



Iotohrkó:wa / Enniska

January / February

2021

KARIHWI:IOS



Medical Transportation Program

By: Shelly Simon

Since the beginning of the pandemic, the medical transportation program has changed somewhat. The medical transportation has never ceased operation, however we have been operating under some restrictions and will continue to do so until the pandemic is under control.

Since the start of the pandemic last year, the drivers have done an amazing job transporting our high risk clients to and from their essential appointments. They have driven during statutory holidays as well as during the holiday season. We have outfitted our vehicles

with plastic barriers to separate the driver's and clients. Hand sanitizer is provided before entering the vehicle each time and should clients require face masks, they are provided upon request before entering the vehicle. The vehicles are sprayed and/or wiped with special disinfectant between pick-ups and drop offs to assist in the elimination of the spread of any viruses.

Although most community members have not been able to utilize the medical transportation vehicles during this time, we have undertaken every effort to ensure that everyone who has required transport to their medical appointments were taken care of. We have reached out to those clients to find family members or those within their bubble to assist in this time of need to provide transport while financially

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Canada Pension Plan/Old Age Security 2021 Deposit Dates

- **January 27, 2021**
- **February 24, 2021**
- **March 29, 2021**

Karihwi:ios serves to distribute health information from the Kanesatake Health Center Inc. to the community of Kanesatake. Karihwi:ios provides a positive forum from which to honor the achievements of community members. Karihwi:ios promotes community services, their activities, and accomplishments. It advertises and promotes upcoming special events and activities to be held in and around Kanesatake.

“Medical Transportation Program” continued from front page

compensating those drivers (with proper attestation papers).

When no one was available we have resorted to utilizing a taxi company to bring clients to and from their medical appointments.

Our priority will still be to continue driving our high risks patients, although should any eligible member of the community require transport during this time, please contact the program at 450-479-6000 extension 226. We will be happy to assist you for your medical transportation needs.

Indigenous Services Canada Non-Insured Health Benefits Program Updates – Pharmacy benefit information – New coverage for Shingrix

- As of January 11, 2021, the Shingrix vaccine is covered by NIHB as a limited use benefit
- Shingrix is a vaccine to prevent shingles, which causes a painful rash and can be severe in some people
- Shingles is caused by the re-activation of the virus that causes chickenpox. The risk of shingles is higher in seniors and in people with weaker immune systems
- The vaccine is given in two doses, 2 to 6 months apart

- Prior approval is not required for clients between 65 and 70 years of age
- Shingrix is also included on the Formulary for adjunct medications used during active cancer treatment. Clients that have received approval for any medication on this formulary will be automatically approved for Shingrix
- For clients who have other serious health conditions that weaken their immune system, NIHB will consider coverage on an exception basis
- If your doctor prescribes the Shingrix vaccine for you, you’ll need to get it from the pharmacy. Pharmacists should call the NIHB DEC to request prior approval, if required
- In most provinces and territories, the Shingrix vaccine can often be administered in pharmacies and pharmacists can bill NIHB for an injection fee. Contact your pharmacy to confirm that they have it in stock and if they can administer the injection
- If you are unable to have the vaccine administered at a pharmacy, ask your health care provider about other options
- To maximize the protection offered by Shingrix, it is important that you get both doses. When you get your first dose, ask your doctor or pharmacist to schedule your next dose

Indigenous Services Canada (ISC) Non-Insured Health Benefits Program – Mental Health

By: Shelly Simon

Since the pandemic, mental health issues have gone on the rise. As the non-insured health benefits liaison I am providing the community with information on additional ways to access mental health professionals with also a link to the website of the policies and procedures of the mental health program.

This is information that ISC would normally send out to eligible clients:

“Your responsibilities as a client with the non-insured health service program are:

- Take the time to phone and to choose a professional that you are comfortable with, that you have a “trustworthy feeling” with on the phone. Mention right away that you are entitled to participate in the Non-Insured health services offered by the Federal government. This will help them prepare all the paper work. The clients have no paper work to do nor need to pay anything.
- After 3-4 meeting, if you don’t feel comfortable with the professional, you need to call us. We will be able to make the changes in the system and then pair you with another professional of your choice.
- Make an appointment and bring your band card. You have nothing to pay and no forms to fill out.
- It’s important to keep your commitment or to be cancelled in the clinic’s delay policy. After 2 missed meetings without the call of cancellation, we ask the provider to invite you to call us. We will look together on an action plan that will work for you. Our only concern is that your global health is getting better and that you live a positive experience.

The program offers a first block of hours of 22hrs. After, the professional can ask for a second block of 20hrs. It’s only after these # of hours, that the professional could be asked to send us a resume of the reason for counselling to explain the reasoning of and other extensions. The NIHB mental health program offers service on an individual, couple or family basis.

Policies and procedures

<https://www.sac-isc.gc.ca/eng/1576093404318/1579114266033>

“Take care of yourself, our main objective is to help you get better.”

Should you find a professional who is not registered with ISC and is willing to become part of the program, then please offer the following information of the guidelines for registration into the program to become providers:

1. We would first like to invite you to the consult our online guide to Mental Health Benefits:
<https://www.sac-isc.gc.ca/eng/1576093404318/1579114266033>

In this guide, you will find information on:

- Provider enrollment and payments;
- Provider eligibility;
- Mental health counselling;
- Client eligibility;
- ETC.

2. We would then like to invite you to enroll as a provider for our program through Express Scripts Canada:
<https://nihb.express-scripts.ca/NIHBProvider/home/en>

This will be the platform to be used for claim request and prior approval requests.

If you have any questions regarding Express Scripts Canada, please contact the ESC NIHB Call Centre at 1-888-511-4666 from Monday to Friday between 6:30 a.m. and 8:30 p.m., Eastern, excluding statutory holidays.

Should you require a current listing of mental health providers already enrolled with the program, please feel free to contact me at 450 – 479 – 6000 ext. 226 or by e-mail at s.simon@kanesatakehealthcenter.ca

Indigenous Services Canada (ISC) Non-Insured Health Benefits – Claims and Reimbursements Process

By: Shelly Simon

On June 29, 2020 Indigenous Services Canada (ISC) launched a new online client portal for the NIHB program. Created in response to the recommendations issued by First Nations during the joint review of the NIHB, this tool is intended to facilitate the claims and reimbursements process for NIHB.

First Nations must register online before they can use the portal. Registration support is available through Express Script Canada, the system provider, by calling their Help and Support line at 1-888-441-4777. Once they are registered, members will be able to monitor their claims status online, in real time. Note that the usual claims process will remain functional for First Nations who don't want to register to the portal.

To register online please see the link below to commence registering online at:

<https://nihb.express-scripts.ca/NIHBProvider/home/en>

During this time of the pandemic, it may be more difficult to meet, the new process may be easier for most to send their claims directly to program. However, I am still available to assist clients to access this new tool and if clients choose not to utilize this system, I will continue to process the claims on their behalf.

Shelly Simon

Medical Transportation Program / Non Insured Health Benefits Liaison

450-479-6000 ext.226

s.simon@kanesatakehealthcenter.ca

STRAWBERRY INSTANT BREAKFAST

diabetes.ca



Ingredients

- 1 cup skim milk 250 mL
- ½ cup frozen unsweetened strawberries 125 mL
- ¼ cup 1% cottage cheese or plain low-fat yogurt 60 ml
- 1 tsp vanilla extract 5 mL
- Artificial sweetener (optional)

Instructions

1. In blender, combine milk, strawberries, cottage cheese and vanilla.
2. Blend on high speed for 1 minute or until smooth.
3. Sweeten to taste with sweetener, if desired.

CHEESY SHEPHERD'S PIE

diabetes.ca



Ingredients

- 1 lb (500g) lean ground beef
- 1 large onion, finely chopped
- 2 tbsp (25 mL) tomato paste
- 1 14-oz (398 mL) can tomatoes
- 1 cup (250 mL) beef stock
- Salt and freshly ground black pepper
- 2 lb (1kg) potatoes, peeled and halved
- ¼ cup (60 mL) skim milk
- 1 tbsp (15 mL) soft margarine
- 1 cup (250 mL) frozen green peas, thawed
- ¼ cup (60 mL) shredded reduced-fat Cheddar cheese (60 mL)

Instructions

1. Prepare the filling: cook the ground beef and onion in a large non-stick* pan over medium heat until browned, stirring to break up beef. Drain off the excess fat. Stir in the tomato paste, tomatoes and stock. Season with salt and pepper. Bring to a boil, cover and simmer 45 minutes.
2. Meanwhile, boil the potatoes in lightly salted water until tender. Drain and mash together with the milk and margarine. Season with salt and pepper.
3. Preheat oven to 350°F (180°C). Stir the peas into the beef mixture. Spoon into a 1½-quart (1.5-L) casserole dish. Cover with the mashed potatoes. Bake 25 minutes or until lightly browned and bubbly. Sprinkle with the cheese. Return to oven until cheese melts. Serve hot.

*Use a non-stick pan to cook the ground beef so you won't need to add any oil. Pour off any excess fat when the meat is cooked. Replace some of the potato with carrots and parsnips for a variation of the topping. Simply boil, then mash altogether.

COVID-19 SYMPTOM SELF-ASSESSMENT TOOL



If you believe you have been exposed to COVID-19 or have symptoms similar to COVID-19, you are invited to complete this COVID-19 Symptom Self-Assessment to get a recommendation on the next steps to follow, according to your condition. **This assessment can be completed for your child or for another member of your family.**

Important: This self-assessment tool is not intended to be a substitute for medical attention. Always follow the **healthcare professional's instructions.**

This self-assessment tool does not apply to children from 0 to 6 months old. For these children, if in doubt, call **Info-Santé 811**. If your child (more than 6 months) has been showing one or more symptoms on this list for less than 24 hours, it is recommended that they stay home and avoid contact with other people. After 24 hours, re-evaluate the situation to see if there is any change in their symptoms. If one or more symptoms persist for more than 24 hours, proceed with the self-assessment.

Visit the following link to complete the online questionnaire:

<https://covid19.quebec.ca/surveys/cdd2/introduction>

Fever

Children **ages 5 and under:**

- **Rectal** temperature of 38.5°C (101.3°F) or higher

Children **ages 6 and older:**

- **Oral** temperature of 38.1°C (100.6°F) or higher

General symptoms

- Sudden loss of sense of smell without nasal congestion, with or without a loss of taste
- Major fatigue
- Significant loss of appetite
- General muscle pain (not related to physical exertion)

Respiratory symptoms

- Cough (new or worse)
- Shortness of breath, difficulty breathing
- Sore throat
- Runny or stuffy nose

Gastrointestinal symptoms

- Nausea
- Vomiting
- Diarrhea
- Stomach aches

PROGRESSIVE 4-LEVEL REGIONAL ALERT AND INTERVENTION SYSTEM

Full-time compliance with basic measures at all 4 alert levels

> Physical distancing

> Face covering

> Respiratory etiquette

> Hand-washing

> Alternative greeting practices

LEVEL 1 Vigilance Basic Measures

Activities maintained in compliance with basic measures and specific measures added, if necessary.

Constant attention is required amid the COVID-19 pandemic. This level corresponds to weak community spread and requires that dictated basic measures are followed in all settings (physical distancing, respiratory etiquette, hand-washing, etc.). Other measures may also apply for specific activities and settings.

LEVEL 2 Early Warning Strengthened Basic Measures

Activities maintained in compliance with basic measures and specific measures added, if necessary.

Required when COVID-19 transmission starts to increase. Basic measures will be strengthened and further action taken to promote and encourage compliance. For example, there could be more inspections and greater crowd control in various settings to facilitate physical distancing.

LEVEL 3 Moderate Alert Intermediate Measures

Some higher-risk activities are restricted or prohibited.

Introduces new measures that target specific sectors of activity and settings where the risk of transmission is deemed higher. These sectors and settings will be subject to selective restrictions, prohibitions and closures.

LEVEL 4 Maximum Alert Maximum Measures

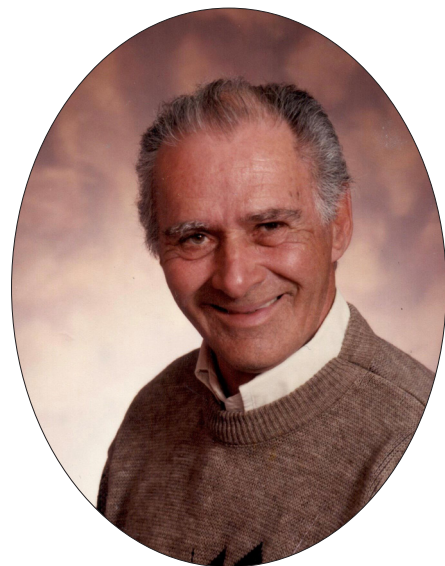
Restriction and/or prohibition of non-essential activities where risk cannot be sufficiently contained.

Includes targeted additional and more restrictive measures that could extend to prohibiting non-essential activities in situations where risk cannot be sufficiently controlled, while avoiding the generalized confinement that was experienced during the first wave of the pandemic as much as possible.

ALERT LEVELS

9

ANNOUNCEMENTS



Bernard Tawate Richard

August 10, 1939 - September 15, 2020

I would like to express with great sadness the passing of Barney Richard on September 15, 2020 at the age of 81. He was a wonderful husband, father, grandfather, brother, and friend. He had a heart of gold that brought so much joy and happiness to the lives he touched. He was very much liked by the Community and always ready to help anyone in need. We will miss him dearly. He will remain in our hearts until we meet again.



I would like to take this time to say Nia:wen to Harvey Satewas Gabriel for the funeral service and Kate and Lorrie Oke for lending chairs for the service at the cemetery. Thank you to Gloria, Scotty, Shirley, Brenda and Louise Lessard for the food donations and the Kanesatake Mohawk Council for lending us tables and chairs and everyone who attended the funeral.

Frances Gaspé and Family.



Davidson Nelson

May 23, 1929 – January 9, 2021

The family of Davidson Nelson want to thank you sincerely for your condolences.

Your thoughts, prayers and the compassion of friends and family will help us to get through this difficult time of sorrow.



The sons & daughters, the grandchildren, (great & great, great grandchildren)



Patty Nicholas

January 7

Happy birthday to the wonderful Patty Nicholas! We love you and hope you have an amazing day.

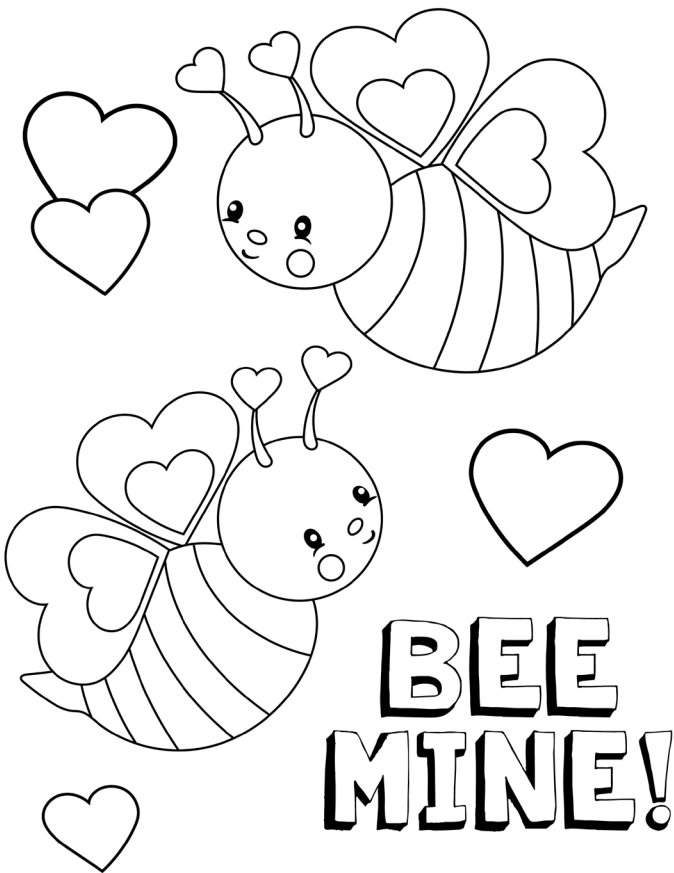
Love Jadyn

Isabelle Nicholas

February 28

Happy birthday to Isabelle Nicholas. A great mother, auntie and grandmother. Someone who always goes above and beyond for everyone around her. Hope she has an amazing day.

Love, your kids!



HEALTH CENTER BIRTHDAYS

- Jamie Krupp – January 24
- Crissann Thompson - January 29
- Gloria Nelson - February 10
- Jadyn Lauder - February 16
- Donna Nelson - February 19
- Dinah Routly - February 19
- Karennaha:wi McComber - February 20
- Stephanie Leroux - February 20
- Diane Harding - February 24

HAPPY BIRTHDAY EVERYONE!

DEADLINE FOR ARTICLES & ANNOUNCEMENTS FOR THE
MARCH - APRIL ISSUE OF KARIHWIIOS IS:

APRIL 5, 2021

Please email them to karihwios@hotmail.com

Garbage

January 14
January 28
February 11
February 25
March 11
March 25

Recycling

January 7
January 21
February 4
February 18
March 4
March 18

Organic Waste

January 5
February 9
March 9

Emergency Phone Numbers

Fire and Ambulance: 911

Police Emergency: 310-4141 *4141 (cell)

Police Non-emergency: 450-479-1313 (office)