

Up-to-date information as of April 24th, 2020***

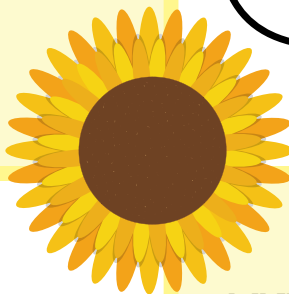
COVID-19 NEWSLETTER

MNBC MINISTRY OF HEALTH - ISSUE 06



Issue 6: Highlights

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).



**"Now is not the time to
tip the scales against us
with careless action."**

Dr. Bonnie Henry
April 23rd, 2020

If you know of someone in need, or are
isolated yourself and need assistance,
email 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

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).

SURVEY DEADLINE: APRIL 30TH - FINAL REMINDER

SURVEY DEADLINE - APRIL 30TH

Are you Métis? How has COVID-19 impacted you?

MNBC's Ministry of Health invites you to take part in a survey at:

<https://questionnaire.simplesurvey.com/s/mnbc-covid19>

Please share how COVID-19 has affected you personally.

It is our goal is to connect with Métis people from across the province and conduct a fulsome needs assessment.

COVID - 19 Survey



MÉTIS NATION
BRITISH COLUMBIA

People are welcome to find the link on MNBC's
webpage www.mnbc.ca or Facebook page.
Email covid19@mnbc.ca for more info



If you have not done so already, please complete our quick MNBC Needs Assessment Survey as to how COVID-19 is impacting you.

Closing April 30th

This information helps us to tailor information and respond with what you need to know - such as information about BC Hydro and ICBC. It lets us know what should be shared in this newsletter, and assists MNBC with decision making.

SUPPORT FOR INDIGENOUS BUSINESSES

The Government of Canada is taking action to make sure that Métis, First Nation, and Inuit business owners have access to the support they need to get through this crisis. Up to \$306.8 million in funding has been announced to help small and medium-sized Indigenous businesses.

The funding will allow for short-term, interest-free loans and non-repayable contributions through Aboriginal Financial Institutions. These measures will help 6,000 Indigenous-owned businesses get through these difficult times.

Financial support for Indigenous businesses will be provided through Aboriginal Financial Institutions, and administered by the National Aboriginal Capital Corporations Association and the Métis capital corporations in partnership with Indigenous Services Canada.

To read the full announcement, visit: <https://pm.gc.ca/en/news/news-releases/2020/04/18/prime-minister-announces-support-indigenous-businesses>



RELIEF FOR MÉTIS ENTREPRENEURS IN BC DURING COVID-19



COVID-19 **BC Métis** Business Support Program

MFCBC will soon begin a new loans program for Métis entrepreneurs who have suffered business losses due to COVID-19. Read more below.

Métis Financial Corporation BC will be able to offer a COVID-19 Métis Business Loans Program in BC. Program details are still being developed.

Loans available up to \$40,000 with up to \$10,000 forgivable for eligible entrepreneurs.

Please call Métis Financial Corporation BC's office in Kelowna, toll free at 1 833-399-3926 or send an email at admin@mfcbc.ca to be registered to receive more information.

Visit Métis Financial Corporation BC's website at:
www.mfcbc.ca

HEARTS IN THE WINDOW: WEEKLY CONTEST!

All across Canada, hearts have been popping up in window displays. The goal is simple - to provide messages and signs of hope during this time.

MNBC's Ministry of Health is inviting YOU to participate in our weekly Métis Hearts in the Window contest! To participate, decorate your window, your porch, driveway, etc. with hearts and messages of hope.

Feel free to get creative!

Submit a photo of your display to jjones@mnbc.ca. Photos received will be selected for the weekly COVID newsletter, and each week we will randomly select one winner to receive a \$25 Tim Hortons gift card.

For inspiration, check out:

<https://www.facebook.com/groups/529934967901522/about/>



COVID-19 INFORMATION AND SUPPORTS TO CHECK OUT

Métis Families Activities Guide

MNBC's Métis Early Years

Program recognizes that families will be exploring ways to spend time together and have fun. They have created a list of activities for families that are grounded in our Métis culture and based on Métis Core Values.

To access this guide, click [here](#)

Extended - First Link® Dementia Helpline

The First Link® Dementia Helpline provides people living with dementia, their caregivers, health-care providers and the general public with information and guidance on dementia and memory loss. We have extended the hours of our Helpline, which are now open from 9 a.m. to 8 p.m. to provide evening service in English. Call us:
English: 1-800-936-6033

COMING SOON - Canada Emergency Student Benefit

The *proposed* Canada Emergency Student Benefit would provide support to post-secondary students and new graduates - \$1,250 per month for eligible students or \$1,750 per month for eligible students with dependents or disabilities. The benefit would be available from May to August 2020.

Please watch for new updates on the [COVID website](#) and in future MNBC COVID newsletters.

B.C. Emergency Benefit for Workers

A \$1,000 one-time payment for anyone who has lost income because of COVID-19 – various eligibility requirements are applied (residency, CERB recipient, at least 15 years old, agree to file 2019 tax return, not receiving provincial income or disability assistance).

Applications to open May 1 – payment expected in May. Apply on-line or by phone (starting May 4, the number is not yet released).

For more info, click [here](#).

FOSTERING RESILIENCY WITH SELF-TALK

Resilience



Self-talk - Another tool to manage how you feel and respond in difficult times

3 Ways to Talk Yourself Up

Here are some ways to help change the direction of your self-talk



1. Listen to what you are saying to yourself



Notice what your inner voice is saying



Is your self-talk mostly positive or negative?



Each day, make notes on what you're thinking



2. Challenge your self-talk



Is there any actual evidence for what I'm thinking?



What would I say if a friend were in a similar situation?



Can I do anything to change what I'm feeling bad about?



3. Change your self-talk



Make a list of the positive things about yourself



Instead of saying: 'I'll never be able to do this', try: 'Is there anything I can do that will help me do this?'

REACH
OUT.COM

For more information about the benefits of self talk: go to [healthline.com](https://www.healthline.com)

BEWARE OF SCAMS IMPLYING ASSOCIATION WITH WORLD HEALTH ORGANIZATION

Various scams claiming to be with the World Health Organization (WHO), have been circulating. Most of them are as e-mails, but there are also web sites and in some instances faxes and telephones are used. Many of these scams request detailed information or money with the promise that they will receive funds or other benefits in return.

Do not send money or personal information in response to invitations from anyone who claims to be awarding jobs, funds, grants, scholarships, certificates, lottery winnings, or prizes, and/or who requests payment for registration fees and hotel rooms reservations in the name of WHO.

These scams sometimes carry the WHO logo, and originate from or refer to e-mail addresses made to look like WHO or United Nations address. For more information, visit:

<https://www.who.int/about/scamalert/en>



COVID-19 HEALTH INFORMATION

MNBC would like to share the following announcement from Lysol and Dettol maker [Reckitt Benckiser Plc](#), has stated:

"As a global leader in health and hygiene products, we must be clear that under no circumstance should our disinfectant products be administered into the human body (through injection, ingestion or any other route). For this and other myth-busting facts, please visit [Covid-19facts.com](#)" For the full statement, visit: <https://www.dettol.co.uk>



MNBC Parallel 49 Hand Sanitizer

As marked on the cans, please do not consume this product. - consider using a clean spray bottle to use as a surface disinfectant as well as a hand sanitizer. Use only when water and soap are not available. This product should not be diluted and is flammable so please keep away from heat and flame.

MNBC Temperature Strip

Our supplier informed us that delivery to MNBC is now scheduled for the first week of May. We will ship this product out to our Metis Chartered Communities as soon as it arrives. Thank you for your continued patience as we navigate distributing goods that are highly sought after,



STAYING CONNECTED DURING THIS TIME OF SOCIAL DISTANCING



A **PHONE CALL** is an oldie but a goody. Pick up the phone and call someone you care about. This is especially useful for those loved ones who are not comfortable with technology.

There are many **VIDEO CHAT** apps – While a phone call to a close friend is great, the visual contact enriches the whole experience. Bonus: many of these apps allow you to connect with more than one person at a time:



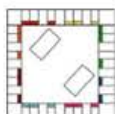
- [Houseparty](#) (iOS, Android, Chrome)
- [Zoom](#) – (iOS, Android, Chrome, and Firefox)
- [Skype](#) - (iOS, Android, Windows, and Mac)
- [Jabber](#) - (iOS, Android, Windows, and Mac)
- [FaceTime](#) – (iOS only)
- [Google Hangouts](#) - (iOS, Android, Windows, and Mac)



Hold a **NETFLIX PARTY** - this is a new way to watch Netflix with your friends online by synchronizing video playback and adding group chat to your favorite Netflix shows.



ONLINE GAMING - There are the usual online video games, such as Fortnite or League of Legends, that have built in chat functions that allow players to chat with each other from all over the world.



It turns out that almost every board game or card game you can think of can actually be played online, and there are a number of websites out there to make the magic happen. I suggest loading your favourite browser and typing the game's name followed by "online with friends" (e.g., Yahtzee online with friends).



NOTE: A lot of them will require you to register if you want to play with friends but will let that gameplay happen free once you do thanks to some ads. Others have a subscription fee, but if you're planning on playing online a lot over the next few months then it might be worth it.

Setup a **VIRTUAL DINING PARTY** – Whether this is one-on-one or with a group of people having a meal together is a great way to stay connected. Some ideas to enhance the experience:



1. Pick a time that you can all be together
2. Pick a theme (fancy dress, pool party, PJ party, silly hats, etc.)
3. Decide on the type of food (Mexican, Italian, Chinese, etc.)
 - Pro Tip: Support your local restaurant by ordering from them (including drinks)
4. Pick the software you will use (see above for ideas)
5. Choose and share a background playlist on an online service such as Spotify
6. Afterwards, you can play some games together or watch a movie on Netflix



Lastly, an **Email** is always a great way to reach out to many people at once, especially if time zones are an issue. Enrich the message with a picture of you or of a silly meme you found online.

FOUNDRY VIRTUAL SERVICES FOR YOUTH (AGES 12-24)



INTRODUCING FOUNDRY'S VIRTUAL SERVICES!

Foundry is working to make sure all young people in British Columbia (BC) can get the care and support they need, when they need it.

WE ARE NOW OFFERING VIRTUAL DROP-IN COUNSELLING SESSIONS BY VOICE, VIDEO AND CHAT TO BC'S YOUNG PEOPLE AGES 12-24 AND THEIR CARE-GIVERS!

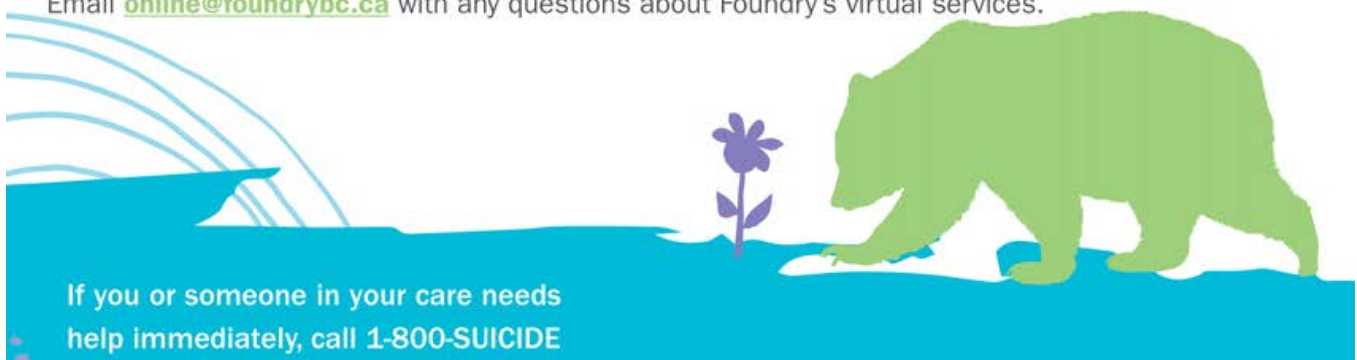
Foundry Virtual services are:

- Available to young people in British Columbia ages 12-24 and their care-givers
- Free and confidential
- Easy to access. No referral or assessment required

**To access this service, call 1-833-FØUNDRY
(yes, that's FØUNDRY with a zero! or 1-833-308-6379)
to book an appointment!**

A staff member will schedule an appointment and provide information for next steps. Each virtual drop-in counselling appointment is a single session service and will last between 15-45 minutes. Young people are welcome to use the service more than once, but we cannot guarantee they will see the same clinician every time.

Visit foundrybc.ca/virtual for up-to-date hours of operation and service details.
Email online@foundrybc.ca with any questions about Foundry's virtual services.



If you or someone in your care needs help immediately, call 1-800-SUICIDE



**To our friends in Nova Scotia, to all those impacted by
this senseless tragedy - our hearts are with you.**

We stand in solidarity alongside you.

THANK YOU



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.

Images from the Hearts in the Window Facebook page.

See more images like this, and add your own here:

[https://m.facebook.com/groups/529934967901522?](https://m.facebook.com/groups/529934967901522?__tn__=C-R)

[__tn__=C-R](https://m.facebook.com/groups/529934967901522?__tn__=C-R)

Be **Supportive**
Be **Careful**
Be **Alert**
Be **Kind**



PAST NEWSLETTERS HIGHLIGHTS

Our past COVID newsletters have covered many helpful topics. Learn more about the topics covered in each issue below. 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 FIVE

Education and rent support from MNBC. ICBC. BC Hydro. Homemade Masks - Recommendations from Health Canada and the CDC. Service Canada – ready to help. Self-isolation when you live with other family members. Read Issue #5 here:

https://www.mnbc.ca/app/webroot/uploads/2020/COVID-19_Newsletter__Issue_5_00000002.pdf

ISSUE FOUR

Increased support for mental health services. Safe Seniors, Strong Communities program. Temporary emergency child care for essential workers. BC Parks closure. Read Issue #4 here:

https://www.mnbc.ca/app/webroot/uploads/2020/COVID-19_Newsletter__Issue_4.pdf

ISSUE THREE

Applying for the Canada Emergency Response Benefit (CERB). Provincial Emergency Fund for Post-Secondary Students. Indigenous Emergency Assistance Fund for Post-Secondary Students. BC COVID-19 Mental Health Support. Read Issue #3 here:

https://www.mnbc.ca/app/webroot/uploads/2020/COVID-19_Newsletter__Issue_3.pdf

ISSUE TWO

Canada Emergency Response Benefit (CERB). Provincial supports during COVID-19. Creating an account with Canada Revenue Agency. Cultivating mental wellness. Prevent the spread of COVID-19. Read Issue #2 here:

https://www.mnbc.ca/app/webroot/uploads/2020/COVID-19_Newsletter__Issue_2.pdf

ISSUE ONE

General COVID-19 information. Read Issue #1 here:

https://www.mnbc.ca/app/webroot/uploads/2020/MNBC_COVID-19_Newsletter_-_March_20_2020.pdf