

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 23 | UP-TO-DATE INFORMATION AS OF AUGUST 21ST, 2020



“The COVID-19 journey has not been easy, but we can be assured that by continuing to work together, we will get through this.”

Dr. Réka Gustafson

If you or someone you know is isolated or in need of assistance, please email health@mnbc.ca. MNBC's Ministry of 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, and more.

INSIDE ISSUE 23

**BC STATE OF EMERGENCY
CONTINUED**

**EMERGENCY SUPPORT FOR
VULNERABLE PEOPLE DURING
COVID-19 CONTINUES**

**CANADA EMERGENCY
RESPONSE BENEFIT EXTENDED**

**HELPING CHILDREN THROUGH
A COVID-19 TEST**

B.C.'S BACK TO SCHOOL PLAN

**I-SPARC ONLINE HEALTHY
LIVING LEADER TRAINING**

**MNBC SKIN CANCER
AWARENESS CAMPAIGN**



State of emergency extended to continue B.C.'s COVID-19 response

The provincial state of emergency is being extended an additional two weeks to support continued co-ordination of B.C.'s COVID-19 response.

From the Government of British Columbia:

The state of emergency is extended through the end of the day on Sept. 1, 2020, to allow government to continue to take the necessary actions to keep British Columbians safe and manage immediate concerns, such as recent outbreaks in some areas of the province.

Read the full release here:

<https://news.gov.bc.ca/releases/2020E-MBC0045-001545>



Emergency support for vulnerable people during COVID-19 continues

From the Government of British Columbia:

The Province is extending the provincial temporary crisis supplement for people on income or disability assistance and low-income seniors during the COVID-19 pandemic.

For those who are not receiving federal benefits like the Canada Emergency Response Benefit, the Province's temporary COVID-19 Crisis Supplement that has been provided since April will be extended for an additional four months.

No action is required from people. The temporary \$300 crisis supplement will continue to be automatically applied to cheques distributed Sept. 23, Oct. 21, Nov. 18 and Dec. 16. This supplement will also continue to be provided to low-income seniors receiving the B.C. Senior's Supplement and income assistance and disability recipients residing in special care facilities.

As well, the federal government recently announced a one-time \$600 payment to recipients of federal disability benefits. These include Canada Pension Plan or Quebec Pension Plan disability benefits, disability supports provided by Veterans Affairs Canada and disability tax credit certificate holders. This federal benefit payment will be fully exempt for people currently receiving provincial assistance.

Read the full release here:

<https://news.gov.bc.ca/releases/2020SDPR0041-001511>

Read more about the continued supports here:

<https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance/on-assistance/covid>



Canada Emergency Response Benefit (CERB) Extended

Extra 4 weeks available – CERB extended from 24 weeks to 28 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

Only apply for the CERB through either Service Canada or the Canada Revenue Agency (CRA) – not both.

You may be eligible for support via other programs as well. Answer some questions to find financial help during COVID-19.

The Canada Emergency Response Benefit (CERB) gives financial support to employed and self-employed Canadians who are directly affected by COVID-19.

If you are eligible, you can receive \$2,000 for a 4-week period (the same as \$500 a week).

Learn more about the CERB and other support here:

<https://www.canada.ca/en/services/benefits/ei/cerb-application.html>





Helping children through a COVID-19 test

From BC Children's Hospital

As children in the province venture back into their regular activities, some may need to be tested for COVID-19.

Though COVID-19 has affected adults much more than children, some kids may start to show symptoms. Testing is recommended for anyone with cold, influenza or COVID-19-like symptoms, even mild ones. Symptoms for COVID-19 include any new fever, chills, cough, shortness of breath, sore throat, painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches fatigue or loss of appetite.

If your child feels sick and you suspect COVID-19, contact your primary care provider, local public health office, or call 8-1-1. You can also help them take the BC COVID-19 Symptom Self-Assessment Tool at bc.thrive.health.

BC Children’s Dr. David Goldfarb has helped to create a video to show children before a COVID-19 test.

“When caregivers or their children see the video, it can help them to know what to expect,” he says. “It can be used to help ease the fear of the unknown.”

To read the full article, and watch the video, visit:

http://www.bcchildrens.ca/about/news-stories/stories/helping-children-through-a-covid-19-test?utm_source=BCCHF+Newsletter&utm_campaign=9f48487689-EMAIL_CAMPAIGN_2019_07_31_08_49_COPY_01&utm_medium=email&utm_term=0_c1b47bec15-9f48487689-464360449





B.C.'s Back to School Plan

"Students in B.C. will return to in-class learning September 2020. B.C.'s plan includes new health and safety measures, increased funding for protective equipment like masks and new learning groups to help keep everyone safe.

The Government of British Columbia has created a website to provide information on BC's Back to School Plan. This website includes information on what parents need to know, including:

- Our plan
- Health and safety measures
- Increased funding
- Learning groups
- Orientation week
- COVID-19 science and children
- COVID-19 protocols
- Attendance requirements
- Supporting additional needs
- In the classroom
- Outside the classroom

Learn more about all of the above at:

<https://www2.gov.bc.ca/gov/content/education-training/k-12/covid-19-return-to-school>



I-SPARC Online Healthy Living Leader Training

"The Indigenous Sport, Physical Activity and Recreation Council (I-SPARC) is pleased to announce that registration is open for this year's Online Healthy Living Leader Training Sessions. Our healthy living team will be bringing you the training sessions live over Zoom, with all the engagement, activity and laughter you're accustomed to in-person.

These sessions are available to anyone working within Indigenous communities who wants to deliver an Indigenous RunWalk or Honour Your Health Challenge program.

Registration closes on September 11th, 2020. Registration is limited and we encourage you to register early."

For more information, visit:

<https://isparc.ca/registration-open-for-online-healthy-living-leader-training/>



Sources

WHAT IS MELANOMA SKIN CANCER?

<https://www.cancer.ca/en/cancer-information/cancer-type/skin-melanoma/melanoma/?region=on>

TYPES OF MELANOMA SKIN CANCER

<https://www.cancer.ca/en/cancer-information/cancer-type/skin-melanoma/melanoma/types-of-melanoma/?region=on>

RISK FACTORS FOR MELANOMA SKIN CANCER

<https://www.cancer.ca/en/cancer-information/cancer-type/skin-melanoma/risks/?region=on>

IHADCANCER.CA

<https://www.ihadcancer.com/h3-blog/07-13-2015/20-inspirational-cancer-quotes-for-survivors-fighters-caregivers>

“Promise me you’ll always remember: You are BRAVER than you believe, stronger than you seen, smarter than you think and twice as beautiful as you’d ever imagined”

IHadCancer.com

What do you know about melanoma skin cancer?

Content warning: the following article contains several images of skin cancer that some may find graphic. Please view at your own discretion, but it is important to be able to identify skin cancer early.

We have one more week until our Skin Cancer Awareness Campaign is wrapped up. We’re so thrilled with all the excitement and ideas that you have sent us. As always, we hope you’ve enjoyed our past write ups.

As Nicki from Abbotsford stated “there’s no comprising with sun safety”. This week we’re focusing on the most aggressive form of skin cancer: Melanoma. Feel free to keep sending in your photos and stories about YOUR cancer journey until August 31st. Please send your submissions including your name, address and location to Northern Regional Health Coordinator, Katina Pollard at kpollard@mnbc.ca or text 250-242-1649.

According to BC Cancer, the chance of developing skin cancer in British Columbia is about 1 in 7.

What is melanoma skin cancer?

In melanoma skin cancer, the melanocyte cells grow and destroys healthy skin tissue. Melanocytes are important because they make melanin which gives skin, hair and eyes their colour. Usually melanoma may lead to unusual looking moles on your skin. It is important to note, if you do have any of the below on your body it does not automatically mean you have skin cancer. It is however, still important to document and report any new findings on your body to a health care professional immediately. There are four main types of melanoma skin cancer – superficial spreading, nodular, lentigo maligna and acral lentiginous. You can learn more about the different types of melanoma on the BC Cancer or Canadian Cancer Society’s webpage.

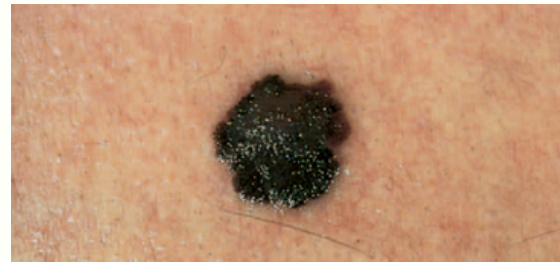
What is the cause of melanoma skin cancer?

The same as non-melanoma, the risk of developing melanoma skin cancer increases with age. However, they are finding young adults between the ages of 15-29 are developing the disease. There are several risk factors which could lead to an earlier diagnosis. These include: UV exposure, many moles, atypical moles, weakened immune system, fair complexion (light skin, hair or eye tones), and a family history of skin cancer.



Let's learn about the most common type of melanoma skin cancer: superficial spreading melanoma

The most common type of melanoma skin cancer is superficial spreading melanoma. Superficial spreading melanoma accounts for nearly 70% of all melanomas skin cancers. Generally, the earlier melanoma skin cancer is diagnosed and treated, the better the outcome. Superficial spreading melanoma usually develops on the central part of the body (trunk), arms and legs. It tends to happen on the back in men and the legs in women.



WHAT YOU WANT TO LOOK FOR:

(SKIN CANCER FOUNDATION 2020)

Melanoma tends to grow outward (called radial growth) and spread across the surface of the skin.

It is often flat and thin (less than 1 mm thick) with an uneven border.

It varies in colour and may have different shades of red, blue, brown, black, grey and white.

It may appear at first as a small mole, or atypical mole.

PROGNOSIS AND TREATMENT

In Canada, the 5-year net survival for melanoma skin cancer is 88%. This means that, on average, about 88% of people diagnosed with melanoma skin cancer will survive for at least 5 years. Melanoma is more dangerous than other skin cancers because of its ability to spread to other organs more rapidly. Early diagnosis is important and improves your survival rate significantly.

There are several treatment options for melanoma skin cancer, but the most common is surgery. Other treatments include immunotherapy, radiation therapy, chemotherapy, and clinical trials. When choosing your treatment options, you will have a dedicated health care team who will go over all the options available to you for your cancer journey. You may or may not be able to receive some of the about treatments. Treatment options are based on the stage of the cancer, risk of recurrence, location, and your own personal choice.



Recipe for Natural Homemade Sunscreen

- ½ cup of olive oil
- ¼ cup of fractionated (liquid) coconut oil
- ¼ cup of melted bees wax
- 2 tbsp zinc oxide
- 1 tsp vitamin E oil
- 2 tbsp shea butter
- 12 drops of Helichrysm essential oil
- 12 drops of Myrrh essential oil

Place ingredients in a jar and use before going in the sun

Submitted by Marie Ann Roche – Vermillion Forks Metis Association

NOTICE OF RISK:

Please note that Métis Nation British Columbia's Ministry of Health has not investigated the effectiveness of the below recipe. We recognize that zinc oxide is an ingredient in some sunscreens.

Please use at your own risk.





Métis Nation BC's Sun Safe weekly pic!



We always make sure
the kids use sunscreen
and
wear hats and
sunglasses when they
play and float in the
sun in the backyard
and pool.

Viktoría Pugé,
Dawson Creek,
B.C.



Thank you for your photo submission, Viktoria!!!



SKIN CANCER AWARENESS CAMPAIGN

**ONE MORE
WEEK!**

**Send us your
photos, story,
or BOTH for a
chance to win!**

Please send all your submissions to Northern Regional
Health Coordinator, Katina Pollard at kpollard@mnbc.ca
or text (250)242-1649

Please include your name, address and location.

Disclaimer: Please note, you will be required to complete a consent
form after your submission to allow us to share your photo and story
across all MNBC communication platforms.

#MINISTRYOFHEALTH #MNBC #MÉTISHEALTH
#SKINCANCERAWARENESS



MÉTIS NATION
BRITISH COLUMBIA

CALL FOR SUBMISSIONS: RESILIENT ROOTS ISSUE #2

MÉTIS MENTAL HEALTH AND WELLNESS MAGAZINE

The Métis Youth Mental Health and Wellness Initiative is seeking submissions for the second issue of Resilient Roots: Métis Mental Health and Wellness magazine! This magazine works to raise Métis voices and perspectives, and to engage in topics around mental health and wellness.

There are many ways to share your voice, and submitted content for the magazine can come in many different forms - including traditional magazine articles; photo blogs; informational pieces; stories of personal experience; poetry; short stories; art; etc.

We welcome anybody who is interested to submit content! You do not need to be a professional writer, photographer, artist, etc. This magazine is meant to showcase a diverse range of Métis perspectives, and we encourage anybody who is interested to share their voice.

Submitted content must be related to the area of mental health and wellness – however this is a broad range that can cover many topics. If you are unsure if your content or idea meets this guideline, please get in touch!

Community Members and Métis individuals are encouraged to submit content, ideas, or questions for the magazine to the Métis Youth Mental Health and Wellness Initiative Facilitator at jjones@mnbc.ca.

THE DEADLINE FOR SUBMISSIONS IS SEPTEMBER 30TH, 2020. SUBMITTED CONTENT MUST MEET SUBMISSION GUIDELINES (PLEASE SEE MAGAZINE CONTENT SUBMISSION GUIDELINES DOCUMENT).

TO LEARN MORE, PLEASE EMAIL JJONES@MNBC.CA





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.





RECENT NEWSLETTER 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.

All past newsletter issues can be accessed on MNBC's COVID-19 website at:

<https://covid19.mnbc.ca/mnbc-covid-19-updates>

ISSUE 22. Free webinar for parents. September 10th, 2020: return to school. Dr. Bonnie Henry's Good Times Guide. Statistics Canada Survey: Impacts of COVID-19 on Canadians - Experiences of Discrimination. Indian Residential School Resolution Health Support Program. I-SPARC's Return to Activity Guidelines. Canada-US Border Closure Extended. MNBC skin cancer awareness campaign.

ISSUE 21. Stay safe this summer. MNBC skin cancer awareness campaign. Mandatory mask use. Choose to Move! Health Canada hand sanitizer recall. Dr. Bonnie Henry's travel manners. Border closure extended to Aug 21st, 2020.

ISSUE 20. BC Day message. Masking protocol. Skin Awareness Campaign. Health Authorities website links for public exposures. Ministry of Education survey: Have your say-complete for your chance to win a laptop. Province's K-12 restart plan for schools

ISSUE 19. Health Authorities launch websites for public exposures. Call for submissions for Resilient Roots. COVID-19 riskiest activities. Skin cancer; early detection. Ministry of Education Survey, complete to win a laptop. Canada Food Guide healthy eating on a budget.

ISSUE 18. Stay safe this summer. This summer, remember Dr. Bonnie Henry's travel manners! Canada-US border closure extended to August 21st, 2020. MNBC Skin Cancer Awareness Campaign. Ministry of Youth Métis Nation BC Pride Event. Reminder: British Columbians invited to have their say on recovery.

ISSUE 17. British Columbians invited to have their say on recovery. Stress Management in COVID-19 with Laura. Online resource: Moral Stress Amongst Healthcare Workers During COVID-19. #THISISWHY social media contest. Addiction Matters: pledge campaign. Coming full circle: Planning for your care.