

**Up-to-date information as of April 30th, 2020\*\*\***

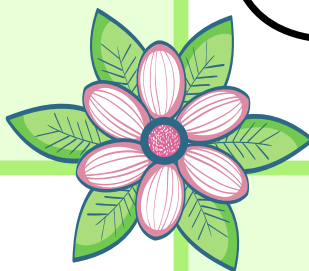
# COVID-19 NEWSLETTER

MNBC MINISTRY OF HEALTH - ISSUE 07



## Issue 7: Highlights

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



**"We must continue to stay the course to keep your communities and our loved ones safe."**

Premier John Horgan

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).

# GLOVE DISTRIBUTION UPDATE

April 28<sup>th</sup>, 2020

Dear Métis Chartered Community Presidents and Community members,

Firstly, we hope this message finds you happy, well and healthy. We'd like to thank you for your hard work and efforts not just now because of COVID-19, but every day. As you are aware the MNBC Ministry of Health has been working to supply each Community with hand sanitizer, gloves\* and temperature strips. As of today, all the hand sanitizer has been delivered. Please note, it is not to be consumed and is flammable as marked.

Unfortunately, we are learning that some Communities have received four shipments, and others none. We are working to get in touch with each Community President to redistribute the gloves as soon as possible. We also want to state that we know and understand that the tremendous need outweighs the amount of product we were able to access and ship. We thank you for your continued patience as we work through the shipping of these highly sought-after items.

Thank you again for your continued hard work, we wish you all health and happiness – we are humbled to be part of such an amazing Community.

Sincerely,



Susie Hooper  
MNBC Minister of Health



Tanya Davoren  
MNBC Director of Health

*\*Regarding gloves, we encourage the use of gloves for Community volunteers, such as those delivering groceries or shopping, to help reduce the risk of transmission, please change them between clients and tasks and wash your hands before and after use. In your packages we sent with the pumps for work was a step by step guide to the safe and proper use of gloves, used improperly, they are of no benefit.*

# HEARTS IN THE WINDOW: WEEKLY CONTEST!

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!

**To enter this ongoing contest, submit a photo of your display to [jjones@mnbc.ca](mailto:jjones@mnbc.ca). Photos received will be shared in our COVID newsletter, and each week we will randomly select one winner to receive a \$25 Tim Hortons gift card.**

Thank you to those who submitted their entries this week! This week's randomly selected winner is Nicole P. Congrats Nicole!



Submitted by Nicole P.



Submissions from:  
Melanie P. (top left),  
Katina P. (top right),  
and Nicole P.  
(bottom left)



# STAYING ENTERTAINED AND ACTIVE AT HOME

## Tah'lum Indigenous Artist Collective Colouring Book

Métis artist Jesse Campbell, has collaborated with Brianna Bear to create a Michif and Lekwungen coloring book. From the artists, *"the purpose of this colouring book project is to create a new way to engage children and adults alike with Indigenous languages; namely, the Lekwungen language from the territory now known as Victoria, B.C. and the Michif language spoken by the Métis."* You can download the colouring book here:

[https://openspace.ca/sites/default/files/20\\_04\\_colouring\\_book\\_upload.pdf](https://openspace.ca/sites/default/files/20_04_colouring_book_upload.pdf)

## FitNation At Home Workout Series by I-SPARC

I-SPARC (Indigenous Sport, Physical Activity & Recreation Council) has announced their FitNation At Home Workout Series - Lockdown Edition! Each week they'll be adding new workouts from FitNation leaders across the province. These workouts are for all fitness levels, specially designed to get your bodies moving. All you'll need is a little bit of space, a sip of water, and yourself! All workouts will be available YouTube - you can access the YouTube channel here: <https://www.youtube.com/channel/UCYIQySv3v93Q3zRpD7TmQ9Q>

## 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:

[https://www.mnbc.ca/app/webroot/uploads/2020/Metis\\_Early\\_Years\\_Activity\\_Guide\\_for\\_Families.pdf](https://www.mnbc.ca/app/webroot/uploads/2020/Metis_Early_Years_Activity_Guide_for_Families.pdf)

# ZOOM HANGOUTS FOR INDIGENOUS YOUTH

METIS FAMILY SERVICES  
INVITES  
**METIS YOUTH!**

## ***YOUTH CIRCLE NIGHTS***

A Zoom hangout for indigenous youth  
From 3:30 till 4:30, Every Tuesday!  
Zoom Meeting ID: 730-130-4168

***STARTING APRIL 28TH, 2020***

**More information available w/ Farai Simbabwe  
@ 604-218-7439 or email her  
[Farai.simbabwe@gov.bc.ca](mailto:Farai.simbabwe@gov.bc.ca)**

# COVID-19 INFORMATION AND SUPPORTS TO CHECK OUT

## **Keep Learning**

From the BC Government, this site offers a collection of resources to help support learning while families are home due to the COVID-19 pandemic and suspension of in-class instruction. It will be updated as more resources are identified and new information is available to share.

To visit this website, click [here](#).

## **COVID-19 and Cancer Treatments - Information for Patients**

BC Cancer has created an FAQ for BC Cancer patients about novel coronavirus COVID-19.

To access the FAQ, visit:

<http://www.bccancer.bc.ca/about/news-stories/news/2020/covid-19-and-cancer-treatments>

## **Mental Health and the COVID-19 Pandemic - CAMH**

The Centre for Addiction and Mental Health (CAMH) has created a web page dedicated to mental health and COVID-19. This resource includes FAQs, information on coping with stress and anxiety, supporting a loved one, and more.

To access this web page, visit:

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

## **B.C. Emergency Benefit for Workers - Applications Open May 1st**

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](#).



# LONDON DRUGS PROVIDING SHELF SPACE FOR SMALL BUSINESSES

From [Global News](#):

London Drugs is clearing some shelf space in select stores to give local small businesses the chance to sell their goods. In select locations, the company will be transforming its centre aisles into a space to help local businesses sell their products.

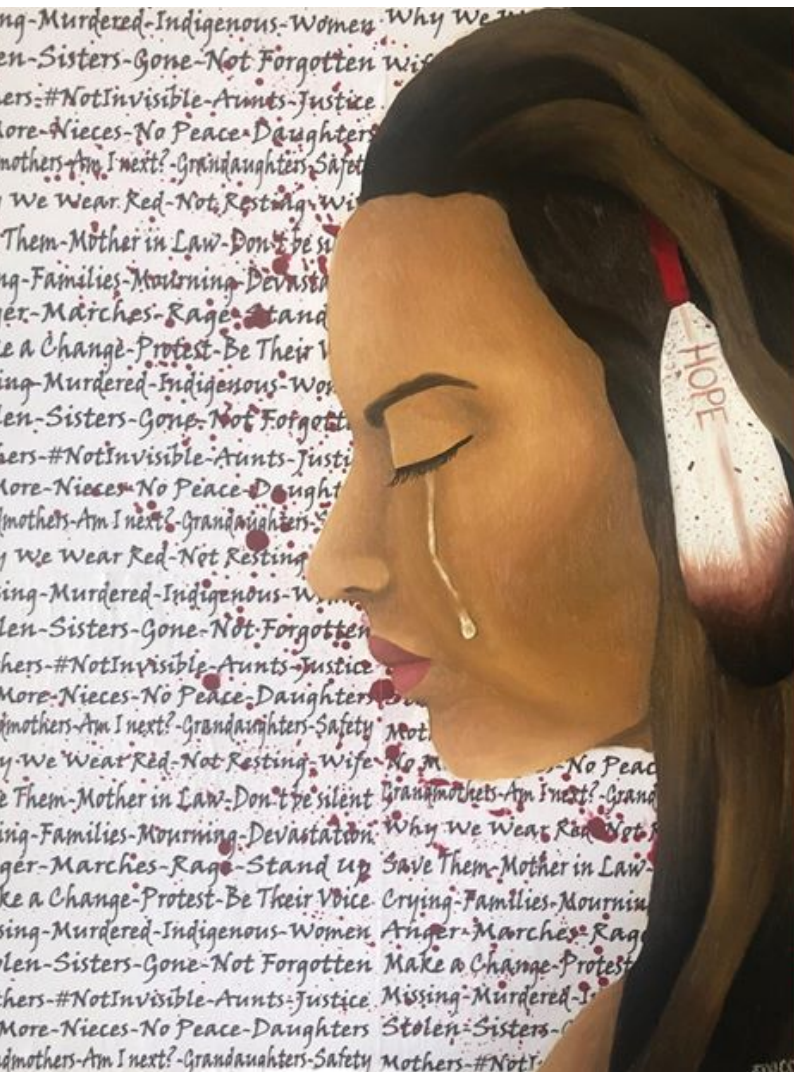
The company says any small business in Western Canada that has had to close due to COVID-19 can submit products for consideration.

Small business owners can apply online to learn if their products qualify. Some rules and restrictions apply. To apply online, visit:

<https://www.londondrugs.com/local-central-application.html>



# NATIONAL DAY OF AWARENESS FOR MISSING AND MURDERED INDIGENOUS WOMEN



**WEAR RED  
ON MAY  
5TH**

**National Day of  
Awareness for  
Missing and Murdered  
Indigenous Women  
and Girls**

**#MMIWGActionNow**

Artwork by Danielle Fricco



# THANK YOU

April 26th to May 2nd marks National Medical Laboratory Week.

"We celebrate the invaluable and life-saving contributions of our country's dedicated medical laboratory professionals. During this difficult time, their work is more important than ever. Laboratory professionals across Canada have been working day and night to process COVID-19 tests, while finding innovative ways to speed up the process. Working together with health care professionals, they play a key role in helping to identify cases of COVID-19 so we can stop its spread." - *Office of the Prime Minister*

**To all 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.**



# 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 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](#).

## ISSUE FIVE

Education and rent support from MNBC. ICBC. BC Hydro. Homemade Masks. Service Canada – ready to help. Self-isolation when you live with other family members. Read Issue #5 [here](#).

## 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](#).

## 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](#).

## 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](#).

## ISSUE ONE

General COVID-19 information. Read Issue #1 [here](#).