Nia:wen.

At this time, online services are being developed and will be released when complete.

In addition, all AMBE daycare services are also suspended until further notice, including:

- Kawehno:ke Daycare

CONTACT US!

Tsi Snaihne School
(613) 575-2291

Kana:takon School
(613) 575-2323

Iohahi:io
(613) 575-2754 or
(613) 575-2250 ext. 4100

Ahkwasahsne Mohawk
Board of Education
(613) 933-0409 or
(613) 575-2250 ext. 1400

Ahkwasahsne Mohawk School
(613) 932-3366

DEPARTMENT OF TECHNICAL SERVICES

PLEASE PRACTICE SAFE AND SANITARY GARBAGE DISPOSAL

D & R Disposal would like to remind everyone to please practice safe and sanitary garbage disposal.

For the safety of D&R employees, we ask that community members disinfect their garbage bags prior to pick-up, especially anyone that is self-isolated or quarantined.

Again, this is being asked of Akwesasronon to ensure worker safety and continue waste disposal as regularly scheduled.

Nia:wen for your understanding.



DEPARTMENT OF TECHNICAL SERVICES RECYCLING SCHEDULE

<h1>Trash Pickup</h1>		<h1>Recycling</h1>
<p>Tsi Snaihne - Thursday Kawehno:ke-Friday Kana:takon-Saturday</p>		<p>Tuesdays for all districts.</p>
	<p>Bulk Items can be left out any garbage day</p>	

CONTACT US!	
<p>Department of Technical Services (613) 575-2250 ext. 1003</p> <p>Maintenance Program (613)-575-2250 ext. 1022</p> <p>Roads Department Central Dispatch (613) 575-2340 or (613) 938-5476</p>	<p>Water / Wastewater Infrastructure Emergency (613) 575-2000 After Hours Pager (518)404-3352 Office Hours Mon – Fri. 8AM-4PM (613) 933-4924</p> <p>Solid Waste Management (Garbage and Recycling) (613) 575-2250 ext. 1022</p>

AKWESASNE MOHAWK POLICE SERVICE

AMPS PROVIDING COMMUNITY SAFETY, WHILE MAINTAINING HEALTH & SAFETY

The Akwesasne Mohawk Police Service has been working closely with our Mohawk Council of Akwesasne Emergency Management partners in response to the Covid-19 pandemic. We have been taking advice from public health officials and making decisions that balance our need to provide community safety with maintaining the health and safety of our members.

Currently there are no changes to our frontline operations.

Q. How can I file a police report?

If you have an emergency – an immediate threat to life or property – please call 613-575-2000.

Non-emergencies can be reported by calling 613-575-2340

Q. Can I go to a police facility to make a report?

No, please call our non-emergency line to file a police report of a non-urgent matter at 613-575-2340.

Q. How can I get a Criminal Record Check, a Criminal Record and Judicial Matters Check or a Vulnerable Sector Screening?

Until further notice, all Criminal Record Checks and Criminal Record and Judicial Matters Checks must be submitted via email to kuy.chaussi@akwesasne.ca

Previously submitted requests, or requests going forward, will not be available for pick up until such time as the police station reopens to the general public.

Exceptions will be made for those requiring a Vulnerable Sector Screening under emergency circumstances.

AKWESASNE MOHAWK POLICE SERVICE BUILDING CLOSED TO THE PUBLIC

THE AKWESASNE MOHAWK POLICE SERVICE WOULD LIKE TO INFORM THE COMMUNITY THAT THE AMPS BUILDING IS CLOSED TO THE PUBLIC.

IN THE CASE OF AN EMERGENCY, OR YOU NEED TO TALK TO AN OFFICER, PLEASE CALL PRIOR TO COMING TO THE BUILDING.

PROBATION IS STILL ON-GOING BUT CAN BE COMPLETED BY PHONE CHECK-INS RATHER THAN IN PERSON. FOR THOSE WHO ARE NOT ABLE TO OWN A CELLPHONE DUE TO PROBATION RESTRICTIONS, THEY WILL STILL BE REQUIRED TO CHECK-IN, IN PERSON.

EMERGENCY DISPATCH:
613-575-2000

SCREENING QUESTIONS WILL BE ASKED

NON-EMERGENCY LINE:
613-575-2340



AKWESASNE MOHAWK POLICE SERVICE

AMPS COVID-19 RESPONSE

In response to the COVID-19 (novel coronavirus) pandemic, the Akwesasne Mohawk Police Service (AMPS) is making adjustments to ensure continued service to the community of Akwesasne. As a result, AMPS will implement some temporary measures for the safety of our community and staff members.

- Based on present information provided by health officials, the Akwesasne Mohawk Police Service is asking the public to refrain from attending the police station for non-emergency services. If you require further information, please call the Akwesasne Mohawk Police non-emergency number at (613) 575-2340. For emergency calls, please contact Central Dispatch at (613) 575-2000.
- In order to limit contact with the public and to mitigate potential spread of COVID-19, the Akwesasne Mohawk Police may process service calls over the telephone instead of having an officer attend. This decision will be made on a case-by-case basis.

- The communication dispatchers may ask a series of questions related to COVID-19 health risks prior to an officer attending a call for service. All police personnel have been issued Personal Protective Equipment when interacting with anyone displaying signs of illness related to the coronavirus disease.

- The safety of the community will remain our top priority. Akwesasne Mohawk Police Service will continue to provide essential services to all emergency and non-emergency calls.

- For additional information on services within the Mohawk Council of Akwesasne, please contact the Emergency Operation Center (EOC) at (613) 575-5005 or (613) 575-2331.

- By limiting person to person contact, you are doing your part to reduce exposure and help slow the spread of COVID-19. We ask for your cooperation at this time.

SCAM ALERT!

The Akwesasne Mohawk Police Service (AMPS) would like to inform the community of a recent scam where individuals are attending homes claiming to be health professionals and administering COVID-19 testing at a cost or premium.

AMPS would like to remind the community to use caution when solicited by any unknown individual or company. For more information about these scams and others, visit the Canadian Anti-Fraud Centre.

For more information on COVID-19 and testing. Please contact your health provider if you have any questions

or concerns.

SMRT Outreach Service: 518-358-3141

MCA Community Health Program: 613-575-2341 ext. 3220

NYSDOH Hotline: 1-888-364-3065

Eastern Ontario Health Unit: 1-888-364-3065





LIP SYNC CONTEST

Let's have some fun while we're self-isolating!
Pick your favorite song and do your best lip sync to it.
Let's be creative and fun!

AGES CATEGORIES:

10 AND UNDER

11-14

15-18

19 AND UP

Prizes to be won for each category.

To enter post your lip sync video to the
Akwesasne Child & Family Services Facebook Page.

Winner will be chosen by the number of likes, so be sure
to share!

We will have a surprise judge if there in the case of a
tie!

Contest ends on April 17th 2020

Contact:

Akwesasne Child & Family Services

with any questions.

(613) 575-2341

ext 3139