

Michelle Billy, We Wai Kai Nation Social Development Manager

SOCIAL DEVELOPMENT NOTICE March 17, 2021

Income Assistance Payment Dates

March 24, 2021 (for April 2021)

April 21, 2021 (for May 2021)

May 19, 2021 (for June 2021)

*Cut off day for your paperwork (renewal slips/job search) is 10th of the month.

If you have not submitted your renewal slip / job search forms please do so immediately if you require continued assistance.

Firewood for Elders 65+ and Low- Income Families

There will be some firewood for those that meet the criteria for need. (elders age 65+ and low- income families who use a woodstove in their own home as their *main* source of heat.)

If you are no longer using your stove and *do not* need wood then please call Michelle @ 250-914-1890 ext106.

>>>>There will be wood available for the other community members at a later date. *Stay tuned.*

Please do not take wood from the woodpile <<<<



The youth programs continue to run at Cape Mudge & Quinsam under Covid-19 safety protocols. Please see Youth schedules in the newsletter. It is required that you continue to do the **Daily Health check** with your children before sending them to group. You can contact Michelle, Raven or Taylor if you have any questions.


>>>> ELDERS <<<<

Did you have your COVID-19 vaccination?

Colleen is continuing to do elders shopping and lunches are being delivered to you once a month.

✓ If you are not on the elders age 65+ lunch delivery and would like to added please let Colleen or Jonathon know so they can put you on to the list. *more elder's news>*

➤➤➤➤➤➤The Elders program is now offering “**Wellness rides**” for those elders who need to get out of the house for a mental health boost.

➤➤➤➤➤➤This is a 1-hour time slot (including pick up & drop off) to get out of the house and go for a scenic drive  You must book with Colleen a week in advance.

➤➤➤➤➤➤Wellness rides are not for shopping, instead it is a drive along the waterfront to take in some of our beautiful scenery in CR and Quadra Island.

➤➤➤➤➤➤The elders van is set up with a special safety barrier, only **1** passenger at a time is permitted in the back seat unless you are in the same household, 2 people max. The seats are sanitized between passengers.

➤➤➤➤➤➤You must have your Covid vaccination 2 weeks prior and wear a medical grade mask provided to you.

➤➤➤➤➤➤It is suited for the elders that *do not* have a family member or friend to take them out for a wellness drive<<<<<<

■ Crafts & Games and Café times ■ ■ Wellness Rides ■ ■ Shopping ■ ■ Lunch ■ ■

Monday's – Cape or Quinsam - Rides for pre-scheduled medical apt.'s or wellness time out. Please call Colleen before booking your appointment to see what times are available.

Tuesday's – Quinsam Elders Shopping Day. Call Colleen if you require her to do your grocery shopping for you.

Tuesday afternoon's- 1:00pm - 3:30pm **Game Time** - Quinsam Elder room. Come do a puzzle, play games or do some crafts.

Wednesday morning's – 9:00am – 12:00pm **Café Time** - Quinsam Elder Room Coffee & Tea time, Games, puzzles, and crafts.

Wednesday afternoon's – - 1:00pm - 3:30pm **Game Time** @ Quinsam elder room. Shop for Cape groceries.

Thursday's– 9:30-11:30 **Café Time** Coffee & Tea @ Cape Mudge Elder Room (Band office) 12:30-2:30 - **Crafts and Games** or **Wellness Rides**. *Lunch delivery at Cape *last Thursday of the month*.

Friday's –Cape or Quinsam- Rides for pre-scheduled **medical apt.'s**. and **wellness time out**. *Lunch delivery at Quinsam *last Friday of the month*.

Please note: This is a temporary schedule and is subject to change. See weekly newsletter for updates! Please, sign up at least 1 week in advance for sessions.



Elders- We welcome your ideas and input. If you have not filled out your survey and would like one contact Michelle. The Elders Programs will be running under strict Covid safety measures. You must have had your Covid-19 vaccination 2 weeks prior to participating. Individual & small, 'same bubble' groups, mask wearing, hand sanitizing, room air purifiers, plexiglass barriers, sanitizing surface areas before & after each session, temp checks, and continued monitoring for any symptoms will be in place. If you have a weakened immune system or chronic illness we ask that you not attend at this time.

BINGO				
1	27	33	48	75
8	19	45	56	61
3	18	28	49	69
15	26	41	53	66
2	21	37	46	65

BINGO! Congrats to our last winners....Harvey Assu, Georgia Connors, and Mabel James!!

Elders distance Bingo is ongoing 😊 see the weekly newsletter or call Colleen if you have any questions.

Contact Colleen our Elders Worker @ 250-287-0613

The elders will be cruising in style on their new 23 passenger bus.



Congratulations elders!

A logo will be added at a later date.



"Working together for Wellness and an Enhanced Quality of Life for our Elders"

Contact Michelle: 250-914-1890^{ext109} or email at michelle.billy@wewaikai.com