



ALEXANDER FIRST NATION COMMUNITY UPDATE

ISSUE #6

COVID-19 UPDATE

In this issue

Community Information Update –

P.1

Additional Resources and

Updates P.2

Community Info Update from:

- AHS
- Social Development
- Re Launch Announcement
- KEC

Next Page:

Additional Resources

- Lifted Restrictions
- Important Numbers
- Current Statistics

**JUNE IS MENTAL
HEALTH
AWARENESS
MONTH**



COMMUNITY NOTICE
ISSUE # 6 – COVID-19

COMMUNITY UPDATE INFORMATION

Alexander Health Services Update

Hello Everyone!

The testing guidelines for COVID-19 has opened up to anyone who wants to get tested whether or not they are showing symptoms.

So that's good news.

If you're interested in being tested, please call the Health Centre and we'll do a quick assessment and make a time for you to come to the health centre for your test.

The test for COVID 19 is a throat swab, and we have the results back within 24 hours.

We still need to continue to wash our hands, practice physical distancing, and stay away from others if we're sick to help keep both ourselves, and others, healthy.

If you have any questions, please call the Health Centre at 780-939-4787. Thank you! – Kelly Rocco

Alexander Social Development Update

We at Social Development understand that during this unprecedented time struggling with mental health can be difficult. We want the community to know that our program is here to support you during those difficult times. Social Development will offer the following services to the community please feel free to contact the following individuals when you need someone to talk too. All calls are confidential.

Wendy Ott: (780) 235-1346

Vanessa Hernberg: (825) 203-3585 local / or Toll free 1-877-893-1038

Alberta Mental Health: 877-303- 2642

The Youth Council of Alexander will also be putting together a campaign to reach out to the youth in the community who are struggling with mental health or in need of someone to talk to, please watch for further information via their Facebook page.

We strongly encourage those in need to reach out and utilize support services to assist with mental health issues they may be struggling with, or if you just need someone to talk to **YOU ARE NOT ALONE!**

AFN RE-LAUNCH ANNOUNCEMENT:

Please note that the Nation's Strategic Reopening Plan has been Duly approved by the leadership (June 2, 2020) and will be shared with the community in the upcoming post.

The official re-opening day will be June 15, 2020 under community based health and safety guidelines which will also be shared.

Thank you members for your continued patience and support as we strive to keep our community 100% COVID -19 free!

Good job to all our members!

Kipohtakaw Education Update

Your mental health is important! You are not alone. If you need to talk to someone help is available. We are here for you and miss you.

Available for any Alexander members:

1. Lara Thompson (**School Counsellor**): [780 396 9499](tel:7803969499) or email: laratho75@gmail.com
2. Keshena Wilson (**Behavioral Support**): [780 937 4362](tel:7809374362) or email: keshenawilson@kipohtakaw.com
3. Melanie Palmier, M. Ed, (**Registered Psychologist**) [780-292-4504](tel:7802924504) or email: mpschoolpsychology@gmail.com available 9am to 9pm Mon-Fri
4. Theresa Cardinal (**Mental Health Support**): [780 289 4687](tel:7802894687) or email: Theresa.vcardinal@gmail.com

AND - Don't forget to participate in the 2020 KEC School Re-Entry Survey – Open until June 30th, 2020!

IMPORTANT NUMBERS

Alexander Health Services:
780.939.4787

Housing:
780.906.9910

Public Works:
780.237.0397

Vehicle Registration:
780.916.8136

SECURITY
780.722.2173

COMMUNITY NOTICE
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Additional Resources

Current COVID-19 Statistics

DAILY HIGHLIGHTS

AB Testing Results	June 1	June 3	Change
Tests Completed	263,074	271,298	+8,224
Total Positive	7,044	7,076	+19
Active	400	344	-56
Fatalities	143	145	+2
Recoveries	6,501	6,587	+86
<i>COVID-19 Regional Data for Alberta</i> Calgary zone - 4,909 Edmonton zone - 563 Central zone - 98 South zone - 1,241 North zone - 252 Unidentified zone - 13		<i>COVID-19 in Alberta First Nations* (as of June 2)</i> Calgary Zone - 19 North Zone - 5 South Zone - 16	

AS OF MAY 14 LIFTED RESTRICTIONS:

- Retail businesses like clothing, furniture and book stores.
- All farmers' market vendors.
- Hairstyling and barber shops.
- Cafés, restaurants, pubs and bars can reopen for table service at 50% capacity.
- Some scheduled, non-urgent surgeries to resume gradually.
- Museums and art galleries.
- Daycares and out-of-school care, with occupancy limits.
- Day camps, including summer school, with occupancy limits.
- Post-secondary institutions will continue course delivery, with flexibility for in-person delivery once the existing public health order prohibiting in-person classes is lifted.
- Places of worship and funeral services, if they follow [sector-specific guidance](#).

Continuing restrictions

- Gatherings of more than 15 people will not be permitted, unless otherwise identified in [public health orders](#) or [guidance](#).
- Gatherings of 15 people or fewer must follow physical distancing and other public health guidelines.
- Public attendance at businesses, facilities and events that have close physical contact will not be permitted, including: arts and culture festivals, major sporting events and concerts.
- Movie theatres, pools, recreation centres, arenas, spas, nightclubs and gyms will remain closed.
- Visiting patients in [health care facilities](#) will remain limited.
- In-school classes for kindergarten to Grade 12 students will remain prohibited.

Rehabilitation Advice Line

A new Rehabilitation Advice Line, 1-833-379-0563, is now available for Albertans over the age of 18, who:

- Have existing disabilities related to neurological conditions (e.g.: Parkinson's, spinal cord injury, Multiple Sclerosis, brain injury, stroke)
- Have existing health conditions that affect muscles, bones, and joints – including those awaiting or recovering from surgery
- Are recovering from COVID-19

Vulnerable Albertans living with disabilities in the community can have additional challenges accessing community supports during the COVID-19 pandemic. Our focus is on ensuring Albertans continue to get the care and support they need during the COVID-19 pandemic. The Rehabilitation Advice Line gives callers information about:

- Activities and exercises that help with physical concerns
- Strategies to manage the day-to-day activities affected by these concerns
- Rehabilitation services that are open for in-person and/or virtual visits
- Community-based organizations

The Alberta-only Rehabilitation Advice line will be answered by allied health clinicians and will operate every day from 10 a.m. to 6 p.m. Calls outside this time will be redirected to the Health Link (811).

