

# The Roots

SHEGUIANDAH FIRST NATION

*Baashkaakodin-Giizis (Freezing Moon)*  
*November 2024*

For more information please contact Sheguiandah Band Office

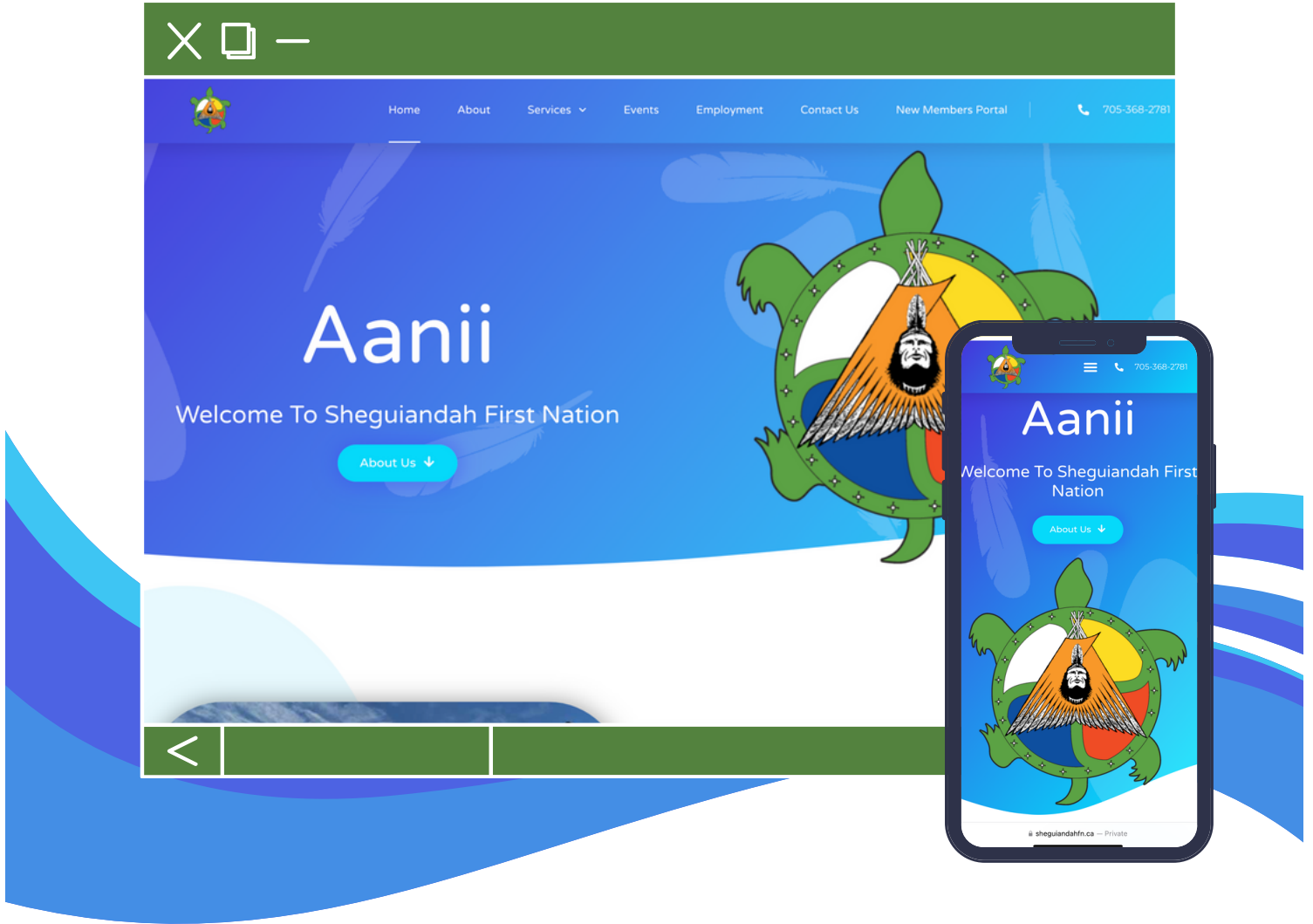
Phone: (705) 368-2781 Fax: (705) 368-3697

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Office hours: Monday-Thursday 8:30 am–4:30 pm

Fridays 8:30–4:00 pm





For more details and to stay updated on news and events, visit our website at [sheguiandahfn.ca](https://sheguiandahfn.ca) or scan the QR code below to access it directly.



**UCCM ANISHNAABE POLICE SERVICE**  
**MISSING PERSON BULLETIN**  
**Police Agency Dissemination**

**Juanita Ashley MIGWANS**  
 [1993 DEC 18 – Age 30]



**Occurrence Number: OPP Inc # RM24251640**

**Reported Date: October 7<sup>th</sup>, 2024**

**Last Known Location:** Juanita was last seen walking on October 2<sup>nd</sup>, 2024 10:30 a.m. on Highway 551 at the intersection of Oakhill Drive in M'Chigeeng, Ontario wearing a light colored jacket and a dark colored pant.

**Synopsis:** Juanita is with out her bank card, she has no credit card, she has no phone, and her last bank activity was sending a EMT on September 25<sup>th</sup>, 2024.

Police are seeking assistance in efforts to locate Juanita.

**DESCRIPTORS:**

- 30 years old
- Brown Hair
- Brown eyes
- Dark pants
- Light jacket
- Slim build approximately 5'6" and 110 pounds
- Tattoo on left foot with bird and ribbon "This too shall pass" and a picture of a heart

**IF LOCATED, KNOWN, OR IDENTIFIED, PLEASE CONTACT THE ONTARIO PROVINCIAL POLICE OR UCCM ANISHNAABE POLICE SERVICE AT:**

**UCCM Police - 705-377-7135**  
**OPP Communications Center - 1-888-310-1122**  
**OPP Detective Cst. T. KASCH - 705-958-0418**  
**UCCM Detective Sgt. T. FOX - 705-669-9129**

**In Remembrance... Flander's Gitigaaning /  
Flanders yikwahaskānihk / In Flanders Fields**

Ngoji gitigaaning, me'gwe waaskonenh,  
Naami jiihyaatig, niinwi zhimaagnishag  
Nda zhigishnami.  
Gaawii geyaabi ka noondziinad'aan  
Baashkziganan ji debwe'ig.

Manidook noonggwa ndaawmi.  
Ngii-bmaadzimi,  
Ngii waamdaanaa  
Biidaabang miinwaa bigishmok.  
Ngii zaagiwe' mi miinwaa  
Ngii zaagoomi.  
Noonggwa dash maampii  
bekaa nda zhigishnami.

Ngii-nkweshkaanaa miigaadwin.  
Kiinwaa dash noonggwa,  
We'eni ginaagdwenjigek,  
We'eni ni-bmaadizik.

Giishpin dash naagdwenjigesiiik,  
Niinwi zhimaagnishak gaa nimaajaajig,  
Gaawii nga-mnwenziimi,  
Naami jiihyaatig, me'gwe waaskonenh  
Zhigishnaang Flander's gitigaaning.

**Translation:** Wiikwemkoong Anishinaabemowin  
Kinoomaagewin (Anishinaabemowin)

Flanders yikwahaskānihk wāh-wēpāstanwa  
wāpikwaniya  
tastawāyihk pimitāskwahikana kā-nāh-  
nīpitēstēki  
ta-kiskinawācihtāhk ita kā-pimisiniyāhk;  
ēkwa kīsikohk  
aniki ē-sōhkē-nikamocik piyēsīsak ē-  
pimihācik  
ētataw pēhtākosiwak iyikohk ē-māh-  
matwēwēhk askīhk.

onakataskēwak niyanān. namōya māka kayās  
nikī-pimātisinān, nikī-mōsihtānān kā-  
sākāstēk, nikī-wāpahtēnān kā-pahkisimok.

nikī-sākihiwānān mīna nikī-sākihikawinān, māka  
ēkwa nipimisininān  
ōta Flanders yikwahaskānihk.

kiyawāw ēkwa naskwāhihkok kinōtinākaniminawak  
ē-kī-sākōcihikoyāhkik, kitāsōnamātīnān  
iskotēw; ohpinamok ēkwa kiyawāw.  
kīspin ānwēhtawiyāhki niyanān kā-nakataskēyāhk,  
namwāc nika-aywēpinān, āta ē-ohpikiki  
wāpikwaniya  
ōta Flanders yikwahaskānihk.

**Translation:** Jean Okimāsis and Arok Wolvengrey  
(Plains Cree, based on Woods Cree translation)

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place: and in the sky  
The larks still bravely singing fly  
Scarce heard amid the guns below.


We are the dead: Short days ago,  
We lived, felt dawn, saw sunset glow,  
Loved and were loved: and now we lie  
In Flanders fields.

Take up our quarrel with the foe

To you, from failing hands, we throw  
The torch: be yours to hold it high  
If ye break faith with us who die,  
We shall not sleep, though poppies grow  
In Flanders fields

**Author:** John McRae (English)





November 25-28/24

# **SAVE THE DATE**

National Aboriginal Addictions Awareness Week

Details to be announced

Please check our Facebook page for updates or

contact Joanne at the Health Centre

(705) 368-1150

# November

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
Storytelling with Esther 7pm Elders Centre	Meeting 7pm	Lunch and Bingo	Closed for Fundraising Planning	Veterans Day luncheon 11-1pm		
10	11	12	13	14	15	16
Centre Closed	Elders Fish Fry 1pm	Lunch and Bingo	Winter Wreath Making with Barb 10-4	Movie and Snacks 1-4pm		
17	18	19	20	21	22	23
Taco Sale 12-4pm	Massages at Health Centre	Lunch and Bingo		Closed		
24	25	26	27	28	29	30
Centre closed	Centre closed	Centre closed	Centre closed	Killarney To be announced		
Calendar subject to change**			** Waiting for confirmation for cookies in a jar date			





**HOMEWORK CLUB IS  
BACK!  
STARTING OCTOBER 23**

**Wednesdays: Grades 1-5: 3:15-5:00**  
**Thursdays: Grades 6 and above: 3:15-5:00**

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**Location: Early Years Learning Center**  
**Snacks will be provided**

**Please make arrangements to pick up your child**

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**If there are any questions, feel free to call/text**  
**Maggie: (705) 968-1375**





*Shta-tah-ha Days*  
Planning Meeting

**December 09, 2024**

4:30PM-6:00 PM  
SFN Health Centre





**If community members are interested in this process of Anishnaabe Aadiziwin, please make your ideas known to the Sheguiandah First Nation Band Office.**

**Contact:**

**Community Engagement Coordinator by email:  
[sfn.engagement@sheguiandahfn.ca](mailto:sfn.engagement@sheguiandahfn.ca)**





**COMING SOON..**

**ATV/UTV**

**SAFETY COURSE**

SFN HEALTH CENTRE WILL PROVIDE NOTICE  
ONCE DATES ARE CONFIRMED

Don't want to wait?

There are various online courses available simply search  
"ATV Online Safety Course, Ontario"





## SHEGUIANDAH FIRST NATION JOB OPPORTUNITY

<b>POSITION:</b>	Community Wellness Coordinator
<b>LOCATION:</b>	Maamawe Abziis Widaa Gamig – Sheguiandah First Nation Health Center
<b>ACCOUNTABILITY:</b>	Health Manager
<b>EMPLOYMENT STATUS:</b>	Full-Time
<b>HOURS OF WORK:</b>	Regular Band Office Hours (8:30am-4:30pm) With flexibility for evenings and weekends
<b>TENTATIVE START DATE:</b>	Open until filled

Under the direct supervision of the Health Manager, the Community Wellness Coordinator plays a vital role in supporting the overall health and well-being of Sheguiandah First Nation community members. This position requires a deep understanding of Indigenous culture, traditions, and values and a commitment to promoting holistic wellness.

### **RESPONSIBILITIES:**

#### Community Outreach and Engagement:

- Build strong relationships with community members of all ages
- Identify and address community health and wellness needs through needs assessments and surveys
- Develop and implement culturally appropriate health promotion programs and initiatives
- Facilitate community workshops, support groups, and cultural events
- Collaborate with community leaders, Elders and other stakeholders

#### Wellness Services:

- Provide individual and group counselling and support services
- Offer crisis intervention and support
- Assist with accessing healthcare and social services
- Promote mental health, substance abuse prevention and healthy lifestyles
- Facilitate traditional healing practices and ceremonies

#### Advocacy and Referral:

- Advocate for the health and well-being of community members
- Connect individuals to appropriate resources and services
- Collaborate with external agencies and organizations

#### Data Collection and Reporting:

- Maintain accurate and confidential client records
- Collect and analyze data to monitor program effectiveness
- Prepare reports and presentations as required

### **QUALIFICATIONS:**

- Strong understanding of Indigenous culture, traditions, and values
- Post-secondary education in social work, health promotion or a related field preferred
- Experience working with Indigenous communities
- Excellent interpersonal and communication skills
- Ability to work independently and as part of a team
- Strong organizational and time management skills

### **OPEN UNTIL FILLED**

Please submit an application that includes a cover letter, resume and three (3) work-related references, CPIC and VSC marked “Community Wellness Coordinator” to reception.

**Email at:** reception@sheguiandahfn.ca **Or by Fax to:** 705-368-3697

**Or drop off at:** Sheguiandah First Nation Band Office, 142 Ogemah Miikan

*We thank all applicants for their interest but advise that only those selected for an interview will be contacted. Preference will be given to Indigenous applicants. Applicants are encouraged to self-identify.*

# EMPLOYMENT OPPORTUNITY



## SHEGUIANDAH FIRST NATION JOB OPPORTUNITY

<b>POSITION:</b>	Early Learning Childhood Coordinator
<b>LOCATION:</b>	Early Learning Years Centre – Sheguiandah First Nation Health Center
<b>ACCOUNTABILITY:</b>	Education Coordinator
<b>EMPLOYMENT STATUS:</b>	Full-Time
<b>HOURS OF WORK:</b>	Regular Band Office Hours (8:30am-4:30pm) Some after-hours may be required
<b>TENTATIVE START DATE:</b>	Open until filled

Sheguiandah First Nation seeks a motivated individual to fill a full-time position as the Early Learning Childhood (ELC) Coordinator. The ELC Coordinator is responsible for managing, administrating and delivering the programs and services. The ELC Coordinator works directly with and takes responsibility for the children and their parents to implement the approved education and care programs.

### **DUTIES:**

- Plans, implements and evaluates developmentally appropriate activities and experiences that reflect the culture, heritage and language of the community
- Ensures that Elders are included in the curriculum
- Develops material-related numeracy, alphabets and words that reflect the community
- Individualizes the curriculum
- Plan and lead educational activities and lessons like story time, making music and crafts
- Write reports on students for supervisor and document behavioural and learning concerns
- Communicate with parents about the programs, lessons, problems and student progress
- Encourages guidance of children's behaviour that encourages positive self-concept
- Maintain safe, clean facilities and teach children rules of safe conduct
- Encourages positive communication with parents
- Contributes to the ongoing operation of the centre

### **QUALIFICATIONS:**

- E.C.E. or Equivalent
- RECE in good standing with the College of Early Childhood Educators
- Experience working with infant, toddler and preschool children in group care
- Standard First Aid certificate with Infant and Child CPR
- Police Reference Check for working with the vulnerable sector completed within the last three (3) months
- WHIMIS Certification
- Demonstrated Interpersonal Skills
- Demonstrated Strong Communication Skills
- Demonstrated Organizational Skills
- Demonstrated Creativity
- Knowledge and Skills to perform all duties outlined in the Job Description.
- Knowledge of HDLH Pedagogy.
- Ability to meet the physical demands of the position.
- Physician's note indicating health and physical ability is suitable for working with children and documentation indicating immunizations are up to date

### **OPEN UNTIL FILLED**

Please submit an application that includes a cover letter, resume and three (3) work-related references, CPIC and VSC marked "ELC Coordinator" to reception.

**Email at:** [reception@sheguiandahfn.ca](mailto:reception@sheguiandahfn.ca) **Or by Fax to:** 705-368-3697

**Or drop off at:** Sheguiandah First Nation Band Office, 142 Ogemah Miikan

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# EMPLOYMENT OPPORTUNITY



## SHEGUIANDAH FIRST NATION JOB OPPORTUNITY

<b>POSITION:</b>	Director Of Operations (D.O.O)/Band Manager
<b>LOCATION:</b>	Sheguiandah First Nation Band Office
<b>ACCOUNTABILITY:</b>	Chief and Council
<b>EMPLOYMENT STATUS:</b>	Short-term Contract
<b>HOURS OF WORK:</b>	Regular Band Office Hours (8:30am-4:30pm) Some weekends and after-hours may be required
<b>TENTATIVE START DATE:</b>	Open until filled

Reporting directly to Chief and Council, the Director Of Operations (D.O.O) will be responsible for the successful leadership and management of all programs and services within the Sheguiandah First Nation (SFN) organization in accordance with the strategic direction of Sheguiandah First Nation's vision, mission and values.

Specifically, the Director Of Operations (D.O.O) will be responsible for developing and implementing the strategic plan of the organization, overseeing administration, operations, financial management, program/services and ultimately ensuring the Sheguiandah First Nation (SFN) fulfills its mission and values.

### **DUTIES:**

- Liaise between Sheguiandah First Nation (SFN) administration, Chief and Council on all aspects of band administration
- Financial management of operations including planning, budgeting, implementing Strategic Plan developed by Chief and Council to ensure fiscal responsibility
- Oversee all departments, programs, services and activities
- Act as the liaison between Sheguiandah First Nation (SFN) Chief and Council, all external agencies and governmental stakeholders
- Maintain and expand network of external stakeholders in an effort to enhance community supports, initiatives and/or programs
- Other duties assigned by Chief and Council

### **QUALIFICATIONS:**

- Undergraduate degree in Business Administration, Finance/Accounting, Public Administration or related field
- Graduate degree in Business Administration, Finance/Accounting or Public Administration would be considered an asset
- Possess a minimum of five (5) senior management experience, preferably within a First Nation organization
- Broad understanding and knowledge of First Nations governance
- Able to negotiate, resolve conflict, supervisory and leadership skills
- Provide a recent Criminal Records Check

### **OPEN UNTIL FILLED**

Please submit an application that includes a cover letter, resume and three (3) work-related references, CPIC and VSC. Incomplete applications will not be considered.

### **Direct applications to:**

“Director Of Operations/Band Manager”  
Reception  
142 Ogemah Miikan  
Sheguiandah, ON P0P 1W0  
Email: reception@sheguiandahfn.ca

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## SHEGUIANDAH FIRST NATION JOB OPPORTUNITY

<b>POSITION:</b>	Band Representative
<b>LOCATION:</b>	Sheguiandah First Nation Band Office
<b>ACCOUNTABILITY:</b>	Director of Operations/Band Manager
<b>EMPLOYMENT STATUS:</b>	Full-Time Permanent
<b>HOURS OF WORK:</b>	Regular Band Office Hours (8:30am-4:30pm) With flexibility for evenings and weekends)
<b>TENTATIVE START DATE:</b>	Open until filled

Under the direct supervision of the Director of Operations/Band Manager, the Band representative is knowledgeable about child welfare and protection processes, including advocacy and court processes.

### **DUTIES:**

- Understanding and knowledge of the Child and Youth Family Services Act
- Ensure Sheguiandah First Nation (SFN) members are aware of their rights in child welfare proceedings
- Liaise between families, CAS agencies and community service providers
- Assist in the recruitment of foster homes and customary care providers
- Liaise with relevant parties to gather relevant information
- Court preparation and attendance, including oral presentations if required
- Complete Plans of Care and make recommendations for placement of child/ren
- Prepare, respond to and process legal documents
- Provide referrals and support to families, as required
- Flexibility to respond to all “after hours” and emergency calls at minimal notice
- Attend interviews and visits by police or child welfare agencies
- Maintain and update client files as required
- Able to work in a fast-paced environment
- Practice self-care
- Other duties may arise or be requested by the Director of Operations/Band Manager or Chief and Council

### **QUALIFICATIONS:**

- Diploma or Degree in Social Welfare or Child and Youth Worker and/or extensive work experience
- Demonstrated knowledge of the Child and Youth Family Services Act and customary care
- Direct experience working within a First Nation organization is considered an asset
- Possess a valid Class G driver’s licence and access to a reliable vehicle
- Must possess proper insurance (\$2 million liability)

### **OPEN UNTIL FILLED**

Please submit an application that includes a cover letter, resume and three (3) work-related references, CPIC and VSC marked “Band Representative” to reception.

**Email at:** reception@sheguiandahfn.ca **Or by Fax to:** 705-368-3697

**Or drop off at:** Sheguiandah First Nation Band Office, 142 Ogemah Miikan

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## SHEGUIANDAH FIRST NATION JOB OPPORTUNITY

<b>POSITION:</b>	Community Energy Champion
<b>LOCATION:</b>	Maamawe Abziis Widaa Gamig – Sheguiandah First Nation Health Center
<b>ACCOUNTABILITY:</b>	Health Manager
<b>EMPLOYMENT STATUS:</b>	Full-Time
<b>HOURS OF WORK:</b>	Regular Band Office Hours (8:30am-4:30pm) Some weekends and after-hours may be required
<b>TENTATIVE START DATE:</b>	Open until filled

Sheguiandah First Nation is committed to achieving energy independence and sustainability while preserving our cultural heritage and environmental stewardship. The Community Energy Champion will play a pivotal role in developing and implementing energy strategies that align with the community's vision and priorities.

### **RESPONSIBILITIES:**

#### **Community Engagement:**

- Build strong relationships with community members, Elders and Band Council to identify energy needs and priorities
- Facilitate workshops, meetings and events to raise awareness about energy conservation, renewable energy options and energy efficiency.
- Gather community input and feedback to inform energy planning and decision-making

#### **Energy Planning and Implementation:**

- Develop and implement a comprehensive community energy plan that incorporates traditional knowledge and modern energy technologies
- Identify and pursue funding opportunities for energy projects and initiatives
- Oversee the installation, operation and maintenance of renewable energy systems (solar, wind, hydro, etc.)
- Monitor energy consumption and identify opportunities for energy efficiency improvements

#### **Capacity Building:**

- Provide training and education to community members on energy-related topics
- Build the capacity of community members to participate in energy projects and initiatives
- Collaborate with educational institutions and other organizations to develop energy curriculum and programs

#### **Data Management and Reporting:**

- Collect and analyze energy data to track progress and inform decision-making
- Prepare regular reports on energy performance and project outcomes
- Share best practices and lessons learned with other First Nation communities

### **EDUCATION:**

- Post-secondary education in a related field (i.e., engineering, environmental science, business) is preferred but not required

### **OPEN UNTIL FILLED**

Please submit an application that includes a cover letter, resume and three (3) work-related references, CPIC and VSS marked "Community Energy Champion=" to reception.

**Email at:** reception@sheguiandahfn.ca **Or by Fax to:** 705-368-3697

**Or drop off at:** Sheguiandah First Nation Band Office, 142 Ogemah Miikan

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## SHEGUIANDAH FIRST NATION JOB OPPORTUNITY

<b>POSITION:</b>	Education Manager
<b>LOCATION:</b>	Sheguiandah First Nation Band Office
<b>ACCOUNTABILITY:</b>	Director of Operations/Band Manager
<b>EMPLOYMENT STATUS:</b>	Full-Time
<b>HOURS OF WORK:</b>	Regular Band Office Hours (8:30am-4:30pm) and flexible after-hours may be required
<b>TENTATIVE START DATE:</b>	Open until filled

Sheguiandah First Nation is a vibrant and culturally rich community committed to the education and well-being of its members. We seek a dedicated and experienced Education Manager to lead our Education Department in achieving its goals.

### **POSITION SUMMARY:**

The Education Manager is responsible for the overall planning, development and implementation of educational programs and services within the First Nation. This role involves collaborating with community members, leadership and external partners.

### **KEY RESPONSIBILITIES:**

*Strategic Planning:* Develop a comprehensive education strategy aligned with the First Nation's vision and goals.

*Program Development:* Design, develop and oversee the delivery of culturally relevant education programs for all age groups, including early childhood, K-12, post-secondary and adult education.

*Curriculum Development:* Collaborate with educators and community members to develop and implement a culturally appropriate curriculum that reflects the First Nation's history, language and traditions.

*Student Support:* Provide guidance and support to students, parents and caregivers to ensure academic success and well-being.

*Staff Leadership:* Recruit, hire, train and supersede education staff to create a high-performing team.

*Community Engagement:* Build strong relationships with community members, Elders and other stakeholders to foster collaboration and support for education initiatives.

*Funding and Grants:* Identify and secure funding opportunities, write grant proposals and manage budgets effectively.

*Data Analysis:* Collect and analyze education data to inform program evaluation and improvement.

*Advocacy:* Represent the First Nation's education interests at local, regional and national levels.

### **QUALIFICATIONS:**

- Master's degree in education or a related field
- Proven experience in education administration and leadership
- Strong understanding of Indigenous education and cultural perspectives
- Knowledge of First Nation's education policies and funding

### **OPEN UNTIL FILLED**

Please submit an application that includes a cover letter, resume and three (3) work-related references, CPIC and VSC. Incomplete applications will not be considered, applicants are also encouraged to request a full job description.

### **Direct applications to:**

**"Education Manager"**

142 Ogemah Miikan, Sheguiandah, ON P0P 1W0

Email: [reception@sheguiandahfn.ca](mailto:reception@sheguiandahfn.ca) or Fax: 705-368-3697

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## SHEGUIANDAH FIRST NATION JOB OPPORTUNITY

<b>POSITION:</b>	Lands Manager
<b>LOCATION:</b>	Sheguiandah First Nation Band Office
<b>ACCOUNTABILITY:</b>	Director of Operations/Band Manager
<b>EMPLOYMENT STATUS:</b>	Full-Time
<b>HOURS OF WORK:</b>	Regular Band Office Hours (8:30am-4:30pm) Some weekends/holidays
<b>TENTATIVE START DATE:</b>	Open until filled

Sheguiandah First Nation (SFN) is seeking a permanent Lands Manager. The Lands Manager is responsible for the comprehensive management of the Sheguiandah First Nation Lands Office and Land Registry relating to reserve lands for the Sheguiandah First Nation. Reporting to the Director of Operations/Band Manager, the Lands Manager shall manage all aspects of the Lands Office including supervising Lands staff and developing the annual department budget, work plans, policies and procedures.

### **QUALIFICATIONS:**

- Post-secondary degree or certificate program in administration, community planning, environmental studies, lands and resource management or related disciplines and at least three (3) years of experience managing reserve lands or an equivalent combination of skills, knowledge and experience
- Completion of the Lands Management Certificate Program would be considered an asset
- Minimum of two (2) years of managerial or supervisory experience
- Knowledge of land registration and land administration principles and procedures would be an asset
- Experience in developing and implementing strategic plans, policy or bylaw development, land or resource planning, community consultation and facilitation processes
- Must know how to review and maintain appropriate financial records including the budget, record of revenues and expenditures and financial statements
- Intermediate computer skills in Microsoft software (ie., Word, Excel), general knowledge of GIS, AIS and Laser fiche database management
- Willingness and ability to travel
- Willingness to work occasional evenings and weekends
- Must have a valid Drivers Licence and access to a reliable vehicle

### **REQUIRED SKILLS:**

- Exhibits a high degree of initiative and self-direction, good analytical, organization, verbal and written communication skills
- Must have the ability to interpret policies and standard practices and deal with information that is sensitive or confidential
- Ability to use tact and good judgment in dealing with sensitive and complex issues
- Ability to maintain strict confidentiality
- Must have strong supervisory, teamwork and management skills to ensure proper operation of the Lands Department

### **DUTIES:**

- Participate in the creation of the Sheguiandah First Nation Land Code, related laws, policies and procedures to regulate land use and to obtain the highest benefit of land use for Sheguiandah First Nation
- Ensure administrative measures and controls are developed to meet the requirements of Sheguiandah First Nation and clients by monitoring and evaluating the efficiency of services
- Develop and review land interest agreements, leases, right-of-ways and permits, notify interest holders of potential expiration and changes and ensure terms of interest agreements are met

### **OPEN UNTIL FILLED**

Please submit an application that includes a cover letter, resume and three (3) work-related references, CPIC and VSS marked "Lands Manager" to reception.

**Email at:** reception@sheguiandahfn.ca **Or by Fax to:** 705-368-3697  
**Or drop off at:** Sheguiandah First Nation Band Office, 142 Ogemah Miikan

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## SHEGUIANDAH FIRST NATION JOB OPPORTUNITY

<b>POSITION:</b>	Finance Manger
<b>LOCATION:</b>	Sheguiandah First Nation Band Office
<b>ACCOUNTABILITY:</b>	Director of Operations/Band Manager
<b>EMPLOYMENT STATUS:</b>	Full-Time
<b>HOURS OF WORK:</b>	Regular Band Office Hours (8:30am-4:30pm) and flexible after-hours may be required
<b>TENTATIVE START DATE:</b>	Open until filled

Sheguiandah First Nation (SFN) is seeking a Finance Manager to fill a permanent position. The Finance Manager will be responsible for the efficient and effective oversight and coordination of the daily accounting activities of SFN and ensure all accounting operations are under applicable legislation, regulations, policies, procedures and guidelines.

### **DUTIES:**

- Reconciliation of opening general ledger balances including accounts payable and accounts receivable
- Identification and adjustments to accounts receivable and accounts payable, including additions work to obtain a statement of accounts
- Reconciliation of ISC revenue including reallocation to correct programs
- Capital asset adjustments including identification and adjustments for capital adjustments for capital additions, WIP transfer and amortization expense
- Adjustments made to the operating GL account and related bank reconciliation to remove cheques and deposits recorded in the incorrect period
- Adjustments to ISC, Canada Mortgage and Housing Corporation, Mnaamodzawin and other source of funding
- Adjustments made to Ottawa Trust Funds accounts
- Reallocation of revenue and expenses to appropriate programs
- Identification and reconciliation of transfer and administration charge-back accounts
- Adjustments to long-term debt for principal repayments
- Adjustments to prepaid expenses, loan receivables and investments
- Allocation of housing tenant rent to proper programs
- Identification and recognition of bad debts for tenant receivables
- Reconciliations and identification of deferred revenue
- Department and program discussions with management
- Other duties as may arise, or as requested by the Director of Operations or Chief and Council
- Reconciliation and accounting assistance for Ontario Works account

### **QUALIFICATIONS:**

- Bachelor's degree in finance, accounting, business and/or industry course relevant to accounting or finance
- 2+ years experience in a financial manager role or financial experience in a full accounting cycle role within a First Nation organization
- CPA designation or working towards designation would be considered an asset

### **OPEN UNTIL FILLED**

Please submit an application that includes a cover letter, resume and three (3) work-related references, CPIC and VSC. Incomplete applications will not be considered, applicants are also encouraged to request a full job description.

### **Direct applications to:**

**“Finance Manager”**

142 Ogemah Miikan, Sheguiandah, ON P0P 1W0

Email: reception@sheguiandahfn.ca or Fax: 705-368-3697

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## SHEGUIANDAH FIRST NATION JOB OPPORTUNITY

<b>POSITION:</b>	Right to Play Community Mentor
<b>LOCATION:</b>	Maamawe Abziis Widaa Gamig – Sheguiandah First Nation Health Center
<b>ACCOUNTABILITY:</b>	Health Manager/Right to Play
<b>EMPLOYMENT STATUS:</b>	Full-Time (35 hours/work)
<b>HOURS OF WORK:</b>	Regular Band Office Hours (8:30am-4:30pm) Some weekends and after-hours may be required
<b>PREFERENCE:</b>	Person of Indigenous descent/Sheguiandah First Nation Band Member
<b>TENTATIVE START DATE:</b>	ASAP

### **JOB PURPOSE:**

The Community Mentor will be responsible for the delivery of the Promoting Life-skills in Aboriginal Youth (PLAY) Program for Sheguiandah First Nation from October 2024 to December 31, 2024 (with possible extension depending on funding). The Community Mentor will report directly to the Health Manager and the Program Officer at Right to Play. The overall goal as a Community Mentor will be to create and support facilitating a successful PLAY Program that will enhance the life skills of youth in your community.

### **KEY JOB FUNCTIONS:**

- To plan and implement recreational programming and activities for children and youth in your community
- Complete administrative duties in a timely manner to ensure all expenses and attendance are filed appropriately
- Actively engage in all aspects of programming in community
- Maintain a safe and tidy program space ensuring equipment is setup and stored appropriately
- Attend meetings and training as required
- Report all concerns, accidents and incidents to Health Manager for follow up and to take appropriate action
- Maintain positive, professional relationships with peers, participants, parents and partner

### **QUALIFICATIONS:**

- Social Service Diploma, or Grade 12 or equivalent with related work experience
- Possession of a Class G Driver's license is considered an asset
- Ability to work with no supervision at times as well as in a team work environment
- Must be familiar with a variety of computer applications, including Microsoft applications
- Posses oral and written communication skills

### **MINIMUM QUALIFICATIONS:**

- Communication and leadership skills
- Organized, self motivated and proactive
- Experience in creative and dynamic programming (i.e.. Youth Led Initiatives and Intergenerational Events)
- Experience facilitating group workshops or presenting to large groups
- Must be a team player, able to network and collaborate on programming
- Willingness to continue learn
- Available to work flexible hours with ability to work extended hours or some weekends as necessary

**Job responsibility #1: Implementation and plan the Right to Play Program (50%)**

**Job responsibility #2: Workshop facilitations (50%)**

### **OPEN UNTIL FILLED**

Please submit an application that includes a cover letter, resume and three (3) work-related references, CPIC and VSS marked "RIGHT TO PLAY" to reception.

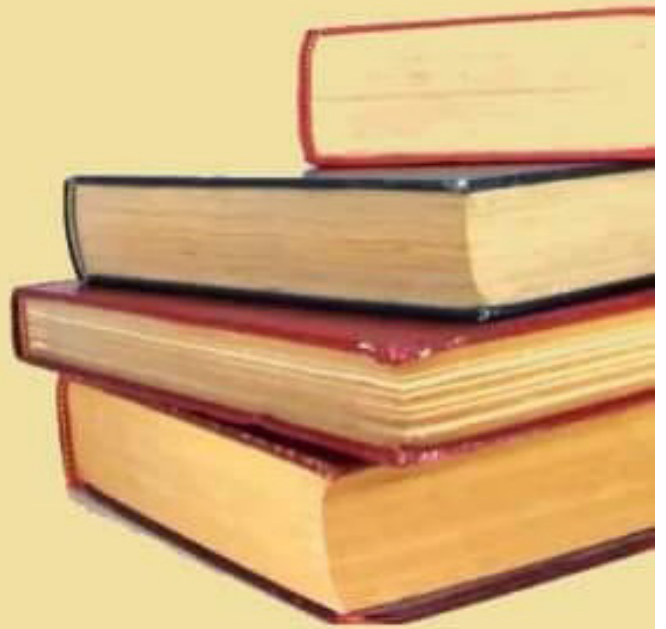
**Email at:** reception@sheguiandahfn.ca **Or by Fax to:** 705-368-3697

**Or drop off at:** Sheguiandah First Nation Band Office, 142 Ogemah Miikan

*We thank all applicants for their interest but advise that only those selected for an interview will be contacted.*

Sheguiandah First  
Nation Health Centre  
Presents:

# BOOK CLUB



**November 6th & 20th**

SFN Health Centre  
6:00PM - 8:00PM

This will be our first session.  
Welcome Back.  
Hope to see you there!!

*A Day to Celebrate  
the Love of Books  
& Reading*

**Book Review  
Story Telling  
Snacks Provided**

Book of Discussion:  
TBD

Copies available at the Health  
Centre for sign out, or  
photocopies can be made.

For more information call,  
Joanne Fox:

**HEALTHY LIFESTYLE  
705-368-1150**





# BEAT THE RUSH!

Housing applications are to be renewed every January or they are no longer considered active and will not be considered for housing. (Housing Policy 2012 Section 9.2.3)

*If you need a place to live or need to move to a smaller or larger house, then you need to submit an application for housing.*

*Applications must have proof of income and a copy of the status card for each member of the household.*

Application forms area available at Reception in the Administrative building, online through the Sheguiandah First Nation website under the **'HOUSING'** tab, or by request from [reception@sheguiandahfn.ca](mailto:reception@sheguiandahfn.ca) or [housing@sheguiandahfn.ca](mailto:housing@sheguiandahfn.ca)



# ANNUAL HOUSING VISITS

Miigwetch to the residents of Sheguiandah First Nation, who are either CP holders or tenants.

Throughout September, I was able to attend all but 15 of the properties that make up the Sheguiandah First Nation Housing portfolio, whether rentals or CP Held. This included on-reserve and added-to-reserve properties.

By talking with the residents, we identified the repairs or renovations that were needed. This provided me with a project list. That list identified health and safety hazards that are being acted upon right now.

The project list also guides decision-making when funding announcements are made. Keep in mind that each funding program has different criteria. Some are geared to families with children, some do not apply to CP holders, and some do not apply to CMHC Section 95 homes.

Recently, Indigenous Services Canada has launched a new funding program geared toward addressing the major housing repairs and renovations of 5 rental units. Using the information gathered during the housing visits and assistance from UCCMM Tech Services, we have identified which houses will benefit from this program.

Funding is also available through Indigenous Services Canada for Children and Family, which will be used to repair two to three other houses.

Please do not think that your home is being ignored. More funding is being released that we can take advantage of – we just have to wait for the details.



*Miigwetch,*

*Karen Gerrard*  
**Housing Manager**  
**Sheguiandah First Nation**

# Invitation to be a Director of the Sheguiandah First Nation Housing Authority

Sheguiandah First Nation is now accepting expressions of interest from persons interested in being a director of a soon-to-be-established First Nation Housing Authority.

Ideally, the director should have a diverse background and experience in native housing, public policy, finance, project management, property management/development, social programs development and legal issues. If you are a registered band member and are interested in being appointed as a Director for the Housing Authority, please submit an expression of interest outlining how your skills and experience align with the duties of a director of a housing authority.

Expressions of interest are to be submitted in written form to:

**Karen Gerrard**

Housing Manager

Sheguiandah First Nation

142 Ogemah Miikan, Box 101

Sheguiandah, Ontario P0P 1W0

or by *Email*: [housing@sheguiandahfn.ca](mailto:housing@sheguiandahfn.ca)



*Miigwetch,*

*Karen Gerrard*

*housing@sheguiandahfn.ca*

Housing Manager

Sheguiandah First Nation



Gaagige Zaagibigaa's

# SDHSP

## Self Determined Household Support Program

### What is it ?

The Self-Determined Household Support Program is meant to increase your household's/family's ability to grow, hunt, harvest, process and store food.

### What we offer

Our Self-Determined Household Support program offers \$1000 for households living in urban/ rural communities and \$2000 for those living remotely.

Our Self-Determined Household Support Program will open on November 1st and run until November 22nd. Check our socials for more info on how to apply



<https://www.facebook.com/gaagigezaagibigaa/>



<https://www.instagram.com/gaagigezaagibigaa/>







## 2nd Annual **ABORIGINAL VETERANS DAY LUNCHEON**

*Honouring our Ogichidaa/Ogichidaa-Kwe  
who served to Protect Turtle Island and other nations in times of need*

**WHEN:** Friday, November 8th, 2024  
11:00am - 1:00pm

**WHERE:** Sheguiandah Community Centre  
Sheguiandah First Nation

*For more information or to register, please contact:*

**Greg Brown**  
Resolution Health Support Worker (IRS)  
[Greg.brown@noojmowin-teg.ca](mailto:Greg.brown@noojmowin-teg.ca)  
Mobile: (705) 968-0991



  
**Noojmowin Teg**  
Health Centre  
A place of healing

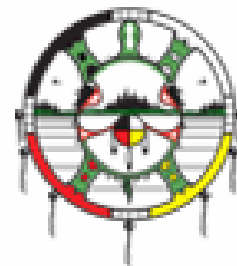


For more information, visit [Noojmowin-teg.ca](http://Noojmowin-teg.ca) or call (705) 368-0083



## **MNAAMODZAWIN HEALTH SERVICES – 705-368-2182**

[WWW.MNAAMODZAWIN.COM](http://WWW.MNAAMODZAWIN.COM)



### **SERVICES PROVIDED:**

HOME CARE – PSW/NURSES

MEALS ON WHEELS

FOOT CARE – CHIROPODISTS

TRADITIONAL HEALERS – Arrole Lawrence, Ken Kakeeway, Doreen South, Nathalie Fert

NATUROPATH – Tara Clapp – virtual appointments

MENTAL HEALTH COUNSELLORS

PSYCHIATRIST – BY REFERRAL

DIABETES CARE

SEX & GENDER DIVERSITY PROGRAM

HEALTHY CHILD DEVELOPMENT

## **NOOJMOWIN TEG HEALTH CENTRE 705-368-0083**

[WWW.NOOJMOWIN-TEG.CA](http://WWW.NOOJMOWIN-TEG.CA)



**Noojmowin Teg**  
**Health Centre**  
A place of healing

### **SERVICES PROVIDED:**

AGING AT HOME TRANSPORTATION

ANISHINABEK HEALTH CARE NAVIGATOR

CHILD & YOUTH COUNSELLING

CHILD NUTRITION PROGRAM

CULTURAL SUPPORT SERVICES\

DIABETES WELLNESS TEAM

GERIATRIC SOCIAL WORKER

MENTAL HEALTH & ADDICTIONS COUNSELLING

DOCTOR

NURSE PRACTITIONER

DIETICIAN

PSYCHOLOGY SERVICES

TRADITIONAL HEALERS AND FIREKEEPER



SUICIDE SAFER NETWORK  
RÉSEAU DE SENSIBILISATION EN MATIÈRE DE SUICIDE  
ENDAZHICHIGEJIG NOONDAASH NISIDZWIN WII ZHWEBAK



# Suicide Safer Network

## Free safeTALK

## Workshops

To honor International Day for People Impacted by Suicide Loss Saturday, November 23, 2024, Suicide Safer Network is hosting two FREE workshops in November. One will be delivered in French, and one will be delivered in English. Do not miss out on this chance to help save a life.

This 3 - 3.5-hour Livingworks safeTALK workshop prepares anyone over the age of 15 to be more alert to suicide and better able to connect them with further help. Using a simple yet effective model, safeTALK empowers everyone to make a difference.



**Thursday**

November 21, 2024

5:30 - 9:00 PM

Northern Equipment

132 Fielding Rd, Lively, ON

Register: <https://tinyurl.com/SSNNOV21>

#ssnstrong

[suicidesafernetwork.ca](http://suicidesafernetwork.ca)



# Traditional Healer **ARROLE LAWRENCE**

November 6, 2024



## **SHEGUINDAH HEALTH CENTRE**

Arrole Lawrence is a Saulteaux healer and band member of the Keeseekoowenin First Nation located in Elphinstone, Manitoba. With over 20 years of practice, Arrole has worked with many First Nations healing centres across southern Ontario which has given him extensive experience in addressing physical disease, injuries, issues of a mental and emotional nature including:

Trauma Work  
Breaking Cycles of Addiction  
Ancestral Healing  
Dissolving of Spiritual Agreements

Each client is guided to use deep breathing in order to connect to the heart. Once connected clients are instructed on how to navigate the physical, mental, ancestral and spiritual parts where issues manifest themselves as our illnesses, traumas, addictions or fears.

To book an IN PERSON appointment with Arrole, please call Robin Maltby at:

(705) 368-2182 x230; or,  
Email: [robin.maltby@mnaamodzawin.com](mailto:robin.maltby@mnaamodzawin.com)



## **Mnaamodzawin Health Services**



## **MindFit Toolkit (Men's Health Foundation) - [www.menshealthfoundation.ca/mindfit-toolkit](http://www.menshealthfoundation.ca/mindfit-toolkit)**

The Canadian Men's Mental Health Foundation's MindFit Toolkit offers comprehensive support for men seeking to enhance their mental wellness. Designed to address the unique challenges men may face in managing stress, anxiety, and depression, this toolkit provides accessible resources tailored to their needs. By offering the right tools for the job, the MindFit Toolkit empowers men to take proactive steps towards better mental health, fostering resilience and well-being.



## **Buddy Up (The Centre for Suicide Prevention) - [www.buddyup.ca/about](http://www.buddyup.ca/about)**

Buddy Up is a men's suicide prevention campaign created by the Centre for Suicide Prevention. The campaign is a call to action for men, by men, to drive authentic conversation amongst men and their buddies. The campaign includes a toolkit, plenty of resources, workshop options, and the Buddy up challenge which includes eight activities you can do anytime and one week-long activity every quarter.



## **Tackle Important Conversations (Movember) - [conversations.movember.com](http://conversations.movember.com)**

Movember offers a practical resource to facilitate conversations with men who may be struggling with their mental health. Recognizing that initiating these discussions can be daunting, Movember provides guidance on how to start and navigate conversations with confidence. By practicing conversations on any chosen topic, individuals can develop the skills needed to engage effectively and supportively. With Movember's guidance, breaking the ice and maintaining a helpful dialogue becomes more manageable, fostering connections and promoting mental well-being.



## **HeadsUpGuys - [www.headsupguys.org](http://www.headsupguys.org)**

HeadsUpGuys, a program from the University of British Columbia, is an online, anonymous resource tailored for men and their families, aimed at combating the decline in men's mental health and reducing suicide rates. The platform offers a wealth of tips, articles, and recovery stories to equip men with the tools to battle depression. HeadsUpGuys serves as a supportive and informative platform, empowering men to prioritize their mental well-being and seek the help they need.



## **DUDES Club - [www.dudesclub.ca](http://www.dudesclub.ca)**

The DUDES Club offers a proven model for promoting Indigenous men's wellness. Through solidarity and brotherhood, it fosters pride and purpose among members. Within DUDES Clubs, the traditional hierarchy of the medical model is dismantled, prioritizing cultural competence, genuine connections, and support in navigating healthcare systems. Community-driven initiatives emphasize the role of peer champions, welcoming all individuals who identify as men. DUDES Clubs focus on communities with significant Indigenous populations, expanding where local leadership, motivation, and resources support their mission.



From  
Santa's  
Office



*Dear Sheg Kids,*

Thank you for your Christmas letters last year!  
It's that time of year again, and we're very busy here at the North Pole preparing for the big day. The workshop has been buzzing with activity, as the elves and I work tirelessly to create new toys for all the good boys and girls around the world.

Please make sure you fill out your Santa Letters by November 01, 2024 so that the elves can make sure your gift is made. There will be a mailbox at the Health Centre, staff will make sure we get your letters quickly!

*Ho! Ho! Happy Holidays!*

*Santa Claus*





Dear Santa

MY NAME IS:  \_\_\_\_\_

I AM:  \_\_\_\_\_ YEARS OLD.

I LOVE CHRISTMAS BECAUSE:  \_\_\_\_\_


\_\_\_\_\_

A large empty rectangular box for drawing a picture.

HERE IS A PICTURE OF MY FAVOURITE THING ABOUT CHRISTMAS

I HAVE BEEN GOOD THIS YEAR BECAUSE:  \_\_\_\_\_

\_\_\_\_\_

I WOULD PLEASE LIKE TO ASK FOR:  \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you and Merry Christmas

# November

2024

## Care That Comes to You.

Accessible mental health and addiction support across Manitowlin Island—because every community deserves to thrive.

705-968-0816 | MobileWellness@noojmowin-teg.ca



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30





# Mobile Mental Health & Addictions Clinic

Sheguiandah



**Wednesday Nov 6/24**

**11am-2pm**

**Health Centre  
76 Ogemah Miikan Rd.**

Improving access to mental health and addictions care for people who live in the District of Manitoulin.

Our Team includes mental health & addictions service providers.  
Drop-in to see how we can help!

For more information, call (705) 968-0816 or email [MobileWellness@noojmowin-teg.ca](mailto:MobileWellness@noojmowin-teg.ca)

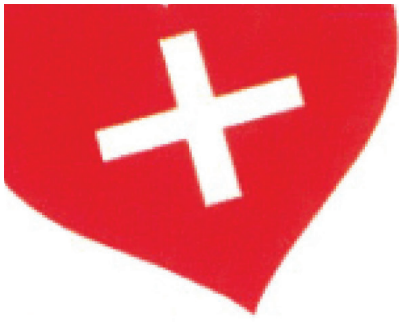
[noojmowin-teg.ca](https://noojmowin-teg.ca)



scan here  
to learn more

For more information, visit [Noojmowin-teg.ca](https://noojmowin-teg.ca) or call (705) 368-0083





# FLU SHOT CLINIC

**SHEGUIANDAH HEALTH CENTRE**

**NOVEMBER 21, 2024 10:00AM - 3:00PM**

**NOVEMBER 26, 2024 1:00PM - 6:00PM**

**\* PLEASE CALL SHEGUIANDAH HEALTH CENTRE TO BOOK AN  
APPOINTMENT TIME: (705) 368-1150**



# Christmas

# MARKET

VENDORS  
SNACKS

We are looking for vendors!

NOV. 30  
& DEC 01  
10am-4pm

AT Sheguiandah Community Hall

FOR MORE INFO CALL SARAH at (705)368-1150



# Nurse Practitioner IN

Wednesday, November 13, 2024

To book an  
appointment Please  
contact Noojmowin  
Teg at (705)368-0083







**SHEGUIANDAH**  
*Community*  
**DIABETES**  
**FAIR**



**November 15**  
**10 am - 1 pm**

**Sheguiandah Health  
Center**

**Screenings for  
diabetes, foot  
care assessment  
and more!**

**Join us for an informative session, have a  
delicious lunch and have the chance to win a  
door prize**

**Brought to you by Denise Graham Diabetes Health Promotion  
Coordinator and Lisa Madahbee CHN**



# Raising awareness of men's mental health

Seeking help is a sign of **strength**.  
Be **the voice** of change for other men.  
Start **talking** about your mental health today.

Attention around men's health—particularly mental health—is gaining momentum in Canada. While men and women both live with mental health problems and illnesses, their experiences can be very different.

Although rates of mental illness are comparable between men and women, men are less likely to recognize, talk about, and seek treatment for their illness.

## Did you know...

- **New fathers are susceptible to paternal postpartum depression.** While up to **10% of men experienced symptoms** within six months of their child's birth, men are not often screened for postpartum depression.
- Diagnostic methods for depression tend to assess symptoms more commonly presented by women—such as sadness and crying—**and ignore symptoms of depression that are common among men—including physical pain, anger or irritability.**
- In Canada, **80% of people who die by suicide are men.**
- The mental health of adolescent boys and young men **needs more attention and resources** because intervening early is the best predictor of a healthier adulthood.

## Learn more:

- [menshealthfoundation.ca](https://menshealthfoundation.ca)
- [cmha.ca/documents/men-and-mental-illness](https://cmha.ca/documents/men-and-mental-illness)
- [www.headsupguys.org](https://www.headsupguys.org)
- [movember.com/mens-health/mental-health](https://movember.com/mens-health/mental-health)
- [mensdencanada.wordpress.com](https://mensdencanada.wordpress.com)

*Financial contribution from  
Avec le financement de*



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

Suite 1210, 350 Albert Street, Ottawa, ON K1R 1A4 • Tel: 613.683.3755 • Fax: 613.798.2989  
[mhccinfo@mentalhealthcommission.ca](mailto:mhccinfo@mentalhealthcommission.ca) • [www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

[@MHCC](https://twitter.com/MHCC) [f/theMHCC](https://facebook.com/theMHCC) [y/1MHCC](https://youtube.com/1MHCC) [i@theMHCC](https://instagram.com/atheMHCC) [in/Mental Health Commission of Canada](https://linkedin.com/company/Mental-Health-Commission-of-Canada)



## Non-Insured Health Benefits (NIHB) Program: Medical Supplies and Equipment (MS&E) Client Quick Reference Sheet

### Who is eligible for MS&E coverage under the NIHB Program?

Registered First Nations and recognized Inuit living in Canada, and a child less than 2 years old whose parent is an NIHB-eligible client.

### What do I need to access MS&E under the NIHB Program?

First Nations clients will need to provide one (1) of the following to their MS&E provider:

- Indian Status Card, or an official letter marked 'Certificate of Indian Status'
- NIHB Client Identification Number (B-number)

Inuit clients will need to provide one (1) of the following to their MS&E provider:

- Northwest Territories Gov. Health Card
- Nunavut Gov. Health Card
- NIHB Client Identification Number (N-number)

Inuit clients accessing services outside their home Territory may use their Territorial health card number as their NIHB number so that MS&E providers can bill for eligible benefits.

If an identification document does not include a photo, you will also need a piece of photo ID.

### What types of MS&E benefits are covered by NIHB?

The NIHB Program covers a wide range of medical equipment and supplies. The following are examples of items covered for each category:

- **Audiology:** hearing assessment, hearing aids, cochlear implants processor
- **Orthotics, prosthetics and footwear:** braces, prostheses, custom-made footwear
- **Oxygen and respiratory equipment:** oxygen cylinders, Continuous Positive Airway Pressure (CPAP) machines
- **Pressure devices:** compression stockings, burn garments
- **Mobility and self-care equipment:** walkers, wheelchairs, bathroom safety equipment
- **Communication and low vision:** speech generating devices, white cane, desktop technology
- **Medical surgical:** dressings, ostomy, and incontinence supplies

For a complete list of MS&E benefits, consult the [MS&E Guide and Benefit Lists for First Nations and Inuit](#).

### How do I access MS&E benefits through NIHB

First, you will need to get a prescription or recommendation for the item(s) from a healthcare professional who is recognized by NIHB.

- To verify coverage for the item(s), consult the [MS&E Guide and Benefit Lists for First Nations and Inuit](#).
- To confirm eligibility for coverage and the amount covered, you can contact your NIHB regional office or the Express Scripts Canada client line (*see phone numbers at the end of this document*).
- Visit an MS&E provider who is enrolled with NIHB and eligible to provide the specific item.
- If prior approval is required for coverage, the provider will send a request to the NIHB Program. Once approved, they can dispense the item(s) to you and bill the Program directly.

Note: Clients that are covered by another public or private health care/benefits plan must submit their claim to the other plan first.

### How do I find an MS&E provider who is enrolled with the NIHB Program?

If you need assistance locating an NIHB-enrolled MS&E provider, please contact your NIHB regional office (*see phone numbers at the end of this document*) or an NIHB Navigator for assistance. Enrolled benefit providers can bill the NIHB Program directly, so clients don't have to pay upfront.

### Where can I find information on specific MS&E benefits and policies?

More information on specific benefits and how to access them is located in the [MS&E Guide and Benefit Lists for First Nations and Inuit](#). For all listed benefits, find essential information including:

- **Prescriber information:** Health professionals recognized by the NIHB Program to provide prescriptions or recommendations for MS&E items.
- **Provider information:** Types of providers eligible under the Program to dispense medical supplies and equipment to NIHB clients.
- **Prior Approval requirements:** Indicates if MS&E items require prior approval of NIHB coverage before they can be dispensed.
- **Recommended replacement guidelines:** Indicates quantity and frequency that the Program covers.

Find the MS&E Guide and Benefit Lists for First Nations and Inuit online at [canada.ca/nihb-medical-supplies-equipment](https://canada.ca/nihb-medical-supplies-equipment)



## Early replacement of MS&E items

Items may be considered for early replacement under certain circumstances, such as when there is a change in a client's medical condition, or an item is no longer functioning properly. Find details in section 1.12.1 Early replacement requirements in the [MS&E Guide and Benefit Lists for First Nations and Inuit](#).

## Are there items or services not covered by NIHB?

Some items and services are not covered under NIHB. These are exclusions and cannot be appealed or covered as an exception.

Examples of exclusions include:

- Items for cosmetic purposes
- Medical treatment (such as surgery)
- Repairs for items covered under warranty
- Therapy treatment and equipment

For a full list of exclusions, visit section 1.6.4. of the [MS&E Guide and Benefit Lists for First Nations and Inuit](#).

## Do I have to pay upfront for MS&E benefits?

MS&E providers can enroll with NIHB to bill the Program directly. You are encouraged to find an enrolled provider so you don't have to pay upfront for benefits. Before you receive the item or service, contact the provider to confirm that they will:

- Bill the NIHB Program directly for eligible items or services provided.
- Not charge you any additional fees.

If you use an eligible MS&E provider who is not enrolled with NIHB, or will not bill the Program directly, you can choose to pay upfront for items and services and submit a request for client reimbursement (*see below*). Contact your NIHB regional office or the NIHB Call Centre at Express Scripts Canada before your purchase to confirm eligibility for coverage and the amount covered by the Program.

## Client Reimbursement

Clients have the option of submitting reimbursement requests by fax, mail, or through a secure online account. For client reimbursement instructions and forms, visit the [Express Scripts Canada NIHB website](#) (<https://nihb-ssna.express-scripts.ca/en>):

- Select "I am a client" and follow the links to "NIHB Client Reimbursement" to find instructions and forms.
- Make sure to include all supporting documents required (listed on the form and web page).
- For mail/fax submission, download, complete and sign the reimbursement form.
- For online submission, you'll need to create an NIHB client web account.

If you need assistance with client reimbursement, call the NIHB Call Centre at Express Scripts Canada (*see phone numbers at the end of this document*). Please note that you will be reimbursed for items up to the amount that the Program covers.

## What is an NIHB client web account?

Clients have the option of creating a secure web-based account through the [Express Scripts Canada NIHB website](#) (<https://nihb-ssna.express-scripts.ca>). By creating a secure client web account, you can:

- View your benefit claims history and status of pending requests.
- Submit client reimbursement requests online.
- Submit appeal requests online.
- Receive NIHB Program communication directly by email.

## What can I do if coverage has been denied?

If coverage for an item or service has been denied, you may appeal the decision. You can mail or fax your appeal to the Program or submit an appeal online through your secure NIHB client web account.

More information on the appeal process can be found on the Government of Canada website at [canada.ca/nihb](http://canada.ca/nihb) or by contacting your NIHB regional office.

Reminder: Items or services that are exclusions of the NIHB Program will not be considered for appeal.

## CONTACT INFORMATION

### NIHB Regional Offices

Atlantic: 1-800-565-3294  
Alberta: 1-800-232-7301  
Quebec: 1-877-483-1575  
Ontario: 1-800-640-0642  
Manitoba: 1-800-665-8507  
Saskatchewan: 1-866-885-3933  
Yukon: 1-866-362-6717  
Northwest Territories and Nunavut: 1-888-332-9222

For complete NIHB contact information, including mailing addresses: [canada.ca/nihb-contacts](http://canada.ca/nihb-contacts)

### Express Scripts Canada NIHB Call Centre

Toll Free Phone 1-888-441-4777  
Toll Free Fax 1-888-249-6098

### Government of Canada – First Nations Status Registration

Toll Free Phone 1-800-567-9604  
TTY Toll Free 1-866-553-0554

Inuit clients may contact their land claim organization for information about registration.

Find the *MS&E Guide and Benefit Lists for First Nations and Inuit* online at [canada.ca/nihb-medical-supplies-equipment](http://canada.ca/nihb-medical-supplies-equipment)