

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 33 | UP-TO-DATE INFORMATION AS OF OCTOBER 30TH, 2020



“Now is the time for us to take a step back from our in-person social events and gatherings, and connect virtually instead. This will help to protect our loved ones, our seniors, Elders and our communities as we move forward.”

Dr. Bonnie Henry

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.

Please also see the last page of this newsletter, with links to previous issues of our Health and Wellness Newsletter for more information on hand washing, physical distancing, and more.

Wishing everyone a safe, happy, and healthy Halloween!



INSIDE ISSUE 33

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BC REACHES NEW RECORD HIGH IN CONFIRMED COVID-19 CASES WITH 317 CASES IN A SINGLE DAY

The weekend of October 24th saw a staggering 817 new cases over a three day period, with 317 cases recorded in a single 24 hour period.

"Getting through our COVID-19 storm requires all of us to do our part – no exceptions and no workarounds. Every time a friend, neighbour or family member tries to put aside the provincial orders and safety precautions, our risk goes up.

As a result, a new provincial health officer order will be put in place today limiting gatherings in private homes to no more than your immediate household, plus six others. This is a provincewide order that applies to all homes for all occasions.

Enforcement will be stepped up to ensure people are following this new order, with the immediate focus on the Fraser Health region, where the increase in new cases is most notable.

In addition to this new order and in light of the increased risks with respiratory season, the expectation is that people will wear masks in all indoor public spaces. As part of this, businesses are asked to review their COVID-19 safety plans with this in mind. If you are in a high-traffic area or among many people outside of your household while at work, a mask will help to protect you and those around you.

Now is the time for all of us to work together – while staying apart – to slow the spread of COVID-19, and always keeping our groups small and using our layers of protection is the best way for us to do that."

FROM THE MONDAY, OCTOBER 26TH JOINT STATEMENT ON BC'S COVID-19 RESPONSE. READ THE FULL RELEASE [HERE](#)

MASKS IN INDOOR PUBLIC SPACES ARE NOW THE EXPECTATION

"A mask is especially helpful in public indoor spaces where you don't know the people around you and the risks they may have.

As a result, the expectation is that masks will be worn within public areas of health-care facilities, shopping malls, grocery stores, community centres and other public spaces – as you enter, exit and move around.

Public indoor spaces are quite different from our schools, offices and businesses that have established learning groups and work cohorts, supported by comprehensive COVID-19 safety plans."

FROM THE TUESDAY, OCTOBER 27TH JOINT STATEMENT ON BC'S COVID-19 RESPONSE, READ THE FULL RELEASE [HERE](#)





NEW PROVINCIAL HEALTH ORDER: LIMITS ON GATHERINGS AT PRIVATE HOMES

From the Province of British Columbia (read the full post [here](#)):

By order of the Provincial Health Officer (PHO), all households must limit gatherings to no more than your immediate household (people living at a home) plus a maximum of six others.

By order of the PHO, all households cannot have more than six people visit at one time. For example, if you have five people living in your household, a maximum of 11 people are allowed in the home at one time.

The order applies to all gatherings hosted at households, like a large dinner party, celebration of life, wedding or baby shower.

- This includes both indoor and outdoor gatherings
- Gatherings in private homes often do not allow for the necessary space and do not have cleaning protocols to ensure the overall safety of residents and visitors

People of all ages are included in the six person limit. For example:

- Six adults
- Four adults and two kids
- Two adults, two kids and two babies





NEW PROVINCIAL HEALTH ORDER: LIMITS ON GATHERINGS AT PRIVATE HOMES (CONTINUED)

From the Province of British Columbia (read the full post [here](#)):

WHAT IS A HOUSEHOLD, RESIDENT AND VISITOR?

A household is a group of people who live in the same dwelling. For example:

- If you have a rental suite in your home, the suite is a separate household
- If you live in an apartment or house with roommates, you are all members of the same household

A resident is:

- A primary resident, or person who usually sleeps in the home
- A person that does not have a usual residence somewhere else

A visitor is:

- A person visiting the home
- A person who does not spend the night

In a provincial state of emergency, the PHO can make orders as needed. You must follow the orders. The order will be enforced by police or other compliance and enforcement officials. People who don't follow the order could face fines.





REMINDER: CELEBRATING HALLOWEEN SAFELY DURING COVID-19

CELEBRATE HALLOWEEN SAFELY THIS YEAR:

- **Avoid parties**
- **Trick or treat in small groups**
- **Pass out treats carefully**
- **Include costume masks**
- **Wash your hands often**
- **Turn off porch lights and stay home if you're sick or self-isolating**

Read all guidelines for keeping Halloween safe this year in last week's newsletter [here](#), or on the BC Centre for Disease Control's website [here](#).





FRASER VALLEY MÉTIS CHARTERED COMMUNITIES FLU CLINICS

FRASER VALLEY MÉTIS ASSOCIATION

Date: November 7th, 2020

Location: Mamele'awt Community Education Centre, Abbotsford

Time: 11AM to 2PM

Contact for booking: 604-202-2873

CHILIWACK MÉTIS ASSOCIATION

Date: November 21st, 2020

Location: Métis House, 7201 Vedder Road, Building #4, Chilliwack

Time: 10AM to 12PM

Contact for booking: 604-819-4298

WACEYA MÉTIS SOCIETY

Date: November 4th and November 6th, 2020

Location: Douglas Park, Langley

Time: 4PM to 6 PM

Contact for booking: Waceya.secretary@gmail.com





Free Flu Shots

Each year many people get sick with influenza, which can lead to more serious health complications like pneumonia. During the Covid-19 Pandemic, it is more important than ever to protect yourself and others. Due to Covid-19 we will be booking appointments only. Sorry, no drop ins.

When: November 7th 2020 at 11:00am-2:00pm

Place: Mamele'awt Indigenous Education Center

3277 Gladwin Rd, Abbotsford, BC V2T 4Y9

**To Book Appointments call Arathy at 604-202-2873
or email amenon@mnbc.ca**

If possible please provide a cell number and we will text
you when it is time to enter
the portable for your immunizations.

Please remember to...

- Wear a mask over your mouth and nose
- Wear a short-sleeved t-shirt under your coat (helps us)
- Wait in your car when you arrive (we will text you)
- If you are arriving by transit, please let us know and we will be happy to accommodate you with a safe place to wait
- After your flu shot please wait in your car - on site for 15 minutes for safety

Please cancel your appointment if you have any COVID-19 symptoms to allow others to book the spot.

An up to date list of symptoms can be found at:

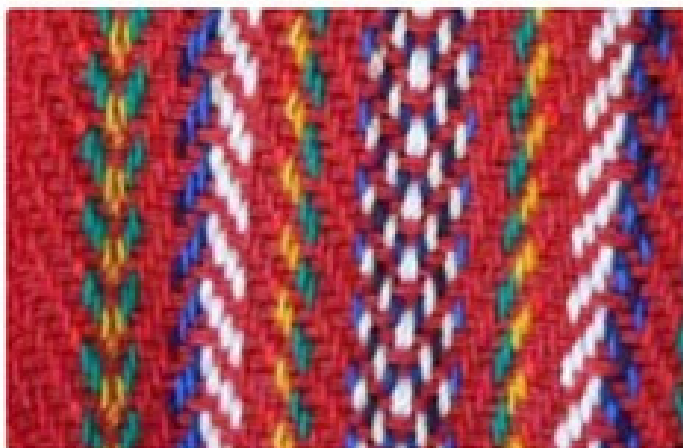
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

**Chilliwack Métis Association
& Fraser Regional Health**

Flu Clinic

**Saturday, November 21
10am - noon**

**at Metis House
7201 Vedder Road Bldg.#4
Chilliwack, BC**





You bet your sweet sash we can get the flu!

Flu season is typically November to April every year. And each year many of our people get sick with influenza. This can lead to more serious health complications like pneumonia.

***Influenza vaccines are recommended as
the best way to prevent the flu.
And they are free for all Indigenous people!***

Waceya Métis Society along with Fraser Health is hosting a clinic where you can receive this year's flu shot. The flu shot will be administered by a Public Health Nurse. The Public Health Agency of Canada recommends the flu shot for everyone over the age of 6 months, including those who are healthy, but especially for people at high risk of complications from the flu.

The clinic will be:

Location - Douglas Community Park (outside at the Spirit Stage)

Dates - November 4th (Wednesday) and November 6th (Friday)

Time - 4:00 to 6:00 PM

Contact – Email waceya.secretary@gmail.com with the following:

- Names and ages of those who will be attending and receiving a shot
- A call back telephone number so we can book an appointment time for you

Please wear a mask or one will be provided for you, and wear clothing that allows easy access to your upper arm. Note that you will be required to remain on-site or in your car for 15 minutes after your shot in case of any adverse reactions. Please arrive on time for the courtesy of everyone's time and safety.

Social distancing (6 feet) will be in effect at all times and you will be screened for Covid-19 symptoms prior to your flu shot.

Douglas Park and the Spirit Stage are on the west side of

**Douglas Recreation Centre
20550 Douglas Crescent
Langley City, BC**

**This clinic is being held outdoors for maximum safety
Remember to dress for the weather!**



It's Flu Season!

Come Get Your Free Flu Shot

Each year many people get sick with influenza which can lead to more serious health complications like pneumonia.

A flu shot is the best way to prevent the flu.

Due to COVID-19 precautions we will be booking appointments --no drop-ins please. Please wear a mask and keep two metres away from others. Call to cancel your appointment if you have a new cough, fever, sore throat or other COVID-19 symptoms.

Flu Immunization Clinics:

Date/Time	Location	Contact
Monday to Friday: 1-3 p.m. (starts Oct. 23)	Fraser Region Aboriginal Friendship Centre Association (FRAFCA) Indigenous Wellness Clinic A101 - 10095 Whalley Blvd., Surrey	For an appointment, please call: 236-332-7523
Wednesdays: 1-3 p.m. (starts Oct. 21)	Kla-how-eya Indigenous Health and Wellness Clinic 100 – 10233 153 St., Surrey	For an appointment, please call: 604-587-4774
Wednesdays: 11 a.m.-1 p.m.	Tsawwassen First Nation clinic	For an appointment, please call: 604-908-3015
Fridays: 10 a.m.-noon	Kwikwetlem First Nation Clinic	For an appointment, please call: 236-332-7523
November 4 and 6: 4-6 p.m.	Waceya Métis Society, Douglas Park, Langley	For an appointment, please email: Waceya.secretary@gmail.com
November 7: 11 a.m. to 2 p.m.	Fraser Valley Métis Association at Mamele'awt Indigenous Community Education Centre, Abbots.	For an appointment, please call: 604-202-2873
Tues., Wed. and Thurs.	Sto:lo Nation Primary Health Care Clinic, Chilliwack	*See Sto:lo Nation for their Clinic schedule





MNBC LAUNCHES MOVEMBER CAMPAIGN: LET'S TALK MOVEMBER!

Tansi Métis Community members!

November 1st marks the start of Métis Nation BC's 2020 Movember campaign called "Let's Talk Movember".

Movember is a worldwide annual health campaign that raises awareness for men's health issues such as prostate cancer, testicular cancer, and men's mental health through encouraging participants to grow moustaches for the month of November. Movember is working to "change the face of men's health".

We are eager and excited to share educational resources and supports about prostate cancer, testicular cancer, and men's mental health. Screening and self-care are such an important part of prevention, and we want to give you the information you need to access these tools.

Unfortunately, we know there is still a significant amount of fear and stigma with accessing healthcare services related to these health issues. Your concerns around judgement and not being heard are valid and real. We hope this campaign can empower you to advocate for your health.

Most importantly, we want you to know that you're never alone!

Each week, we'll be providing you with information for all members of the family and we encourage you to read and learn how to keep yourself mentally, physically, emotionally and spiritually balanced.





LET'S TALK MOVEMBER! (CONTINUED)

“Your body isn’t a temple; it’s a home you’ll live in forever. Take care of it” - Colin Wright

To get started, we are launching our annual Moust-sash competition! Starting November 1st, we encourage you all to start growing your ‘stash. But don’t worry, if you’re not as fortunate as others to be able grow a Moust-sash, you can still participate!

Below are some other ways to join in on our campaign:

- Wacky hair style
- Take a selfie with a paper moustache!
- Get creative! One additional entry for creative and fun Movember submissions

Eligibility Requirements:

- Self-identify as Métis
- Métis Nation BC citizen
- Live in the province of BC

Make sure to send your photos by 11:59PM on November 15th 2020 to kpollard@mnbc.ca for a chance to win one of our amazing prize packs. The more photos you submit, the more chances you have to win!

This year we’re doing points:

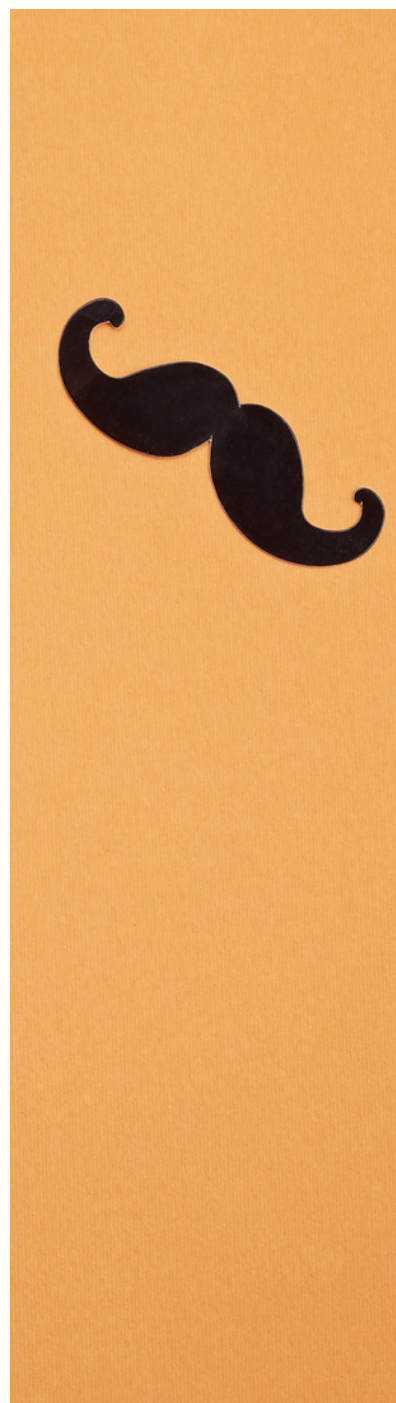
- 1 single/selfie photo= 1 point
- 1 family photo= 3 points
- Youth (up to 30 yrs of age) = 1 extra point
- Creative photo= extra point!

This year’s campaign prize packs include:

- 1st place prize: \$300.00 to your gym of choice
- 2nd place prize: \$150.00 grooming prize pack
- 3rd place prize: \$50.00 prize pack

Disclaimer: Please note, you will be required to complete a photo consent form after submitting your photo, in order to be entered into the draw.

Stay tuned for more exciting things happening for the month of Movember!



MOVEMBER CAMPAIGN



HOW WILL YOU ROCK YOUR

Moust-sash?

**PLEASE JOIN MNBC'S MINISTRIES OF HEALTH AND YOUTH THIS
NOVEMBER IN CHANGING THE FACE OF MEN'S HEALTH**



MÉTIS NATION
BRITISH COLUMBIA



IT IS ESTIMATED IN 2020:

**ON AVERAGE, 75 CANADIAN WOMEN WILL BE
DIAGNOSED WITH BREAST CANCER EVERYDAY.**

**THE 5-YEAR NET SURVIVAL FOR BREAST
CANCER IN WOMEN IS 88%.**

**THIS MEANS THAT ABOUT 88% OF WOMEN
DIAGNOSED WITH BREAST CANCER WILL
SURVIVE FOR AT LEAST 5 YEARS AFTER THEIR
DIAGNOSIS.**

GET TESTED TODAY



at your nearest clinic!

**TO LEARN MORE:
PLEASE VISIT BC CANCER, THE CANADIAN CANCER
SOCIETY'S WEBSITE OR EMAIL [KPOLLARD@MNBC.CA](mailto:kpollard@mnbc.ca)!**



LIMITED SPOTS AVAILABLE - REGISTER NOW FOR:

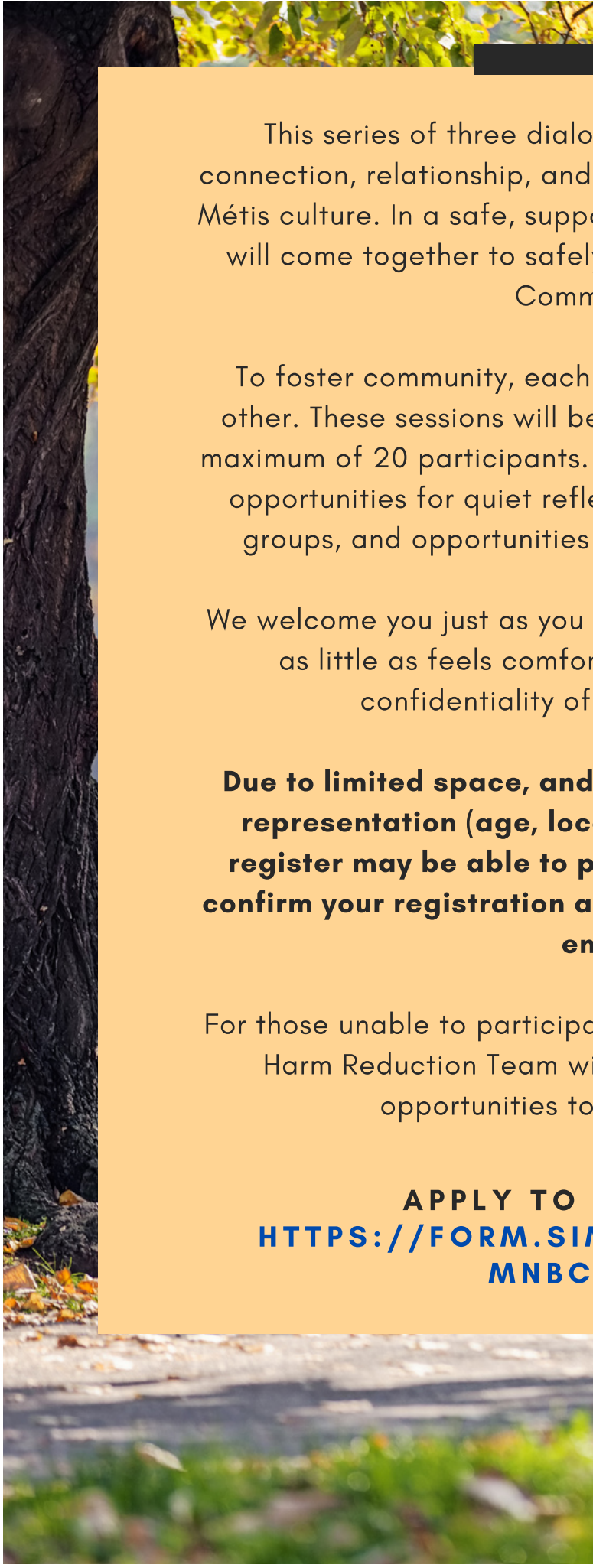
**MNBC'S ONLINE ALCOHOL AND
COMMUNITY HEALTH DIALOGUE SERIES:**

NOVEMBER 14TH, 21ST, AND 28TH | 1PM-3PM

MNBC's Ministry of Health will be hosting three dialogue sessions on Alcohol and Community Health. These sessions will allow everyone to connect with their own wisdom around this issue, to share their stories and ideas, to learn from each other, and to explore new possibilities for health and resilience in the Métis Community.

These three connected sessions will take place on November 14th, November 21st, and November 28th from 1PM to 3PM. We request that participants try to attend all three sessions.

Perhaps you have been on your own journey with alcohol, or perhaps you've supported a friend or family member. Your voice, your wisdom, and your experiences matter; when we combine our voices, our knowledge, and our vision we can creatively build on the strengths and resilience that already exist in our Communities.



This series of three dialogue sessions will be about connection, relationship, and honouring the deep wisdom of Métis culture. In a safe, supported environment, participants will come together to safely discuss alcohol use in Métis Communities.

To foster community, each session will build upon each other. These sessions will be held online via Zoom, with a maximum of 20 participants. In these sessions, you will have opportunities for quiet reflection, conversations in small groups, and opportunities to share in the large group.

We welcome you just as you are. You can share as much or as little as feels comfortable. We will honour the confidentiality of all that you share.

Due to limited space, and the need to ensure diverse representation (age, location, gender), not all who register may be able to participate. MNBC staff will confirm your registration and participation with you via email.

For those unable to participate, MNBC'S Mental Health and Harm Reduction Team will follow-up with alternate opportunities to share your voice.

APPLY TO REGISTER HERE:
[HTTPS://FORM.SIMPLESURVEY.COM/F/L/MNBC-DIALOGUE](https://form.simplesurvey.com/f/L/MNBC-DIALOGUE)



QUESTIONS? PLEASE CONTACT:
STEPHEN (STHOMSON@MNBC.CA)
OR JILLIAN (JJONES@MNBC.CA)

DEADLINE EXTENDED! RESILIENT ROOTS ISSUE #2

MÉTIS MENTAL HEALTH AND WELLNESS MAGAZINE

MNBC's 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.

We welcome anybody who is interested to submit content! 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 can come in many forms (articles, lived-experience stories, art, poetry, etc.), but must be related to the area of mental health and wellness.

The deadline for submissions is November 8th, 2020. All submitted content must meet submission guidelines in order to be accepted for publication.

To receive the submission guidelines, submit content, or learn more, please contact Jillian at 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 32. COVID-19 symptoms? Get tested. Celebrating Halloween safely. Coping with stress, anxiety, and substance use during COVID-19. Breast cancer awareness month. Register now: Alcohol and Community Health Dialogue Sessions. Final week to submit: Resilient Roots issue #2.

ISSUE 31. Play and watch sports safely. Virtual mental health supports during COVID-19. October is breast cancer awareness month.

ISSUE 30. Thanksgiving: safer celebrations. Avoid the three C's. Mental Illness Awareness Week. Kids Help Phone: connecting Indigenous texters with Indigenous crisis responders. Call for submissions: Resilient Roots issue two.

ISSUE 29. Call for Métis mask makers and sewists. COVID-19 vs. the flu. Flu prevention during the coronavirus pandemic. The flu shot: fact sheet from Indigenous Services Canada. October 4th: Sisters in Spirit. MNBC marks Orange Shirt Day.

ISSUE 28. CBC article: Dr. Bonnie Henry offers a bit of clarity on 'safe six' group of friends and social safety plans. Preliminary information on receiving a flu shot this year. Frequently asked questions about influenza vaccines (flu shots). BC's overdose crisis. Orange Shirt Day.

ISSUE 27. New COVID-19 test available for K-12 students. BC CDC website now posting all school-related COVID-19 cases. CBC article: are my symptoms related to COVID-19 or the wildfire smoke? My Records, My Choice program.

ISSUE 26. Amended provincial health orders from Dr. Bonnie Henry. What you do matters. BC gov: fall and winter preparedness plan. Pan(demic) pal. World Suicide Prevention Day 2020. Telus: free phones and plans to youth who have aged out of foster care. I-SPARC: LGBTQ2S+ Inclusion in the Context of Sport webinar.