



July/August 2020

VOLUME 10 : ISSUE 7

YEAR END EDUCATION CELEBRATION RECOGNIZES 61 GRADUATES

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Even though the pandemic restrictions in June wouldn't allow large gatherings, our community still managed to celebrate and recognize the success of this year's graduates during the 2nd Annual Year End Education Celebration on June 25th 2020.

In effort to keep everyone involved at a distance, the event was filmed and posted live through Facebook. On a video, Chief and Council presented graduates individually and recognized each individually for their milestone in education.

In the video, Chief Mel Grandjamb stated that, "the community of Fort McKay has a lot to celebrate! It is

important to recognize and celebrate the student who completed major milestone in education. These students are setting a positive example for others. Despite the global pandemic, we are excited to celebrate your success. Parents, Elders, Chief and Council are proud of your achievements!"

Metis President Ron Quintal and each Councillor also shared a few words of congratulations and each presented a group of students and congratulated them personally. Councillor Raymond Powder proudly announced that this year Fort McKay is celebrating a total of 27 high school graduates! This

is the first time the community has seen so many grade 12 graduates in our community.

Graduates came to the Arbour in small groups to receive their award that was presented by Chief and Council and Fort McKay Metis President Ron Quintal.

Afterwards, graduation photos were taken with family and friends. Altogether, there were 61 graduates from kindergarten, grade 6, grade 12 and post-secondary education. A big congratulations to this year's graduates on their accomplishments!

To see a full list of this year's graduates, please go to p. 4-7.

JIM BOUCHER HAS BEEN AWARDED THE ALBERTA ORDER OF EXCELLENCE

Boucher was selected as a member of the Alberta Order of Excellence along with 6 others across the province for 2020 earlier this month. Each year, the Order recognizes Albertans from all fields of work and experiences who have made an outstanding provincial, national or international impact.

Those appointed are recognized for their contributions that have an outstanding impact within the province, at national and international level. The Alberta Order of Excellence is known as the highest honour an individual can be distinguished for as an official part of the Canadian Honours System.

Lieutenant Governor-General Lois Mitchell, Chancellor of the Alberta Order of Excellence explained the importance of this recognition, “members of the Alberta Order of Excellence represent the best in our province. Their dedication, innovation, and commitment to caring for others serve as a testament to the importance of active citizenship and a powerful reminder of the role we can each play in building a stronger future for our fellow Albertans and for all Canadians.”

Congratulations Jim Boucher on this amazing accomplishment!

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
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



FORT MCKAY
FIRST NATION



Fort McKay Métis Nation

CORONAVIRUS
2019-nCoV

SAFETY ADVICE AND TIPS



CHIEF & COUNCIL ANNOUNCEMENT ~New CEO & Oilsands Development~

Dear Community Member,

We are so pleased to be sharing two important updates about our new administrative structure. This update is building on the news we shared last December that our friend George Arcand would be stepping down as CEO in 2020.

We have worked together to explore different approaches to how we would staff the position of CEO through an in-depth recruitment process. We have decided that the most qualified candidate for the role is a familiar face to Fort McKay – our very own Chief Financial Officer, Chris Johnson. Chris will continue to manage his finance responsibilities while taking on the leadership of Fort McKay's overall administration portfolio.

Our second update represents a very exciting opportunity for Fort McKay. We have decided that the timing is right for Fort McKay to explore the best approach to developing our Oilsands lease. This is going to involve a series of studies and assessments to determine how we can maximize the benefit of this lease for our community and ensure we are developing the land responsibly. We are going to follow the standards that we always expect industry to follow.

This lease is going to have a significant impact on our future prosperity and we wanted to ensure it was led by someone we trust. That is why we have asked Alvaro Pinto, Director of Sustainability to step into the role as CEO Oilsands Development and Sustainability. Alvaro will continue to lead key Sustainability files as he takes on this new responsibility.

As we welcome our new leadership team, we would also like to thank George for his years service. George, you've set our new team up for success and we thank you for that. We wish you the best of luck.

Sincerely, Chief and Council



Fort McKay Graduates



Kindergarten
Graduates



Eliza Howe



Hunter LaFontaine



Maddox Donofrio



Kassadee Gladue



Anna Mercredi



Darius Faichney



Aurora Boucher



Alivia Courtorielle



Aliyah Courtorielle



Aria Moses Boucher



Perla Langdon



Decimus Deltess-McDonald



Grade 6
Graduates



Autumn Beaulieu



Thor Richards Grandjambe

ates Class of 2020



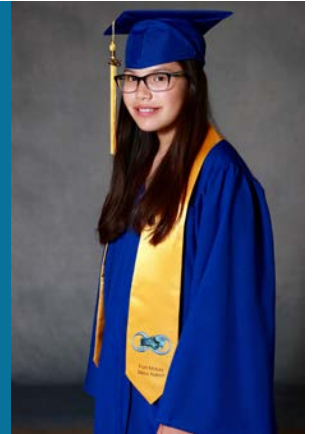
Alayna Janvier-Boucher



Geanna Grandjambe



Ethan Cardinal



Kinley Serafinchan



Denea Deltess-McDonald



Chanel McClure



Lexi Hynes Redcrow



Kegan Shott



Malibu Chartrand



Rayden Grandjambe



River Boucher



Harmony Gallup



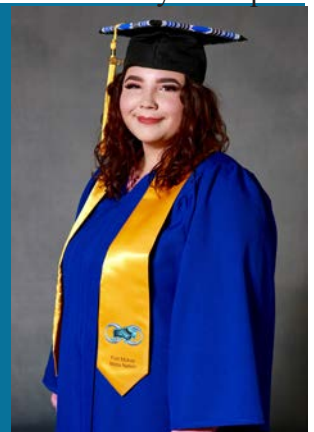
Grade 12
Graduates



Tyler Gallup

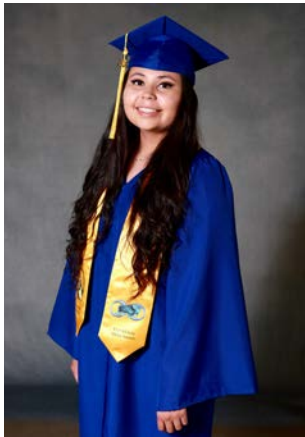


Jack Foster-Boucher



Tiana Harte-Fitzpatrick

Fort McKay Gradu



Autumn Bent



Jace Shott



Taylor Cardinal



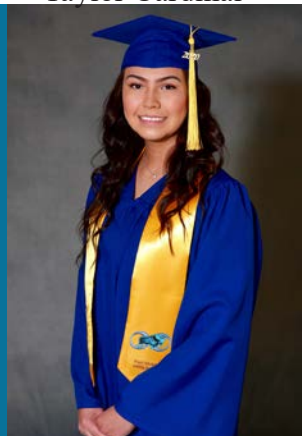
Reanna Whiteknife



Tyrin Faichney



Marcus Faichney



Keely Courtorielle



Kristie Faichney



Eve Wigmore



Cruz Cooper



Alexis McDonald



Hope McClure



Dustin L'hommecourt



Caleb Lacorde



Aaron Richards



Seth Lee Berland

ates Class of 2020



William Hettinger-Bouchier



Wilfred Grandjambe



Jordan Boucher



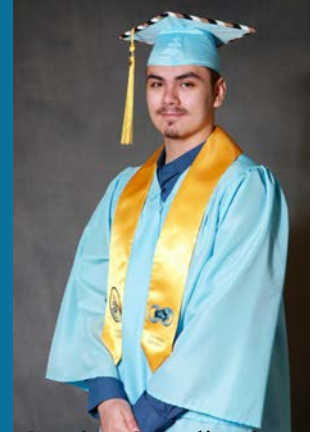
Ryan Grandjambe



Jeff Grandjambe



Brace Grandjambe



Cassius Grandjambe

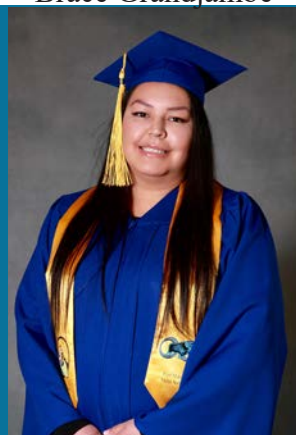


Kaydence Gladue

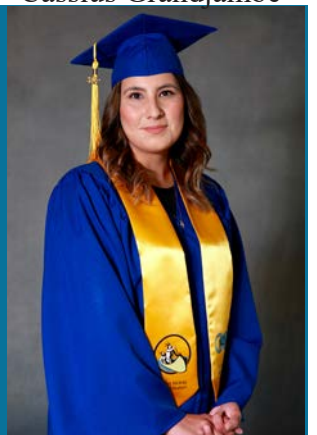
Postsecondary graduates



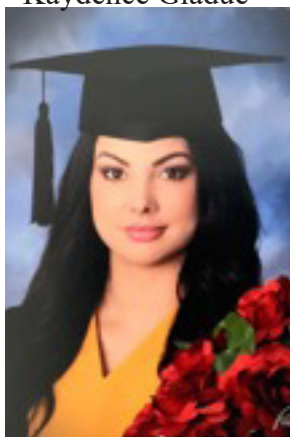
Noreen McHale



Jenica Boucher



Katelyn Willier



Tara Telnes



Shyla Ahyasou



Kristen Wilson



Shilla Hobbs

A MESSAGE FROM OUR POS

My Name is Tara Telnes I am an off reserve band member from central Alberta. I recently graduated from the Olds College. I took a 2 year Environmental Diploma program called the Land and Water Resource Management Program with a major in Land Reclamation.

I would like to personally thank Fort McKay's Education Department and Coral Boucher for all of the help and guidance they have given me along my educational journey. Fort McKay went above and beyond to help me complete my high school upgrading and receive my GED in order to be accepted into post secondary.

The Olds College was amazing and I would recommend it to anyone considering furthering their education. The town has a small town feel where you don't get lost in the crowds. The teachers were amazing and provided lots of hands on industry relevant training.

I plan on working in the environmental field and getting more experience in the industry. I am going upgrade my math in order to be accepted into the University of Alberta where I will pursue a Bachelor in Environmental Science.

Thank you for everything!

Sincerely,

Tara

Tara Telnes



T SECONDARY GRADUATES

Hello, Family & Friends, it's been a long time.

So long that I will start with my name, I'm Noreen Boucher, my married name is McHale. My mom is Rose Boucher, her parents, my grandparents, are Eva and Theodore Boucher. I have been living on Vancouver Island for the last 15 years. Since I have been here, have completed a Liberal Studies Arts degree, a Bachelor of Education, and just this spring a Master in Educational Leadership at Vancouver Island University (VIU). Two years ago when I decided to return to VIU for the Master of Education in Educational Leadership program, I went back with a purpose, to give voice to Aboriginal youth regarding their education. The topic of my published thesis is in what ways can Aboriginal youth participate in the formulation and implementation of a more equitable and inclusive BC school experience?



However, without the support of my family, I would have never even considered such a challenge of a Master degree. Thank you mom for giving me the courage, the spirit, the fight to go off and accomplish something so crazy. My mom's rule while growing up was you either go to school or work, which resulted in me quitting loads of jobs, but my educational experiences just kept building upon each other resulting in a Masters, Thanks Ma! You're the Best!

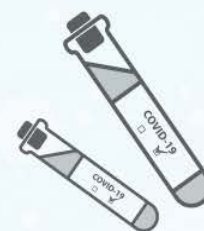
Thank you to the Education Department & the Community of Fort McKay for supporting and encouraging educational enhancement for their members. I appreciate the financial support, as well as the friendly emails of encouragement, the informative and relevant material that was shared to ensure the wellbeing and health of their students.

Sincerely,

Noreen McHale



COVID-19: TESTING AND REDUCING STIGMA



COVID-19 is an illness caused by a coronavirus. Coronaviruses are a large family of viruses, some of which infect animals and others that can infect humans. They are spread through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ direct contact with a person infected with COVID-19
- ▶ touching an object or surface with the virus on it

Coronaviruses are **not** known to spread through water or ventilation systems.

YOU CAN HELP REDUCE THE SPREAD OF COVID-19 AND PROTECT YOURSELF, YOUR LOVED ONES AND YOUR COMMUNITY:

- ▶ follow the advice of your local **public health authority** or nursing station
- ▶ stay home and away from others if you are ill
- ▶ **wash your hands** often with soap and water for at least 20 seconds
- ▶ use an alcohol-based hand sanitizer containing at least 60% alcohol if soap and water are not available
- ▶ cough and sneeze into your sleeve and not your hands
- ▶ avoid touching your face with unwashed hands
- ▶ avoid close contact with people who are sick
- ▶ practise **physical distancing** as much as possible
- ▶ wear a **non-medical mask or face covering** in crowds or when physical distancing is not possible
- ▶ clean and **disinfect** frequently touched objects and surfaces

Symptoms of COVID-19 are often similar to other illnesses. They can:

- ▶ take up to 14 days to appear after exposure to the virus
- ▶ be mild or more serious
- ▶ vary from person to person

If you are experiencing symptoms, or have been exposed to someone with COVID-19, **you must:**

- ▶ stay home (**isolate**) to avoid spreading it to others
- ▶ avoid contact with others (especially older adults, or those with medical conditions)
- ▶ if you live with others, stay in a separate room or keep a 2-metre distance
- ▶ call ahead before you visit a health care professional or call your local **public health authority** or nursing station
- ▶ tell them your symptoms, discuss the possibility of being tested, and follow their instructions
- ▶ if you need immediate medical attention, call 911

TESTING

Testing for COVID-19 helps protect our elders and communities. It is the only way to confirm if someone currently has COVID-19, and it is an important tool to:

- ▶ stop the spread of the virus and prevent community outbreaks
- ▶ detect and isolate people who have COVID-19
- ▶ follow up with close contacts of someone confirmed to have COVID-19 (contact tracing)
- ▶ better understand the virus

Getting tested **will help** provide you with a positive or negative diagnosis of COVID-19. It will also assist with contact tracing, which is done confidentially by public health officials or other appropriately trained people to identify individuals you may have been in contact with while contagious.

Getting tested **will not** put your personal health information at risk. Your identity, health status and other personal information is only shared with health care providers as required.



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada



STIGMA

The COVID-19 pandemic can cause stress on people and communities. It can lead to individuals experiencing social stigma, exclusion, marginalization, mental health issues and discrimination. Lack of understanding about COVID-19 has sparked feelings of fear or anger towards others and unfair treatment against a number of groups, including:

- ▶ people who have COVID-19
- ▶ people who have symptoms of COVID-19
- ▶ health care, front-line and essential workers
- ▶ people from countries where the virus originated from
- ▶ people who have recently travelled or returned to Canada from another country
- ▶ people from communities, cultures, or industries where COVID-19 outbreaks have occurred
- ▶ people who may not follow recommended public health measures

Stigma and discrimination are known barriers that prevent people from getting tested or accessing the care, treatment and support they need. People who have experienced stigma and discrimination throughout their life (e.g., racialized groups, people with mental illness or disability, members of LGBTQ2IA+ communities) may not have access to protective resources during a pandemic, like a safe home to isolate or quarantine when ill, which may introduce additional challenges.

Stigma and discrimination can be dangerous and harmful to individuals and communities by:

- ▶ exposing people to high levels of guilt and stress
- ▶ disempowering people who cannot control their living, working, or social circumstances
- ▶ creating divisions within communities
- ▶ causing people to delay or avoid health services and contacting health authorities
- ▶ making it harder to monitor, stop or slow outbreaks
- ▶ discouraging people from being tested or quarantined
- ▶ making it harder to trace and notify people who may have come into contact with COVID-19 (contact tracing)

We can all do our part to reduce stigma around COVID-19.

Even people without symptoms can test positive for COVID-19. This includes people who have not yet developed symptoms (pre-symptomatic) and may never develop symptoms (asymptomatic). That is why it is important to:

- ▶ show support, kindness and empathy to those who have, or are tested for, COVID-19
- ▶ **take care of your mental and physical health**
- ▶ **protect yourself and those around you**
- ▶ choose your words carefully

SAY...

COVID-19;
Coronavirus

People who may have
COVID-19

People who have COVID-19;
People being treated for
COVID-19

INSTEAD OF...

The virus from Asia/China/
Wuhan

Suspected cases of
COVID-19

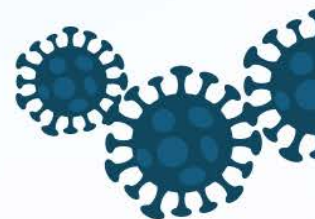
COVID-19 cases or victims

Mental health and family violence support services are available to you, such as the **Wellness Together Canada: Mental Health and Substance Use Support portal** and the **Stop Family Violence** webpages.

LEARN AND SHARE THE FACTS

Share inspiring stories about those who have recovered from COVID-19, and about community heroes – health care workers, community service providers, grocery store employees, delivery people, long-term care home workers and first responders – who provide support to the population and care for those who are ill.

Get accurate information about COVID-19 from trustworthy sources, such as Canada.ca/coronavirus, your **local or provincial/territorial public health authority**, or a **nursing station in a First Nation community**.





Wellness Center Fun Summer Activities

SUMMER READING PROGRAM

The Wellness Center will be hosting the Wood Buffalo Regional Library's Summer Reading Program during July and August. The program will feature weekly crafts for all ages, that will be available for community members, as well as a reading competition all summer long with weekly prizes.

Participants will receive one entry for each book they read, and their name will go in a weekly draw to win prizes!

JULY 27TH - AUGUST 2ND

- Olympics Week: participants complete daily Olympic style games, Monday to Sunday
- Summer Reading Program with WBRL- Monday to Friday; craft delivery, daily crafts, reading incentives
- Photography Challenge, Monday to Sunday; contest
- Mental Health Support- Staff available to chat via phone, messenger, social media or texting

AUGUST 3RD - AUGUST 9TH

- Riddles/Would You Rather discussion program
- Summer Reading Program with WBRL- Monday to Friday; craft delivery, daily crafts, reading incentives
- Artists Corner' and Art competition- share tips and tricks for creating art
- Mental Health Support- Staff available to chat via phone, messenger, social media or texting

Auntie.

We address our Aunties by calling them Auntie and not by their name - as a sign of respect.

The honour is that our Aunties are like our Mothers - they are here to guide and never give up on their neices and nephews.



In our culture, when you don't have a Mom, you will never be an orphan because your Auntie steps in and honours the role. She accepts a relative's child as her own.

Our people didn't let each other suffer. It's an honour to care for and take in a family member with or without parents - no questions asked, it was just done.

Author unknown and respected.



lehtstóselanon:ha (She Keeps the Feathers)



GROUNDBREAKING CEREMONY CELEBRATES CONSTRUCTION OF NEW FIRE HALL



Ron Quintal, Fort McKay Métis President and Fort McKay Deputy Fire Chief speaking during groundbreaking ceremony.

The construction of a new fire hall for our community has begun earlier this month after a groundbreaking ceremony was celebrated on July 7th.

The new fire hall will be replacing Fort McKay's existing structure that was not designed to meet the latest expansions the department has received and consequently has become too small for our community.

At the ceremony, Fort McKay Métis President and Fort McKay Deputy Fire Chief Ron Quintal said, "It's so important we put these shovels in the ground today because it's been a long time coming... the 2016 wildfire, members that were trained out of this fire hall helped protect homes in Fort McMurray."

The project was approved in 2016 by the Regional Municipality of Wood Buffalo (RMWB) in conjunction with other upgrades to Sapræe Creek's existing fire hall and

Anzac's new fire hall construction. Fort McKay's new Fire Hall is expected to cost over \$8.7 million. The 1200 square foot building will include 4 apparatus bays, some offices, as well as a training and fitness room.

Chief Mel Grandjamb also spoke during the ceremony and expressed his gratitude to the RMWB for supporting this project. "I want to extend my appreciation from the community on a job well done by the RMWB and a very significant combined effort."

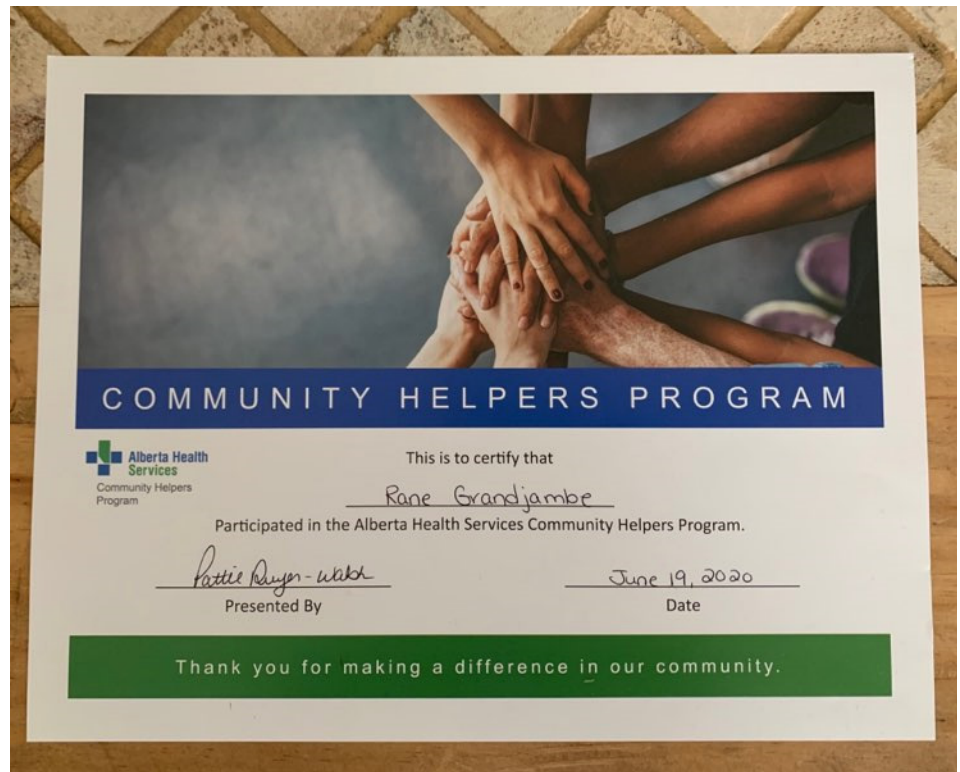
On behalf of the RMWB, Councillor Jane Stroud shared, "This new fire hall is an investment in the future of our people, community and region. It reflects our commitment to rural and Indigenous communities and puts it into action."

The construction project will be ongoing for many months with an expected completion date of September 2021.

YOUTH COUNCIL MEMBERS BECOME COMMUNITY HELPERS

Last month, 3 or 4 Members of the Youth Council completed the Community Helpers Training that was facilitated by Pattie Dwyer from Some Other Solutions. Those who participated include Rane Grandgambe, Alicia & Kaydence Gladue.

The Community Helpers program is designed to help identify and train individuals who support people through challenges. All youth were trained to strengthen their support skills and learn more about mental health issues and suicide prevention. The program helps reduce the stigma of mental health by increasing community knowledge while obtaining practical skills to help others.



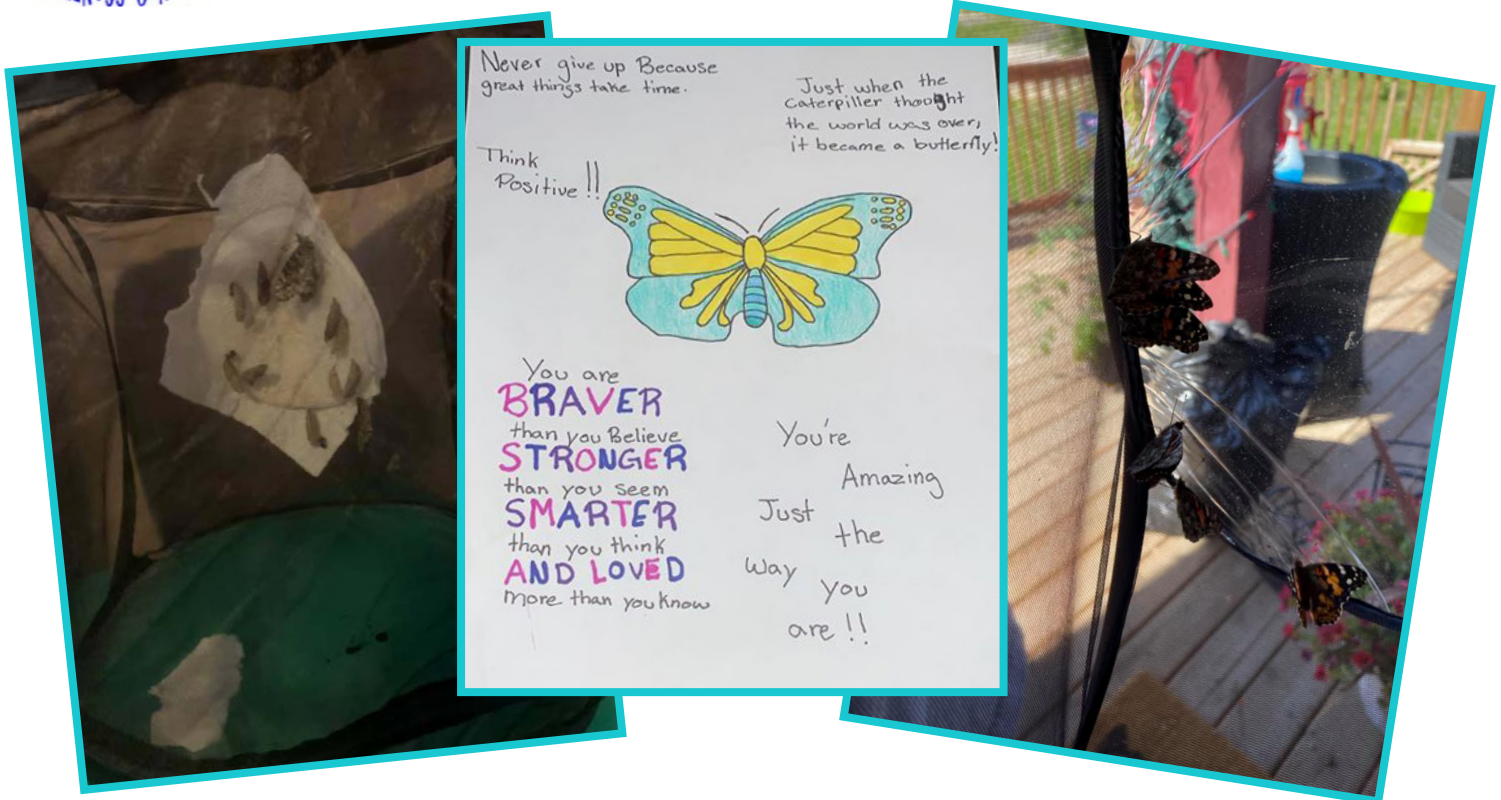
All participated in six to nine virtual workshops that discussed the following topics: Ethics of Helping, Labeling, Active Listening, The Helping Skill, The Self Helping Skill, Limits and Strategies, Healthy Boundaries, Understanding Suicide, Managing Stress. After completion, each received a CHP Certificate (certified to help others). The Community Helpers program has been introduced across the province 2008. Since then, approximately 1,500 people take part in training each year.

These youth are now ready to make a difference in our community!





Wellness Center Youth Become Butterfly Habitat Ambassadors



At the end of May, the Wellness Center held a contest for children and youth in the community to become Butterfly Habitat Ambassadors. In previous years, the Wellness Center ran a program where they raised larvae into butterflies as a learning experience for the kids. This year, due to COVID 19, they were unable to run the program, so the center decided to create a contest where children and youth had to submit a drawing of a butterfly with some inspirational words. All entries were put in for a draw and 2 butterfly growing kits were handed to the winners. Congratulations to Lexi, Emma and Aurora who received the kits. The girls got to raise butterflies at home and document their progress with photos. Once the butterflies were grown, the children and youth set them free in the community.

It was such an amazing experience for all!





FORT MCKAY
FIRST NATION

We Are Here To Help

Fort McKay First Nation recognizes a lot of our members on and off reserve may be struggling during this difficult time, we understand how tough this time can be, the **Family Support Center** is maintaining services for members, just call one of the numbers below for counselling support or to arrange a visit in-person.

This support is available to all members on and off reserve daily from 9:00 a.m. to 4:00 p.m. We can assist in addressing several issues such as domestic violence, alcohol and drug abuse, anxiety and depression, suicidal ideation, healthy living choices. There is also after hours call counselling.

The **Family Support Center** can refer you refer to physicians and other specialized Mental Health professionals for those that require further assistance.

Do you feel like the walls are caving in?

- Are you feeling anxious, or depressed?
- Are you struggling with drugs and alcohol?
- Do you feel overwhelmed and just want to talk?
- Do you have P.O. ordered counselling?

Hold on there is help!

- One on One counselling
- Addiction support and referrals
- Suicide intervention
- Crisis management
- Relapse prevention services
- After hours on-call counselling/support

We can help!

Please feel free to call or text the following numbers

Amaka 780-799-6370 - Mental Health & Addictions

Erin 780-370-4941 - Addiction Support

Please call the above numbers and a staff member will book either an in-person appointment or discuss a time suitable to meet over the phone.

INSPIRED BY OUR PAST, INVESTED IN OUR FUTURE





FORT MCKAY
FIRST NATION

Additional help available for addiction and mental health

Please see links below:

AA/NA meetings:

<https://smartrecoveryalberta.org/>

<https://meetings.intherooms.com/aa/Wellbriety-/all/109435>

www.intheroom.com

Mental Health:

Help in Tough Times | Alberta Health Services

At some point in our lives we all have stressful times. We can be impacted by such things as financial pressures, unexpected difficulties, unemployment, or stressful situations such as the current outbreak of the novel coronavirus (COVID-19). Support is available from Alberta Health Service Addiction and Mental Health.

<https://www.albertahealthservices.ca/amh/Page16759.aspx>

<https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety>

<https://www.cci.health.wa.gov.au/Resources/For-Clinicians>

Mental Health and the COVID-19 Pandemic

A webpage designed to help people with concerns and questions about the impact of the COVID-19 pandemic on their lives and mental well-being.

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

Ahs has launched the **Text4Hope** mental health and wellness support tool that is free for all Albertans to subscribe.

Check out this link : <https://www.albertahealthservices.ca/topics/page17019.aspx>

INSPIRED BY OUR PAST, INVESTED IN OUR FUTURE





The Northland School Division (NSD)

~News & Updates~

Organizational Meeting - Board Chair and Vice-Chair Election Results



At our Organizational Meeting, Ward 7 Trustee Robin Guild was re-elected Board Chair and Jules Nokohoo was re-elected Vice-Chair. Click on the website link to learn more about Robin and Jules

<https://tinyurl.com/y9ul9dxe>.

NSD nominates Cenovus Energy for Friends of Education Award

Northland School Division (NSD) is showing its appreciation to Cenovus Energy. During the Regular Board Meeting on June 26, 2020, the Board of Trustees approved the nomination of Cenovus Energy for the Alberta School Boards Association (ASBA) Friends of Education Award. The award recognizes organizations in the community who have made a special contribution to education.

Seven students to receive NSD bursaries and scholarships

The Scholarship and Bursary Committee announced the recipients of the bursaries and scholarships provided by NSD. Congratulations to the following students:

- Angel Marlo Chalifoux (Bishop Routhier School): \$1,000.00 in memory of Adele Grace Carifelle for students pursuing studies in the areas of early childhood education, computer related studies or social work and an \$800 scholarship for students entering a college or technical institute.
- Briklyn Pratt (Anzac & Bill Woodward Schools): \$1,000.00 in memory of Adele Grace Carifelle for students pursuing studies in the areas of early childhood education, computer related studies or social work.
- Wyatt Noskey (Bishop Routhier School): \$800.00 scholarship for entering university other than education.
- Shelley Laderoute (Gift Lake School): \$1,000.00 in memory of Adele Grace Carifelle for students pursuing studies in the areas of early childhood education, computer related studies or social work and an \$800.00 scholarship for entering university other than education.
- Nadia Moallem (Mistassiniy School): \$800.00 scholarship for entering university other than education.
- Preston Dillon (Mistassiniy School): \$800 scholarship for students entering a college or technical institute.

To view the Board Highlights in more detail, visit the Northland School Division website at <https://www.nsd61.ca/about-us/division-news/post/board-highlights-june-26-2020>.



FINDING A **New Normal**



Life in Alberta has been turned upside down with the COVID-19 outbreak. As our province takes its first steps to recovery, many of us ask if normal will ever return.

With the answer unclear, your family may need to find a new normal. These tips can help you to weather these uncertain times.

FIND A NEW ROUTINE

Schools are out for the summer. Many other public facilities remain closed. Countless moms and dads are juggling to keep up and keep their children safe. Nearly every family in Alberta has had their daily routines disrupted.

Planning and following routines can lend a sense of order to these topsy-turvy times, especially for children.

“Routines can help you and children feel more comfortable during times of uncertainty,” says Farah Bandali, AHS’s director of Healthy Children and Families with Healthy Living. “Day-to-day routines add structure to family life and reflect what’s important to your family. They’re also a way to let your kids know what to expect during the day.”

Wake up times, bedtimes, meals and snacks, play, walks and quiet time. All are examples of what you can weave into your family’s routine.

BRING ON THE LAUGHTER

Tell a corny joke. Have a staring contest. Tickle one another. Tell a goofy story.

Science America says “laughter and appreciation of humour are vital components of adaptive social, emotional and cognitive function ... Laughter is, after all, a communal activity which promotes bonding, diffuses potential conflict and eases stress and anxiety.”

That’s a fancy-schmancy way of saying laughter brings people together and helps us think. It also helps us express our feelings, can turn a tense moment into a light moment and is just plain good for us.

REMEMBER THE BASICS

In tough times, we can lose track of the basics of healthy living. Here’s a friendly reminder: eat healthy foods as much as possible. Stay connected with other family members, friends and co-workers while maintaining physical distancing. Get a good night’s sleep.

Most of all, reach out for help if you need it. Alberta Health Services, the Government of Alberta, the Government of Canada your local municipality and hundreds of community groups have all kinds of support and assistance for Albertans.

For information about healthy living for families during COVID-19, visit ahs.ca/healthytogether.



COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

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

In the meantime, we are still running
"virtual programs" online via our
Facebook Page "Fort McKay
Wellness Center".

To view a list of our planned virtual
activities for this month, please
go to p. 13.

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

August 10, 11, 12

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