

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 34 | UP-TO-DATE INFORMATION AS OF NOVEMBER 6TH, 2020

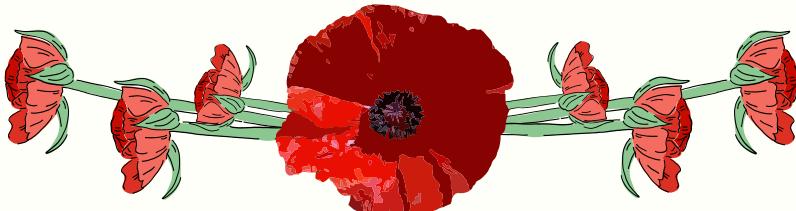


"Our layers of protection are how we protect each other and, importantly, work best when used together. Let's remember to wash our hands frequently and wear a mask when inside close or public spaces, and let's also keep our groups small inside and outside our homes"

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.



INSIDE ISSUE 34

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MNBC NATIONAL ADDICTIONS AWARENESS WEEK CAMPAIGN



BC CONTINUES TO REACH NEW HIGHS IN CONFIRMED COVID-19 CASES

This past week has continued to see record highs in confirmed COVID-19 cases in British Columbia, with almost each day this week reporting over 300 new cases.

Much of this recent transmission is connected to social gatherings.

This week also saw the highest number of confirmed new daily cases, with a staggering 425 new cases reported on November 5th.

FROM THE WEDNESDAY, NOVEMBER 4TH JOINT STATEMENT ON BC'S COVID-19 RESPONSE:

"While our experiences with COVID-19 may be unique, when it comes to how our province fares through this pandemic, we are all connected.

Here in B.C., we have one COVID-19 curve because the risks are everywhere and no community or person is immune. The virus doesn't recognize community boundaries or regional borders.

As we have seen before, a small cluster in one region can quickly become an outbreak in another. That is why provincewide orders are in place throughout B.C. and why we all need to use our layers of protection – all the time.

When transmission increases in one area, we focus our public health efforts to contain the further spread and ask everyone to step up their own efforts and preventive actions at the same time."

[READ THE FULL RELEASE HERE](#)

STICK TO YOUR SAFE SIX

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

- Your safe six should be made up of the same six friends or extended family members
- You should be in their safe six and they should be in yours
- You shouldn't have physical contact, like hugging or kissing, with your safe six, but being indoors and in close proximity (less than 2 m) is okay
- Maintain your physical distance with those outside your bubble and limit your time together
- Stay home and away from others if you have cold or flu-like symptoms

FROM THE PROVINCE OF BRITISH COLUMBIA. [READ MORE HERE](#)

Stick to your safe six



COVID-19 IN BC



BC CDC GUIDELINES FOR ABORIGINAL VETERANS DAY AND REMEMBRANCE DAY

From the BC Centre for Disease Control ([read the full post here](#)):

Due to COVID-19, events for Aboriginal Veterans Day on November 8, and Remembrance Day on November 11, will be different this year. Ceremonies will be smaller, and some traditional events have been cancelled.

If you are planning an event, you must comply with the Public Health Officer's (PHO) order for [Events and Gatherings](#).

If you are observing Remembrance day this year, you should check with local groups or the [Canadian Legion](#) for updated guidance as there are limits to how many people can gather. Consider staying home and observing Remembrance Day programming by radio, television or social media.

If you do choose to attend an event in-person, remember to:

- stay home if you have any COVID-19 symptoms or are not feeling well
- respect the capacity limits set for events
- keep two meters distance between yourself and others
- wear a non-medical face mask
- cough into elbows or tissues
- wash your hands frequently or use hand sanitizer

Updated information about Remembrance Day from the federal government and the Canadian Legion can be found at the Government of Canada's [Ways to Remember](#). To find a legion near you for more local information, use the [Legion Branch locator](#).





SAFE SERVICES AND RESOURCES

REMEMBRANCE DAY

On behalf of the MNBC Veterans Committee and Minister of Veterans Affairs Dean Gladue, we would like to remind all Métis Chartered Communities that if you would like to participate you should connect with your local Legion to place an order for a wreath that they will lay on your behalf to respect social distancing at local cenotaphs.

Métis Nation British Columbia has seven wreaths for our Regional Veteran Representatives to present or have presented at the Community of their choosing on behalf of all our Métis Veterans past and present.

Each Legion sets their own price, but generally the cost is \$45 - \$75.
For more information please e-mail: info@legion.ca or Web Site: www.legion.ca

MNBC will work with Métis Chartered Communities to reimburse the cost of wreaths, please contact Paris Grover pgrover@mnbcbc.ca with receipts.

Please find a way to participate virtually and acknowledge 2 minutes of silence on behalf of all Veteran past and present on November 11th.

WE WILL REMEMBER THEM



MV-BC AT AGM IN DAWSON CREEK, BC



PHOTO BY RHONDA CARRIERE



IN FLANDERS FIELD

**In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.**

**We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.**

**Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.**

John McCrae





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

CHILLIWACK 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: Waceyas.secretary@gmail.com





LET'S TALK MOVEMBER: PROSTATE CANCER

For the month of November we are raising awareness of prostate cancer through MNBC's Movember campaign "Let's Talk Movember". MNBC is aiming to increase knowledge and education specifically regarding the risk factors, prevention, and screening options available to Métis men for prostate cancer.

So what is prostate cancer?

The prostate is a walnut-size gland that is a part of a man's reproductive and urinary systems. The gland is located just below the bladder and in front of the rectum. Like most cancers, prostate cancer occurs when the cells no longer behave normally in the body.

There are many types of prostate cancer so we will look at general risk factors and prevention techniques.

RISK FACTORS

The risk of prostate cancer increases, as men grow older. The chances of being diagnosed with prostate cancer increases after age 50, and is most diagnosed in men in their 60s. Below are some of the risk factors to be mindful of:

- Family history
- Obesity
- Tall adult height
- Diets high in dairy and calcium
- Low blood levels of vitamin E or Selenium
- Smoking tobacco
- Inflammation of the prostate

Please note: most of these risk factors have been linked to prostate cancer; however, there is currently not enough evidence to directly link these to prostate cancer.





LET'S TALK MOVEMBER: PROSTATE CANCER

Can you prevent prostate cancer?

Although we cannot control someone's height or family history, we can look at our current lifestyle. Small changes can make a big difference! Here are some ways you can improve your lifestyle to include healthier choices for cancer prevention:

- **Get moving!** Now that the snow is falling, get to the gym, pool or at home work outs! There are some great YouTube videos that work with every skillset and body type.
- **Watch the dairy!** I will admit, ice cream and cheese are my favourite! But, being mindful and modest when it comes to indulging in dairy will reduce those high calcium levels.
- **Smoking!** Quitting smoking is one of the best things you can do for your overall health. But like all addiction, smoking is one of the hardest habits to kick. If you need more information or support with quitting, we can help. See below for some great **Quit Now** resources that have helped many Indigenous and non-indigenous people quit.

Signs and symptoms may not be present in earlier stages, so we encourage you to speak to your health care provider on prevention and screening. When prostate cancer is found and treated early, the chances of successful treatment increases.

RESOURCES AND FURTHER INFORMATION

- **Quit Now:** <https://www.quitnow.ca/>
- **Canadian Cancer Society - Screening and Prevention:** <https://www.cancer.ca/en/prevention-and-screening/reduce-cancer-risk/make-healthy-choices/?region=bc>
- **Canadian Cancer Society - Prostate Cancer:** <https://www.cancer.ca/en/cancer-information/cancer-type/prostate/prostate-cancer/?region=on>
- **BC Cancer - Prostate Cancer:** <http://www.bccancer.bc.ca/health-info/types-of-cancer/pelvic-area/prostate>





HOW WILL YOU ROCK YOUR MOUST-SASH?

On November 1st, we launched our annual Moust-sash competition! 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 25th 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!



FOR THE MONTH OF NOVEMBER WE ARE RAISING AWARENESS OF MEN'S MENTAL HEALTH, PROSTATE CANCER, AND TESTICULAR CANCER THROUGH MNBC'S MOVEMBER CAMPAIGN "LET'S TALK MOVEMBER.

BE SURE TO SEND US YOUR STORIES AND PHOTOS FOR A CHANCE TO WIN!

MOVEMBER CAMPAIGN



HOW WILL YOU ROCK YOUR

Moust-sash?

WIN A \$300
GYM PASS-
DEADLINE
EXTENDED

*This week we're learning
about...*

PROSTATE CANCER

PLEASE SEND ALL YOUR PHOTO SUBMISSIONS OR STORIES TO KATINA POLLARD BY 11:59PM ON NOVEMBER 25, 2020 AT KPOLLARD@MNBC.CA FOR A CHANCE TO WIN!



CALL FOR PARTICIPANTS

NATIONAL ADDICTIONS AWARENESS WEEK 2020

MNBC's Ministry of Health and Wellness is looking for up to five Métis individuals to share their experiences of living with, or supporting someone through addiction and substance use.

[LEARN MORE](#)

[SHARE YOUR STORY](#)

Selected participants will have their stories of resilience shared during our National Addictions Awareness Week 2020 campaign November 23 - 27.

To learn more, or to volunteer as a possible participant, contact Stephen at: sthomson@mnbca.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 33. BC reaches new record high in confirmed COVID-19 cases. Masks in indoor public spaces are now the expectation. New provincial health order limiting household gatherings. Reminder on celebrating Halloween safely. Fraser Valley Métis Chartered Communities flu clinics. MNBC launches Movember campaign. Breast cancer awareness month. Register now: Alcohol and Community Health Dialogue Sessions.

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.

