

Red River Current

October 2020

VOLUME 10 : ISSUE 9

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For more than 20 years, the Fort McKay Wellness Center, a non-profit organization in Fort McKay, Alberta, has been helping children and youth in Indigenous communities and from low-income families. The specialized programs and educational activities offered here promote and teach skill-building, self-reliance, personal development and self-confidence among children and youth aged 6 to 18.

When COVID-19 became a global pandemic, the Center was forced to close its doors. Despite these challenges, they managed to keep in contact with the community through a variety of creative ways. They hosted virtual programs daily, delivered art supplies and activities to help keep the kids busy, and provided virtual interactive programs so they could socialize with their peers.

Julia Soucie, Director of the Fort McKay Wellness Center, stressed how vital it was to continue these activities. “The kids are having a really rough time; they’re going through depression and have high levels of anxiety from being isolated at home. They’re already in a rural First Nations community, isolated to begin with, but now also isolated

(story continued on p.2)



THE FORT MCKAY WELLNESS CENTER: ~Helping kids in time of need~



(continued from p. 1)

from this lifeline they rely on... this was and is their safe haven,” said Soucie. Not only were children affected, many parents also needed support which the Center provided through daily phone calls and assistance with specialized activities for their children.

Now as restrictions begin to lift, the Center is preparing to open its doors in the next month with the health and safety of everyone as its priority. With blessings to re-open from the First Nations community and financial aid from the Canadian Red Cross, the Center will safely welcome back their young community. “We see an average of 50 to 60 children a day so this additional funding from the Red Cross will help bring in extra staff members to allow for several small breakout groups of children and backup staff in case anyone gets sick,” said Soucie.

The additional funding will also allow the Center to hire a housekeeping support staff member to sanitize and disinfect the common areas and equipment after each use. “Having this housekeeping support allows staff to prepare and deliver programs for the kids without worrying about sanitizing or cleaning the equipment.

Without this funding none of this would be possible,” added Soucie.

Along with added support staff, extra equipment such as basketballs, baseballs, and yoga mats can now be purchased to minimize sharing and contact, making it easier to sanitize and easing parents’ concerns. “The children are incredibly excited because they get access to their own equipment and most importantly, parents have peace of mind knowing that we’re doing everything we can to keep their children safe.”

The re-opening can’t come soon enough for the community. Here’s what one parental guardian had to say about the importance of the Fort McKay Wellness Center. “They (the children) miss their family, friends, school and the Wellness Center. The world today is hard for parents to understand, I can’t imagine how the kids feel. In the darkness of all this gloom, you guys are a shining light. A big thank you... for all that you do.” This program was supported thanks to the generous support of the Government of Canada’s Emergency Community Support Fund.

*By: Alyson Gourley-Cramer,
Communications Advisor of
the Canadian Red Cross*

FMFN LEADERSHIP TEAM

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

Chris Johnson, CEO
Alvaro Pinto, CEO Oilsands Development
and Sustainability
Stuart Randall, Senior Manager,
Business Development
James Owl, Executive Director,
Capital Projects

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



TENANTS HOME MAINTENANCE WORK ORDERS

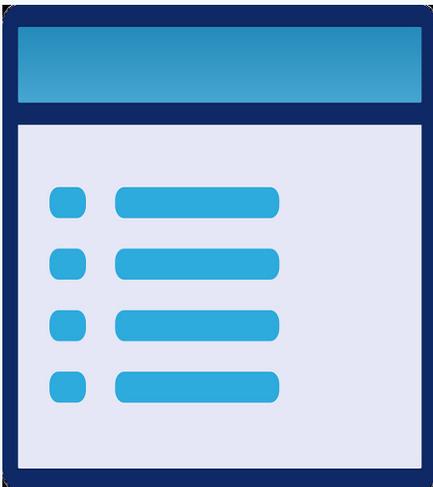
Your home safety and comfort are important to us. That's why our Capital Projects is focusing on emergency and safety maintenance on Fort McKay First Nation homes.

We're following the safest hygiene practices to keep our crews and your families safe, and we ask for your patience and understanding as these extra safety measures can take extra time.

If you have an emergency safety concern with any area of your home, please call 780-828-5555.



HOUSING APPLICATION FORMS



Please be advised that all applications are held for a six (6) month period only. After the six month period, your application will be removed from the current list. In the event you would like your name to remain on the waitlist, you will be required to complete and provide anew form.

Housing applications can be emailed to housing@fortmckay.com or dropped off at Capital Projects – North Shop.

Forms can be downloaded from the link below.
<https://fortmckay.com/.../2020/09/Housing-application.pdf>

HOUSEHOLD EMERGENCIES

We're on call 24/7 for household emergencies and community safety. If you see something in your home or in our community that needs immediate attention, call 780-828-5555.

One number. Many services. Always on call.



Fort McKay Arena Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch		
12:15 PM	Skate	Skate	Skate	Skate	Skate		
12:30 PM	12pm to	12pm to	12pm to	12pm to	12pm to		
12:45 PM	1pm	1pm	1pm	1pm	1pm		
1:00 PM						Family Skate 1pm to 2:30pm	Family Skate 1pm to 2:30pm
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM							
2:15 PM						Flood	Flood
2:30 PM							
2:45 PM							
3:00 PM	Flood	Flood	Flood	Flood	Flood	Public Skate 3pm to 5pm	Public Skate 3pm to 5pm
3:15 PM							
3:30 PM	Public Skate 3:30pm to 5pm		Public Skate 3:30pm to 5pm				
3:45 PM							
4:00 PM							
4:15 PM		Public Skate 4:30pm to 5:45pm		Learn to Skate 4:30pm - 5:30pm	Public Skate 4:30pm to 5:45pm		
4:30 PM							
4:45 PM						Flood	Flood
5:00 PM	Flood		Flood				
5:15 PM						Rental Spot 5:30pm to 6:30pm	Rental Spot 5:30pm to 6:30pm
5:30 PM	Maskwak PEP Academy 5:30pm to 6:30pm Ages 6-10		Maskwak PEP Academy 5:30pm to 6:30pm Ages 6-10				
5:45 PM							
6:00 PM				Power Skating 6pm to 8pm		Flood	Flood
6:15 PM		Family Skate 6:15pm to 7:30pm			Family Skate 6:15pm to 7:30pm		
6:30 PM						Shinny 7pm to 8:30pm	Shinny 7pm to 8:30pm
6:45 PM							
7:00 PM							
7:15 PM						Flood	Flood
7:30 PM							
7:45 PM							
8:00 PM	Flood	Shinny 8pm to 9:30pm 16 and up	Flood	Flood	Shinny 8:00 PM to 9:30 PM 16 and up		
8:15 PM							
8:30 PM							
8:45 PM	Shinny 8:30pm to 9:45pm 16 and up		Shinny 8:30pm to 9:45pm 16 and up	Shinny 8:30pm to 9:45pm 16 and up			
9:00 PM							
9:15 PM							
9:30 PM							
9:45 PM							
10:00 PM							

Schedules are subject to change.

For private or birthday party rentals please call Simon at 780-881-9096.



WE ARE OPEN AND FULLY BACK TO SUPPORT THE COMMUNITY IN THESE DIFFICULT TIMES



The Addiction and Mental Health Wellness Center (formerly Family Support Centre), hold individualized counselling and workshops Monday to Friday, every week depending on the needs of the community members.

These counselling and workshops are geared towards enlightening you about how to handle emotional distress and learn tools and skills of managing life situations that may seem overwhelming for individuals who have encountered various trauma based on lived experiences and environmental factors.

Workshops such as anger management, relate to identifying what triggers anger and how to avoid such situations, stress management entails knowing how to handle situations that potentially can create anxiety or distress. Self-esteem - what are the good qualities that you can identify about your self and how can this become beneficial to you.

Grief and Loss: Did you recently lose someone close to you? We are here to help with either individual counselling, family counselling, or workshops.

How about addictions and mental health challenges? There are also workshops that deal with these issues, like stages of change. What is addictions? How do you think healthy in order to live a healthy balanced life? Finally, we have other agencies who visit the centre that handles issues to do with domestic violence and the dynamics of identifying children with FASD syndrome.

At the Addiction and Mental Health Wellness Center (formerly Family Support Centre), we have you covered. Just give us a call and let us know what the needs are and we will do our best to direct you to the right resources.

Office hours are Monday to Friday from 8:30 a.m. to 4:30 p.m. – some after-hours support is available. If needed, please let us know if you require evening sessions and arrangements will be made. Walk-in counselling is available if needed, no appointment necessary. You can contact us at 780-828-4048 and ask to be referred to a counsellor or get more information on our programs and services





FORT MCKAY NO MEET THE

Mataya Cooper



Mataya Cooper was the fastest player on the field! She started as a receiver and slowly made the move to safety after she realized how much she loved hitting people. A memorable moment was her reading the bubble screen and coming downhill on a runningback and making the hardest hit we have seen all year popped him clean in the chest plate and he took a few minutes to find his breath again, while Mataya stood over him beating her chest! Mataya was ferocious and has a bright future on the field. She also gets brownie points for being #83

Dakoda Bujold

Koda's season was cut short due to an injury, but she was one of the most ferocious players on the defensive side of the ball, holding down the edge all day. She was a student of the game and took the time to understand not only her responsibilities, but also learning what everyone else was doing. She took some reps at Running Back and had undeniable talent, always getting positive yards and ended up returning kicks and punts too. We can't wait to see her in the field again!



NORTHERN SPIRITS THE TEAM



Jesse Piche

Jesse Piche was the everything man. Always at practice, always great attitude, and a triple threat on the field. He was our starting Center, until he became our starting QB (long ball was unreal) and he was always on defense and special teams. He was a top athlete on the team and he has a bright future.



Jada Cooper



Jada Cooper was another one of our girls holding it down in the trenches. She learned to snap and became a key member of the o-line. She is a student of the game and constantly asking her responsibilities, and had no problem yelling at Coach Dylan when he forgets to give the o-line signal. Her heart really showed in the last regular season game when she contracted food poisoning and spent the second half of the game in the locker room throwing up. After a few injuries the team was at risk of a forfeit with not enough players, she drug herself out the the locker room and finished the game through puking and crying.

FORT MCKAY SUSTAINABLE

Fort McKay's Sustainability Department negotiates the environmental section of impact benefit agreements, manages community engagement, consults on behalf of Fort McKay on regulatory applications and monitors and technically reviews environmental impacts within the traditional territory to ensure industry compliance. It is also responsible for government relations associated with natural resource development and Crown land management.

The department monitors water quality, air quality, cumulative effects, and other industrial impacts on the environment, as well as conduct environmental research.

FORT MCKAY PARK RANGER PROGRAM

The Fort McKay Park Ranger Program was established in 2016 to create and maintain a formal administrative presence in the Moose Lake area, provide security and emergency support to travelling community members going to Moose Lake. Park Rangers also support in delivering environmental protection and monitoring programs at the Moose Lake Reserves.

With growing industrial and recreational activity near our Moose Lake reserves, community members have noticed an increase in accidents, land disturbance, vandalism and illegal activity. Chief and Council created the Park Rangers to address these incidents, improve land stewardship, and assert the Nation's authority on our reserve lands.



Former Park Ranger cabin at Moose Lake (right) and new cabin Namur/Buffalo Lake (left).

The Rangers have established patrol routes across both reserves from Moose (Gardiner) Lake to the southern end of the reserve at Buffalo (Namur) Lake. There is now a Park Ranger cabin at each lake to support a constant presence and patrols on reserve and the Moose Lake Trail.

SD hired Craig Randell, who has served as a Fish and Wildlife Officer, as the Park Ranger Lead in December 2019. Craig has since been joined by four community members as Park Rangers, Joe Grandjambe, Andrew Bouchier, Junior Poulin and Dillon McKenzie. The rangers have been well trained and do continuing education to ensure they are fully prepared and well-equipped. Eventually, some rangers will achieve Peace Officer status, which will enable them to enforce both Fort McKay bylaws and provincial laws concerning fish and wildlife and public lands.



Park Ranger Joe Grandjambe out on the water with a smile.



LITY DEPARTMENT NEWS



Park Ranger Andrew Bouchier prepares to saddle up.

The rangers engage regularly with community members during scheduled and spontaneous visits to educate land users about bylaws and legislation that applies on lands surrounding the reserves, and facilitate educational opportunities for youth. They investigate damage complaints and have the authority to remove violators from the camps and/or reserve area with the cooperation of the RCMP, as required. When necessary, the ranges can help with human/wildlife conflict situations and emergencies that require wilderness and remote

first aid. Park rangers also support the Environmental Guardians to deliver community based monitoring activities, including air, water, and wildlife monitoring.



The newest recruits to the Park Ranger Program, Junior Poulin and Dillon McKenzie.



Park Ranger Graig Randell doing environmental monitoring work.

At the beginning of 2020, the Park Rangers worked with Canadian Surveyors to re-establish the 1915 and 2006 Moose Lake reserves boundaries, including raising original survey evidence and flagging those boundaries to discourage non-members from trespassing on reserve lands without permission.



REPORT AN ODOUR

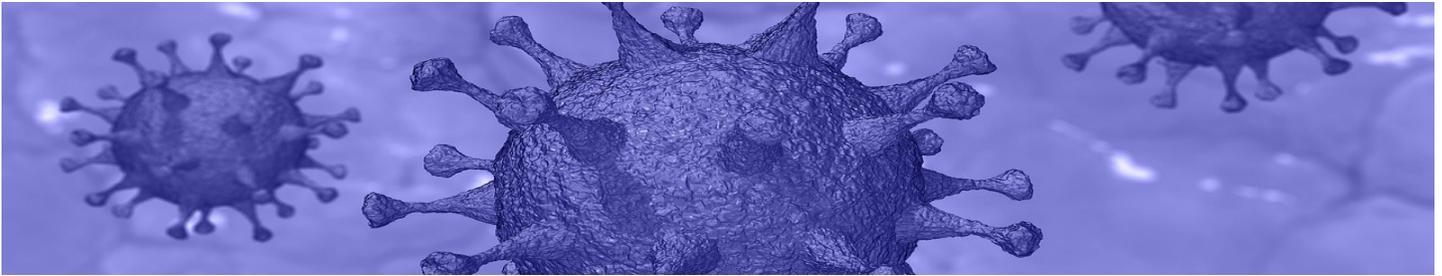
To report an odour, please call:
Alberta Environment Hotline: 1-800-222-6514 (24 hours)

For up to date information about odour and other air events in the region, please call:
WBEA Air Information Line: 1-866-685-3699 (24 hours)

If an odour is making you feel sick or you have health concerns, please call:
Alberta Health Link: 1-866-408-5465 (24 hours)



TALKING WITH YOUR CHILDREN ABOUT COVID-19



The start of the new school year can be both exciting and stressful for many kids and teens. The COVID-19 pandemic may make the transition back to school seem more challenging than ever before.

Parents and other trusted adults play a major role in helping kids understand back-to-school health and safety in an honest and accurate way. A calm, meaningful conversation may help minimize their fears and anxieties as students return to school this fall.

Here are A few tips:

- Being safe today will help ensure you can have fun all year long.
- Let your children know it's OK if they're sad or scared about COVID-19. Accept their feelings without judging. Emotions come and go. It's OK to feel sad or upset or distressed. In most cases, these feelings do not last long.
- Avoid telling your child not to worry. The goal is to help your child realistically evaluate risk based on reliable information.
- Show them healthy ways to deal with stress, such as active living, meditation, regular sleep and healthy eating. They will learn how to deal with stress by watching and copying what you do.
- Maintain social connections. If you and your children cannot visit friends or family in person, reach out by phone or video chat. If possible, develop a cohort of up to 15 other people that you and your family can visit with, without having to maintain two metres of distance. These visits will help maintain your social connections and make you—and those around you—feel less isolated.
- Correct misinformation and avoid using language that may create stigma and blame others for COVID-19.
- Let your kids know that you're there for them and that they can ask you questions.
- Focus on how they can protect themselves and others from getting sick. Teach your children ways that they can reduce the spread of germs. Cough or sneeze into a tissue or your elbow, and teach them to wash their hands thoroughly and often. Supply them with hand sanitizer for times when they are unable to wash.
- Keep routines as regular as possible, to provide kids with a sense of security and safety. Maintain regular bedtimes, mealtimes and exercise.
- Encourage positive thoughts. Talk about the people who are working hard to keep people safe and healthy. Find examples in your community of people doing good things. Find ways to do something kind for others.
- Check in regularly to ask how your children are doing. Provide comfort, if necessary, and be patient.
- Remind children and youth to take things day by day if they're feeling overwhelmed. If even this seems overwhelming, then take things hour by hour. And talk to your healthcare provider if you are struggling.
- Go to www.ahs.ca/helpintoughtimes to learn more about how to talk to you kids and how you can connect them with support, if needed.
- Last but not least, take care of your own health. We can all be overwhelmed during times of uncertainty. Be honest about your own feelings. Find ways to complete normal tasks, even if you're feeling worried. You are best able to help your children when you take care of yourself, too.
- If you find you are still struggling, talk to your family healthcare provider or call Health Link at 811. You will also find more resources at ahs.ca.



Student illness

If a student has COVID-19 symptoms

Students with symptoms must not attend school. If a child develops symptoms that could be caused by either COVID-19 or by a known pre-existing condition (e.g., allergies, chronic cough), the child should be tested for COVID-19 to confirm that it is not the source of their symptoms before returning to school.

Anyone that reports symptoms must stay home and seek health care advice as appropriate. Parents can call Health Link 811 or their primary health care practitioner, and fill out the [AHS Online Self-Assessment tool](#) to determine if their child should be tested.

Parents, household members, and contacts of a student who has symptoms but is not a COVID-19 case, are not required to quarantine.

Only the people identified as close contacts of an individual who is a case of COVID-19 need to quarantine. The contacts of the close contacts do not need to quarantine.

Book a test

Book a testing appointment online with the AHS assessment tool or call Health Link 811. <https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>

Symptoms

You should get tested if you have any COVID-19 symptom.

If you have any of these symptoms you are [legally required to isolate for at least 10 days](#) from the start of your symptoms or until they resolve, whichever is longer:

- Fever
- Cough (new cough or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)

- Runny nose
- Sore throat

If you have any of these other symptoms, stay home and minimize your contact with others until your symptoms resolve:

- Chills
- Painful swallowing
- Stuffy nose
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis, commonly known as pink eye

Monitor your child's health and call [Health Link 811](#) if you have questions or concerns. Call 911 immediately if experiencing severe symptoms of COVID-19, including difficulty breathing, severe chest pain, feelings of confusion or loss of consciousness.

For more information: alberta.ca/covid19

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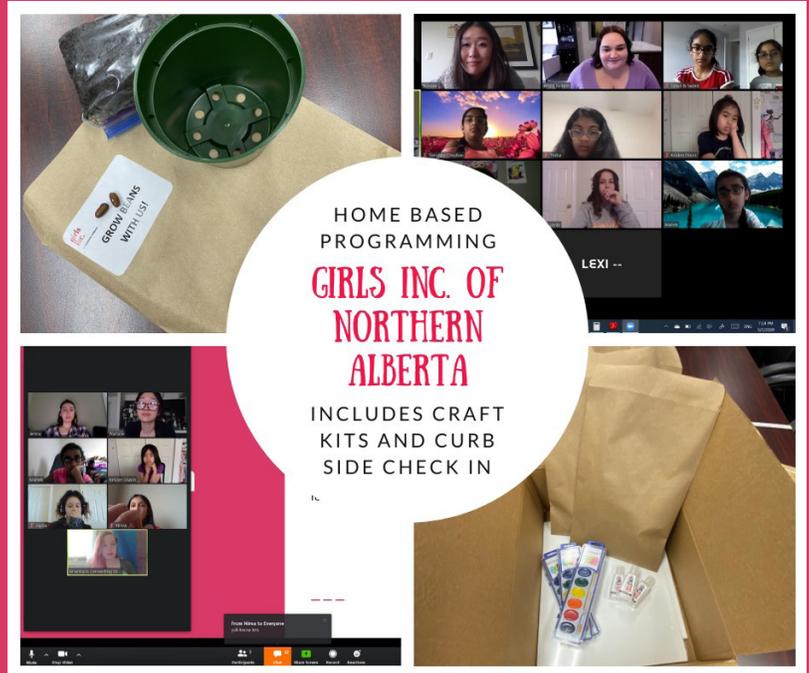


GIRLS INC. HOME-BASED LEARNING

We are excited to offer our home-based programming this fall.

Through phone calls, materials and supply kits, one on one check-ins, self-directed learning adventures, and intentional and engaging online learning options, we want to bring the Girls Inc. experience into each and every home of the girls in our community.

All program sessions will be offered after school and on the weekend via Zoom.



COVID-19 INFORMATION

HOW TO WEAR A NON-MEDICAL MASK

Non-medical masks, including homemade cloth masks, can help prevent the spread COVID-19. They are another tool to use in places where it's difficult to keep two metres from other people for extended periods of time – such as public transit, grocery stores, pharmacies, hair salons, airplanes and some retail shops.

Masks do not replace proper hygiene, physical distancing or isolation to prevent the spread.

SAFELY PUTTING A MASK ON

- 1 Wash/sanitize your hands.
- 2 Inspect the mask, holding it by the ties or loops. Discard if damaged or dirty.
- 3 Open fully to cover from the bridge of your nose to your chin.
- 4 Adjust the mask to your face so there are no gaps on the side.
- 5 If mask has stiff edge, pinch to close gaps between nose and mask.
- 6 Keep your nose, mouth and chin covered at all times. **Avoid touching the mask.**

SAFELY TAKING OFF A MASK

- 1 Wash/sanitize your hands.
- 2 Remove it from the back by releasing ties or loops. Do not touch the front of the mask.
- 3 Discard the mask immediately if disposable. Wash thoroughly if reusable.
- 4 Wash/sanitize your hands.

FOR MORE INFORMATION ON WEARING AND CARING FOR YOUR MASK

alberta.ca/masks





COMMUNITY COOK BOOK



As part of our partnership with the Communities ChooseWell Program, the Fort McKay Wellness Center will be putting together a community cook book!

We are looking for recipes from community members to be featured in the cook book! Every recipe submission will be entered to win a Healthy Living Gift Basket which will include gift cards, fresh fruit and vegetables, herbs and spices and some dry goods! All individuals who submit a recipe will also receive a copy of the finished cook book!

To submit a recipe, please include the following details:

- The recipe, including ingredient measurements and directions on how to prepare.
- A photo of the meal or item you are submitting the recipe for
- A photo of you or your family to accompany the recipe in the book
- A brief description of the story behind the recipe (Did you create it yourself? Was it passed down through generations? Was it shared with you by an Elder?). Please include any names of the recipe creators so they can receive credit.

Recipes and photos can be emailed to fortmckaywellnesscenter@hotmail.ca, dropped off at the Fort McKay Wellness Center or sent via text or messenger to Julia Soucie at 780-838-1812. Deadline for submissions is October 9, 2020. Please contact any Wellness Center staff member for more information at 780-828-4312.

Wellness Center October Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 OUTDOOR GAMES (AGES 8+) 6:00PM-8:00PM SCIENCE CLUB (AGES 6-7) 6:00PM-8:00PM	2 NO SCHOOL – ALL SCHOOLS WELLNESS CENTER OPEN 8:30AM-5:00PM
5 DRAMA CLUB (AGES 8+) 6:00PM-8:00PM OUTDOOR GAMES (AGES 6-7) 6:00PM-8:00PM	6 GAME SHOW NIGHT (AGES 8+) 6:00PM-8:00PM YOUNG ENGINEERS (AGES 8+) 6:00PM-8:00PM	7 ART CLUB (AGES 6-7) 6:00PM-8:00PM ARCHERY (AGES 8+) 6:00PM-8:00PM	8 OUTDOOR GAMES (AGES 8+) 6:00PM-8:00PM SCIENCE CLUB (AGES 6-7) 6:00PM-8:00PM	9 NO SCHOOL – ALL SCHOOLS WELLNESS CENTER OPEN 8:30AM-5:00PM
12 WELLNESS CENTER CLOSED THANKSGIVING	13 GAME SHOW NIGHT (AGES 8+) 6:00PM-8:00PM YOUNG ENGINEERS (AGES 8+) 6:00PM-8:00PM	14 ART CLUB (AGES 6-7) 6:00PM-8:00PM ARCHERY (AGES 8+) 6:00PM-8:00PM	15 OUTDOOR GAMES (AGES 8+) 6:00PM-8:00PM SCIENCE CLUB (AGES 6-7) 6:00PM-8:00PM	16 EARLY DISMISSAL – FORT MCKAY AFTERSCHOOL PROGRAM 1:00PM-5:00PM JUNIOR LEADER AWARDS NIGHT 5:30PM-7:30PM
19 DRAMA CLUB (AGES 8+) 6:00PM-8:00PM OUTDOOR GAMES (AGES 6-7) 6:00PM-8:00PM	20 GAME SHOW NIGHT (AGES 8+) 6:00PM-8:00PM YOUNG ENGINEERS (AGES 8+) 6:00PM-8:00PM	21 ART CLUB (AGES 6-7) 6:00PM-8:00PM ARCHERY (AGES 8+) 6:00PM-8:00PM	22 OUTDOOR GAMES (AGES 8+) 6:00PM-8:00PM SCIENCE CLUB (AGES 6-7) 6:00PM-8:00PM	23 AFTERSCHOOL PROGRAM 3:00PM-6:00PM YOUTH CHOICE (AGES 10+) 6:00PM-8:00PM
26 DRAMA CLUB (AGES 8+) 6:00PM-8:00PM OUTDOOR GAMES (AGES 6-7) 6:00PM-8:00PM	27 GAME SHOW NIGHT (AGES 8+) 6:00PM-8:00PM YOUNG ENGINEERS (AGES 8+) 6:00PM-8:00PM	28 ART CLUB (AGES 6-7) 6:00PM-8:00PM ARCHERY (AGES 8+) 6:00PM-8:00PM	29 OUTDOOR GAMES (AGES 8+) 6:00PM-8:00PM SCIENCE CLUB (AGES 6-7) 6:00PM-8:00PM	30 NO SCHOOL – TOWN SCHOOLS WELLNESS CENTER OPEN 8:30AM-5:00PM HALLOWEEN PARTY 3:00PM-5:00PM

Evening programs are open to all Fort McKay kids (not just those registered in our After School program). Space is limited for each evening program, so at this time we ask that you only register your child to ONE program for the month to start with. If spaces remain open after everyone has had a chance to register, we will open it up for more registrations.

To Register your child to one of our evening programs call us at the Wellness Center at 780-828-4312 or Kory at 780-788-5500



SHARE KINDNESS TO BOOST YOUR HAPPINESS



Kindness is defined as the quality of being friendly, generous and considerate. Every day we hear stories about people trying to make the world a better place. Together, we can make the world a little bit kinder for all of us.

Just one act of kindness a day can help reduce stress, anxiety and depression. It can also release feel-good hormones in your body, so you and the person you helped:

- Feel calmer, healthier and happier
- More loving and loved
- More energy, with less aches and pains

KINDNESS HELPS YOU AND OTHERS BY:

- Enhancing positivity
- Changing your perspective
- Creating a sense of community
- Helping us feel connected to others
- Reducing stress.

SIMPLE WAYS TO SPREAD KINDNESS:

- Volunteer
- Help a friend or neighbor
- Ask someone how they are feeling
- Offer support and encouragement to others
- Say good morning and smile
- Make someone laugh
- Be generous with compliments
- Leave a kind note for someone special

Kindness is contagious. Pass it on!





FREE online courses

with the
Community **Adult**
Learning Program
(CALP)

MONDAY - THURSDAY

- English Pre-GED at 1pm
- Math/Numeracy Mixed Level at 2pm
- English Language Learning Mixed Level at 3pm

To register email indigenous.ed@keyano.ca

COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

The Wellness Center is open!

To view a list of our planned activities for this month, please go to p. 15. You can also go to our facebook page for the latest updates.

The After School Program is still full, however, we are accepting registrations for the wait list.

You can contact us by email to fortmckaywellnesscenter@hotmail.ca if you do not have access to Facebook and would like to receive email updates or if you would like more information on latest program initiatives.

FORT MCKAY HEALTH CENTRE 780-828-2450

DR. O'CONNOR

Please call in advance if you need to make an appointment with Dr. O'Connor.

MEDICAL TRANSPORTATION:

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

PHYSIO

Call Tamarack Physical Therapy to make an appointment at 780-743-3267

IMMUNIZATIONS

Contact the Health Centre to make an appointment with the Public Health Nurse

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

