

PAYUKOTAYNO JAMES AND HUDSON BAY: FAMILY SERVICES CHILD AND YOUTH MILOPEMAHTESEWIN SERVICES



NEWSLETTER



*We want to share our latest updates, views
and announcements*

In This Issue...

Strategic Planning/Goals

Enhancing Services

Child Protection

Children In Care

Children and Youth
Mental Health Services

Moosonee's
Prevention House

Working with Families

Human Resources

Band Engagement

Community
Relations/Events

**Wachey! Welcome to our
first Newsletter for
Payukotayno James and
Hudson Bay Family Services
and Child and Youth
Milopemahtesewin
Services.**

**In partnership with our
communities, Payukotayno
delivers culturally
appropriate services for the
safety and well-being of
children and families**



[/payukotayno](https://www.facebook.com/payukotayno)



Charlene Reuben, Executive Director



Good day, my name is Charlene Reuben and I am the Executive Director for the agency. I have been in this role since 2011 however, I have been with the agency since 2001 and started out as a Child Protection worker and continued my growth into a Supervisor, Director of Service and onto the Executive Director.

Strategic Planning:

Over the last five years, we have been working very hard on our Strategic Goals:

- We have been creating and developing local resources for children in care
- We have developed and created a strong working relationship with our communities and opened lines of communications with our communities and their Leadership
- We have enhanced our relationship with local leadership to enhance our services for children and families.

You will see from the various Directors the growth that has taken place with their teams and the work that has been done to achieve these goals and they will share their accomplishments to date.

Band Engagement:

Our Band Engagement work has really flourished over the last two years. We have been meeting with Band Representatives and Deputy Chiefs regularly to develop Protocols, Processes, as well as developing our Service Delivery Model. We have been assisting our First Nations in accessing funds from the Canadian Human Rights Tribunal so that they can to develop and deliver Prevention services locally and to discuss any service issues or enhancement needed within their communities. Our Band Engagement Coordinator Gary Innes communicates with our Band Reps and their Coordinators regularly and consistently to assist and support them with advocacy when working with other Children Aid Society's in the province as well as providing ongoing training to enhance their Child Welfare knowledge.

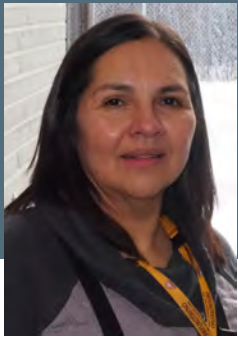
Working with Families:

With the COVID pandemic, this has made it very challenging for our service users, staff and communities to stay connected and we have been doing our best to maintain safety, protection and well being of all while providing services to ensure that children and families are not alone. As an agency we are being creative in reaching out to families and the communities:

- We have provided food bundles for service users maintaining contact with their workers
- We are offering wellness initiatives for caregivers and children in care to be out on the land during spring harvest
- We have hosted many challenges and opportunities in promoting special days with gift baskets/prizes and planning/organizing/donating towards community events.
- Our child welfare staff are continuing to visit and service communities while ensuring that we are following the First Nations Pandemic Policies and ensuring all precautions and PPE are worn when interactions are taking place.

Through these times of challenges we continue to ask that everyone stay safe and take care of one another!





Irene Tomatuk, Associate Executive Director

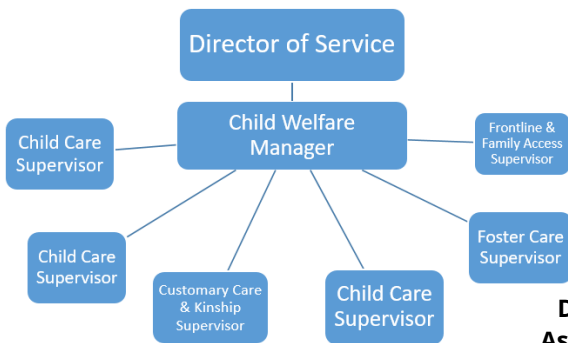


Good day, I am the Associate Executive Director for the Agency and I have been in my position since February 2021. In my role I oversee the following program areas: Child Care & Resources, Protection, Quality Assurance.

Although I am new to my role as the Associate Executive Director, I am not new to the agency. In my previous position as the Special Projects Coordinator I had an opportunity to work with the programs and the staff in each of the areas I am now overseeing. Our departments have been working very hard to ensure we working together within the agency as well as with our families, First Nations and other service providers to support families.

Each of the Directors of Service will be providing an overview of their programs and services as well.

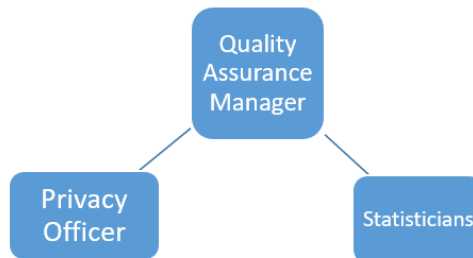
Child Care & Resources
Geraldine Cheechoo is our Director of Services for Child Care and Resources and in their team are the following programs:



Protection
Christine Maybee is our Director of Service for Protection and in their team are the following programs:



Quality Assurance
Dawn Nakogee is our Quality Assurance Manager and in their team are the following programs:

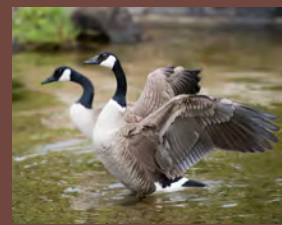


Our agency has been growing and with growth come additional resources and supports. We are continuing to do our best to recruit and retain staff. We are implementing strategies to support our staff, Foster Parents, Receiving Home Parents and community members with training opportunities and workshops so keep an eye out as we will be offering sessions virtually and hope to move to face to face in each of the communities. I would like to thank you for the opportunity to share the growth of programs and services our teams are experiencing within the agency!

Working Together for Families,
Irene Tomatuk, Associate Executive Director



Warren Kapashesit, Program Manager Child and Youth Milopemahtesewin Services



Greetings! I am Warren Kapashesit, Program Manager at CYMS, and my plan with the Agency Newsletters is to put some focus on the different services and plans for CYMS. To start us off with this newsletter, I wanted to give some additional information on the Prevention House program, share some information about our plans for branding and a website, as well as let you know how potential clients can connect with our services.

CYMS Prevention House:

As the Program Manager, another one of my main roles is to develop and roll out the agency's Prevention Program for Moosonee. We have Brittany Biedermann heading a team of staff who provide parents and their families with support needed to prevent child welfare involvement. They also have a core function of helping those families who have become involved with child welfare address the concerns identified at involvement. The team has 3 focus areas: Families who are expecting or have new children (0-6), Families who have older children, and Families who are in Crisis situations. Using these three streams, our staff offer one to one service as well as programming activities our clients and community members. Due to the pandemic situation, our team has adapted its roll out well by having a solid online engagement plan with interactions between staff and community occurring over the program's Facebook page. We continue to support our one to one clients face to face, over the phone, and online.

At this point we have been at it for over a year now. We hope to build on our successes going forward.

Prevention House Staff:

- Brittany Beidermann, Supervisor**
- Lily Flores, Family Crisis Support Worker**
- Sylvie Pominville, Family Crisis Support Worker**
- Lindsay Linklater, Parent Wellness Worker**
- Touchan Fiddler, Parent Wellness Worker**
- Jessica Katapatuk, Infant Wellness Worker**
- Vacant, Infant Wellness Worker**



**To stay up to date on our Prevention programs and activities,
like our Facebook Page – CYMS Prevention.**



Warren Kapashesit, Program Manager Child and Youth Milopemahtesewin Services

Cont'd from Page 4

CYMS Branding and Website

As a bit of a passion project, I wanted to create a campaign that had the CYMS brand on it about the mental health impacts of the Covid 19 pandemic. The hope was to reach out to as many people as possible to have our name out there as a resource to potential clients. With the support of our DOS, we contracted a design and branding company called Studio 123. The conversation quickly turned into the current plan of further defining and establishing the brand of Child and Youth Milopemahtesewin Services, with a foundation of the outreach being a new CYMS website and social media presence. We are working with the company on this exciting project and hope to roll out more details in the near future.

How to Access CYMS Services:

To access our Clinical Program, please reach out to us at (705) 336-0058. Speak with a receptionist and we'll get you in contact with someone who can help.

Once we see that you'd be a good fit, we'll help out in filling a referral form that will identify your contact information, reasons for referral, and some other background information to help us start off. After that the assigned worker will connect with you to start the work.

Referrals are also completed and sent into us by many of our community partners – schools, hospital/clinics, other social services.

To access our CYMS Prevention House Program – Referral Forms are available on our CYMS Prevention Facebook Page or you can send an email to thepreventionhouse@cyms.ca. Help in referrals is always available from our staff. Please see the info sheet for more information on what the referral process looks like.

Contact information:

Warren Kapashesit, CYMS Program Manager

Warren.kapashesit@cyms.ca

(705) 336-0058 ext. 3803

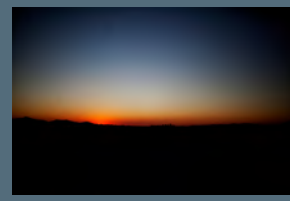


/CYMSPrevention



Jason Innes, Director of Services

Child and Youth Milopemahtesewin Services



Wahchay! Greeting from the Child & Youth Milopahmetisewin Services program, we are your Child and Youth Mental Health service provider serving the communities of Peawanuck, Attawapiskat, Kashechewan Fort Albany, Moose Factory and Moosonee.

Our programs include:

- Youth Wellness
- Child & Family Intervention
- Special Needs & Intensive Service Coordination
- Youth in Transition
- Education Liaison Support Worker
- Community Support (Kashechewan & Peawanuck)
- OTN/Telepsychiatry with 2 agency sites located in Moosonee and Moose Factory, and access to sites in our northern communities with local hospitals and nursing stations
- Youth Justice Attendance Centre Program
- and finally our CYMS

The Team remains very productive in providing quality service in each of the communities we serve, something we have been able to maintain, by being creative and flexible throughout the pandemic and the many challenges it has presented. Our staff deserves a huge amount of credit in ensuring this, persevering and being a part in meeting the mental health need of children and youth during these unprecedented times.

To learn more about our programs and services please feel free to reach out to any of the team members, or myself and we will be more than happy to assist. Thanks and I'd like wish all a safe and enjoyable spring and summer season! Here are the individuals that make up the CYMS team:

Warren Kapashesit, CYMS Program Manager (CHRT Special Projects)

Karen Chakasim, Supervisor

Patrick Solomon, Supervisor

Child & Family Intervention Team

Madeline Kioke-Attawapiskat

Vacant-Kashechewan

Anand Aruldhas- Fort Albany

Sharon Ross-Moosonee/Moose Factory

Faith Turner-Moosonee/Moose Factory

Elizabeth Kioke-Moose Factory

Donna Corston - Gagnon, Early Intervention Worker (0-6 yrs old)

Joleen Tiberi, Youth in Transition Worker

Noella Solomon, Education Liaison Support Worker

Paula Echum, Special Needs Support Worker

Susanna Klumpenhower, Intensive Service Coordinator

Youth Wellness Worker Team

Reg Hookimaw-Attawapiskat

Johnny Kooses-Kashechewan

Caroline Williams-Fort Albany

Cheryl Bagan-Tomatuk-Moose Factory

Dylan Wesley-Moosonee

Community Support Worker Team

Vacant-Kashechewan

Carol Achneepineeshkum-Peawanuck

Attendance Centre (Youth Justice Program)

Mike Tomatuk-Youth Worker

Steve Sackaney-Youth Worker

Vacant- Youth Worker Part-time

Contact Information: Jason Innes, Director of Services

75 Ferguson Rd - PO Box 189

Moosonee, On - P0L 1Y0

Ph: 705 336 0058 ex 9123

Toll free 1 888 702 2981

Jason.innes@cyms.ca



CHILD AND FAMILY INTERVENTION PROGRAM

The goal of the Child and Family Intervention Program is to enhance our children's well being so that they will be able to strive to their fullest potential in meeting their emotional, physical, mental and spiritual needs. We take into consideration each child's cultural uniqueness' and work to enriching their holistic needs.

COMMUNITY SUPPORT PROGRAM

The purpose for our Community Support program is support the families, children and ultimately the community through the development and implementation of prevention programs and activities in our community. *Available in Kashechewan and Peawanuck.

EARLY INTERVENTION PROGRAM

The Early Intervention Program is working within the communities to provide counselling services to families aimed at promoting the emotional, physical and mental well being of children. The Early Intervention services are provided to families with children ages 0-6.

SPECIAL NEEDS PROGRAM

The Special Needs Program is a service designed to enhance existing services offered in the Children's Mental Health Unit. This intervention and treatment program provides services to children who have physical, intellectual, and developmental delays and/or disabilities, and mental health disorders.

INTENSIVE SERVICES COORDINATION

The Intensive Services Coordinator (ISC) provides case management support, advocacy, application assistance to families with children, ages 0-17, who have been identified as having complex special needs.

The program assists families navigate the system and special needs services available in our region and beyond. The ISC worker also connects families to respite funding and other available funding resources.

YOUTH IN TRANSITION PROGRAM

The goal of the YIT program is to provide support for our youth reach their potential as they transition from a youth to an adult when they leave Payukotayno's Child Welfare Services (CAS). The Youth in Transition Worker (YITW) helps young adults develop and pursue their goals and will support them to identify, access and navigate through the adult services. The YITW will also support the youth to connect to existing supports and resources within their communities. This may include education, housing, employment/training services, life skills training (e.g. budget/household management), medical health, mental health services and legal services.

YOUTH WELLNESS PROGRAM

The Youth Wellness program is designed to be flexible in its services to meet the needs of referred youth. We also work other service providers within the communities to better serve our young people. This networking of services is vital in providing the best outcome for youth in our area. Our focus is helping clients address tough issues and responding quickly and effectively to crisis situations. The services offered are based upon the individual's need. We hope our efforts to promote healthy living and healthy decision making will have a positive effect on the communities we serve.

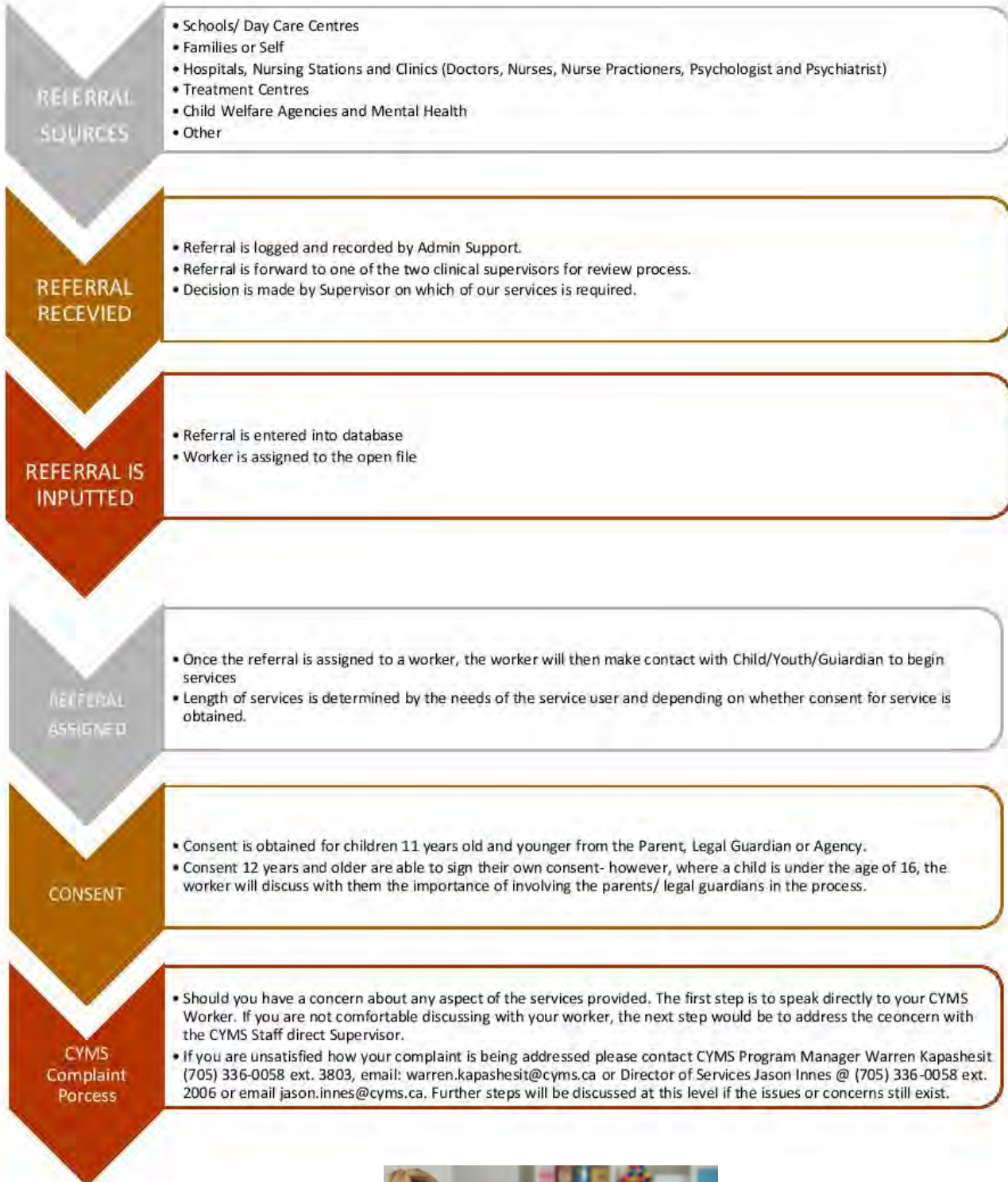
EDUCATION LIAISON SUPPORT PROGRAM

The Education Liaison Support Program is another program for youth who are in the care of Child Welfare Services. It's a program geared to help clients identify, access, navigate and strengthen education supports and community resources relevant to the educational need of eligible children/youth. The program will also focus on the cultural and traditional components through positive supports, guidance and encouragement to assist the child/youth accomplishing their full potential in school.



Understanding the Referral Process

CYMS Clinical





Christine Maybee, Director of Services



Greetings from Christine Maybee, Director of Services

First Nation Band Representative Program

As you will see in many areas of the Newsletter others have noted our working relationship with our First Nation Band Representatives and its purpose. As we move forward in finalizing our protocols and processes in working together it is our hope to clearly define our agency and Band Representatives roles and responsibilities in supporting the families we work with. This process allows for a better working relationship as we work toward the protection, safety and wellbeing of children and families. Our goal is we want to see better outcomes for families in our region.

I would also like to take this opportunity to introduce our Protection and Legal team:

Mark Van Luven, Program Manger
Violet Chum, Administrative Support Worker

Moosonee Team

Martha Davey, Service Supervisor
Jenna Ross, Child Protection Worker
Russel Nakogee, Child Protection Worker
Martina Kataquapit, Child Protection Worker

Moose Factory/Peawanuck Team

Dayle Turner, Service Supervisor
April Hookimaw, Child Protection Worker
Erin Chilton, Child Protection Worker

Intake Team

Sandra Okimaw, Supervisor
Marina Kioke, Child Protection Worker
Jessica Sutherland, Child Protection Worker
Elaine Sutherland, Screener
Liza Sutherland, Screener (Contract)

Anita Nickoshie, Child Protection Worker

Attawapiskat Team

Helen Wabano, Service Supervisor
Clint Poonae, Child Protection Worker
Nick Lazarus, Child Protection Worker
Chastity Koostachin, Child Protection Worker (Contract)

Fort Albany/Kash Team

Stephanie Nesrallah, Service Supervisor
Melissa Blackned, Child Protection Worker
Marc Alforque, Child Protection Worker

Legal Team

Tasha Bustran, Administrative Assistant
Amelia Williams,

Court Administrative Support Worker

Stephanie Cabral, Court Administrative Support Worker

Most Recent New Hire!

On behalf of our team, I am very pleased to announce the hiring of Sheila Chakasim, she has been assigned to the Moosonee Protection Team effective May 3rd. Welcome Sheila!

What are some changes for the child protection sector?

CYFSA (Child, Youth & Family Services Act) Legislation Changes

Age of Protection

On January 1, 2018, the Ontario Youth, Child and Family Services Act was amended to increase the "age of protection" to include all children under the age of 18 years. Under these amendments, 16 and 17-year-olds who are in need of protection are now eligible for a full range of child protection services. A key change is the availability of a new voluntary agreement (a "Voluntary Youth Services Agreement" or "VYSA") for 16 and 17-year-old youth who require an out- of-home placement.

Christine Maybee, Director of Services Payukotayno

Cont'd from Page 7

New Language

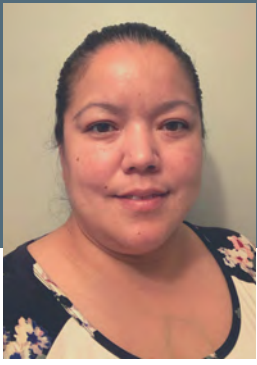
In the Spring of 2018, the Child, Youth and Family Services Act will be repealed and replaced by the Child, Youth, and Family Services Act (CYFSA). In addition, to the provisions related to 16 and 17-year-old youth, the new legislation will include provisions expanding the rights afforded to children and young people receiving services under the Act, provisions respecting supports and services to Indigenous children and families, changes to the “best interests” test and the test for access to Crown wards, and provisions related to adoption planning and openness orders. The CYFSA will also introduce changes to terminology; for example, replacing the term “Crown ward” with “child in extended society care”.

A children’s aid society that is made aware that a youth may be in need of protection is required to investigate and assess the report. It is important to note that while the new legislation allows professionals and members of the public to report reasonable suspicions that a youth may be in need of protection (without exposure to legal action), the duty to report provision in the Act continues to apply only to matters regarding children under the age of 16. This scheme is intended to reflect the fact that a different approach is required to encourage an older youth’s voluntary participation in services – an approach that respects their confidential relationships with trusted adults, but also allows them to access supports when needed.



**CONCERNED ABOUT A CHILD AT RISK?
To report child protection matters please
call our main office @ 705-336-2229 or toll
free 1-888-298-2916.**

**AFTER HOURS - EMERGENCY LINE
1-866-615-1681.**



Geraldine Cheechoo, Director of Services



Good day, my name is Geraldine Cheechoo, I am the Director of Services for Resources and Children's Services here at Payukotayno. I began this role in January 2021; however, I have been with the agency since 2003 in many different capacities within Children's Services.

Over the years, there has been a steady increase of children entering care. Today, we are at our highest In Care Population of 235 Children. This vast and steady incline is the result of the social issues our communities and people struggle with.

From 2006-2016 as the number of children in care increased our placements within our jurisdiction did not. Therefore, many placements were sought from Outside Paid Resources (privatized foster care agency's) within the Province. The concern for our children grew greatly, as they were disconnected from family and community, so the agency focused on initiatives to bring and keep our children local. These initiatives included the purchasing/leasing of additional homes to operate as Receiving/Emergency Homes.

A total of 10 homes were added to our existing program; there locations are Moosonee (3), Moose Factory(1), Kashechewan (4), Cochrane (1) and South Porcupine (1). Our other initiative was the development/expansion of our Customary Care Department. Our first 3 Customary Care homes opened in October 2011 and today we are proud to share we now have 64 homes.

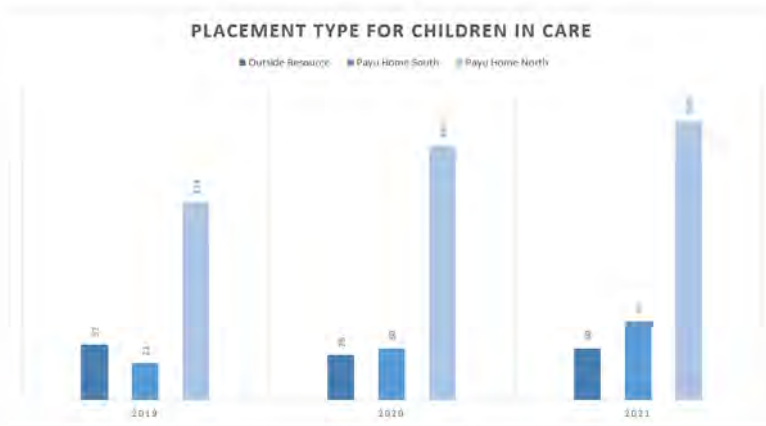
As the In-Care Population increases the amount of local beds have diminished; therefore, I have emailed all Deputy Chiefs and Band Representatives for assistance in identifying community members who could provide care for children we service. I would like to stress the importance of expanding our local placements as we don't want to be accessing home from Outside Paid Resources especially during the pandemic.

For your reference and review, I have included two charts showing our placement breakdown for children in care. The first chart provides a 8 year overview of Placement Type (Outside Paid Resources VS Payukotayno Beds) and the second a more detailed look at Placement Type (Outside Paid Resources/Payukotayno South Placements/Payukotayno North Placements). As you can see, our agency has been able to bring our children home over the years even as the number of children in care increase.



Geraldine Cheechoo, Director of Services

Cont'd from page 9



I would like to take this time to thank our staff, management, executive and First Nations for supporting our efforts in caring for our children locally. A very special thank you to our resource parents and families for their commitment, investment and efforts in caring for the children we serve.





RESPITE FOSTER CARE

**Are you interested in Fostering,
but are unable to commit fulltime?
Are you wanting to be the difference
in a Foster Families life?**

**We are seeking
respite/relief caregivers!**

What is a respite/relief?

Respite/Relief Care is planned or emergency temporary care provided for caregivers of a child or children. Respite/Relief provides planned short-term breaks for full time care givers.

We are currently seeking community members to open their homes to temporary respite and/or provide such support in our agency operated foster homes.





If you are interested , please contact our agency's intake department at
(705) 336-2229 or 1-888-298-2916
or If you require more information please contact Supervisor Priscilla Laur at (705) 243-3962 ext 3600







Brenda Chilton- Jeffries, Director of Human Resources



Hello to all! I would like to take this opportunity to send well and stay safe wishes to all and hoping that this finds everyone in good health. My name is Brenda Chilton-Jeffries and I'm the Director of Human Resources for Payukotayno: James and Hudson Bay Family Services.

Human Resources Department Staff

Our Human Resources Department comprises of Marie Burke-Lecours, Senior HR Generalist and Jaimie Harris, Payroll Clerk. Both Marie and Jaimie bring a wealth of HR/Payroll experience to our HR Team! For this, I am extremely grateful. We currently have three (3) vacancies on our team which we are currently in the process of staffing. These are an HR Generalist for Moose Factory, a Training & Development Coordinator and a Training Liaison Officer (both based in Moosonee).

Current Staffing

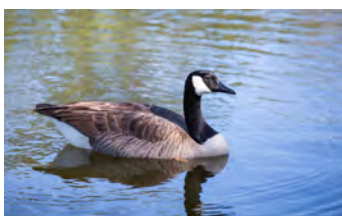
Payukotayno currently has 115 employees on staff and we are continuing to grow. This count does not include our Receiving Homes and contractors.

We also have a quite a few job postings that can be found on our Payukotayno website at www.payukotayno.ca. Most are full-time positions with the Agency and our immediate need is for Child Protection and Child Care Workers. We are also open to term contract arrangements for these positions however it is our preference to staff these full-time positions.

We do offer a generous benefits package, a unionized work environment, job shadowing and in-house training through the Ontario Association of Children's Aid Societies (OACAS).

If you or anyone you know is interested in any of our full-time positions that we have posted, we encourage you to email us at hr@payukotayno.ca. We look forward to speaking with you and to answer any questions that you may have. You can also request job descriptions for positions that we have posted...all you have to do is email us!

In our next newsletter, I plan on expanding more on our Benefits Package as well as departmental goals. Until then, stay safe and healthy!





Band Engagement Team

Gary Innes, Band Engagement Coordinator
Trista Echum, Band Repatriation Liaison Worker



Band Engagement Program with Payukotayno

Welcome to Payukotayno's first Newsletter!

We are excited to have you learn about the Band Engagement Program and the work we are doing together with the First Nations.

The Band Engagement Program works closely with the Communities of Peawanuck, Attawapiskat, Fort Albany, Kashechewan, Moosonee, Moose Factory (Moose Cree and MoCreebec). We see our program as the communication link between the Agency and Communities. We are working to develop healthy working relationships for our families!

Overview:

The program offers opportunities for support, guidance and sharing for the Band Representatives Programs as well as the Protection Teams for each of the Communities. The program has created a need for Band Representative Training in our region. The training is offered to all Band Representative teams in our region and we will be looking for further training for the agency staff as well. The training includes the roles and responsibilities of the band representative, building healthy relationships between the First Nation and Agencies, tips and tools on how to introduce your programs to the Communities, resources available for band reps and the history of Child Welfare in Ontario. The program is fully committed to ensure information sharing and relationship building is consistent between the agency and the Communities.

The Band Engagement Program is also based on working internally with the departments. Information sessions is a key component in the framework the program delivers. The program is designed to strength those relations in a positive manner.

- Team Building with the Protection Teams, Band Leads and Band Representatives Teams
- Development and Training – VYSA Training was the first one we offered
- Community Needs Assessment/ Surveys
- Working together to find home and placements in the communities
- Developing of a Cultural Appropriate Service Delivery Model
- Continue daily Support to all Band Rep Programs
- Coordination or support with the First Nations Land Base Programs

Band Engagement Team - Cont'd Page 2

Gary Innes, Band Engagement Coordinator
Trista Echum, Band Repatriation Liaison Worker



Gary Innes, Band Engagement Coordinator continues to provide continuous support to the First Nations and Protection Teams in consultation with hard to serve cases and recently reviewed and consult on Program Development and Policies.

Trista Echum, Band Liaison Repatriation Worker plays a big part of the team and provides the administration support and consultation with the First Nations programs. Tasks includes organizing the bi-weekly meetings with the band representatives, during the meetings she provides and shares all updates and any concerns the First Nations have so we can help resolve issues and move forward on our goals. One main goal is to have the First Nations and the protection teams working closer together to make every effort to keeping children in their home communities or as close as possible, as well having the families access and receive the services needed to ensure they can reunite with their children in a healthy and caring environment.

As an agency we believe this team working closely with our First Nation partners will have a huge impact on the services and support that is needed in our area. To ensure the program remains in close contact with each of the First Nations as they will be a influential role in the services in the near future.

If you have any questions, concerns, suggestions or are interested in finding out more about the program, please feel to contact us! We would be delighted to have chat 😊

Gary Innes
Band Engagement Coordinator
Gary.Innes@payukotayno.ca

Trista Echum
Band Liaison Repatriation
Trista.Echum@payukotayno.ca



Deputy Chiefs Meeting, Timmins, Ontario – November 2019

Band Representative Contact List

Moose Cree
(705) 658-4639

Attawapiskat
(705) 997-9000

Fort Albany
(705) 278-1044

Mocreebec
(705) 658-4769

Kashechewan
(705) 275-4430

Peawanuck
(705) 473-2554



Roberta Echum, Communications Coordinator



Greetings! My name is Roberta Echum. I am the Communications Coordinator for Payukotayno and CYMS. I've been with Payukotayno going on 3 years and what I like about my position is that the Communications Coordinator helps in different areas in our communities and within our agency.

My goal as the communications coordinator is to build positive and healthy working relationships with the communities we service and most importantly foster and maintain positive and collaborative relationships by engaging our families in our community events.

As we are still in a pandemic we still continue to work hard every day to meet the needs of our families and community members. Our Social Media platform has been one of our outlets for great communication. Before Covid-19 I was on the ground attending Job Fairs, Community Events, Meetings and Conferences. Since the pandemic we had to learn to adjust and become very creative in offering support to our families via social media.

Here are some of the highlighted events from the Communications Department:

- Spring Harvest Giveaway \$500 Grocery Voucher one family per 6 of the communities we service.
- Winter Carnival/Yahtzee Walk in Moose Factory & Moosonee
- Valentine's Day Basket Giveaway
- Family Christmas Song Challenge
- Santa Clause Parade in Moosonee and Moose Factory
- National Addictions Awareness Week
- Virtual Halloween Family Dance
- Virtual Child Abuse Prevention / Dress Purple Campaign
- Virtual Every Child Matters / Dress Orange Campaign
- Beautification Challenge
- Father's Day Giveaway
- Mother's Day Giveaway
- Community Luncheons with Surveys regarding the Services of Payukotayno

In the past year I have been focusing on the following:

- Community Relations / Events
- Employment & Recruitment
- Deputy Chief & Band Rep Table
- PAYO and CYMS Promotional Items
- Overseeing all Social Media Outlets
- Marketing and Graphics
- Virtual Events on Social Media
- Employee Incentives and Morale
- Future Initiatives



Upcoming Events to look for:

- Virtual Career and Information Fair – Thursday May 27, 2021
- Aboriginal Day – Monday June 21, 2021

Future Initiatives:

- YouTube Videos: History and Milestones of Payukotayno and more....
- Create a timeline for the agency of its years which will include celebrations and successful achievements.

Contact information:

Roberta Echum, Communications Coordinator
roberta.echum@payukotayno.ca
(705) 336-0058





Staff Recipes!



Shepherd's Pie by Jaimie Harris, Payroll Clerk

Ingredients

- 24 oz Potatoes
- 1 Onion, diced
- 3 Tablespoons of Sour Cream
- 1.5 Teaspoons of Garlic Powder
- 2 oz Tomato Paste
- 16 oz Ground Beef
- ½ Cup Water
- 1.5 Tablespoons Flour (or onion soup mix)
- 3 Tablespoons Beef Stock Concentrate (ex. Bovril)
- 1 Cup Cheese (I use marble)
- 2.5 Tablespoons Butter



Instructions

- Potatoes
 - Peel & Dice Potatoes
 - Place in Pot with water, bring to a boil and cook until tender
 - Drain and return to pot, mash with sour cream and butter until smooth and creamy
 - Season with salt and pepper
- Beef
 - Fry onion and Stir in garlic powder
 - Add beef, season with salt and pepper
 - Break up meat and cook
 - Once cooked, add in tomato paste and flour (or onion soup mix), cook and stir until combined
 - Gradually pour ½ Cup water into pan, stir in beef stock and bring to boil. Cook until thickened.
 - Transfer to baking dish
- Top with Mashed Potatoes
- Sprinkle with Cheese
- Bake until browned at 375.

Instant Pot Chicken Burrito Bowls

Submitted by: Chelsea Cannon, Privacy Officer

Prep time: 10 min
approx. 30 min

Cook time: 20 min
Serves 6+

Total time:

Ingredients

- 3 boneless chicken breasts
- 1 package of taco seasoning
- 1 can of corn (drained)
- 2 ¼ cups of chicken broth
- 1 can of black beans (rinsed and drained)
- 1 can of diced tomatoes (with green chilies for a little extra something)
- 1 ½ cups uncooked rice
- 1 medium green pepper (sliced)
- 1 medium red pepper (sliced)
- Medium onion (sliced)
- Optional toppings: sour cream, lettuce, shredded cheese



Directions:

1. In the instant pot pour just enough chicken broth to cover the bottom of the pot. Place the chicken breast evenly in the pot.
2. Sprinkle the taco seasoning evenly over the chicken.
3. Pour in the corn, black beans and diced tomatoes.
4. Add the green and red peppers as well as the onion. If you don't have these 3 vegetables it still turns out quite tasty.
5. Add the rice evenly.
6. Add the remaining chicken stock evenly over the rice. The rice should be covered by the broth.
7. Using your instant pot instructions, pressure cook on high for 10 minutes. Allow it to slowly depressurize for 10 minutes. Then release the sealing valve to vent remaining pressure. Remove the lid.
8. Use 2 forks to pull the chicken meat apart. You may need to remove some of the other ingredients from the pot.
9. Stir everything well to incorporate all the ingredients.
10. Serve with sour cream, shredded cheese and lettuce.

Sweet Chili Heat Chicken

Submitted By: Marina Kioke, Protection Worker

Ingredients:

- 2 cup crushed sweet chili heat Dorito chips (or for more sensitive palettes use regular Dorito chips)
- 2 eggs
- 2 tablespoons of milk
- 4 Skinless chicken breasts or drumsticks
-

Instructions:

1. Preheat oven/deep fryer to 425 degrees
2. Place crushed chips into either a deep bowl or large freezer bag.
3. In a bowl, whisk egg and milk until combined.
4. Dip chicken in milk mixture and then dip in chips, coating the chicken.
5. Place on baking sheet lined with aluminium foil that is lightly spray with cooking spray.
6. Bake or deep fry for 15 to 20 minutes, or until chicken is thoroughly cooked.
7. Can be served with a side order of green salad & (sweet or regular) seasoned potato wedges with blue cheese dressing.





101 Ways To PRAISE KIDS

- ★ **That's Incredible** ★ How Extraordinary! ★ **Outstanding Performance** ★ Far Out! ★ **Great!** ★ **Marvelous**
- ★ **I Can't Get Over It!** ★ **Wonderful!** ★ You Should Be Proud! ★ **Amazing Effort!** ★ **Unbelievable Work**
- ★ **Phenomenal!** ★ **You've Got It** ★ Superb!
- ★ **You're Special** ★ **Cool!** ★ **Excellent!** ★ **Your Project Is First Rate!** ★ Way To Go! ★ You've Outdone Yourself
- ★ **Thumbs Up** ★ What A Great Listener ★ **Your Help Counts!** ★ You Came Through! ★ **Terrific**
- ★ **You Tried Hard** ★ **Fabulous!** ★ **The Time You Put In Really Shows!** ★ You Made it Happen! ★ You're A Real Trooper ★ **If Couldn't Be Better!** ★ **Bravo!**
- ★ **You're Unique** ★ **Exceptional** ★ You're A Great Example For Others! ★ **Fantastic Work!** ★ **Breathtaking!**
- ★ **Keep Up The Good Work** ★ **Awesome!** ★ I Knew You Had It In You! ★ **You've Made Progress** ★ Your Work Is Out Of Sight ★ **What An Imagination!** ★ It's Everything I Hoped For ★ **Stupendous** ★ **You're Sensational**
- ★ **Very Good!** ★ **You Made The Difference!** ★ Good For You ★ **A+ Work** ★ **Take A Bow** ★ **Super Job** ★ **How Thoughtful Of You** ★ Nice Going! ★ **Class Act**
- ★ **Well Done** ★ You're Inspiring ★ **How Artistic!** ★ You Go The Extra Mile ★ **Hooray For You** ★ **You're A Joy**
- ★ You're A Shining Star ★ **You're Amazing** ★ What A Great Idea ★ **Great Answer** ★ **Extra Special Work** ★ You Deserve A Hug ★ **You're Getting Better** ★ You're Taps
- ★ You're Catching On ★ **You're Neat** ★ You've Got What It Takes ★ **Spectacular Work** ★ You're A Winner!
- ★ You're #1 ★ **Remarkable!** ★ **Beautiful** ★ Great Discovery ★ **Clever** ★ You're So Kind ★ **Wow!**
- ★ **Magnificent!** ★ **You're Sharp** ★ You're Very Responsible ★ **Brilliant!** ★ **Thanks For Helping**
- ★ **Thanks For Caring** ★ **You're A-OK** ★ You've Earned My Respect ★ You're A Pleasure To Know
- ★ **You're Very Talented** ★ **How Original** ★ **What A Genius!** ★ **Very Brave** ★ **Congratulations!**
- ★ **You're A Champ** ★ You Figured It Out
- ★ **You're Super!** ★ **Right On!**
- ★ **You're The Greatest** ★ **You Make Me Smile**



QUICK REFERENCE GUIDE

EASY TIPS TO AVOID & DEFUSE TANTRUMS

- 1** Give choices. Say, "You must put on a sweater, but which do you want, the blue or the red one?" Feeling empowered helps curb frustrations that lead to tantrums.
- 2** Prepare your child for what to expect. Say, "We're going to the bakery, but not to the toy store," or "We're leaving for grandma's in 10 minutes."
- 3** Set simple rules that you reinforce daily and firmly. When children know what you expect of them, they're less likely to act out.
- 4** Instead of feeding into your child's frustration, try distracting with a game, a favorite toy, or a story.
- 5** Avoid raising your voice. If you yell, your child may just yell louder.
- 6** When children get worked up, sometimes it's best to give them time to calm down. Provided your child is safe, try going into another room for a while.
- 7** Be open to try something new if your usual ways to deal with tantrums no longer work. As children develop, parenting skills must develop with them.
- 8** It's natural for children to test boundaries. Explain that your rules are meant to protect your child.
- 9** Wait until everyone's temper has cooled down before deciding on any punishment. Make sure it's mild and instructive.
- 10** Once your child has calmed down, talk about what happened and how to avoid it again. Listen carefully if your child shares any thoughts and feelings.

Remove strip on back to expose adhesive.

CS-1095

