

# NATION NEWS



**COVID-19 VACCINES  
BEGIN ON COWESSESS**

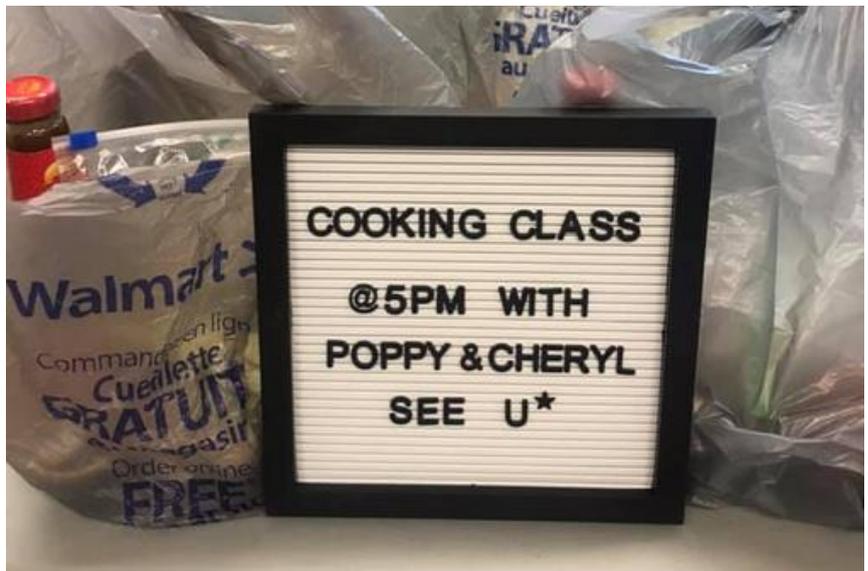
## HEALTH AND SOCIAL DEVELOPMENT

### DEPARTMENT UPDATE BY EMILY WATSON, PROGRAM DIRECTOR

With the restrictions on the delivery of face to face programs, the Health & Social Development staff have developed a number of unique ways to continue to provide services to the members of the Cowessess First Nation. The focus of the restrictions has been all about Covid-19. The ways to reduce the risk of transmission include wearing masks, using hand sanitizer, limiting visiting and staying at least 2 m apart. To be able to do all of these things and to keep everyone safe, many of the face to face activities have been changed to Zoom. Group activities such as those for women and youth have been transitioned to being online.

The attendance has not decreased as many people appreciate being able to participate without having to brave the cold.

Other groups that receive programming from the Health office include Pre and Post Natal families and Income Assistance clients. These groups are receiving Covid food boxes including milk vouchers every month. The cooking and nutrition classes have been very popular. Families receive the ingredients for a meal then they learn to cook the meal and eat it when it is done. Many classes are now including sections on nutrition,



food safety and the proper use of kitchen knives.

Home care staff have continued to provide services to the Home Care clients. This includes foot care, check in phone calls and where it is needed, personal visits.

Medical transportation services are still being provided to those that need it. Twice weekly Narcotics Anonymous are being held via Zoom. For those that don't have internet access they can still access wireless internet in their vehicle from the Band Office and Mall parking lots.

There are a number of fitness and weight loss challenges presently going on virtually.

To assist community members in staying active there have been a number of weight sets purchased that people can sign out. The Health & Social Development department has been receiving safety supplies such as hand sanitizer, masks and gloves. These supplies are being provided to members along with their Covid food box to help members stay safe. "We start each day with a Zoom Gathering at 8:30 a.m. This helps us to stay connected as a team and to support each other as we continue to provide for the members of CFN."



# CHIEF RED BEAR CHILDREN'S LODGE

**UPDATE BY  
EVA COLES, CEO**

The Board of Directors and staff are excited for the launch of Chief Red Bear Children's Lodge. We are working hard to get things ready for the transition to the Miyo Pimatisowin Act and away from the Saskatchewan Provincial Child Welfare Act.

There will be a phased in approach over the next couple of years as we hire staff, create our systems and design our model of care for families.

All of the necessary protocols and procedures for transfers are currently under way. There are lots of details to tackle and our team is enjoying the challenges of being the first ones to do this.

In the meantime, you will have noticed that our programming has started to grow with on-line groups for women, men, elders, youth, couples and more. These virtual groups are open to Cowessess citizens across Canada. Lately, some of you have joined from Winnipeg, Vancouver and Calgary. We love the connections to being made to homefire. We will keep growing these virtual meetings after COVID restrictions are lifted.





## UPDATE CONTINUED

If all goes well, we will offer a coming home ceremony for all children and adults that have been away or who have never had the opportunity to be on the land at Cowessess this fall, when we will properly celebrate the launch of Chief Red Bear Children's Lodge. Please stay tuned for our new website - coming soon.

## COVID VACCINE: INTERVIEW: COUNCILLOR DENISE PELLETIER

**Q:** Were you afraid to get the vaccine?

**A:** I was a little bit apprehensive but I knew that in the long run I would get some protection if I did because I do work with the community sometimes and being a leader I want to keep myself safe and my community safe as well.

**Q:** What was it like getting the vaccine?

**A:** It's like a flu shot where you just get your needle. I hardly felt it. (The nurse) did such a good job I didn't even feel the needle.

**Q:** Did you have any reactions?

**A:** Maybe a little bit of a headache that evening. My arm was sore for maybe a day and a half and a little bit of nausea that lasted maybe an hour.

**Q:** How do you feel now?

**A:** I still want to be safe and stay safe and be home but I do feel better knowing that if I do get it, it won't be as bad because I have the vaccine. I want to encourage everybody to get vaccinated. If you have questions phone a health care professional because we want to keep our community safe because we want to be able to gather again next year or even this summer maybe. I miss powwows. Have a good day!



**"I DO FEEL BETTER KNOWING THAT IF I DO GET IT, IT WON'T BE AS BAD BECAUSE I HAVE THE VACCINE" - COUNCILLOR DENISE PELLETIER.**

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