

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 40 | UP-TO-DATE INFORMATION AS OF DECEMBER 17TH, 2020



“This holiday season, let’s make the special occasions special in other ways by connecting virtually instead. Let’s save our celebrations with loved ones until it is safe for us to get together once again.”

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.

Please note this will be the last issue of the Health and Wellness Newsletter for 2020. We'll be back in 2021!

Wishing everyone a safe, happy, and healthy holiday season, and all the best in 2021.

INSIDE ISSUE 40

**MÉTIS CRISIS LINE AND
HOLIDAY WELLNESS**

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**CELEBRATING THE HOLIDAYS
SAFELY THIS YEAR**

**REMINDER: PROVINCE-WIDE
RESTRICTIONS IN EFFECT UNTIL
JANUARY 8TH, 2021**





**The holidays are often seen as a time of joy.
However, for many, the holidays can be a difficult
time for one's mental health.**

**BC Mental Health and Substance Use Services has
put together a great article with tips on how we can
work to support our mental wellness during the
holiday season. To read more, visit:**

**[http://www.bcmhsus.ca/about/news-
stories/stories/psychologist-shares-tips-to-
maintain-mental-well-being-during-the-holiday-
season](http://www.bcmhsus.ca/about/news-stories/stories/psychologist-shares-tips-to-maintain-mental-well-being-during-the-holiday-season)**

**If you or someone you know is struggling this
holiday season, please call the Métis Crisis Line at:**

1-833-MÉTISBC

(1 - 8 3 3 - 6 3 8 - 4 7 2 2)



MÉTIS NATION
BRITISH COLUMBIA

in collaboration with KUU-US Crisis Services





REMINDER BC RECOVERY BENEFIT: APPLICATIONS OPEN ON DECEMBER 18TH, 2020

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

The BC Recovery Benefit is a one-time, tax-free payment of up to \$1,000 for eligible families and single parents and up to \$500 for eligible individuals.

HOW THE BENEFIT WORKS

The BC Recovery Benefit (the benefit) is a one-time direct deposit payment for eligible families, single parents or individuals. Benefit eligibility is based on net income from your 2019 tax return. You must apply to receive the benefit. Applications open December 18, 2020.

BENEFIT RATES

The amount you're eligible for will be automatically calculated based on your income when you apply.

Families and single parents

- \$1,000 for eligible families and single parents with a net income of up to \$125,000
- Reduced benefit amount for eligible families and single parents with a net income of up to \$175,000

The benefit defines a family as an individual and their spouse or common-law partner, unless they are separated. Both people must be residents of B.C. The benefit defines a single parent as an individual who is the principal caregiver to at least one child.

Individuals

- \$500 for eligible individuals with a net income of up to \$62,500
- Reduced benefit amount for eligible individuals with a net income of up to \$87,500

BC Recovery Benefit



**ONLINE APPLICATIONS FOR THE BC RECOVERY
BENEFIT OPEN DECEMBER 18, 2020.**

**SUPPORT WILL BE AVAILABLE BY PHONE STARTING
DECEMBER 21, 2020.**

**BC Recovery
Benefit:
Get ready
to apply**



COVID-19 IN BC

FOR MORE INFORMATION, VISIT:

**[HTTPS://WWW2.GOV.BC.CA/GOV/CONTENT/ECO
NOMIC-RECOVERY/RECOVERY-BENEFIT](https://www2.gov.bc.ca/gov/content/economic-recovery/recovery-benefit)**



FIRST BRITISH COLUMBIAN VACCINATED, COVID-19 IMMUNIZATIONS BEGIN

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

December 15th marked the first day of British Columbia's provincewide COVID-19 immunizations, the most comprehensive vaccine program to ever be delivered in B.C. Over the coming days, approximately 4,000 health-care workers in British Columbia will be rolling up their sleeves to receive the first approved COVID-19 vaccine.

Nisha Yunus, a 64-year old residential care aid was one of the first people in British Columbia to receive the COVID-19 immunization. Yunus has worked in the same long-term care home in the Vancouver Coastal Health region for 41 years, all in the same unit and on the same floor. The first person in the Fraser Health region to be vaccinated was Linda Latour, a health-care assistant. Yunus and Latour provide personal care and support to seniors and this vaccine will ensure the people they care for will be a little safer today.

"I am so grateful. It feels like a dream came true. It is both a privilege and an honour to receive the first COVID-19 vaccine in British Columbia," Yunus said. "I have seen first-hand what COVID-19 does to families, and I am hopeful we are getting closer to finally reaching the end of this pandemic, so people can reunite safely with their loved ones and put this behind us."





FIRST BRITISH COLUMBIAN VACCINATED, COVID-19 IMMUNIZATIONS BEGIN

The first approved COVID-19 vaccine is being administered to health-care workers who work in long-term care homes and front-line health-care workers essential to the COVID-19 response.

“This is a hopeful day for all of us in B.C.,” said Adrian Dix, Minister of Health. “Among the very first people to receive it are those who care for and support B.C.’s seniors – by getting immunized, they are helping to protect those most vulnerable to COVID-19 and helping us all get one step closer to ending this pandemic.”

Starting the week of Dec. 21, 2020, vaccines will be delivered weekly to all health authorities. Expected timelines will depend on vaccine approval and availability. As vaccines become more available, they will be provided to other priority groups throughout British Columbia.

“Every person who receives the vaccine makes all of us that much safer, and we now have a safe and effective vaccine available and rolling out in B.C. This vaccine and the others that will be available in the weeks ahead will save lives, protect those who are most vulnerable and reduce the disruption that we have experienced in communities everywhere,” said Dr. Bonnie Henry, B.C.’s provincial health officer. “We are not yet through the storm, but brighter days are indeed on the horizon.”

A registration and record system are in development, including a process to register for vaccine access and so people can receive a formal record of immunization.

All vaccines go through a rigorous regulatory scientific review process for safety, quality and efficacy at Health Canada before being made available to the public.

The immunization plan is being led by Dr. Ross Brown, Vancouver Coastal Health’s vice-president for pandemic response and director of regional emergency operations centre; Dr. Bonnie Henry, B.C.’s provincial health officer; and the Ministry of Health. They are supported by the Immunize BC Operations Centre that includes BC Centre for Disease Control, Provincial Health Services Authority, First Nations Health Authority, Canadian Red Cross, Canadian Armed Forces and health authority and ministry leadership.



Who will get the vaccine first?

Our goal is to save lives. The first 4,000 doses of COVID-19 vaccines will go to Lower Mainland healthcare workers in long-term and acute care, starting the week of December 14, 2020.

First priority for the vaccines will go to long-term care residents and staff, health-care facility staff for COVID-19 patients, Indigenous people living in rural or remote communities, people living in shelters and people experiencing homelessness, and people over 80 years old.

Getting the vaccine to everyone will take time. By the end of 2021, people who the vaccine is recommended for in BC will have the opportunity to get it.

Which vaccine is BC getting?

The first vaccines arriving in BC are made by Pfizer and Moderna. Pfizer is approved by Health Canada and Moderna is still under review. It will be deployed once it's approved. Both the Pfizer and Moderna vaccines require two doses, spaced at least three weeks apart.

Is the vaccine safe?

Canada has one of the most rigorous regulatory systems to authorize new vaccines, using laboratory and clinical studies to provide evidence of a product's safety and effectiveness. Public health recommends people under 16, pregnant people and immunocompromised people don't get the vaccine at this time. We can keep these people safe by making sure the people taking care of them – like front-line health care workers – get vaccinated.



BC'S HOLIDAY GUIDE

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

Our holidays will look a little different this year, but there are many ways we can still celebrate while keeping everyone safe. Now is the time to say 'no' to gatherings and non-essential travel.

Celebrate safely:

- ✓ stay local
- ✓ plan holiday dinners for your household or core bubble only
- ✓ hold virtual gift unwrappings and celebrations
- ✓ partake in virtual religious services
- ✓ go for a walk with your household to check out neighbourhood light displays
- ✓ drive-in events and light displays are OK
- ✓ Santa can still visit

- ✗ postpone in-person celebrations
- ✗ reschedule staff holiday get-togethers
- ✗ postpone all non-essential travel
- ✗ postpone any out-of-province travel

Learn more: <https://gov.bc.ca/COVIDrestrictions>





REMINDER: PROVINCE-WIDE RESTRICTIONS IN EFFECT UNTIL JANUARY 8TH, 2021

December 7th saw the announcement of a continuation of the province-wide restrictions, put in place to fight the rising spread of COVID-19 in our province. These public health order restrictions will be in place until January 8th, 2021.

By public health order and direction we must continue to only socialize with people in our households or core bubbles until January 8, 2021 – and avoid any non-essential travel.

A more detailed breakdown on the provincial restrictions can be found here:

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions>



"The orders that we have had in place have started to have an impact on the transmission of the virus in British Columbia. However, transmission remains high and we need to continue our efforts to reduce social interactions and stop the spread. The provincial health officer's orders restricting all gatherings and events have today been extended through to Jan. 8, 2021, at midnight. This includes gatherings in people's homes and in public venues.

The order extension and travel requirement are necessary steps to help us get through the remainder of the year and protect those who are most vulnerable."

Dr. Bonnie Henry
December 7th, 2020

**ORDERS ARE IN PLACE TO HELP EVERYONE IN BC
SIGNIFICANTLY REDUCE THEIR SOCIAL INTERACTIONS AND TO
STOP COVID- 19 FROM SPREADING IN OUR PROVINCE.**

Public health orders and directions for all of BC



**High-risk group
fitness suspended**



**Non-essential
travel advisory**



**Masks mandatory in
indoor public places**



**Socialize with your
household only**



**No events or
gatherings**



**Adult team sports
suspended**

COVID-19 IN BC

**THE ORDER IS IN EFFECT UNTIL JANUARY 8TH, 2021 AT
MIDNIGHT**

Tis the season
to be connected

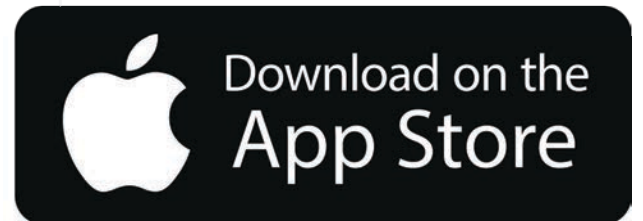
WE WISH YOU A MERRY SHAKAMOHTA!

"Michif for Connection"

May the holidays bring you peace, love, and joy, and
also the ability to connect through a secure video
calling feature for Android or Apple products.



MÉTIS NATION
BRITISH COLUMBIA



*Beta means that an app is still in the development stages and is not the final version. The developer releases the beta version to let the public test the app and then provide feedback. Send feedback to: health@mnbc.ca subject line Shakamohta

The Apple app will prompt you to download Test Flight - this is normal



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 39. BC Recovery Benefit: get ready to apply. Province-wide restrictions extended until January 8th, 2021. Coming soon: COVID-19 vaccine. BC's holiday guide. Last chance: La Vway community survey.

ISSUE 38. Reminder: province-wide restrictions in effect until at least December 7th. Update: provincial order on athletic activities, indoor adult sport now prohibited. Deadline extended: La Vway community survey.

ISSUE 37. Province-wide restrictions in effect until at least December 7th. Mask requirements in public indoor settings. Update: all group indoor physical activities suspended. Socialize safely. Canada Emergency Rent Subsidy (CERS) for Canadian businesses, non-profit organizations, or charities. New provincial survey on COVID-19. La Vway Community Survey. BC overdose crisis: October. Let's Talk Movember.

ISSUE 36. New province-wide restrictions announced. BC continues to reach new highs in COVID-19 cases. Province-wide restrictions: social gatherings and events. Province-wide restrictions: mask requirements. Province-wide restrictions: athletic activities. Province-wide restrictions: travel advisory. MNBC's Let's Talk Movember campaign: men's mental health.

ISSUE 35. BC continues to reach new highs in COVID-19 cases. BC rent freeze extended. New regional provincial health orders for Fraser Health and Vancouver Coastal. COVID-19 transmission infographics. MNBC COVID-19 response programs. November 16th marks Louis Riel Day. MNBC's Let's Talk Movember campaign.