

**WINTER FEST COMMUNITY**  
**FAMILY DANCE**

**SAT Feb 25<sup>th</sup>**

**kihiw waciston Gym**

**Doors Open 5 pm**

**Supper 6 pm**

**Dance 7 pm**

**Band – Bruce Ibister**

**Jigging Competition**

**for youth and adults**



**FUN FOR THE FAMILIES**





# Wellbriety

**When:** EVERY WEDNESDAY

**@** 6:00-8:00pm

**Where:** Health Center Kitchen

**Who:** Wellbriety welcomes anybody who is currently practicing or want support to maintain a drug and alcohol-free lifestyle

An Elder will be in attendance

Snacks will be provided

Childcare is provided and rides to attend could be provided if needed. Call to arrange.

If you have any questions, please feel free to contact Gloria or Leslie at the Muskeg Lake Health Centre at 306-466-4914





Indigenous Services  
Canada

Services aux  
Autochtones Canada



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Northern Inter-Tribal Health Authority  
Chief Joseph Custer I.R. #201  
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February 16, 2023

**Re: Pertussis (whooping cough) in Southern Alberta**

**TO: Community Members**

This letter is to notify and alert you of important steps to prevent cases and spread of pertussis (whooping cough). There have been recent cases of whooping cough circulating in southern Alberta. Whooping cough is a **vaccine-preventable disease** and there is an effective antibiotic treatment available with a doctor's prescription.

**Infants less than one year of age and pregnant women in their last trimester are most vulnerable to complications if they get whooping cough. Infants may not present with typical symptoms listed below, so it is important to be alert for any changes in an infant's normal behaviour.**

Immunization is the best method to protect against and limit the spread of whooping cough, along with regular hand washing and remembering not to share drinks, food, or cutlery. Whooping cough immunization is safe and effective in preventing severe illness. In Saskatchewan, the vaccine is offered at 2 months, 4 months, 6 months and 18 months of age and at 4 to 6 years of age, with one booster dose offered in Grade 8 and also to adults who have not had a whooping cough booster in adulthood. **People who are in their third trimester of pregnancy should receive one dose of Tdap between 27-32 weeks gestation, with each pregnancy.**

**Please visit your Community Health Nurse to get immunized and/or ensure your immunizations are up to date. They will be able to answer any question or concerns related to immunizations.**

**Be alert to symptoms of whooping cough.** Whooping cough starts with a cough, fever and runny nose (cold-like), then progresses to more severe symptoms like gagging/vomiting and difficulty breathing. **Children and Adults with these symptoms should remain at home to prevent the spread of infection.** Anyone with symptoms should be encouraged to seek medical attention. Please notify your Community Health Nurse if you have any concerns or appear to have symptoms consistent with whooping cough.

Thank you for your attention to this important health matter.

Kind Regards,

Dr. Ibrahim Khan, Medical Health Officer  
Indigenous Services Canada, SK Region

Dr. Nnamdi Ndubuka, Medical Health Officer  
Northern Inter-Tribal Health Authority Inc.





## EMERGENCY-GRANDPARENT SCAM

Fraudsters are targeting seniors by calling and pretending to be a family member in distress, the police or a justice official claiming that a loved one or grandchild is in trouble, and needs money immediately. **Victims are told there's a gag order, and can't speak to anyone.**

### PROTECT YOURSELF



#### Fraudsters...



**Call demanding immediate payment for bail, or fines to avoid going to jail**

**Remember!** The courts won't ask for cash to bail out someone in custody, and will require people to be present in court.



**Claim to be a lawyer, police or family member in an emergency situation demanding funds**

**Be suspicious** of calls that require immediate action. **Hang up!** Call your local police and contact the family member directly.



**Request cash and send couriers for pick up, or demand the victim send cash by courier services or via cryptocurrency**

**Never** send cash, cryptocurrencies or any other funds to unknown persons, unverified addresses or bank accounts.

If you believe you have been scammed, contact your local police and the **Canadian Anti-Fraud Centre:**

**1 (888) 495-8501 / [antifraudcentre.ca](http://antifraudcentre.ca)**

Fraud. Recognize. Reject. Report.

