

Adams Lake Indian Band

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ALIB Community Communique

FOR IMMEDIATE RELEASE

May 6, 2020

Adams Lake Response to Covid 19 Pandemic Emergency

Submitted by Health & Wellness Department

The Adams Lake Indian Band recommends that all members limit travel outside of the community at this time. This means that family and friends from other parts of the province or country should not be coming to visit you or your household at this time.

May 4-10, 2020 is Mental Health Week. This is an important time to acknowledge that this Covid-19 Pandemic has affected each and every one of us in different ways. We are all experiencing the same storm, but from different boats. It is important to ensure that we are not only taking care of our physical health during these trying times, but are doing things for our mental wellness as well. Being outside, getting on the land, making medicines, fishing, being creative, connecting with friends and family over the phone or video calls, all while maintaining physical distancing, are some ways that people are promoting mental wellness. Others might find that that they need to talk to a professional registered counselor to help them process things. If you would like to talk to someone, we have 3 registered counselors that you can contact:

Hilda Green: (250) 299-1617 (grief/loss/more)

Matt McLean: (250) 320-0846 (Addictions/Anxiety/Depression/Conflict/Relationships/Grief/loss)

Shawna Biron: (250) 517-0306 (Addiction/Anxiety/Depression)

You can also call these telephone support lines:

KUU-US crisis response services: 1-800-KUU-US17 (1-800-588-8717)

KUU-US child/youth: (250) 723-2040

KUU-US Adult/Elder: (250) 723-4050

Kids Help Phone: 1-800-668-6868

Helpline for Children in BC: 310-1234

All of the Public Health Orders from Dr. Bonnie Henry, Provincial Health Officer, remain in effect at this time. We are still being asked to:

- stay home as much as possible and only go out to the grocery store when needed (and only one shopper from the household)
- you are required to stay at home if you have any Covid-19 symptoms
- only spend time with those who regularly live in your household
- maintain a physical of 2 metres between people (just over 6 feet)
- wash your hands regularly
- cough/sneeze into your elbow
- clean high touch surfaces regularly (doorknobs, light switches, counters, bathrooms)

“Be Kind. Be Calm. Be Safe. This isn’t forever, but it is for now.”

-Dr. Bonnie Henry

Covid - 19 Care Package Delivery



During this time of caution, *Adams Lake Indian Band Emergency Operation (EOC) Team* have gathered and put together Care Package for delivery to households on Chase and Salmon Arm reserves. Care package will include hand sanitizer, bleach and spray bottle etc. Door to door deliveries will be made on Friday, May 8th on Reserves #4 and #6. If you are not home, the box will be left just outside your front door.

Create Your Own Family Pizza Night

The *ALIB EOC Team* wanted to do something fun for the community and has ordered the ingredients to make own pizza. Once the supplies come in, they will put together and Pizza Supplies Care Packages will be delivered to households on Chase and Salmon Arm reserves, estimating delivery to be on Tuesday, May 12th. The pizza care package will include pizza dough, sauce, cheese and pepperoni.



Enjoy and have Fun making your own pizza for your Family Dinner

ALIB Band Members Living Outside of Community

Gift Cards Available



The *ALIB EOC Team* don't want to forget about our Band Members living outside of our community (off reserve). We have some gift cards available for: Safety Mart (Chase), Askews Foods (Salmon Arm) and Walmart (use in any town that has a Walmart). Please call Band Office 250-679-8841 or Toll Free 1-877-679-8841 with your name and address. We will mail out a gift card to you.

Friendly Reminder of Deadlines of ALIB Contests

Front Door Decorating Contest - deadline Fri. May 8th, 4:30 pm.

FMI contact Sandy L at 778-257-4123

Home Talent Video Contest - deadline Tues. May 12th, 4:00 pm.

FMI contact Vaughn S at vsunday@alib.ca

Youth Nature Scavenger Hunt - Draw will be Fri. May 15th.

FMI contact Sandy L at 778-257-4123

