



ANNUAL REPORT 2020/2021

Abegweit First Nation

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TABLE OF CONTENTS

| | |
|--|----|
| Message from the Chief | 3 |
| Band Employment Breakdown | 4 |
| Abegweit First Nation Blueberry Fields | 4 |
| Education | 4 |
| 3-Year Student Breakdown | 5 |
| Epekwithk Gas Bar | 6 |
| Economic Development | 6 |
| Economic Development / Community Event - Indigenous Veterans Day | 7 |
| Natural Resources | 8 |
| Fisheries | 8 |
| EMO | 9 |
| Abegweit Conservation Society | 9 |
| Abegweit Biodiversity Enhancement Hatchery | 10 |
| Social Development | 11 |
| Housing | 12 |
| Health and Wellness | 13 |
| Health and Wellness | 14 |
| Health and Wellness | 15 |
| Enhanced Home and Community Care Program | 16 |
| Health Promotions | 17 |
| Aboriginal Sports Circle | 18 |
| Jordan's Principle | 18 |
| Youth Peer Support Program | 19 |
| Virtual Activities | 20 |
| Virtual Activites | 21 |
| Grants | 21 |
| Early Childhood Centre - Headstart | 22 |
| Tobacco and Fuel Tax Rebates and Spending | 23 |

MESSAGE FROM THE CHIEF

Hello to all community members. As your Chief it is my honour to present to you our 2020- 2021 annual report. The report and the work highlighted within showcases the accomplishments made between April 1st, 2020, through March 31, 2021.

This includes the period before and the beginning of the current Chief, Band Council, and Administration's second year since the election in June of 2019. The current council and I have continued to build upon this work to ensure that our community continues to grow and prosper. This report allows us the opportunity to share and showcase the collective progress and developments made by the Chief, Band Council, and various administration teams for you, our community.

As we all know at present, the Novel Coronavirus (COVID-19) has had great impacts in all areas of our lives as individuals, families, and as a community from its onset to the present day. I would like to remind everyone that the information in this report only reflects the time in which the pandemic was just beginning, but the effects that it has had and continues to have in our community at present are certainly not being overlooked.

As we look back on the previous year's accomplishments in this report, we can also look forward to new and exciting developments in the future. Currently, I'd like to personally thank each and every one in the community for the efforts and contributions in the 2020- 2021 fiscal year as well as our community's past, present, and ongoing progress.

Together, as a community, we will continue to create a thriving future for all Mi'kmaq people of Abegweit First Nation, with one voice - Ours!

Welalin,

Chief Junior Gould

Band Employment Breakdown

| Individuals Employed by the Band 2020-21 | Community Members | Non-Community Members |
|--|-------------------|-----------------------|
| Band Administration | 22 | 6 |
| Construction | 10 | |
| Health Department & Early Childhood Centre | 22 | 15 |
| Commercial Fisheries | 17 | 2 |
| Band Owned Businesses | 11 | 24 |
| Summer Students | 16 | |
| Other (Stream Enhancement, Seasonal) | 43 | 6 |
| Grand Totals | 141 | 53 |
| Total Number of People Employed by Band | 194 | |



Abegweit First Nation Blueberry Fields

The 2020 growing season was tough for the berries for both the crop and sprouts. This was due to the frost and drought. Yields were down due to these factors. The Band used a walk-behind harvester to improve the quality of the berries being sold to the plant.

Education

2020-21 has been a challenging year, mainly due to Covid 19. This unexpected event resulted in our students having to work from home at different times throughout the year. This posed various problems due to such things as, Internet and Wi-Fi issues, lack of computer set up at home, parents frustrated with home schooling, childcare issues, mental health issues, and children missing their friends and social interaction. Our teachers provided support from the schools and online when needed. Chrome books were ordered for each student and our Resource teacher was a great help and kept in touch with the students online. Upon returning to classes in September meant strict protocols for mask wearing, seating arrangements, disinfecting, etc. We provided a bus monitor and the equipment for disinfecting the bus and arranged for more Bus Driver training. We added services at the school with the help of Jordan's Principle, one Transition Co-ordinator to help all students transition from schools or areas of where they may require support. Post-secondary students felt the effects of Covid also, since most classes were then online, and some students struggle with depression and/or anxiety and their desire to be in classes with their fellow classmates. They were also provided with supports and computer equipment to assist them during these times. I continued to meet with our PEI Technical Table group on the PEI Funding Formula working towards our student's receiving education on par with provincial students in PEI. It's a continued effort but we are making progress and have had many Technical Table meetings at National and Regional level with Indigenous Services Canada, Assembly of First Nations, and provincial representatives and this work will continue in the future.

3-Year Student Breakdown

| Breakdown of Students Funded by Band | 2018-2019 | 2019-2020 | 2020-2021 |
|--------------------------------------|-----------|-----------|-----------|
| Head Start | 4 | 4 | 4 |
| Elementary | 50 | 54 | 52 |
| Junior High | 6 | 6 | 4 |
| High School | 20 | 18 | 24 |
| Post-Secondary | 7 | 8 | 6 |
| Total Students Funded | 87 | 90 | 90 |
| Graduates | | | |
| High School Graduates | 1 | 2 | 3 |
| Post-Secondary Graduates | 1 | 4 | 0 |
| Post-Secondary Deferrals | 1 | 1 | 0 |



Epekwiik Gas Bar

The Epekwiik Gas Bar gas continues to be an integral part of the Abegweit First Nation. It continues to provide services to community members and numerous visitors. Through its operations it provides supports to various community events, such as the annual Pow wow.

Below are a few listed highlights of the Gas Bar and its operation:

- Employs 25 staff from Abegweit and surrounding areas with year-round employment.
- Continues to offer the summer students program.
- Now offers full time employees health, and pension plans.
- Monthly increase in profits of 10% or more.
- Consistently changing and shopping around for the best prices for products, such as propane providers.



Economic Development

Planning for Abegweit's new commercial building is now underway! We have been working with JCJ Associates Inc. and ArchWORK Studio to design a building that will respond to the needs of our community, including the need for more commercial space, meeting space, event space, and cultural space. We are excited to finalize the building design and begin construction this summer!



Our economic development team has also been working hard to partake in Canada's Indigenous tourism sector. Indigenous tourism is the fastest growing sector in the country, and we recognize the opportunity for the community to grow tourism businesses and showcase culture. In this regard, we have been working on a partnership with Parks Canada to manage their weddings and special events business. Further, we are working with Target Tours and Destination America to offer an exclusive experiential tourism experience to bus passengers this summer! If you are interested in becoming a tourism worker or potentially owning a tourism business, let us know!



We have started to work with Insight Studio to develop a comprehensive marketing and branding strategy for the community. This strategy will help the community effectively market its businesses to reach wider audiences and improve its communication channels, including our Facebook, Instagram, and website. This project will commence work on episode one of our new docuseries, which will capture the amazing community development that is taking place.

The economic development team also continues to access funding to host community events and celebrations, explore new business opportunities, and invest in key economic infrastructure. Following the COVID-19 pandemic, we have also been successful in accessing special funding to help community members and community businesses become more responsive and resilient to the pressures of COVID-19.

There is plenty of more to come from our economic development team as we move into our next fiscal year, and we are excited to share more with you!

Community Event - Indigenous Veterans Day

Abegweit First Nation honours' all military, First Responders and community members who participated in military service, especially community members in World Wars 1 & 2, and the Korean War. COVID-19 impacted on our November 8th, 2020, service requiring lower numbers attending the service, and all COVID precautions were in place including face masks and social distancing and the service was live streamed on the Chief's Facebook.



Natural Resources

During the 2020-21 fiscal year, the Natural Resources Department (NRD) undertook a comprehensive review of its internal structure and operations in response to the COVID-19 pandemic. Despite the challenging circumstances, the NRD remained committed to ensuring the safety of all community members while revamping and updating its administrative processes.

The department's review encompassed all of its divisions, which include:

1. Fisheries Division: This division focused primarily on the management of lobster and snow crab resources. The NRD examined the division's agreements and operating processes to develop strategic plans aimed at improving its overall efficiency and effectiveness.
2. Emergency Management Office (EMO): The EMO is responsible for coordinating emergency response efforts. As part of the NRD's review, the EMO's operations and protocols were evaluated to ensure they aligned with the evolving needs and challenges posed by the pandemic.
3. Abegweit Conservation Society (ACS): The ACS is composed of several sub-divisions that work towards conservation and enhancement of natural resources. These sub-divisions include forestry, stream enhancement, and the Abegweit Biodiversity Enhancement Hatchery (ABEH). The NRD reviewed the agreements and processes of each ACS sub-division, taking action to improve their development, streamline implementation, and enhance future operations.

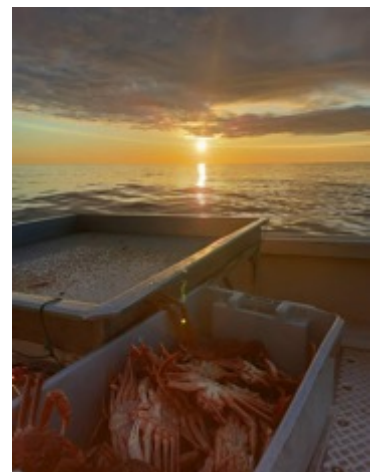
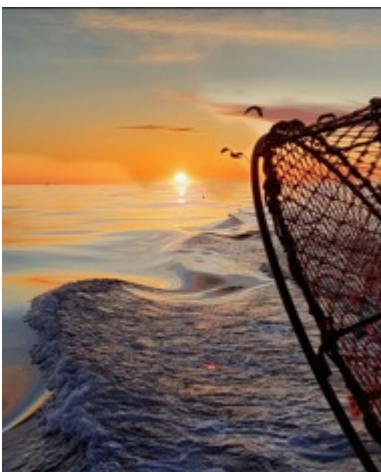
Throughout this review process, the entire NRD team actively participated in defining and implementing new processes, strengthening relationships, and developing new partnerships. Despite the pandemic's health precautions and regulations in place in Prince Edward Island (PEI) and worldwide, the NRD achieved notable progress in efficiently managing natural resources for the collective benefit of the Abegweit community.

The successes attained during the 2020-21 year serve as a foundation for future planning. The NRD team remains hopeful that their efforts will continue to generate greater recognition and opportunities for the Abegweit community in all areas of natural resource management.

Fisheries

During the 2020-21 season, the Abegweit community made decisions in response to the COVID-19 pandemic to ensure the safety of fishers and the community. As a result, lobster fishing for that season did not take place. The concerns for safety led to a decision to prioritize the well-being of the community members involved.

To support the community members who would have been employed in lobster fishing, the Abegweit Natural Resources Department (NRD) and Fisheries division worked with the Department of Fisheries and Oceans (DFO) to secure COVID-specific relief funds. These funds were used to provide support to the 21 community members who would have been employed in lobster fishing. The NRD/Fisheries contract work served as a means of providing income and support during this period.



In contrast, the Snow Crab season in 2020-21 did proceed, employing 10 community members. The season's quota was adjusted based on scientific assessments by the DFO, which evaluated the available biomass of the snow crab species. The season started with a one-week delay due to ice conditions. Throughout the season, the average prices for snow crab were recorded at \$6.00.

These actions and adjustments demonstrate the Abegweit community's commitment to the safety of its fishers and the well-being of its members in the face of the COVID-19 pandemic.

| Snow Crab Landings 2020-21 | | | | |
|----------------------------|-----------------|---------|--------------|--------------|
| Vessel | Captain | Harbour | 19/20 Pounds | 20/21 Pounds |
| Crabin Fever | Robert Jadis | Souris | 134,964.19 | 100,652.00 |
| Max'd Out | Brody Knockwood | Souris | 133,881.28 | 99,509.30 |

EMO

The Abegweit Emergency Management Office (EMO) has a longstanding track record of success, acting as pioneers and innovators in the field while prioritizing the safety and health of the entire community.

During the winter season, the EMO team demonstrated their readiness and competence by effectively leading the community through a busy period marked by frequent storms. With an average of three storms per month in the first two months after Christmas, the team efficiently dealt with various situations that arose. This included addressing power outages, sump pump failures, and assisting community members who were stranded or unable to move due to adverse conditions.

In February, when flooding occurred, causing significant damage to homes with flooded basements and water damage, the EMO team sprang into action. They responded promptly to the crisis, addressing issues such as washed-out roadways, and overflowing septic systems. Their quick response and support played a crucial role in mitigating the impact of the flooding on the community.

Additionally, when the COVID-19 pandemic affected the Abegweit communities and necessitated self-isolation measures, the EMO team provided vital support to the Wellness Centre. Recognizing the increased workload on the nurses, the EMO team offered their assistance to those in isolation. This collaboration allowed the nurses to focus on managing the pandemic within the community while the EMO team helped meet the needs of those in isolation.

The dedication, proactive approach, and collaborative efforts of the EMO team have proven instrumental in keeping the Abegweit community safe and healthy during challenging times. Their commitment to the well-being of community members, their swift response to emergencies, and their support during crises are testaments to their effectiveness and success in emergency management.

Abegweit Conservation Society

The Abegweit Conservation Society (ACS) has been dedicated to supporting and conserving natural resources since its establishment. Throughout the 2020-21 year, the ACS continued to operate successfully, employing seven community members. The society received ongoing support from various federal, provincial, and public sources.

As part of the larger NRD review and strategy, the ACS focused on developing new partnerships and relationships. These efforts aimed to increase support, opportunities, and benefits for the community, the island of Prince Edward Island, and the wider global community by safeguarding natural resources, habitats, and ecosystems.

Forestry: The ACS collaborates with the Province of Prince Edward Island to co-manage over 700 acres of crown land. Building on small successes from the previous year, the society engaged in renegotiating agreements to expand the impacts and opportunities within the Abegweit Forestry sector. This indicates a proactive approach to maximize the potential benefits and sustainability of forestry practices.

Stream Enhancement: Each year, the ACS undertakes stream enhancement projects focused on the Morell and Midgell rivers. These projects build upon previous progress and are supported by local partners, nearby watershed groups, the PEI Wildlife Conservation Fund, and federal assistance. Throughout the 2020-21 year, the field crew carried out various activities related to stream enhancement. These included stream surveys, electrofishing, monitoring fish traps, brush matting, and maintaining field equipment for RFID and temperature data collection. The ACS also remained committed to ongoing stewardship and conservation efforts such as blockage removal and erosion mitigation within the Midgell and Morell watershed systems.

By actively engaging in these initiatives, the ACS demonstrates its commitment to the long-term conservation and enhancement of natural resources. The society's focus on collaboration, strategic planning, and continuous improvement highlights its dedication to sustainable practices and the well-being of the community and its environment.

Abegweit Biodiversity Enhancement Hatchery

The Abegweit Biodiversity Enhancement Hatchery (ABEH) has maintained its successful operations, fulfilling its agreement with the Province of Prince Edward Island to produce Atlantic Salmon and Brook Trout for release throughout the island. Despite the ongoing impact of COVID-19, the hatchery continued to deliver on its objectives in the 2020-21 year.

Feedback from partners and associates within the aquaculture sector consistently praised the hard work of the hatchery team, acknowledging their dedication and contribution to the hatchery's success. This recognition is a testament to the team's efforts and accomplishments, of which they can be rightfully proud.

The hatchery's operations included the collection of brood stock, the rearing of eggs, and the production of exceptionally healthy fish with a notably low mortality rate. The team's commitment to producing high-quality fish ensures the successful reintroduction of these species into the watersheds across Prince Edward Island.

Despite the challenges posed by the COVID-19 pandemic, the ABEH and its dedicated team have maintained their effectiveness and achieved commendable results. Their ongoing efforts contribute to the preservation and enhancement of biodiversity in PEI's aquatic ecosystems, furthering the goals of sustainable resource management and conservation.



Social Development

The Social Development program implemented a new ASAP software system on April 1st, 2020. A significant amount of time was spent implementing this new system with data entry, numerous meetings with the programmers to have the system written to conform to a bi-weekly pay system as opposed to monthly, and ensuring the system suits our reporting needs. Training in this system will continue throughout the year.

Rates were increased on April 1st according to our five-year agreement with Indigenous Services Canada (ISC). Discussions continued through the fiscal year to increase the rates again to keep up with the Provincial increases. The Social team continued to provide services to their clients via phone and email due to various COVID-19 protocols during this fiscal year. Many discussions around ensuring that the clients received all the proper supports available to them during this difficult time, such as CERB and their EI. Special Needs requests continued throughout this time.

We were involved in national and regional calls with Indigenous Services to keep up with the changing policies and future proposals.

- *Regionally:* Social Directors were asked to submit a survey on the impacts of COVID-19 from a social perspective and future implications on the program.
- *Nationally:* as part of the Assembly of First Nations Income Assistance Committee, we have submitted two proposals to study: 1) Income Assistance: which will involve reviewing rates, criteria, services, programs, and date in hopes of providing effective solutions to current issues. 2) The second study is on "appropriate measures of poverty for First Nations." This study will develop appropriate indicators and measures of poverty for First Nations and eventually analyze Universal Basic Income.

Registry

Due to COVID-19 restrictions the Secure Status Cards and any other changes to the IRS system are on hold as Federal Government workers are not allowed in their offices for an unknown amount of time. ISC sent out information to businesses stating that expired cards should be accepted as Registry numbers do not change and no new cards were being printed at the time.

Income Assistant Pre-Employment Program

Abegweit First Nation delivers short or long-term financial assistance to those in the community who are experiencing financial adversity. It is the goal to facilitate clients along the continuum of dependency to self-reliance, growth, and meaningful employment. Therefore, programs such as the Income Assistance Pre-employment helps to support those transitions and achieve successful outcomes.

The program provides supports to individuals and families on reserve who have demonstrated a need for financial support and are transitioning from Income Assistance to employment and education. This program provides guidance to clients that require assistance in overcoming barriers to employment or further training or education to reach their goals and be successful.

The pre-employment program named "Future Community" providers are Rosie Dunn & Charlene Sabattis and are under the Social Development Department. "Future Community" started during COVID-19 but was still able to provide support on a virtual platform. The staff provides a safe workspace environment for clients while networking with other resources such as the Abegweit Health Centre and Abegweit Healing Centre to provide the best services possible.

2020-2020 Project Highlights:

- Empowerment and Leadership sessions
- 2-day positive Relationships
- 2-day asset-based training
- Identifying skills training
- First Aid, CPR, WHIMIS
- Food Safety
- Resume building
- Cooking Classes
- Applied Suicide Prevention training
- Web page design

**Housing**

Housing in Abegweit continues to be priority issues as identified in 2019-2020, by the Chief and Council, as well as the Director of Housing, Danny Levi, and Director of Infrastructure, Chris Jadis.

In the 2020-21 year, we had the following homes on our reserves:

| Abegweit Homes on Reserves | | |
|-----------------------------------|--------------------|---------------|
| Scotchfort | Rocky Point | Morell |
| 65 | 19 | 9 |
| Total | | 93 |

In Abegweit First Nation there is a long list of families residing within homes intended for only one family. Abegweit has youth and young adults with no other housing options then to remain in their parent or grandparent homes.

In Prince Edward Island, there is a housing and rental unit shortage, especially in Charlottetown area. This puts a great deal of stress on community members residing off Reserve which then puts more pressure on the Band to build more homes in our communities.

The communities housing stock has homes that were not energy efficient, had roofs that were leaking and required upgraded insulation. A partnership was created with the PEI Office of Energy efficiency to complete home energy audits, install heat pumps, and add additional insulation. Work started on the replacement of roofs from asphalt to steel.

The Abegweit housing administration team competed in the national Passive Solar Housing Complex competition in 2019-2020, competing with 324 project proposals from across Canada and was one of twenty-four successful applications chosen.

During the 2020-2021 year the housing team worked with Sable Arc, Cosolved Consulting and Bay Winds Consulting to complete the design work and class "B" estimates for the homes.

In 2020-2021, Abegweit was in the "Accelerator Phase" of project. The community was very pleased, Amber Jadis, Cosolved Consulting, was the lead electrical engineer on the project team and the community will use their own construction team to build the homes.



Other housing initiatives included several community members exploring building their own home in the community using the “Section 10” Indigenous Services Canada self-mortgage program. For these community members, they were interested in applying to their own Bank to qualify for a personal housing mortgage. Ten community members started this process however, no one decided this was the best option for them.

The housing team submitted a housing proposal through Canada Mortgage and Housing through the “Rapid Housing Stream” for the construction of five new family homes.

On March 31, 2021, Danny Levi, our Housing Director retired after many years of service. We wish Danny all the best in his retirement.

Health and Wellness

The Health Centre provides many different programs and services through the staff at the centre while supporting the community and administration office in many more ways than are listed below. The COVID-19 pandemic caused the team to deliver programs and services in new and innovative ways to meet the needs of the community.

- **Visiting Professional Clinics:** Weekly/Monthly clinics are held at the AFNMWC for various health professionals such as a Family Physician, Psychiatrist, and Diabetes Nurse Educator.
- **Blood Collection Clinic (Venipuncture):** A Blood Collection Clinic (venipuncture) is offered at the AFNMWC weekly. Blood work requisition form provided to you by your physician and your provincial health card is required.
- **Diabetic Foot Care Clinic:** The AFNMWC offers a foot care clinic every six weeks.
- **Blood pressure & glucose monitoring:** Can be requested from the client.
- **First Aid/CPR Course:** Instruction is available to various programs and staff of the AFNMWC. Scheduled group training will be given at various times. Individual re-certification training sessions may be offered based on scheduling.

- **Sexual Health:** Information sessions on sexual health topics such as sexually transmitted diseases, sexuality issues, HIV/AIDS, birth control options etc. take place at AFNMWC. Private individual info sessions for individuals or groups are also available. At AFNMWC we also provide condoms free of charge.
- **Communicable Disease Prevention and Control:** The Community Health Nurse works within the community to reduce; or if possible, eliminate communicable disease. These are diseases that can be passed from one person to another. This includes surveillance, investigation, follow-up, prevention, and outbreak management.
- **COVID-19 Information, Screening, Vaccination, & Testing:** AFNMWC provides clients and their families information regarding COVID-19. Screening is required before any client/family interaction and is completed through various methods such as; screening questionnaires, rapid screening tools, etc. COVID-19 immunization/testing clinics are available to all community members and their families.
- **Immunization:** The Wellness Centre has registered nurses that are certified to provide immunizations to all ages.
- **Home Visits:** We encourage requests by individuals for home visits for those who are new mothers, diabetics, shut-ins, physically challenged, hospital aftercare and/or chronic care patients.
- **Drinking Water Quality:** The water systems in our communities are checked weekly in each community for quality assurance.
- **Emergency Measures Organization:** In case of an emergency, the Abegweit First Nation Wellness Centre has created an Emergency Management Plan to be implemented when an emergency is declared within our community. This plan will empower individual community members to perform the appropriate tasks to ensure the safety of all community members.
- **Medical Transportation:** AFNMWC has a medical vehicle for transportation to the nearest appropriate medical facility. However, it does provide clients the option of a private driver covered through Non-Insured Health Benefits (NIHB). The use of an ambulance for emergency purposes or travelling out of town due to a medical condition may be covered under the NIHB Medical Transportation Framework.
- **Coordination of Non- Insured Health Benefits and Medicare (dental, vision, medical equipment, special medical approvals, medical application renewal, medical drivers):** Abegweit First Nation Mi'kmaq Wellness Centre staff work closely with the First Nations & Inuit Health Branch Non-Insured Health Benefits staff regarding applications for dental, vision, medical transportation, medical equipment, and for special authorization for medical approvals.
- **Well Women's Clinics:** Every stage of a woman's life from adolescence to mid-life and beyond is unique and valuable and every woman deserves safe and satisfying well woman care. The AFNMWC offers a Well Women's Clinic yearly. Topics and services during these clinics include, but are not limited to pap screening, self-breast exam education, birth control options, menopause etc.
- **Men's Health Clinic:** Our Men's Health Clinic is aimed at providing information on the health conditions and risks that are most common to men to promote optimal physical, emotional, and social well-being. An annual clinic will include various topics of interest such as Prostate Health, Testosterone, etc.

- **Enhanced Home and Community Care Program:** This program currently conducts home visits to assess and assist client's needs. The goal is to promote the clients' ability to live independently in their home. The Enhanced Home and Community Care Program will be providing client assessments, case management, home care nursing, personal care, home support and respite services. Service is for all community residents of any age. This program includes but not limited to, weekly Elder drop-in, monthly Elder meal, monthly Elder Advisory Committee meeting, Meals on Wheels, Lifeline assistance.
- **Mental Wellness and Addictions Program:** This program provides a safe, confidential, and compassionate environment for our community members. Our Mental Wellness and Addictions Team are available to help with difficulties that clients/families may be experiencing without judgement, shame, or stigma. The Mental Wellness and Addictions Team deliver a holistic program that provides the following services: individual counselling, alcohol and drug addiction support, workshops and educational sessions, referrals, MMIWG support, Indian Residential Care support, Indian Day School support, Sixties Scoop support, Cultural support, and access to a care facilitation team.
- **Cultural Services:** At AFNMWC, we provide cultural services that include but not limited to; Mi'kmaq language classes, seven sacred teachings, seven hoops of inter-generational trauma, medicines, ceremonies, sweats, regalia making, healing circles, and traditional healer/Elder support etc.
- **Maternal Child Health Program:** Supports the health and wellness of infants and children through the strong involvement of parents and family. This program includes, but not limited to; pre-natal/post-natal classes, milk/food vouchers for pre-natal and breastfeeding mothers, car seat safety sessions, breastfeeding support, etc.
- **Child Health Clinics:** These clinics provide opportunities to get your baby weighed and ask questions about your baby's general health or any questions you may have. This service is available anytime by stopping in or by contacting the Maternal Child Health Nurse.
- **Children's Oral Health Initiative (COHI):** AFNMWC hosts a COHI clinic on a bi-annual basis. Activities that take place during a COHI clinic include fluoride treatments by the COHI Aide and dental screenings by the Dental Therapist. Dental sealants and referrals for complex treatment are scheduled by a Dental Therapist as needed. The goal of COHI is to reduce, prevent, or remove oral health diseases through prevention, education, and oral health promotion (Health Canada, 2007).
- **Health Promotion Program:** The Health Promotion Program is coordinated by a Registered Dietitian whose focus is health promotion and injury/illness prevention which includes maternal health, infant health, child health, school health, adolescent health, adult health, and elder health. This program includes, but is not limited to, cooking classes, weight loss challenges, nutritional consultations, one-on-one counselling, community gardens, early years menu support, etc.
- **Aboriginal Diabetes Initiative Program:** The overall goal of the Aboriginal Diabetes Initiative (ADI) is to improve the health status of First Nations individuals, families and communities through actions aimed at reducing prevalence and incidence of diabetes and its risk factors. AFNMWC supports activities targeted at healthy eating and food security, increasing physical activity as a healthy living practice, increasing the early detection and screening for complications of diabetes. This program includes but is not limited to; good food box program, walking group, diabetes breakfast, etc.

Enhanced Home and Community Care Program

Throughout the pandemic the team continued to provide services to clients, such as, client wellness check-ins, coordinating prescription pick-ups, grocery pick-ups and transportation to doctor appointments. Enhanced Home and Community Care Program is offered through self-referral, family/caregiver referral or physician referral. For more info; contact Mimi or Dominique at the Wellness Centre.

- **Meals on wheels** – ongoing, meal services offered once a week by the assisted living program.
- **Cancer Wellness Events** – Ongoing events to create awareness of the prevention, management and overall wellness of clients living with cancer, survivors, and caregivers. National Cancer Wellness Day clients living with cancer and cancer survivors gifted hanging flowers and gift card.
- Cancer support group meet over breakfast and wellness check-in and often do crafts/activities.
- **Narcan education session** – Sherwood Pharmacist provides an information session on signs/symptoms of drug overdose and how to administer Narcan (Naloxone). Narcan is an open benefit through NIHB with a consult from a pharmacist or physician prescription. Injectable or nasal Narcan is both covered. For further info contact Mimi at the Wellness Centre.
- **Elders Christmas Social** – Even with a pandemic, event was different this year. Wellness staff prepared and delivered Christmas meal and gifts.
- **Mi'kmaq Valentines coloring contest**- Community members posted a Mi'kmaq word and finished a coloring sheet.
- **Elder social** – Elders came together for snacks and played Coronavirus trivia. Fun way to learn and review public health guidelines.
- **Word Searches** – Mailed out to community members and prizes drawn. Although we were not able to socialize in-person, provided an activity and socialize at the comfort of your home.



AFNMWC 's Mental Wellness and Addictions Program located at the Healing Centre quickly responded to COVID19 restrictions by offering counseling sessions by means of Tele-Health.

As a continuation of our program delivery, we offered numerous virtual sessions such as: Paint pour, Felting Class, Quill making, drum making, family movie night, etc. We provided counseling sessions, as well as providing support with numerous requests such as Day School, Cultural and Educational etc.

Staff attend ongoing educational/ training sessions as to improve our delivery of services such as: Naloxone, Indigenous SPCCR, Addictions and Mental Wellness, DBT Skills, Pharmacology, Trauma Informed Care, Indigenous Studies, Feather Carriers. Our mental wellness program went through an Accreditation Canada survey and is on track to become an accredited program.

Health Promotions

Individual Consultations

One-on-one consultation between community members and the dietitian occur on an as-needed basis. Individuals are referred by other health care professionals (i.e. provincial dietitian, nurse, or physician), or they may self-refer. Topics of discussion included, diabetes prevention and management, meal planning, blood sugar monitoring, blood work review, sick day management, chronic disease prevention and management, meal planning, weight loss/weight gain. These assessments or follow up visits are being done at either the health centre or in the home of the client to maximize access. Referrals are made when necessary.

Diabetes Support Group

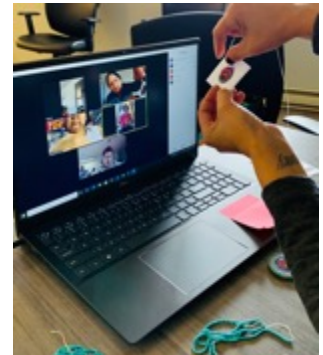
In April 2020-March 2021, the HPC and CHN started offering biweekly support groups to community members living with diabetes over ZOOM. These sessions are client focused and client led; various diabetes topics were discussed. *June (5 participants), July (4 participants), August (5 participants) October (6 participants), November (9 participants)*

Diabetes Day Event

Online contest was promoted for diabetes day for Nov 23rd, 2021. Each participant had the option to go for a 30-minute walk, book an appointment at the wellness centre to review blood pressure, blood sugar, waist circumference, weight, and/or to take the type 2 diabetes risk assessment online. Each task equaled one point for the draw. (5 participants)

Diabetes Journey

On March 22-26th 2021 the HPC collaborated with community members and Dr. Armstrong to organize an online community event to enhance diabetes education and maintenance care when living with diabetes. Sessions included: meal planning with Melody Swan, RD, Foot care session with Crissy Riley, LPN, beading with Val Jadis, an info session with Dr. Armstrong and food and prizes were given out as well. (11 participants)



Hypoglycemic Kits

The HPC is responsible for updating the hypoglycemic kits. These kits are available to clients living with diabetes and who may be susceptible to having lows. These kits include Dex 4 tablets, apple juice and a Glucerna protein bar. Clients were provided education around how to treat lows by the HPC using the 'Hypoglycemia: Low blood sugar in adults' handout from Diabetes Canada (hardcopy provided in kit).

Wellness Challenge

An initiative to support and guide interested community members throughout their wellness journey. Participants were encouraged to check in with RD weekly. These sessions promoted participants to set a holistic health goal and work towards them using small lifestyle changes.

May-June 2020 (10 participants)

WELLNESS CHALLENGE WINNERS!

| | |
|--|---|
|  <p>1ST PLACE: GORDO BERNARD</p> |  <p>2ND PLACE: STEPHANIE FRANCIS</p> |
|  <p>3RD PLACE: JENNY KNOCKWOOD</p> | <p>Thank you to everyone who participated in the Abegweit First Nation Wellness Challenge! Keep on going with your goals!</p>  |



Meal Box Program

Funding from Second Harvest was secured to offer meal boxes to community members from Sept-Dec 2020. Ingredients for two meals were handed out to families and online videos were accompanied with recipe to encourage participants to make meals at home. Funding from the Good Food Access Fund was secured in Dec 2020- March 2021. This funding was used to partner with the Charlottetown Farmers Market. Market money was introduced in January 2021 for community members who wanted to purchase food directly from market.

September 2020 (40 families), November (45 families; 53 families), December (63 families), January (60 families; 93 families), February (93 families; 93 families), March (93 families)

Aboriginal Sports Circle

The HPC worked with the Aboriginal Sports Circle manager and program coordinator for a variety of events throughout the year. The HPC provided short nutrition related videos for their Facebook page throughout the year due to COVID-19 social distancing. ASC funding was used for various Online Health Promotion Challenges:

- Physical activity challenges
- Walking challenges
- Cross word, word search for kids
- Nutrition month activity

Jordan's Principle

Continues to be successful in providing our children with accessibility to recommended health, social, and educational services. A few of these services include speech language therapy, occupational therapy, physiotherapy, educational assistants, tutoring, assistive technology, and psycho-educational and neurological assessments.

Another success for Jordan's Principle was the Canadian Human Rights Tribunal (CHRT) 36 ruling. The CHRT ruling has extended the eligibility criteria under Jordan's Principle.

The updated eligibility includes a child must be under the age of majority in their province or territory of residence, permanently reside in Canada and meet one of the following criteria:

- the child is registered or eligible to be registered under the Indian Act,
- the child has one parent/guardian who is registered or eligible to be registered under the Indian Act
- the child is recognized by their Nation for the purposes of Jordan's Principle
- the child is ordinarily resident on reserve

For any parent or guardian interested in learning more about Jordan's Principle and/or the updated eligibility criteria, please contact the Wellness Centre.

Youth Peer Support Program

STEM

In October 2020, we partnered with Amber Jadis to bring STEM (science, technology, engineering, and mathematics) to the youth. The youth got to wear lab coats and safety gear provided by Amber. They were also able to learn through the different activities by having hands on experience.

Turkey Dinner and Activities

On October 16th, 2020, after spending the time to recreate the basement of the Healing Centre we wanted to bring in a big Friday event. We were able to provide a turkey dinner! We purchased a number of pumpkins and provided the materials for the youth to either take their pumpkin home, paint it, or take it outside to toss it on a big tarp we provided. This was a closely supervised event, and it gave the opportunity for the youth to be creative.

Halloween Scavenger Hunt

We offered our scavenger hunt for October 27th, 28th, and the 29th. We partnered with Ella and Rube for Halloween week to offer our support at the haunted band office. Our youth peer support team planned to have three scavenger hunts around the band office during the week of Halloween. Every day we had a different list of items that we would hide, and we set up a station with hot chocolate to offer since it was cold and windy on these days. On October 30th, 2020, we were able to compile the list of participants and we offered prizes on this day.

Crafts and Baking

After moving into a new space, we realized we have a lot of inventory for arts and crafts. With the abundance of materials in our inventory we were able to bring some of the youth together for events like making name tags, painting, tie dying t-shirts together, baking cupcakes, playing board games, building crafts, etc.

Movie Nights

With outdoor activities being limited due to weather and Covid restrictions we thought it would be a perfect opportunity to bring in quiet movie nights! The first movie night was November 6th, 2020. A screening of "Spiderman: into the spider verse" played on our projector. We offered a pancake bar, healthy snacks, and refreshments. Our second movie night was November 13th, 2020. We watched Brother Bear on the TV and provided fried rice, Caesar salad, apple nachos, and refreshments. The third movie night we did was on December 4th. To kick off the holiday season we provided a Christmas Movie Night, and it was voted that we watch "Home Alone". We offered pizza, healthy snacks, and refreshments. Our third movie night gave us 17 participants.

Ribbon Skirts and Shirts

We partnered up with Shannis Grey and Barbara Bernard to bring an event funded by the MMIW program. Shannis Grey provided the materials for the ribbon skirts and shirts. We also brought two elders onto our team to help sew and direct us. Our youth peer support team coordinated the meals, event days, and we also offered our support through the sessions. This was a great learning experience for everyone and an opportunity for the youth to work closely with our elders. We brought this activity out to three different communities. The Rocky Point session was held on November 17th, 2020. Our Scotchfort session was held November 18th, 2020. Our Morell session was held November 19th, 2020.

Talking Stick Activity

On November 20th, 2020, we partnered up with Lori St. Onge from MCPEI to bring a talking stick activity to the Healing Centre. We had a sign up from both elders and youth to come together and make their own talking stick. MCPEI provided the materials and money for food costs. Our youth peer support workers organized the space, food, and refreshments.

Interactive Story Telling

On November 26th, 2020, we partnered up with Julie Lush to bring an evening of interactive storytelling. Julie shared stories from Mi'kmaq Legends and helped the youth understand the different medicines and the importance they hold. The youth got a chance to participate in different exercises that helped them take a step outside of their comfort zone. They embraced learning and interacting with one another.

Ping Pong Tournament

On November 27th, 2020, we partnered with Tyler Gould from the GoSports program to bring a full day of physical activity. Tyler Gould hosted a Hockey event with the older youth during the day and provided the funds for the youth program to have two ping pong tables. We decided to host a ping pong tournament and we had prizes set up for 1st place, 2nd place, and 3rd place.

Christmas Elder Social

The Christmas Elder Social happened on December 3rd, 2020, this year. We partnered up with Melissa Jadis and Dominique Arsenault to help deliver elder meals. In the previous years we had a big event and got our youth to help serve food to elders. This year, due to Covid, there was no gathering. Instead, Tyra Labobe gathered a handful of youth to help prep and deliver elder meals door-to-door. We provided the materials for the gifts.

Ornament Making

We supplied materials and hosted three different ornament making sessions. Our first session was with Rocky Point on December 1st, 2020. Our second session was with Scotchfort on December 3rd, 2020. Our third session was with Morell on December 2nd, 2020.

Virtual Activities

At-Home Scavenger Hunt

The youth have a chance to do a Scavenger Hunt made by our team! All the items on the list are items that can be found in every household. Activity opened December 7th, 2020. Activity closed December 11th, 2020. Prizes announced through a random draw December 11th, 2020.

Take a Picture with your Christmas Tree!

Partnered with Jayoda Tennekone and Barry O'Brien from MCPEI. Take a picture with your family in front of your Christmas Tree and submit it for a prize! Activity opened December 14th, 2020. Activity closed December 18th, 2020. Prizes provided by MCPEI.

Quill Work Kit's

Partnered up with Melissa Peter Paul to distribute Quill Kits out to the community. Melissa provided the kits and offered to make a video tutorial for this virtual event. Sign up for this event opened on January 11th, 2021. Sign up closed on January 15th, 2021. Contacted EMO to deliver kits to the households that signed up on January 18th, 2021. Prizes announced January 22nd, 2021.

Grants***Elder Honorarium***

Our program has received budget cuts through the year of 2020. Our youth peer support team worked together on reaching out to create different partnerships to still achieve what we previously had. Due to the budget cuts in our program one of the areas that were affected was the honorarium we give out to the elders. Elders are known to be traditional knowledge keepers. They provide cultural context and bridge the teachings from the past into the future. Heddy-Jo Good Rider submitted a proposal to Barry O'Brien from MCPEI. Barry O'Brien was willing to partner with us and he gave us that opportunity to secure our elder honorarium and bring the price back up to what we were previously giving.

Physical Literacy Grant

We received a physical literacy grant through Recreation PEI. The proposal that was submitted was to bring a snowshoe day to our youth and we received \$1000 to make that happen. We have done price estimates and are currently working on setting a day to hold this! The deadline to hold this event is at the end of March 2021.

Early Childhood Centre – Headstart

The Abegweit First Nation Early Childhood Centre provides high quality, affordable education and care for Infants 9 months old to school entry, Monday to Friday, year-round. We operate from 7:45am – 4:15pm. The Centre is Provincially Licensed and a designated Early Years Centre, following PEI's Early Learning Framework, as well as Aboriginal Headstart on Reserves' Core Values.

In 2020-2021 year, we experienced the COVID-19 pandemic. Our centre closed on March 17th, 2020. During that time, the staff did their best to stay connected to the children of the centre. Some of the things they did was make busy bags for each child. The bags were filled with various activities. The educators did read-aloud videos for the children. They also face-timed the children and spent time with them that way. The centre re-opened on July 1st, of 2020 under an enhanced operational plan. The staff and children were so happy to be together again.

During that time, the centre also completed the Farm to Fork project: Digging Deeper. They worked with Stephen Cousins and Brezlyn Knockwood at the community garden educating the children on the process of where their food comes from and how it gets to their plate. They enjoyed a cookout opportunity, bannock baked over the fire, and a petting zoo during that time as well.

Our greatest joy is working to continuously uphold the expectations of the AQI/AHSOR and Provincial Guidelines as we work in partnership with the families and the children we serve.

Our staff had 9 members in the 2020-2021 year:

- 1 Director
- 1 Cook
- 2 Infant Early Childhood Educators
- 2 Jordan's Principle 1:1 Support workers
- 1 COVID-19 Support Staff

Children's enrollment was:

- 6 Infants
- 14 Toddlers & Preschoolers (Family Grouping)

Educator to Child Ratios:

- 1 Educator: 3 Infants
- 1 Educator: 5 Toddlers
- 1 Educator: 10 Pre-Schoolers

We want to remind our community members that our wait list is very long. So, please call 902-676-2412 to add your child to the wait list as early as possible.

Tobacco and Fuel Tax Rebates and Spending

April 1, 2020 to March 31, 2021

| | 2020/2021 | 2019/2020 |
|--|--------------------------|--------------------------|
| Total Tobacco Tax Rebate from Province of PEI | 988,842 | 907,400 |
| Amount of Rebate relating to sales to FN members | 593,305 | 544,440 |
| Total tax rebates available to Band | <u>\$395,537</u> | <u>\$362,960</u> |
| Distributed as bonuses to community members | | |
| - Summer | 41,900 | 39,200 |
| - Christmas | 218,600 | 208,400 |
| Total Community member bonuses | 260,500 | 247,600 |
| Housing Expenses – NOT funded by AANDC | 132,443 | 195,613 |
| Employment – Seasonal workers & Construction crew | 167,532 | 61,018 |
| Cultural Events - Mawiomi | 14,816 | 34,540 |
| - Workshops | 500 | 3,200 |
| Elder Assistance – Cleaning, caretaking, etc | 1,649 | 1,715 |
| Youth Assistance – School trips, awards, travel, etc | 4,313 | 1,000 |
| Misc. Community Expenses – Funeral/wakes, moose | 25,350 | 23,598 |
| Magic Mountain Trip | | 7,718 |
| Community Bingo | 4,156 | |
| Christmas Events | 9,263 | 7,780 |
| Elders Trips | | |
| March Break Activities | 1,366 | |
| Halloween | 4,188 | 2,936 |
| Oil and Electric community members | | 1,698 |
| Education Assistance | | 1,710 |
| Storm Assistance | | 29,673 |
| Emergency Travel/medical assistance | 5,366 | 4,800 |
| Sports Activities | 36,602 | 36,791 |
| Heat and Lights for Elders | 38,332 | 43,200 |
| Snow Removal | 12,000 | 14,744 |
| Total Expenses funded by tax rebates | <u>\$718,376</u> | <u>\$719,334</u> |
| Difference of revenues and expenses | <u>-\$322,839</u> | <u>-\$356,374</u> |
| <p>Please note that when cigarettes and tobacco are purchased from the wholesaler the Band pays tax on all purchases. When the Band sells cigarettes and tobacco to First Nation members, they do not collect tax on the sale. Per Gas Bar Manager, approx. 60% of sales are to First Nation members so a large part of the rebate from the province is to reimburse the Band for tax already paid when the products were purchased from the wholesaler.</p> | | |

