



# Yellowknives Dene First Nation Weekly COVID-19 Information Newsletter

April 8, 2020

YKDFN has created the Weekly COVID-19 Information Newsletters to communication to Members as YKDFN offices, facilities and programs are closed until further notice due to COVID-19 and practicing social distancing to decrease public interaction. Currently, the NWT Public Health Emergency has been extended and public health orders remain in-effect with travel and entry restrictions, and mandatory isolation.

We do have Essential Staff working from Dettah Administration Office, Ndilo Administration Office, and Community Wellness Division to ensure the operation of our First Nation, while still providing essential services and support to Members through phone and e-mail as well as check our website [www.ykdene.com](http://www.ykdene.com). Feel free to contact our offices for information or any support you need.

**YKDFN Website**      [www.ykdene.com](http://www.ykdene.com)

**Dettah Administration**                      Tel. 873-4307 Fax 867-5969                      E-mail [dettahadmin@ykdene.com](mailto:dettahadmin@ykdene.com)

**Ndilo Administration Office**              Tel. 873-8951 Fax 873-8545                      E-mail [ndiloadmin@ykdene.com](mailto:ndiloadmin@ykdene.com)

**Community Wellness Division**        Tel. 920-2925 Fax 920-8517                      E-mail [wellness@ykdene.com](mailto:wellness@ykdene.com)

**Dechita Naowo**                              Tel. 873-9037 Fax: 669-9002

**YKDFN Housing Division**                Tel. 920-4403 Fax: 873-3563

### COVID-19 Cases in NWT as of April 9 at 9:00 AM:

Confirmed Cases: 5  
Completed Tests: 1,314  
Negative Tests: 1,309  
Tests Pending: 115  
Recovered Cases: 1

### IN CANADA: 19,774

Northwest Territories 5  
Nunavut 0  
Yukon 8  
British Columbia 1,336  
Alberta 1,423  
Saskatchewan 271  
Manitoba 221  
Ontario 5,759  
Quebec 10,031  
Newfoundland/Lab. 232  
New Brunswick 108  
Nova Scotia 342  
Prince Edward Island 25

### OTHER CONTACT PHONE NUMBERS FOR EMERGENCIES DIAL 9-1-1

Stanton Territorial Hospital..... 867-699-4111  
Yellowknife Primary Care Centre..... 867-920-7777  
Frame Lake Community Clinic..... 867-767-9125  
Range Lake walk-in Clinic..... 867-873-4881  
NWT Health & Social Services Authority 867-873-7224  
GNWT LINE..... 1-800-661-0844  
Poison Control..... 1-800-332-1414  
ENR Fire Hotline..... 1-877-698-3473  
Wildlife Emergency..... 867-873-7181  
NWT Spill Line..... 867-920-8130  
Safe Ride..... 867-445-7202  
Sobering Centre..... 867-873-3272  
Salvation Army..... 867-920-4673  
YWCA Family Violence Shelter..... 867-920-2777  
Hope's Haven Emerg. Shelter (Youth) 867-766-4673  
Protect NWT (8am-8pm hours)..... 1-833-378-8297

## COVID-19 INFORMATION

### What is coronavirus disease (COVID-19)?

Human coronaviruses are common and typically associated with mild illnesses, similar to the common cold. The new coronavirus disease (COVID-19) is caused by a virus producing mild to severe respiratory infections.

### What are the symptoms of COVID-19?

Most people (80%) with COVID-19 have mild symptoms and recover without needing special treatment. Symptoms may take up to 14 days to appear after exposure. Many people are presenting with cold or flu-like symptoms such as: Fever, Cough, Muscle aches, Fatigue, or Shortness of breath.

### Severe cases may have:

Difficulty breathing, pneumonia, and/or severe acute respiratory distress syndrome. Individuals with fever, cough and/or difficulty breathing should seek medical attention.

### Risk of severe disease may be higher for:

Older adults, people with chronic disease (for example: diabetes, cancer, heart, renal, or chronic lung disease). Those with weakened immune systems

### What to do if you have COVID-19 symptoms?

If you are experiencing milder symptom such as fever, cough or flu like, take the COVID-19 Self Assessment (on pg. 2) and if in severe case - call a health care provider at 767-9120. If your symptoms are severe call 9-1-1. A drive-thru COVID-19 testing site is now operating in Yellowknife on 49 street.

### How does COVID-19 spread?

Human coronaviruses cause infections in the nose, throat and lungs. Most commonly spread from an infected person through:

- Respiratory droplets that spread when you cough or sneeze,
- Sharing food, cups, glasses, dishes and cutlery,
- Close, personal contact, \*
- Touching something with the virus on it, (e.g., doorknobs, cell phones, elevator buttons, light switches, taps, toilets, toys, remote controls) then touching your mouth, nose or eyes before washing your hands,
- In rare circumstances, found the virus in stool.

\*A close contact is:

- a person provided care for a person with COVID-19, including family, or other caregivers, and healthcare workers who did not use protective equipment;
- a person who lived with or otherwise had close contact (within 2 metres) with the person with COVID-19 while they were sick;
- a person who had direct contact with bodily fluids of the sick person (e.g. was coughed or sneezed on).
- Those with weakened immune systems

### Prevention

Step 1: HANDS - Wash your hands for at least 20 seconds with soap. If no soap is available use a hand sanitizer with at least 60% alcohol.

Step 2: FACE - Avoid touching your eyes, nose and mouth as there the most common entry points of the virus.

Step 3: DISINFECT - Clean surfaces, tables, doorknobs, counters, etc. using spray or disinfectant wipes.

STEP 4: SELF CARE - You've got a better shot at fighting the virus if you have a healthy immune system- sleep eat nitrous food, exercise and reduce stress.

STEP 5: SOCIAL DISTANCE - Keep 2 metres distance from another person.

### Did you return from outside NWT?

To protect NWT residents and our smaller communities as people return north, the NWT Chief Public Health Officer prohibits travel to the NWT. Coming back to the NWT from ANYWHERE outside the NWT, you must self-isolate for 14 days and submit an isolation plan to NWT Health and Social Services.

Complete and submit Form either:  
online

<https://www.hss.gov.nt.ca/en/services/coronavirus-disease-covid-19>

call 1-833-378-8297 from 8 am-8 pm, 7 days a week

e-mail [protectnwt@gov.nt.ca](mailto:protectnwt@gov.nt.ca)

If you're travelling by air, have your vehicle dropped off at the airport. Don't go to the grocery store - have family or a friend pick up groceries. Shower and wash your clothes in HOT water. Self-isolate for 14 days. Stay home, stay safe, and take care of each other!

### What to do if someone is not following social isolation?

If you see someone not following social isolation as part of the travel restriction order, who can you contact? If you have a specific complaint that any individual is disobeying this order do not confront them. Instead email or call 8am to 8pm, 7 days a week. Your complaint will be investigated by the Office of the Chief Public Health Officer.

E-mail [protectnwt@gov.nt.ca](mailto:protectnwt@gov.nt.ca)

Tel. 1-833-378-8297

For General Questions about COVID-19, contact the GNWT Health and Social Services e-mail [covid@gov.nt.ca](mailto:covid@gov.nt.ca).

For questions on self-isolation and travel restrictions, contact [protectnwt@gov.nt.ca](mailto:protectnwt@gov.nt.ca) or call 1-833-378-8297.



## COVID-19 Self-Assessment

This self-assessment tool is to help determine whether you should visit a health care provider for further COVID-19 related assessment and testing. You can complete this tool for yourself or for someone else if they are not able.

If you are experiencing severe symptoms such as difficulty breathing, do not proceed with the self-assessment tool. Call 9-1-1 or your local health care center if you are in a smaller community.

1. Are you experiencing any of the following symptoms?
  - Difficulty breathing (e.g. unable to finish sentences because of your breathing, Short of breath at rest, unable to lie down because of difficulty breathing),
  - Chest Pain,
  - Having a very hard time waking up,
  - Fainted or lost consciousness; or
  - Difficulty managing your daily life because of breathing difficulties.

**If you answered YES** –Please call the health clinic 867-767-9120. If symptoms are severe, call 9-1-1 or emergency 669-4111 before you go in order for them to prepare for your arrival.

**If you answered NO** –Go to Questions #2 below

2. Are you experience any of the following symptoms?  
Fever, Cough, Shortness of breath, Sore throat, muscle aches, runny nose

**If you answered YES** – In the last 14 days, have you:

- Travelled from outside the NWT?
- Had close contact with someone confirmed with COVID-19?
- Had close contact with someone who is being investigated for COVID-19?
- Had close contact with someone who is symptomatic and has travelled? or
- Lab exposure to biological material?

Based on the responses just provided, please call health care provider at 767-9120 or go online [www.nthssa.ca/appointments](http://www.nthssa.ca/appointments) to be assessed by a health care provider. Please call first so they can prepare for your arrival. If your symptoms become severe call 9-1-1.

You MUST immediately self-isolate for 14 days since your exposure until your symptoms go away

If you have symptoms and get tested for COVID-19, you and everyone in your household need to self-isolate for 14 days. Your health care provider will notify you of your test results. It will take up to a week to receive your results and the health care provider will provide further advice at that time. Regardless of the result, you must self-isolate for the total of 14 days. Self-isolation means limiting your contact with others.

**If you answered NO**–Based on the response you have provided, your risk of having been exposed to COVID-19 is low. If your situation changes, retake the NWT COVID-19 Self Assessment. To protect yourself and your community, continue to follow healthy respiratory practices and social distancing, Social distancing meaning leaving 2 metres or more between yourself and those around you.

# SERVICE CANADA/CANADA REVENUE AGENCY INFORMATION

## CRA CANADA EMERGENCY RESPONSE BENEFIT

You can apply for the CERB if you:

- were let go from your job, your hours have been reduced to zero and you do not have paid leave or other income support
- were let go from your job and are eligible for Employment Insurance – regular or sickness benefits
- still have your job but have been temporarily laid off and asked not to come to work
- are sick or quarantined – you do not need a medical certificate as proof
- are taking care of someone who has contracted COVID-19
- are a working parent who has to stay home, without pay, to care for your children or other dependents whose care facility is closed
- are self-employed and would not otherwise qualify for employment insurance (EI)
- are a contractor and would not otherwise qualify for EI

To apply for CERB you must fulfill the following criteria:

- You must reside in Canada and be at least 15 years old
- You must have a valid social Insurance Number
- You must have stopped working because of COVID-19 related reasons or are eligible for Employment Insurance – regular or sickness benefits
- You had income of at least \$5,000 in 2019 or in the 12 months prior to the date of applying for CERB. This can be from employment, self-employment, maternity/paternal benefits under the EI program or a combination of those sources.
- You are or expect to be without employment or self-employment income (any pay or payments from employer) for at least 14 consecutive days within the first four-week period. For the rest of the benefit periods, you expect to have no employment income
- If you are not a citizen or a permanent resident, you may be eligible to receive the CERB if you meet other eligibility requirements – including international students and temporary foreign workers.

The CRA has set up specific days for you to apply based on your birth month. Best day to apply for birth months:

### Birth Month:

January, February or March  
April, May, or June  
July, August, or September  
October, November, or December  
Any month  
Sundays

### Best Day to Apply:

Mondays  
Tuesdays  
Wednesdays  
Thursdays  
Fridays, Saturdays and  
Sundays

By phone: Call the automated toll-free line to verify your identity, you'll need

- your social insurance number (SIN)
- postal code
- birth year

Telephone number - Follow the instructions below before you call 1-800-959-2019 or 1-800-959-2041

Instructions

- Select your language preference: English or French
- Follow the prompts to enter your information, including:
  - your SIN
  - confirmation of your postal code
  - the period you are applying for
- Declare that you qualify for the benefit

The CRA will issue payments by direct deposit or cheque, based on the payment method they have on file for you.

FYI: follow the prompt to enter eligible benefit periods:

### **4-week period cycle - Period dates**

- 1 - March 15, 2020 to April 11, 2020
- 2 - April 12, 2020 to May 9, 2020
- 3 - May 10, 2020 to June 6, 2020
- 4 - June 7, 2020 to July 4, 2020
- 5 - July 5, 2020 to August 1, 2020
- 6 - August 2, 2020 to August 29, 2020
- 7 - August 30, 2020 to September 26, 2020

### **CRA Enhanced GST Credit**

A one-time supplementary COVID-19 measures payment will be issued on April 9, 2020 as a Enhanced GST Credit to individuals who ALREADY qualify and receive GST Credit. It's an automatic payment, based on 2018 income.

It's double payment and paid altogether from previous payments from past July 2019, October 2019, January 2020 and April 2020. Though, July 2020 will be regular single payment. If you already have direct deposit, it will be deposited tomorrow April 9. Those that receive by cheque, it will be mailed.

For example, if you already received GST Credit Payments of \$100 for July 2019, October 2019, January 2020, and April 3, 2020, then altogether you'll receive \$400 tomorrow April 9, 2020. BUT July 2020 payment will be single \$100 payment.

Please budget for future necessities and spend wisely as we do not know how long this pandemic will last.

# ADMINISTRATION

## **Extension of Public Health Emergency**

The NWT Public Health Emergency has been extended to 14 days April 30. The public health orders remain in-effect with travel and entry restrictions, and mandatory isolation.

## **Communities Security & RCMP Patrols**

YKDFN has hired two Security Personnel to patrol both communities and will be working along with the RCMP.

Ndilo Justin Delorme 709-775-3371

Dettah Ben Hardisty 446-4769

The RCMP will be increasing patrols in both communities to ensure health, safety, and will be enforcing the NWT public health order by controlling mass gatherings. A gathering is when several people get together in a single place, inside or outside, in a way that risks people being close enough to spread COVID-19.

Perpetrators disobeying the public health orders can be fine up to \$10,000. If you see someone not following social isolation, parties, underage drinking, public drunkenness, drinking and driving, overall any individual disobeying this order, do not confront them, call RCMP (24 hours) or Protect NWT (8am-8pm hours). Your complaint will be investigated.

Call: Protect NWT (8am-8pm hours) Tel. 1-833-378-8297  
RCMP (24 hours) Tel. 669-1111

## **YKDFN media release - COVID-19 Food Security Program Fund and Kindness in Action**

The YKDFN is taking a long-term view of the COVID-19 pandemic and its impact to its members. In addition to protection of members during this unprecedented time and provision of essential services the First Nation has set up a COVID-19 Food Security Program Fund to support the most vulnerable in the community, including the elders, low income members and families living in overcrowded housing, persons with disabilities, at risk youth and the homeless.

We would like to thank the ardent supporters of the Fund including our own Det'on Cho Corporation who have generously contributed \$20,000 to the Program, Diavik, De Beers and Gold Terra Resource Corp., and the other corporate sponsors.

We would also like to especially thank YKDFN member Joanne Tsetta of Edmonton who contributed 49 Hampers and \$2000 to support the program. During the COVID-19 crisis, kindness has become a daily habit and the Dene Laws of "Share what you have", "Help each other" and "Love each other as much as possible" come more into focus to carry us through this challenging time.

## **Easter Feast and Drum Dance – CANCELLED**

YKDFN has cancelled the Annual Feast and Drum Dance due to COVID-19. A celebration will be planned once the pandemic and public health order is lifted and host a celebration feast and drum dance when it is deemed safe.

Please call family and friends to check up on them and see how they are doing. We wish you a safe Easter!

## **Easter Family Dinners**

Social distancing and isolation is still in-effect and mass gatherings are prohibited during the COVID-19 Pandemic. Thank you for keeping our communities safe during this difficult time. We will ensure to celebrate as mentioned above once it is safe to do so.

## **YKDFN Offices - Easter Weekend**

Operating YKDFN Offices will be closed on Friday April 10 and Easter Monday April 13 and essential workers will return to operation on Tuesday April 12.

## **Outreach Services and Information**

Angela Lafferty and Eileen B. Betsina are available to assist and help YKDFN Members navigate through YKDFN programs, support, services, and information, as well Government programs, services, and information.

Contact: Angela Lafferty 873-4307 / 688-2997  
Eileen B. Betsina 873-9037 / 447-3758

## **Aboriginal Head Start Program**

The Aboriginal Head Start Program will be closed until September 2020 due to COVID-19. Children will receive activity packages to work from home.

For more information, please contact Program Manager at 587-778-3352 or by email at [niroshiw@ykdene.com](mailto:niroshiw@ykdene.com)

## **Lil' Wiilideh Champions Daycare**

Lil' Wiilideh Champions Daycare program is licensed and now accepting new registration. Childcare spots are available immediately for ages 0-5 years. Give your child a safe and nurturing environment with the best care at affordable costs. Call us today to Book Your No Obligation Tour!

For more information, please contact Program Manager at 587-778-3352 or by email at [niroshiw@ykdene.com](mailto:niroshiw@ykdene.com)

## **YKDFN Shuttle Service**

The shuttle has been suspended until further notice

## MUNICIPAL WORKS

**PLEASE DO NOT COME IN CONTACT OR DISRUPT ANY TRUCK OPERATORS. THEY ARE ESSENTIAL WORKERS FOR OUR COMMUNITIES AND REQUIRED TO MAINTAIN DISTANCE.**

### DETTAH

Water Provisioning - YKDFN Water Services

- If you are getting low, contact the Dettah Band Office before 12:00 PM.
- There is no guarantee that unscheduled water and sanitation requests will be responded to on the same day as the requests.

Sanitation Services - Akaitcho Bay Trucking

- For additional services please call Akaitcho Bay Trucking (Victor Crapeau) directly before 12:00 PM.
- YKDFN has arranged for one additional callout per week per household

### NDILO

Water Provisions - WB Water Services

- If you are getting low, call WB Water Services directly before 12:00 PM.
- Callouts will be for the account of households.
- YKDFN has arranged for one callout per week per household.

Sanitation Services - Kavanaugh Bros Ltd.

- A third optional sewage pump-out will be provided on Sundays.
- This optional pump-out must be requested.
- Requests must be placed telephonically with the Dettah Band Office.
- No requests will be accepted after 11:00 AM.

Please conserve water and rely on scheduled water deliveries and pump-outs.

Ways to help Conserve Water

- Wash laundry only if you have one full load
- Keep showers under 5 minutes
- Put large water bottle into toilet tank
- Limit toilet flushes; if its yellow let it mellow, if its brown, flush it down
- Keep a full jug of water stored or in the fridge for emergency in case you run out of water
- day as the requests.

### Dog Warnings

Loose dogs are a risk and YKDFN tries to safely catch. Dog owners, please make sure your dog is on a leash as you are legally liable for them. Mahsi for cooperation in keeping communities safe.

### Municipal Works inquiries

For any inquiries, please contact  
Ryan Peters

YKDFN Community & Public Works Manager  
Tel. 873-4307 ext. 2006



#### DETTAH URGENCY

After hours Dettah Urgency regarding community or municipal matters, call:  
Community & Public Works Manager  
Ryan Peters Cell # 867-445-0803



#### YKDFN HOUSING EMERGENCY

After hours YKDFN Housing Division  
Emergency for Dettah/Ndilo rental units  
# 867-446-0937



#### REPORT WILDLIFE SIGHTINGS

Call GNWT Environmental & Natural  
Resources (ENR)  
Emergency Phone # 867-873-7181  
Office # 867-767-9238 ext. 53247

## COMMUNITY WELLNESS

### Donation to Community Wellness Division

A huge Mahsi Cho to the Community Wellness staff, YKDFN received donations to be able to purchase gift cards for groceries to YKDFN households in Dettah, Ndilo and greater Yellowknife. We would like to thank the Community Wellness staff for their hard work and thank Trevor's Independent for waiving all fees and taxes for the purchases of the gift cards.

Gift cards were distributed to YKDFN household as such:

Ndilo: Tue. April 7 at Ndilo Gym 11am-4pm

Dettah: Wed. April 8 at Dettah Wellness 11am-4pm

Yellowknife: Thur. April 9 at Ndilo Gym 11am-4pm

These are limited to 1 gift card per household, regardless of how many adults/children in each home. The cards will be given to the head of the household or designate.

If you could not make it to these locations due to self-isolating or transportation, please call the Community Wellness office at 920-2925. As staff will be very busy, please leave a detailed message if there is no immediate answer and they will return your call as soon as they can.

We thank the donors for their generous donations that have made this possible.

Contact: Community Wellness 920-2925

### For Your Information

Individuals/Families that were previously receiving:

- Income Assistance
- Child tax Benefit
- GST payments

All above has been increased by the Federal Government. Please contact them for amounts and dates.

### Provide support

Emergency food hampers, Homelessness referral, and Income Assistance support

Contact: Jennifer Drygeese 920-2925 / 445-4520

### Elder Check In

Melissa Sangris is checking in with our Elders who are 65+ on a weekly basis to ensure they are safe, healthy and their needs are being met.

Our Elder shuttle has been suspended—at this time its very important that families help their Elder and go and shop for them. For more information, please call.

Contact: Melissa Sangris 445-8048.

### Counselling Services

Cyndi Caisse is providing ongoing Counselling services. We understand that during this time you may feel stressed. If you feel you need to talk to someone please contact Cyndi and Jennifer to get Cyndi to call you.

Contact: Cyndi Caisse (306) 930-3276 / Jennifer 445-4520

### Family Activity Packs

Theresa and team are providing family activity kits to the children that have accessed our Chekoa Program prior to COVID-19. The kit includes a board game, crafts, reading challenge, word searches, practicing handwriting, etc.

We hope we will be able to prepare and provide additional kits to additional families.

Contact: Theresa Lynn 765-8686

### 6-week Workout Challenge

Starts April 14-May 19, 2020. Open to all YKDFN Members ages 18+, no cost to enter, winner based on Before and After photos.

Men: 1st \$500; 2nd \$250

Women: 1st \$500; 2nd \$250

Facebook page to be created to keep encouraged throughout the process with healthy eating tips, workout ideas, and motivation!

To register, provide: Name, Phone Number, Current Weight, Before photo with time stamp.

Sign up before April 9 at 5pm.

Contact: Theresa Lynn 765-8686

## **YKDFN Easter Turkey Distribution**

YKDFN Dechita Naowo will be assisting the YKDFN COVID-19 Response by giving away one turkey per YKDFN household in Dettah, Ndilo, and Yellowknife.

Delivery dates are Wednesday, April 8 and Thursday April 9. YKDFN members living in Yellowknife, please pick up a turkey at the Ndilo Gym on Thursday April 9 from 11:00-4:00. A white YKDFN Truck will be parked outside the gym where the turkeys will be distributed.

If you did not get a turkey and cannot make it on Thursday, please call by 3pm Thursday to arrange delivery. Mahsi cho and Happy Easter!

Contact: Margaret Erasmus 688-7788

## **Land Assistance Program**

YKDFN COVID-19 Land Assistance Program for Members. Application information and guidelines available on our ykdene.com website.

Contact: Jessica Vital 873-9037 / 444-8076  
E-mail jvital@ykdene.com

## **Tutoring Assistance and Laptop Loans**

The Post-Secondary prep program is available for any YKDFN high school students who are seeking help. We can study through technology such as: Skype, facetime or by phone.

We are also lending out laptops for any student that requires one for their studies during this school year.

Your Education is the most important life skill!

Contact: Rachel Tambour-Zoe 445-7561  
E-mail rtambour-zoe@ykdene.com

## **Book Distribution for Students**

Dechita Naowo will be distributing books to YKDFN students. If your child(ren) do not receive any books by Wednesday, April 15, please contact me.

Contact: Rachel Tambour-Zoe 445-7561  
E-mail rtambour-zoe@ykdene.com

## **Students Internet Access to Educational Resources**

Dechita Naowo is setting up a site for students to access resource materials on the internet with the use of Google Classroom. More information will follow on this. It will be a site where parents and students can find some educational resources to keep the kids learning while at home.

## **Educational Tips and Assistance**

We are also available to assist parents in contacting their child's teachers if they need any help in that area. It's important for parents to be in close contact with their child's teacher at this time to coordinate sending and receiving assignments and other communications the schools might be sending out.

If your child has not received any homework yet, you can really help them by getting them to read, read, read. This would be a really good time to have our students increase their reading levels. Low reading levels are usually the reason that students don't succeed in high school and don't graduate.

Another good activity is for parents to cook with their children. Have your child read the recipe and measure out the ingredients. This helps a lot with reading and math. We will have some recipes up on our google site as well, and if you have some you'd like to share please send to Rachel Tambour as listed.

Another good skill that is important for students to have is speaking. Telling your children and grandchildren our stories and histories is a good way for them to learn and develop their own speaking abilities. The more we talk with our children the better they will be able to speak and understand language, and the easier it will be for them to read. Also, it's a great time to focus on our own language and strengthen our skills in that area.

If people have ideas that you like to share on how we can all help our young people keep up with their educational skills, please phone or email us.

Mahsi cho  
Margaret Erasmus  
Program Manager, Dechita Naowo 688-7788  
E-mail merasmus@ykdene.com

## **Assistance Setting Nets**

If you would like to set your own net but need help, please contact Eileen B. Betsina.

Contact: Eileen B. Betsina 873-9037 / 447-3758  
E-mail eileenb@ykdene.com

Also, YKDFN Members can apply for fish nets at the YKDFN Administration Office, contact # 873-4307.



# YKDFN HOUSING DIVISION

## YKDFN Housing Division Message

Due to COVID-19, YKDFN Housing Division has taken precautionary step to ensure the safety of our staff.

We are essential workers and will be working at the office, however we have to keep the doors locked to the public, but you can still pay your rent and need to call ahead first to notify staff.

Our maintenance will continue to ensure that all units are functioning.

If you require more information, please contact our office or Housing Manager. Thank you.

Office Tel. 920-4403  
Housing Manager Agatha Laboucan 446-5891

## Housing Application Status:

Total # of units in Dettah: 42

Market Rental units: 2

Public Housing units: 40

Dettah wait list – 7 applications

Ndilo wait list – 5 application

Waiting for transfer – 5 applications

Dettah vacancies - 2, Ready for allocation – 1

Ndilo vacancies – 0

Total # of units in Ndilo: 34

Market Rental units: 1

Public Housing units: 33

Most frequent questions asked about application status:

1. How long will I be on the wait list?
2. How long do I have to wait?
3. When will I get a place?

Unfortunately, that question is impossible to answer, as we do not know when a unit will become available and cannot promise a unit to anyone.

## From NWT Housing Corporation

Recently Minister Pauli Chinna announced that rental payments will be deferred until June in order to help to promote social distancing and minimize the risk of community transmission.

While this allows tenants to delay payments, it does not mean that tenants are not responsible for their rent or mortgage charges.

Even though they will not be required to pay at this time, tenants will still be charged their monthly rent and will be expected to make up the deferred payments once COVID-19 public health order and precautions are lifted.

If tenants are still wanting to continue to make their rental payments, they are encouraged to contact 1-844-NWT-HOME to determine if there are other methods of paying available to them.

## Housing Maintenance

To ensure the safety of our Maintenance staff going into units to complete work orders we ask all tenants please make sure you keep your units clean and sanitized.

## Housing Emergency Phone Numbers

Maintenance 446-0937 or 867-340-0355

Housing Manager Agatha Laboucan  
446-5891

## What are you doing to practice social distancing?

Take a picture of you and family practicing social distancing and provide a brief activity sentence and send to:

YKDFN Councillor Elizabeth Liske  
E-mail [liz.liske@gmail.com](mailto:liz.liske@gmail.com)

Lets have some fun!



”

My family and I are enjoying our time on the land and each other. We like to go hiking and have cook outs. My message for community members is to stay connected, be kind and remember the Dene Laws. Our ancestors left many great teachings that they themselves used during times of crisis which helped them survive. We are here to carry on those teachings and ways of life - remember who you are.

**Love each other as  
much as possible.**

COUNCILLOR LISKE, YKDFN

## Social distancing Tips:

Social distancing means increasing our physical distance from others by staying home. Prioritizing our health right now includes taking care of our mental health. Here are some tips for keeping your whole self, safe and healthy right now.

- Even though we are socially distancing, we can still connect with friends and family by phone, text or with other
- virtual tools. This is a great time to reach out to someone you've been meaning to reconnect with.
- Make sure you're getting your information from reliable sources, and do extra research if you're not
- sure. Knowledge is power, but only if it's true! Unfollow social media accounts that share incorrect information,
- or content that makes you scared, stressed, or anxious.
- Share your worries – it is okay to feel strange or worried right now. People will understand, and you CAN
- talk about it.
- Keep to some kind of a daily schedule. Try to go to bed and wake up around the same time, and make sure
- to include healthy food, exercise, talking to friends, and time outside each day!
- Set boundaries. If somebody is making you stressed or anxious about COVID-19, say “Can we please talk
- about something else?”
- If you live with others, take turns making decisions (like what to watch on Netflix and making meals).
- Look for online meditations, grounding exercises, and support groups. If you start feeling really anxious, use your
- new tools to help you through it.
- If you're really struggling, reach out for mental health support. You don't have to handle this alone!

The NWT Helpline is available 24 hours a day, 7 days a week. It is 100% free, confidential and anonymous.  
Call 1-800-661-0844

Kids Help Phone – If you are a young person, and you need someone to talk to, you can call the Kid's Help Phone.  
Call 1-800-668-6868