

**Up-to-date information as of June 19th, 2020\*\*\***

# COVID-19 NEWSLETTER

MNBC MINISTRY OF HEALTH - ISSUE 14



## Issue 14: Highlights

MNBC Social Determinants of Health survey. Canadian Emergency Response Benefit (CERB) coverage period extended.  
National Indigenous Peoples Day.  
Canadian Men's Health Week.  
#plaidfordad. Happy Father's Day!



**"We must continue to stand together and support each other as we move forward."**

Dr. Bonnie Henry

If you know of someone in need, or are isolated yourself and need assistance, email [covid19@mnbc.ca](mailto:covid19@mnbc.ca)

MNBC's Health Team will help connect you to available Community supports.

MNBC will be updating our webpage as new information becomes available.

Follow our COVID-19 page at [www.mnbc.ca](http://www.mnbc.ca)

Please also see the last page, with links to previous issues of our COVID-19 newsletter for more information on hand washing, physical distancing (6 feet or 2m apart).

# MNBC SOCIAL DETERMINANTS OF HEALTH SURVEY

**Are you Métis? MNBC's Ministry of Health invites you to take part in an optional health survey at:**

<https://form.simplesurvey.com/s/mnbchealth>

**Take our survey for a one in three chance to win a \$100 VISA gift card!**

MNBC's Ministry of Health has launched a survey to capture a picture of the health, wellness, and risk factors that have contributed to Métis health in British Columbia over the last month. With the information gathered through this survey, we will have a better idea of the measures needed to address the gaps and barriers for better Métis health in British Columbia. Completing this survey is optional, and your responses will remain anonymous in any materials created from the survey results.

**The survey will close on July 2, 2020. Gift card draw winners will be drawn on July 3rd, 2020.**

## MNBC SOCIAL DETERMINANTS OF HEALTH SURVEY



You can also find the survey link on MNBC's webpage [www.mnbc.ca](http://www.mnbc.ca) or MNBC's Facebook page. Email [sthomson@mnbc.ca](mailto:sthomson@mnbc.ca) for more information



**MÉTIS NATION**  
BRITISH COLUMBIA

# CERB COVERAGE PERIOD EXTENDED

*From the Government of Canada:*

Canada Emergency Response Benefit (CERB) provides \$2000/month to workers impacted due to COVID-19, including contractors, self-employed people, seasonal workers, those whose EI benefits have recently expired, and workers making less than \$1000/month.

**The coverage period for this benefit has been extended to Oct 3, 2020. Extra 8 weeks available – CERB extended from 16 weeks to 24 weeks for workers who:**

- stopped working due to COVID-19 or;
- are eligible for Employment Insurance regular or sickness benefits or;
- have exhausted their Employment Insurance regular benefits or Employment Insurance fishing benefits between December 29, 2019 and October 3, 2020.

For additional information, visit: <https://www.canada.ca/en/services/benefits/ei/cerb-application.html>



# NATIONAL INDIGENOUS PEOPLES DAY

**June 21st marks National Indigenous Peoples Day. Métis Nation British Columbia recognizes the invaluable contributions that Métis, First Nations, and Inuit peoples have made in building our country and the contributions we continue to make.**

On June 21st, we honour those contributions and the unique cultures, language, traditions, and heritage of the Indigenous Peoples of Canada.

Among the many virtual events that will be hosted live by the numerous social media channels across our province, as well as the country. Métis Nation BC will be hosting a few exciting virtual events and prize winning initiatives.

- MNBC's NIPD 2020 Playlist: A playlist to help you enjoy this years socially distant National Indigenous Peoples Day! You can check it out here:  
<https://open.spotify.com/playlist/469ylarHoQdaYwsPrCwfvN?si=YDMnXAEQS9iruO5C2VesOA>
- A list of 10 Métis authored books to read
- Launching the Métis in the Wild: Nature Photo contest

For more information on National Indigenous Peoples Day, follow MNBC on Facebook, Instagram, Twitter, or at [www.mnbc.ca](http://www.mnbc.ca)

# MNBC'S NIPD 2020 PLAYLIST

## **Métis Fiddler Quartet - La Grande Gigue Simple/ Red River Jig**

The Métis Fiddle Quartet is a sibling group of four out of Ontario. They focus on the beautiful traditions of Canadian fiddle music.

## **Andrea Menard – Métis Hands**

*Taken from Andrea's Spotify:* "Andrea Menard is an acclaimed Métis performer who crosses cultural and language boundaries by speaking from her heart. She has released four award-winning albums... Not one to shy away from her Métis heritage, which has a long history of bridging two cultures, Andrea...creates music meant to bring divergent communities together."

## **Susan Aglukark – O Siem**

*Taken from Susan's Wikipedia:* "Susan is an Inuit musician whose blend of Inuit folk music traditions with country and pop songwriting has made her a major recording star in Canada. Her most successful song/single is "O Siem", which reached No. 1 on the Canadian country and adult contemporary charts in 1995. Overall, she has released seven studio albums and has won three Juno Awards."

## **Donny Parenteau – Country Calling Me**

Donny is a Métis man born and raised in Prince Albert, Saskatchewan. After starting his solo career in 2003, Donny has garnered over 100 nominations at 7 major award shows - including 3 Juno nominations, and his first USA nomination for Best Country CD at the 2014 Native American Music Awards. More information can be found on his Spotify.

## **Buffy Sainte-Marie – Native North American Child**

A woman who needs no introduction! Buffy has been a trailblazer since 1964 focusing on Indigenous rights, humanitarian efforts, climate change, and equality for women, she is a force to be reckoned with.

# MNBC'S NIPD 2020 PLAYLIST

## **A Tribe Called Red – Electric Pow Wow Drum**

A Tribe Called Red is an electronic DJ collective known for their genre-bending mix of hip-hop, reggae, dubstep and First Nations musical traditions. ATCR haven been longlisted for the Polaris Music prize finishing in the top ten and have Best Group and Best Album at the Aboriginal People's Choice Music Awards. Their work is a perfect example of combining traditional and contemporary styles to make a powerful statement about Indigeneity in the modern world.

## **Luvlyf – Rush**

MNBC's very own Director of Operations Colette Trudeau-Bailey! We're very proud to feature be able to feature two MNBC employees on this list and know how important it is to lift each other up.

## **Susan Aglukark – Hina Na Ho (Celebration)**

A song all about celebrating. Perfect for National Indigenous Peoples Day!

## **Crystal Shawanda – My Roots Are Showing**

Crystal Schawanda is Ojibwe from the Wikwemikong reseruve on Manitoulin Island in Ontario. Now residing in Nashville, TN. She's been performing and writing music since she was 11 years old and has been signed with RCA Records since 2007.

## **Buffy Sainte-Marie – You Got To Run (Spirit of the Wind)**

Something to get your blood bumping while you're jigging around the kitchen!

## **A Tribe Called Red – Sisters (feat. Northern Voice)**

A powerful song featuring female vocals, our homage to the Murdered and Missing Indigenous Women and Girls across Canada.

# MNBC'S NIPD 2020 PLAYLIST

## **Tanya Tagaq – Snowblind**

*Taken from Tanya's Spotify:* “Tanya Tagaq is an improvisational singer, avant-garde composer and bestselling author. A member of the Order of Canada, Polaris Music Prize and JUNO Award winner and recipient of multiple honorary doctorates, Tagaq is one of the country's most original and celebrated artists.” Tagaq is from Cambridge Bay, Nunavut and her unique style of Inuk throat singing is well known across the world and she's collaborated with artist such as Bjork.

## **Big River Cree – Jingle Dress Side Step**

*Taken from their website:* “Big River Cree are from Big River First Nation which is located in Northern Saskatchewan. The group consists of extended family members of "Whitefish" family. They have been singing together since the early ninety's.”

## **Métis Fiddler Quartet – Northwest Voyage**

A slower fiddle piece to begin winding us down for the day. Time to put the kettle on and get some bannock!

## **Nadine L'hirondelle – Bannock in My Belly**

A perfect way to cap off our NIPD 2020 playlist, with MNBC's Nadine L'hirondelle (Métis Early Years Program Coordinator)! We hope that you're able to spend time with your family, even if it's through digital means, and have some yummy bannock. Marci.

**A playlist to help you enjoy this years socially distant National Indigenous Peoples Day!**

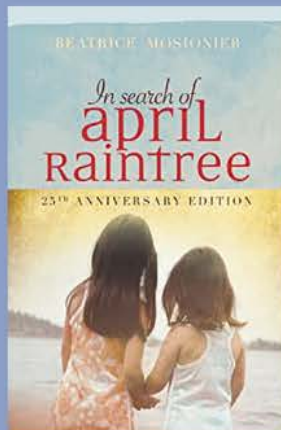
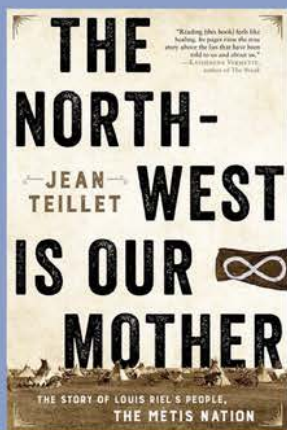
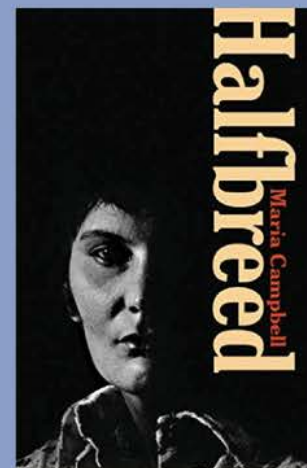
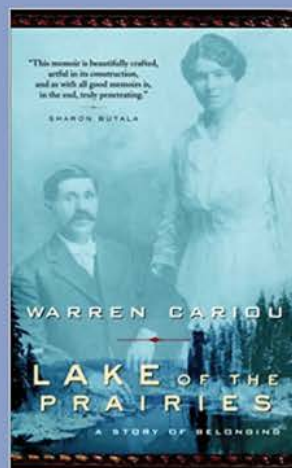
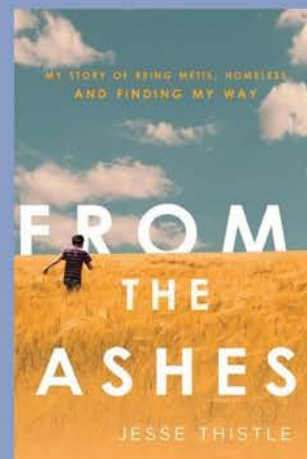
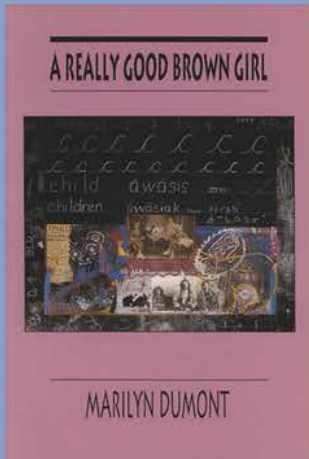
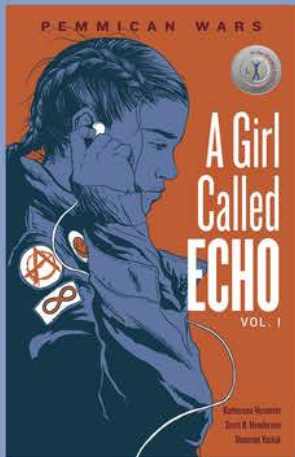
**You can check it out here:**

<https://open.spotify.com/playlist/469ylarHoQdaYwsPrCwfvN?si=YDMnXAEQS9iruO5C2VesOA>

# National Indigenous

# Peoples Day

## TEN MÉTIS AUTHORED BOOKS TO READ





# MÉTIS IN THE WILD: NATURE PHOTO CONTEST

**SUBMIT YOUR PHOTO FOR A 1 IN 3 CHANCE TO WIN A \$100 VISA GIFT CARD**

In celebration and recognition of National Indigenous Peoples Day 2020, MNBC is launching the *Métis in the Wild: Nature Photo Contest!*

Share with us a photo in nature that celebrates your Métis heritage. No faces, just natural spaces. Get creative by including sashes, bead work, and more!

This contest closes on July 3rd, so be sure to submit your photo before then.

To send in your photo entry, please email [health@mNBC.ca](mailto:health@mNBC.ca). Please note you will be required to complete a photo consent form after submitting your photo, in order to be entered into the draw.

Winners of the draw will be randomly selected on July 6th.



# CANADIAN MEN'S HEALTH WEEK

June is one of the months we celebrate the wonderful men in our lives. Not only do we celebrate Father's Day on June 21st, we also celebrate Canadian Men's Health week from June 15th to the 21st. During this week we honor the importance of the health and wellness of all Métis men, and how vitally important it is to participate in regular screening and checkups.

According to the Canadian Men's Health Foundation:

- 70% of men's chronic health conditions are caused by lifestyle - and only 30% is genetic
- Canadian men are 57% more likely to die from diabetes than women
- Canadian men are 79% more likely to die from heart disease than women
- 67% of all Canadian men are overweight or obese
- Canadian men are 40% more likely to die from cancer than women
- Canadian men are four times more likely to die by suicide than women
- Canadian men spend on average nine years of their lives in poor health often related to lifestyle



# CANADIAN MEN'S HEALTH WEEK (CONTINUED)

**We have put together some tips and tricks that have been known to promote men's health.**

Have a guy's night! Now more than ever we are finding it more difficult to socialize and this can affect our mental wellness. There are many online platforms that can host virtual "Happy Hours" or a "Guy's Night" such a Skype and ZOOM. Of course, there is always the conventional phone call!

**Get Moving. Not only is exercise great for your physical health, but also your mental health. Some great examples are hiking, walking, biking, and any outdoor leisure activity. Of course, always keep in mind physical social distancing if you choose to go outside.**

Hydrate. It is recommended to drink at least 8 cups of water per day. There are many other considerations when knowing how much water to drink in a day (such as exercise), so it's very important to do your research.

**Keep Calm. It is extremely important to take a few minutes out of your day to take a nice long deep breath. Consider giving yourself time to meditate, it can help bring you back to a grounded place and encourage your mental clarity. As well, you can practice traditional teachings, such as prayer and smudging.**

Swap out the Pizza! Eating a variety of healthy foods can make you feel good while maintaining your health. There are many great programs that can help modify your eating habits, while still allowing you to indulge in your favorite chocolate bar or slice of pizza.

**"A healthy outside starts from the inside." *Robert Ulrich***

# #PLAIDFORDAD

This year, on June 19th, Métis Nation British Columbia is joining in the #plaidfordad campaign in support of the Canadian Cancer Society. The campaign focuses on wearing plaid to bring awareness to prostate cancer and the many lives it effects.

We hope you will join us on June 19th in bringing awareness to this important cause by taking a photo wearing your plaid and posting to social media with the hashtags #plaidfordad #menshealth #metismen #MNBC

June 19, 2020 MNBC is Wearing **"Plaid for Dad"** Raising **PROSTATE CANCER** Awareness

#plaidfordad  
#menshealth



#metismen  
#mnbcb



# THANK YOU AND HAPPY FATHER'S DAY

**Whether you're celebrating your dad, grandpa, husband, uncle, brother, or otherwise. If you're sending love from a distance or if you're at home with family, what's important is the time spent together, no matter how it happens.**

**Wishing you a happy, healthy, and safe Father's Day.**

To our healthcare workers, first responders, frontline staff, and essential service workers - we thank you from the bottom of our hearts.

We are so deeply grateful for all that you do. Though we are apart for now, we stand with you always.



# RECENT NEWSLETTERS HIGHLIGHTS

**Please note that these issues are up-to-date as of the dates they were originally published, and as such, some information may no longer be valid.**

ISSUE THIRTEEN. Ministry of Youth online Jigging event (June 14th). Health Canada hand sanitizer recall. BC provincial overdose crisis. BC Ferries new mask regulations. Expanding your circle. World Elder Abuse Awareness Day. Read Issue #13 [here](#).

ISSUE TWELVE. BC Parks camping reopens. Parks Canada: gradual reopenings. Summary: World Health Organization's review on tobacco and COVID-19. New one-time support for Canadians with disabilities. Showcase BC. Read Issue #12 [here](#).

ISSUE ELEVEN. BC CDC COVID-19 survey reminder: May 31st deadline. To mask or not to mask? BC's Restart Plan. Provincial state of emergency extended. Alcohol and the immune system. Read Issue #11 [here](#).

ISSUE TEN. Government of Canada recommendation for wearing non-medical masks in public. Appropriate non-medical mask usage. BC CDC COVID-19 Survey. B.C. COVID-19 Temporary Pandemic Pay for health, social services and corrections employees delivering in-person, front-line care. Celebrating 2020 Métis graduates. Read Issue #10 [here](#).

ISSUE NINE. Federal government support for seniors. Canada Child Benefit (CCB) payment increase. Part-time, voluntary return to school June 1. Canada Emergency Student Benefit (CESB). BC provincial parks reopening. COVID-19 journal and activity book for kids. COVID-19: harm reduction support. Read Issue #9 [here](#).

ISSUE EIGHT. Hearts in the Window weekly contest. BC's Restart Plan. Canada Emergency Wage Subsidy extended. Celebrating Mother's Day this year. Métis wellness youth event. COVID-19 support resources. BC provincial overdose alert. Read Issue #8 [here](#).

ISSUE SEVEN. Glove distribution update. Hearts in the Window weekly contest. Staying entertained and active at home (Tah'lum Indigenous Artist Collective Colouring Book, FitNation, Métis Families Activities Guide). Zoom hangouts for Indigenous Youth. London Drugs providing shelf space for small businesses. Read Issue #7 [here](#).

ISSUE SIX. Survey deadline - April 30th, 2020. Support for Indigenous businesses. Relief for Métis entrepreneurs in BC during COVID-19. Hearts in the Window weekly contest. Foundry virtual services for youth (ages 12-24). Read Issue #6 [here](#).