



Red River Current

APRIL 2020

VOLUME 10 : ISSUE 4

KEEPING OUR COMMUNITY SAFE DURING COVID-19



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The COVID-19 virus continues to spread across the planet. The government of Canada and all Provincial Governments are implementing and increasing measures to slow the spread of this virus. Recently the Fort McKay First Nation and Fort McKay Métis Nation jointly Declared a Stay Safe at Home Curfew effective March 24, 2020 and will stay in place until further notice, this is for the protection of the Community as a whole.

Vehicle and Pedestrian traffic are prohibited between the hours of 9:00 p.m. and 5:00 a.m. All activity is being monitored and those who ignore the declaration and continue to put other community members at risk may be denied future member benefits.

There are now three confirmed cases in Fort McMurray, and at the time of writing 50 cases in the Northern zone of Alberta.

Your Chief and Council with the support of Senior Management have been working tirelessly for the past weeks on implementing measures to keep your community safe. To date we have enacted procedures within our Community Emergency Management Plan that include, educating our members, minimizing staff and visitor travel, identifying essential

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KEEPING OUR COMMUNITY SAFE DURING COVID-19

(continued from p. 1)

services and staff, and stocking provisions to assist community members in the case they need to quarantine.

We ask that all community members continue to do their part to slow the advance of COVID-19 into the community. We are asking you to limit your travel and plan ahead so you make fewer unnecessary journeys, avoid large

gatherings and practice good personal hygiene. This is helping to minimize the spread of the virus. Purchasing and storing essential items such as groceries, soap, medicine, diapers, formula and even pet food are essential to keep your family safe in case there are disruptions in services.

Our experienced team continue to work hard on your behalf and keep you informed of all

emerging events. Listen into CIYU 106.3 FM for hourly updates, or visit the Fort McKay Facebook, Instagram and Twitter pages to keep informed of the emerging situation. Together we can work to insure that impacts on our community and our membership are minimized; and as always, we can persevere.

Stay Safe, Stay Indoors!

Chief and Council

FORT MCKAY YOUTH COUNCIL ATTEND INDSPIRE AWARDS

FMFN LEADERSHIP TEAM

Mel Grandjamb, Chief
Raymond Powder, Councillor
David Bouchier, Councillor
Melinda Stewart, Councillor
Crystal McDonald, Councillor

George Arcand Jr., CEO
Chris Johnson, CFO
Barrie Robb, CEO, Business Development
Alvaro Pinto, Executive Director, Sustainability Department
James Owl, Executive Director, Capital Projects
Noma Mangena, Director, Human Resources

ADMINISTRATION DEPT.

Dorothy McDonald Business Centre
General Delivery
Fort McKay, AB T0P 1C0
Phone: 780-828-2430

Hours of Operation:

Monday - Thursday: 8:30 a.m. to 4:30 p.m.
Friday: 8:30 a.m. to 2 p.m.
Closed daily: 12 - 1 p.m.

SUBMISSIONS

If you have any photos, stories or ideas for the Red River Current, please contact the Communications Department
email: communications@fortmckay.com



The Fort McKay Youth Council was offered the opportunity to attend the annual Indspire Awards in Ottawa. The group included Fort McKay's very own Colt Gladue, Alicia Gladue, Kaydence Gladue, Carmen Ahyasou, and Dylan Elias. The group not only had the chance to get glammed up to attend the black-tie event, but they also got to enjoy some of the many attractions that Ottawa has to offer such as the Canadian War Museum and a trampoline park!

UNFORGETTABLE FUN DURING 2020 WINTERFEST



What an amazing day of Winterfest fun we had here in Fort McKay!

March 07, 2020 our Winterfest started at 11am with registrations for the day long festivities which included activities for ages 5 year to over 55 years such as Snowshoe races, snow snake, sled pull, Indian leg wrestling, log toss, moose calling, bannock and tea making and jigging. With Cash prizes and medals for the kiddies, no entry fee and an entirely free event, people came from all over to partake in the fun!

Altogether, we had 40 participants sign up and compete in the Winterfest 2020!!!!

Congratulations to all the competitors!

King and Queen of the North 2020 – Best out of 35 Points:

Robert Grandjambe 26 Points and Shelley Cyprien 34 Points

2nd place King:

Charlie Antinozzi 22 Points

3rd place King:

Mitchell Cardinal 19 Points

2nd place Queen:

Autumn Bent 29 Points

Senior King and Queen of the North 2020 – Best out of 15 Points:

John MacDonald 14 Points and Ona Fiddler-Berteig 13 Points

2nd place Sr. King:

Gabe Desjarlais 13 Points

2nd place Sr. Queen:

Roxanne? (Last Name unknown) and Cecile Calliou with a Tie 10 Points

3rd place Sr. Queen:

Jean L'Hommecourt 7 Points

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UNFORGETTABLE FUN DAY



Prince and Princess of the North 2020 – Best out of 30 Points:

Cassius Grandjambe 29 Points and (4x reigning champ) Reanna Whiteknife 29 Points
2nd place Prince – Exzander Lacorde 24 Points
3rd place Prince – Jace Shott 20 Points
2nd place Princess – Tyler (Hope) Grandjamb 25 Points

Duke and Duchess of the North 2020 – Best out of 30 Points:

River Boucher and Jermaine Cardinal-Lacorde with a Tie 27 Points and Ocean Gladue 23 Points
2nd place Duke – Deacon Grandjambe 13 Points
2nd place Duchess – Geanna Grandjambe 21 Points
3rd place Duchess – Chanel McClure 16 Points

Kiddies of the North 2020 – Best out of 20 Points:

Emmett MacIsaac 19 Points and Kalisha Mercredi 19 Points
2nd place boy Kiddies – Ace Lacorde 17 Points
3rd place boy Kiddies – Abbey Gladue 6 Points
2nd place girl kiddies – Shoneah Boucher 16 Points
3rd place girl kiddies – Savanna Dyson 10 Points
JIGGING COMPETITION – TOTAL OF

32 PARTICIPANTS!!

Kiddies 9 and under:

1st Makayla Cardinal, 2nd Ace Lacorde, 3rd Savanna Dyson

ages 10-13:

1st Ethan Cardinal, 2nd Ocean Gladue, 3rd Geanna Grandjambe

ages 14-17:

1st Tyler (Hope) Grandjamb, 2nd Mikeela Cooper, 3rd Exzander Lacorde

ages 18-54:

1st Trent Cardinal, 2nd Peggy Poitras, 3rd Mitchell Cardinal

ages 55+:

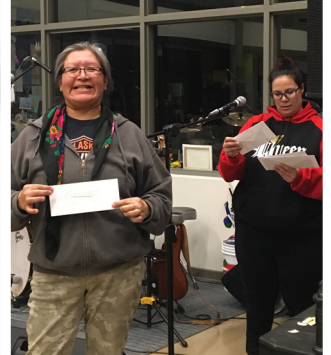
1st Lorraine Bellerose, 2nd Ona Fiddler-Berteig, 3rd John MacDonald

Thank you to all our amazing staff and volunteers, without them our Winterfest would not be a success!!!

Thank you to The Fort McKay Wellness Centre staff Julia, Kory, Shenoah, Candice, and Marlene. They prepared a delicious Lunch for all to enjoy before braving the outdoor activities for the day, the Wellness staff also volunteered with all activities and set up for each event, greeting everyone with smiles and good safe fun. We are



SPRING 2020 WINTERFEST



very grateful to have them part of our community programs and our Winterfest committee!

Thank you, Lisa, Simon, Stefany, Fort McKay Rec Department, and Youth Centre Staff, for set up of the field, and staging areas for the events to take place, volunteering their time with the events, and getting all the supplies ready. Thank you to everyone who lent a helping hand during our event. Thank you for the photography that was done by Ryan Umperville, he captured highlights of our Winterfest 2020!

Registration, Lunch, Supper, Indian Leg wrestling, and the awards ceremony took place in the Fort McKay Youth Centre. Everyone did a wonderful job with the set up and volunteering with the Winterfest activities all day long, we are very grateful to have them part of our Winterfest committee!

Thank you to our Leadership Councillor Melinda Stewart, for speaking on behalf of Chief and Council acknowledging our event and our people and thank you for helping with the event. It is always a blessing to have leadership present during these gatherings.

Big thanks to Capital Projects crew for preparing and setting up our event, it was very well organized, your staff is very much appreciated, you all did an amazing job!

Big thanks to Evelyn Boucher and Bruce for preparing a delicious Traditional feast, after a long day of outdoor activities!

Big thanks to Cecile Calliou for the blessing of the food and saying a prayer for a loved one lost in the community the day before the event, praying for her family and for her spirit and giving a moment of silence.

Thank you to Wapose Emergency Services Inc. for standing by with your EMT, ensuring the safety of all participants and visitors.

Thank you, Rick Grandjambe and Nicely Put Together Band, for entertaining us all evening, and judging our moose calling and jigging contests.

On behalf of Fort McKay First Nation and our Winterfest Committee we would like to thank everyone for coming out to our Winterfest 2020, we will see you all again next year!



YOUTH AWARDED AT REGIONAL AB



River Boucher and Grayson Shott with their families during the Regional Aboriginal Recognition Awards.

Photo credit: Frederick McDonald

The 32nd Annual Regional Aboriginal Recognition Awards was celebrated on Saturday March 8th, in the Grand Ballroom at Shell Place in Fort McMurray.

Since 1988, this annual celebration recognizes and honors Indigenous people within the Regional Municipality of Wood Buffalo for making positive contributions within their communities.

This year's event was sold out and presented by Bouchier. The night included live entertainment from Red Path Movement, Marika Sila and Dallas Arcand Jr., and keynote presentation from Teara Fraser. The evening also included a buffet dinner and silent auction.

Altogether, R.A.R.A. presented 15 different categories of recognition to recipients. Amongst those recognized included River Boucher and

Grayson Shott who were both honored with the Junior Achievement Award.

Grade six student River Boucher is a member of the Fort McKay First Nation and attends Fort McKay School. River has an excellent attendance record, and consistently puts a great deal of effort into his school work. He is athletic and believes in good sportsmanship and the importance of fair play. The traditional way of life is very important to him and he excels in his culture classes where he embraces learning about history and the traditional ways. He even lives a traditional lifestyle and spends time in the bush with his father.

A peace-maker, River always tries to find common ground to help resolve issues between others in conflict. He finds effective ways to compromise and is able to view situations from both perspectives. He shows empathy and



ABORIGINAL RECOGNITION AWARDS

respect, whether his is dealing with younger children, his peers, or his elders.

Grayson Shott is an eight-year old student in the Fort McMurray Catholic School District and a member of the Fort McKay First Nation.

Grayson has been involved with the Fort McKay Northwind Drummers & Dancers since he was one year old. He began grass dancing at two and was introduced to the powwow circle at three. He recently received his name “Long Time Eagle” when he traveled to Wabasca for the Renewing our Spirit Youth Conference.

Grayson loves nature and dogs, as well as going to the trapline to pick berries and medicinal plants. At four, Grayson joined the Fort McKay Hockey Academy and enjoys being part of the Pond Hockey Group. He also likes helping kids who are just beginning to skate.

He loves to draw and paint and is learning to sew, often helping his mother in the creation of his dance regalia.

Congratulations to both of you on your recognition and for your remarkable contributions and positive impact in our community!



10 WAYS TO PROTECT YOURSELF FROM INFECTION



Wash your hands regularly and carefully



Avoid touching your own face



Put on gloves if necessary



Do not touch mucous with your fingers



Avoid shaking hands and hugging people



Press elevator buttons with your knuckle



Avoid busy places and events



Keep distance from who infected



Sneeze and cough into tissues



Dispose of used tissues quickly



Symptoms	Coronavirus* (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms
 Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks
 Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)
 Shortness of breath	Sometimes	No**	No**	No**
 Sneezing	No	Common	No	Common
 Runny or stuffy nose	Rare	Common	Sometimes	Common
 Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)
 Fever	Common	Short fever period	Common	No
 Feeling tired	Sometimes	Sometimes	Common	Sometimes
 Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)
 Body aches and pains	Sometimes	Common	Common	No
 Diarrhea	Rare	No	Sometimes for children	No

*Information is still evolving. **Allergies, colds and flus can all trigger asthma, which can lead to shortness of breath. COVID-19 is the only one associated with shortness of breath on its own. Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention



PROTECTING OUR ELDERS

Please be aware that the elderly community members have a higher risk of poor outcomes if they are to contract the COVID 19 virus. Because of the higher risk to the Elders, the health Department is contacting them every two days to ensure they are OK and have everything they need to stay in isolation and avoid the virus.

THE COMMUNITY CAN HELP US WITH ENSURING OUR ELDERS ARE SAFE BY:

- *Not visiting elders - this increases the risk of them catching the virus, even if you have no symptoms.
- *Let the Health Care Center know if you are concerned about the wellbeing of an Elder.
- *Call 911 if your Elder family or neighbor is showing a sign of respiratory difficulty, even if they say NO!
- *Stay in contact -pick up the phone, call them on Messenger via video programs if they use technology.
- *Ensure your elderly family member is OK by telephone communication and offer to pick up their food, medication and other grocery needs are notified Health Center of their needs.

I know as a community we can all do our bit to ensure the continued safety of elders -our most vulnerable community members.

Thank you,
Denise Wilkinson ,
Director , Health and Senior Services

INDIGENOUS NORTHERN ELITE YOUTH FOOTBALL CAMP



The Fort McKay Youth Centre paired up with Northern Elite Football to host the second annual Indigenous Northern Elite Youth Football camp. Thirteen coaches from across Canada attended the event to ensure the 50+ youth received the ultimate football intensive. Youth registered from all the surrounding communities of the Regional Municipality of Wood Buffalo including Anza, Janvier, Fort Chipewyan, Fort McMurray, and of course Fort McKay. Youth also had the opportunity to interact with former offensive tackle Levi Horn who played for the Chicago Bears and the Minnesota Vikings. Overall the event was a substantial success and we look forward to another football camp in 2021!

15 WAYS TO PRACTICE SELF-CARE IN THE TIME OF CORONAVIRUS

EXERCISE

There is an entire universe of free yoga classes on YouTube (I'm partial to the popular Yoga with Adriene), and some instructors are live-streaming their classes from home. If you are not in actual quarantine, go for a walk or run outside, while keeping your distance from others.

MEDITATE

I'm a complete beginner, and I already feel like this is something I should have been doing for a long time. The New York Times has a helpful guide on how to start.

LIMIT YOUR TIME ONLINE

Installing a website blocker will temporarily force you off websites like Twitter, which can give you terrible anxiety.

TAKE A BATH

A relaxing bath can be made even better with bubbles, salts, oils, candles, and face masks. There is more inspiration for such small luxuries in writer Rachel Syme's wonderful Twitter thread, and some of them you can do at home. (Maybe have a full afternoon tea for your roommates?)

THINK ABOUT WHAT YOU'RE GRATEFUL FOR

You can do this in a journal, writing down one gratitude a day, or doodling out people, pets, and other things you're grateful for in a sketchbook. Quartz's Katherine Foley has done this exercise in the form of keeping a "happiness jar," and you can read all about how to do that here.

EMBRACE A HOBBY

Partake in a hobby that you really do just for fun: don't be tempted to show it off on Instagram or turn it into a side-hustle. I'm fairly certain no one will ever wear the scarf I am currently knitting. Relatedly, do something with your hands: crocheting, beading, embroidery, woodworking can provide great release.

READ OUT LOUD

My partner and I have been doing this rather cheesy activity for years, mostly on road trips. It's like a mini book club! Also just read, period. Check out writer Jia Tolentino's pandemic recommendations.

COOK AND BAKE

Take a cue from Quartz's food reporter Chase Purdy, who writes: "For many, cooking at home is intimidating—and nobody wants a recipe to go wrong when they're already managing the stress of the world beyond their front doors. But instead of being an added source of stress, in a time of self-imposed isolation, cooking can be an act of self-care."

DO VIDEO THERAPY

Many therapists are offering videoconferencing as an option for their patients, during what is a highly anxious and isolating time for many.

DE-CLUTTER

Organize the drawer that has been begging for order, rearrange the living room furniture, or finally get your filing cabinet in order.

WATCH SOMETHING UPBEAT

It's highly tempting to catch up on prestige TV right now, but a lot of current critically-acclaimed shows tend to be depressing or stressful. So throw in something fun, like a musical. I've been watching some old Fred Astaire and Ginger Rogers movies. Nothing takes your mind off an epidemic like a mind-blowing tap number.

READ A COZY MYSTERY

"Cozy" mysteries—featuring murder but not too much violence—are a great bet for escapism. My personal recommendation (courtesy of Doree Shafrir, co-host of the Forever35 podcast) is the Maisie Dobbs series, set in 1920s and 1930s England. The audiobook version increases the coziness factor.



INTRODUCING NEW EMPLOYEES IN OUR COMMUNITY



FORT MCKAY
FIRST NATION

CANDACE BENNETT

Fort McKay First Nation would like to introduce our newest employee Candice Bennett, Manager of Continuing Care Services.

In her role, she will be managing the care and guidance to our continuing care residents and staff at Riverside. Candice will also be working collaboratively with home care, physicians and all other staff to acquire and utilize best practices and resources to optimize program delivery.

“My goal is to ensure the best level of care to our clients is established and also ensure that standards are met and being maintained”, she shared.

Bennett brings with her approximately 25 years of experience in the health care industry. She spent the last 13 years working with home care in Fort McMurray and another 10 years on Vancouver Island working in supportive living and long-term care in Duncan B.C. In her past position, Candice was in charge of a team that started with only two staff that eventually turned into a great team of thirty employees.



Candace Bennett

She is very excited to be part of our community, “I am looking forward to working alongside with all staff and disciplines as well as building new relationships with the community. I love the friendly atmosphere here and feel from the community. The dogs are a bonus!”

On her free time, she likes to travel and spend time with her 2 Weiner dogs Bella and Millie. Candice is happily married to her husband of 28 years and is the mother of two.

HANG OUT WITH YOUR PET

Just look at how cute your guinea pig is. Or teach your dog a new trick. As the internet has proved again and again, there is nothing more amusing than a cat, is there?

LEARN SOMETHING NEW

There's a nearly unlimited number of online classes on websites like edX or Skillshare, whether you want to learn coding or needlepoint.

REMEMBER THAT YOU'RE NOT ALONE

These tips are about self-care, but humans generally need community to be happy. Write your grandparents a letter, get on a Google hangout with your co-workers, and FaceTime your friends. Also: if you're still able to go outside, consider helping a neighbor in need of a grocery delivery.

excerpts taken from: <https://qz.com/1818622/how-to-practice-self-care-during-coronavirus/>



FORT MCKAY FAMILY SUPPORT CENTER SERVICES INFORMATION

REFERRAL SERVICES:

Addiction Services
Family Violence
Gambling Addiction
NNADAP/OTHER Treatment Referrals

IN HOUSE PROGRAMS

Life Skills
Wellness Program
Anger Management
Stress Management
Emotional Awareness
Suicide Prevention
Self Esteem
Trauma Counseling
Grief & Loss
Addiction Workshops
Personal Safety Plan

Referral Services

Prevention Services
Support Groups



SERVICES

Counseling
Addiction Support
Mental Health Support
Suicide Intervention
Crisis Management
Outreach & Support

Resources on Site

Waypoints

Wednesday 1-3pm

Victim Services

Every alternative Wednesday 1-3pm

Alberta Health Services

Thursday Afternoons

Edmund Ledi, Therapist

Tuesday and Thursday 5:30 – 8:30pm
APPOINTMENTS ONLY

Walk ins welcome!

GET MEDICAL ADVICE ON YOUR PHONE

Babylon by TELUS Health is a free healthcare mobile app that allows you to check symptoms, consult with doctors* and access your health records.

Check your symptoms

Get peace of mind 24/7 with our chat-style Symptom Checker. Powered by Artificial Intelligence, it asks you questions about your symptoms to suggest possible courses of action.

See a doctor

Have a video consultation with one of our licensed in-province doctors, even on evenings and weekends.

Get a prescription or referral

After your consultation, get prescriptions and referrals for diagnostic tests or specialists as needed, directly through the app.



THE FAMILY SUPPORT CENTER IS HERE TO HELP

The Family Support Centre Team is here for you and you can reach us if you have any questions, concerns or just want to talk, access to our services has changed to ensure that our staff and clients remain safe. To access our services please call one of the numbers listed below, leave a message and we will return your call as soon as possible.

PLEASE CALL FOR ANY OF THE BELOW CONCERNS:

- * Crisis with issues of suicidal thoughts
- * Addictions and Domestic violence issues and court-mandated counselling with probation orders
- * Mental health challenges and counselling needs for anxiety, depression, stress management, and anger concerns
- * By appointment only services with Edmond will continue as usual on Tuesdays and Thursday evening
- * We can also help with referrals and contact with courts and CFS workers.

Due to the need to screen for symptoms, in-person services will only be available by first contacting one of the below staff members:

Amaka Chijioke, Mental Health and Addiction Counselor:
780 799 6370

Erin Faichney, Addiction support Coordinator:
780 370 4941

FORT MCMURRAY COMMUNITY SERVICES UPDATE:

- AHS mental health walk-in clinic in Timberlea remains open - 780 793 8360
- Health Link 811
- Walk-in clinic Fort McMurray -780 743 3900
- Presently most treatment centres are temporarily closed
- Detox centre in Fort McMurray is temporarily closed

ADDITIONAL HELP LINKS FOR CLIENTS ONLINE:

Websites for AA and NA on line wellbriety.com:
<https://meetings.intherooms.com/aa/Wellbriety-/all/109435>
www.intheroom.com

Positive Affirmation:
<https://www.the-benefits-of-positive-thinking.com/affirmation>

Help for stress management
<https://areyouawellbeing.texashealth.org/heart-healthy-tip.../>



REGIONAL BCP FOR MT SUPPORT DURING COVID-19

Indigenous Services Canada recognizes that the number of COVID-19 cases increasing across the country has raised concerns and anxieties. We want to assure you that our top priority is the health and safety of First Nations individuals, families and communities across the province.

The NIHB program is continuing to provide benefits and services while following public health guidance and recommendations from public health professionals as the situation evolves.

For medical transportation, as per public health officials, non-essential travel should be limited to slow the spread of the disease. This would likely result in a reduction in the volume of medical transportation trips the nation needs to support. NIHB is also recommending that clients call their health or benefit service provider prior to traveling to verify that appointments/procedures are still scheduled.

For urgent medical transportation appointments, such as dialysis, cancer treatment, and opioid agonist therapy, the expectation is that our First Nation partners with medical transportation in their contribution agreement will continue to support members in attending these appointments. We understand that our First Nations partners are reviewing and updating their pandemic and MT business continuity plans. The regional office is recommending that the plan for the continuation of essential services should include options for a scenario where staff become ill or are required to self-isolate.

Potential options would include:

- 1) Prioritizing private vehicle if/when possible
- 2) Use of taxis. If the MT coordinator(s) in your nation/organization are sick and unable to complete their regular duties, the regional office could provide support, even within the catchment area. Please note, as COVID-19 is impacted the resources available to the regional office, wait times may be longer than usual.
- 3) Establishing a mutual agreement with a nearby nation or nations to provide cross-coverage or support in the delivery of urgent travel. If nations agree, and additional costs are incurred, the region would provide additional funding support for expenditures that fall within NIHB policy.

FORT MCKAY MEDICAL TRANSPORTATION

All Edmonton appointments must contact the office 48-hour prior, so arrangements can be made. Along with all supporting documentation.

All Fort McMurray appointments, must notify the office 24 hours in advance. If canceling contact the office ASAP

Appointment verification slips must be picked up at the Health centre prior to appointments and must be returned to the office in person or by fax 780-828-4132 after completion of appointment. We encourage all clients to make appointments on the same day (optometrist, dental, family physician, x-rays) 1 medical appointment every 14 days.

Ensure you provide the office with all required information for transportation, letter from the Dr Office/ facility confirming your appointment, if you require an escort proper documentation must be submitted as well.

Documentation can be faxed to 780-828-4132 or emailed to mts.fortmckay@fortmckay.com, if you don't provide these we can't make travel arrangements.

We will not tolerate any verbal abuse.



Non-Insured Health Benefits (NIHB) Program: COVID-19 PANDEMIC UPDATES

The NIHB Program is continuing to provide benefits and services while following public health guidance and recommendations from health professionals as the situation evolves.

The NIHB Drug Exception Centre, Dental Predetermination Centre and regional call centres continue to operate and receive calls from providers and clients. Please note that wait times may be longer than usual, and we appreciate your patience.

The NIHB Program normally covers up to a 100-day supply of chronic medications. In determining the quantity to refill for clients, pharmacists will consider advice from professional associations and regulatory bodies, as well as patient-specific factors. If a client is seeking an early refill (before 2/3 of their medications are used), the pharmacist may submit the claim with an over-ride code and NIHB will reimburse. However, it is the pharmacist's decision to provide early or longer refills.

NIHB clients are encouraged to consult with their health or benefit service provider to confirm whether routine, non-urgent appointments should be postponed.

Dental professional organizations across Canada have advised that non-emergency services should be postponed. Call your dental provider's office to see if any scheduled dental appointments have been cancelled.

You may contact your mental health service provider to confirm whether they can provide counseling services via telephone (tele-mental health services by eligible providers are covered by the NIHB Program).

NIHB is continuing to support clients who need medical transportation benefits to access urgent or essential medical services. Vulnerable clients will be supported by prioritizing private modes of transport. Additional guidance has also been provided to support external service providers (such as boarding homes and airlines) for infection prevention/control.

As the situation evolves, information will be provided through NIHB call centres and posted online. For the latest information on COVID-19 guidance, please visit the following sites:

www.sac-isc.gc.ca/eng/1

www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html

NIHB Client Inquiries

Email sac.nihb-ssna.isc@canada.ca

Alberta 1-800-232-7301 Medical Transportation: 1-800-514-7106

Pharmacy Benefits

NIHB Drug Exception Centre 1-800-580-0950 ext. #3

Dental and Orthodontic Services NIHB Dental Predetermination Centre 1-855-618-6291 (Dental Services) 1-866-227-0943 (Orthodontic Services)



COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

Amid the current COVID-19 Outbreak,
The Wellness Center is closed for the
time being.

All programs and activities have been
postponed until further notice.

We are in the process of discussing new,
innovative ways to provide support to
children and youth during our closure.

In the meantime, we are still running
"virtual programs" online via our
Facebook Page "Fort McKay
Wellness Center". Community members
can send an email to fortmckaywellnesscenter@hotmail.ca if they do not
have access to Facebook and would
like to receive email updates.

FORT MCKAY HEALTH CENTRE 780-828-2450

MEDICAL TRANSPORTATION:

Contact 780-742-8843 or after hours Edmonton.
Referral Unit
1-800-514-7106 with any questions.

PHYSIO

Monday and Thursdays

IMMUNIZATIONS

Immunization clinic is every Wednesday
except for the last Wednesday of the Month.
Call reception to book.

INTERESTED IN PRENATAL CLASSES

Please contact Claudia @ Health Centre
780-828-2455

For more information on the services offered at
the Health Centre, please contact the centre
during regular office hours.

STAY UP TO DATE WITH THE LATEST NEWS!!



FORT MCKAY
FIRST NATION

Stay informed by :

Listening to Fort McKay's community radio station:
106.3 fm
& going on fort mckay's facebook page

