

MADAWAN MASENYGUN

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URBAN INDIGENOUS COVID-19 VACCINATION CLINIC



We continue to expand our vaccination program to include younger age groups. Visit wabano.com for current age requirements and to find out if you're eligible.

Happy Spring 2021



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Opening Monday March 1
Call 613-691-5505 to book your appointment

Phone Line Hours
Monday to Friday:
7:30 am - 6:00 pm

Saturday and Sunday:
8:30 am - 4:00 pm

Location
[St. Laurent Complex](#)
525 Coté Street, Ottawa

Clinic Hours
Monday to Thursday:
12:30 pm - 7:00 pm

Friday to Sunday:
10:00 am - 4:30 pm

**Proof of Indigenous Identity/
Status Required**

Examples include:

- Status Card
- Inuit Beneficiary Card
- Métis Card
- 60s Scoop Acceptance Letter



Wabano



For more information, visit wabano.com and ottawapublichealth.ca



SUPPLIES

- ☐ Vacuum
- ☐ Steam Cleaner or Mop
- ☐ Dusting Materials
- ☐ Paper Towels
- ☐ Broom
- ☐ Boxes
- ☐ New Furnace Filter

CLOSETS

- ☐ Donate or toss old clothes and shoes
- ☐ Pack up winter clothes
- ☐ Wash/hang up spring clothes
- ☐ Dust/wipe down shelves
- ☐ Clean or replace laundry basket

KITCHEN

- ☐ Get rid of outdated spices and food
- ☐ Defrost and clean fridge and freezer
- ☐ Steam clean grout and appliances
- ☐ Polish silverware
- ☐ Clean inside of cabinets and drawers
- ☐ Dust top of cabinets and above fridge
- ☐ Steam clean microwave
- ☐ De-clutter junk drawer
- ☐ Clean oven
- ☐ Clean pantry shelves and around trash

LAUNDRY ROOM

- ☐ Move washer/dryer and clean behind
- ☐ Check dryer vent
- ☐ Clean out cabinets and drawers

Spring Cleaning

CHECKLIST

ALL ROOMS

- ☐ Wipe down baseboards
- ☐ Clean air vents
- ☐ Dust blinds and windows
- ☐ De-clutter any drawers/messy areas
- ☐ Clean windows
- ☐ Vacuum/Mop Floors
- ☐ Replace HVAC/Furnace Filter

BEDROOM

- ☐ Dust ceiling fan
- ☐ Clean or replace sheets
- ☐ Vacuum mattress
- ☐ Clean and vacuum under bed
- ☐ Wash pillows

LIVING ROOM

- ☐ Dust around and behind TV
- ☐ Clean fireplace
- ☐ Clean window treatments/furniture
- ☐ Wash, vacuum, or replace dog beds
- ☐ Polish hard wood floors

OUTSIDE

- ☐ Clean light fixtures
- ☐ Wash outdoor furniture
- ☐ Clean sliding glass door tracks
- ☐ Steam clean cement/cracks
- ☐ Plant flowers
- ☐ Clean/repair gutters
- ☐ Clean and organize garage

BATHROOMS

- ☐ Throw away expired cosmetics
- ☐ Steam clean mirrors, countertops, sink
- ☐ Change shower curtain
- ☐ Steam clean floors, bath tub, and toys
- ☐ Clean in, around, and behind toilet
- ☐ Unclog drains

Hello Gignul, Carmen and Madawan Tenants,

When calling the office, please be sure to listen to all of the phone prompts before dialling the proper extensions.

All Maintenance Requests and Rent Receipt Requests can be taken by Shawnee, the Administrative Assistant at ext 221.

Email: s.wannamaker@bellnet.ca

Stay Safe!

-- Shawnee Wannamaker



Looking for a Friend to Chat with?

Kateri Native Ministry of Ottawa is offering friendly check-ins for all residents in the community. Kateri Native Ministry is an organization that works towards healing and reconciliation of Indigenous people. It is located at the 211 Bronson Avenue and has been working in the community for over 20 years. We are extending an invitation to have a member of our team give a friendly check in call. These calls are meant to give us an opportunity to listen. If you are feeling alone or isolated during this time of pandemic, we are here for you. If you, or someone you know is interested in receiving a friendly check-in, please email admin@katerinativeministry.ca or call (343) 961-7377.



Emergency Line

- You may call our emergency line should you have a maintenance emergency after our office is closed. (613) 232-0016 – it is the same number as our daytime number.

Rent Receipts

- You may speak to Shawnee to request your rent receipts by calling our office and providing your name, email and phone number.
- We will mail them out to you as soon as they are ready by our Finance Department

THE FACTS ON COVID-19 VACCINES



WHAT IS THE COVID-19 VACCINE?

Vaccines are products that produce immunity to a specific disease like COVID-19. When you are immune to COVID-19 that means you can be exposed to it without becoming sick or if you do become infected, it prevents more severe illness.

WHY IS IT IMPORTANT TO GET A COVID-19 VACCINATION?

THE VACCINES WORK

COVID-19 vaccines provide excellent protection against the virus that causes COVID-19 – preventing up to 95% of infections.

THE VACCINES WILL SAVE LIVES

The vaccine protects you and the people around you, too. The more people that are vaccinated, the harder it is for COVID-19 to spread.

THE VACCINES ARE SAFE

Just like all vaccines approved for use in Canada, the COVID-19 vaccines have been rigorously tested and carefully reviewed by Health Canada.

PROTECT YOURSELF & YOUR COMMUNITY BY GETTING VACCINATED

COVID-19 vaccines began rolling out in December 2020 and will be made more widely available over the next few months. Ottawa Public Health and the Wabano Centre for Aboriginal Health strongly recommend that Indigenous people opt to get the vaccine to protect you, your loved ones, Elders, and others in your community.

Even with the COVID-19 vaccines, we need to continue practising all recommended public health measures.
**STAY STRONG,
STAY THE COURSE.**

For more information, visit wabano.com and ottawapublichealth.ca

Recipe of the Month: Spring Jello Salad

Ingredients

- 1 package (3 oz) lemon Jello (or whichever flavour you desire)
- 1 package (3 oz) lime Jello (or whichever flavour you desire)
- 2 cups boiling water
- 1 package (8 oz) cream cheese, softened & cubed (regular or dairy free)
- 1/2 cup real mayonnaise
- 1/2 cup canned coconut milk
- 1 can (8 oz) crushed pineapple, drained
- 3/4 cup chopped walnuts
- 1 package (10 oz) coloured mini marshmallows



Instructions

1. In a large mixing bowl, combine both Jello flavours with boiling water. Whisk until fully dissolved. Add cream cheese and let sit for a minute or two and then beat on high speed with a hand held mixer until smooth.
2. Stir in coconut milk, mayonnaise, and drained pineapple.
3. Pour mixture into a 9x13 inch pan and sprinkle evenly with walnuts. Top with marshmallows, cover, and refrigerate several hours until set. Serve cold.



Most importantly, have fun!



Joke Corner

Q: What falls but never gets hurt?

A: The rain!

Q: What kind of garden did the baker have?

A: A "flour" garden.

