

COVID-19 Response Issue 4, May 19

The Bear carries courage. The Bear will give us the strength, courage and understanding to help us heal and to cope with anger and pain.



MA MAWI WI CHI ITATA CENTRE
We all work together to help one another.



Every day we rely on the **Seven Sacred Teachings** to help guide our journeys. In these uncertain and frightening times, **the Teachings** provide a critical roadmap towards comfort and healing. In this week's report, we turn to **the Bear**. We all seek the **courage, strength and understanding the Bear** provides to help deal with these incredibly trying times.

Our collective fortitude is undoubtedly being challenged with each passing day of the COVID-19 pandemic. We see the toll it is taking on all members of our community. By drawing on **the Teachings**, we know we will endure and continue our critical outreach work for the

community we serve.

Since we commenced our response efforts, we have seen a steady increase in the number of people receiving our emergency kits. As we slowly and carefully make our way to a "new normal," we see no indication that the need for our services will slow down any time soon.

Here are some numbers that stand out for us from the week of May 9-15:

- **7438 Emergency Kits Delivered In Total**
- **169** Emergency Kits Delivered to our **We Che Win Housing First/Reunification Home**
- **450** Emergency Kits Delivered to **Elders**
- **3625** Emergency Kits Delivered to **Youth**

This consistent outreach is only possible with enormous support / help / assistance from everyone involved. Our staff and volunteers are outdoing themselves in their physical and emotional commitments to our community. They exemplify **courage, strength and understanding** in the daily human connections they are creating

We are also benefiting from the engagement shown by our inner-city partners. In this issue, we want to give special mention to our friends at **Winnipeg Harvest**. It has been well documented how much extra demand the COVID-19 pandemic is placing on the resources of our city's largest food bank. Despite that strain, we are delighted to report that **Winnipeg Harvest** has walked with us every step of the way. Our colleague **Garry Richard**, has taken on a lead role when it comes to working with Harvest. Garry reports **they have been nothing but cooperative and are willing to share whatever they can to help us provide vital supplies to our community**. Garry adds that **all he has to do is call every week and Harvest will be there to assist us!**



Strengthening Children and Families... Investing in Our Future

When it comes to **the Teachings of the Bear**, perhaps no one can benefit more these days than our **Youth**. It is hard to reconcile how difficult it must be for our young people as their lives have literally been turned upside down. From having to socially isolate to putting their school and even work lives on hold, it only stands to reason that our **Youth** have to work extra hard to summon up **extraordinary bravery** to meet each day.



Taking all of this into consideration, our staff has come up with a number of unique and creative initiatives to help steer our **Youth** towards positive outcomes. For instance, at **Isobel's Place Youth Home**, moms and staff have been working with our **Youth** on a cookbook during the pandemic.

We also recently ventured out with some of the boys from **Luke's Place Youth Home** for a successful fishing trip near St. Laurent!

Ma Mawi has even secured the services of a nurse who makes regular visits to all four of our **Youth Homes** to teach about COVID-19 and the proper hygiene we must all exercise. She has also taught the importance of social distancing and staying home when possible.

One of our team leaders, **Lisa Champagne** reports, *the participants are extremely receptive to these lessons and have been asking lots of questions.*

Meanwhile in our **care home families**, we are performing regular phone check-ins with families. Our team has also been using SKYPE and ZOOM to help facilitate virtual visits for our **Youth** with loved ones. Lisa informs us that *not only are these efforts appreciated by our Youth, the care providers are also benefitting from a strengthened bond.*

We are beyond appreciative of all who are lending their efforts to our heart medicine work.

Our growing volunteer base contains some of the most caring individuals you will ever meet. This week, we pay tribute to **Sandra Loewen and Harvey Frankel**. Despite living outside Winnipeg, this lovely couple volunteers for us every Tuesday and Saturday. They pull up with a trunk filled with donations each time. Perhaps even more importantly, they bring an infectious happy spirit. Sandra and Harvey, please know how much your generosity and spirit mean to all of us.



We are equally grateful for the responses and generosity of all our partners and funders, both new and old. This past week we were surprised and delighted to receive a **\$2500** donation from **Rotary International's Honouring Indigenous Peoples (HIP)** initiative. **HIP** was created by Rotarians in Southern Ontario to honour Indigenous Peoples by supporting educational efforts, and encouraging all Canadians to engage and learn more about our histories and cultures.

We also want to celebrate a group made up of staff from Community Lead Organizations United Together (CLOUT), EHS and our Ozosunon program. These wonderful folks got together and created 47 much needed and appreciated self-care packages for our Care Providers.

It's gestures such as these that help ground and remind us that there are indeed examples of **courage, strength and understanding** all around us in a time of crisis. We sincerely hope that **the Teachings of the Bear** continue to manifest and guide us in the days, weeks and months to come.

Miigwetch, Ekosani, Wopida, Thank you and Merci!

