

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 43 | UP-TO-DATE INFORMATION AS OF JANUARY 22, 2021



“We have to remember that even though our COVID-19 immunization program is underway, the risks remain high. This is why we all need to continue using our layers of protection and follow the public health orders, to keep everyone without a vaccine as safe as possible” - 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.

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 43

CORONAVIRUS - VACCINATIONS

BC'S COVID-19 IMMUNIZATION PLAN

ELDERS/SENIORS ZOOM SOCIAL EVENT

HEALING IN PANDEMIC TIMES: INDIGENOUS PEOPLES, STIGMA AND COVID-19

NOMINATIONS CALL FOR MÉTIS BOARD DIRECTORS FOR I-SPARC

COVID-19 Vaccination

"To date, 104,901 people have received a COVID-19 vaccine in British Columbia. With notice of a temporary reduction in Pfizer vaccine supply in Canada, we have adjusted our immunization program to match availability. Our focus continues to be on immunizing all those in long-term care, as well as the people who care for the residents, and starting dose two at 35 days."

Community vaccination will now be late March, early April due to this delay. "Supply problems that will slow global deliveries of the Pfizer BioNtech vaccine over the next four weeks will affect B.C.'s COVID-19 vaccination plan "in a significant way," Health Minister Adrian Dix

Starting today, the BC Centre for Disease Control (BCCDC) will provide a vaccine dashboard. Initially, the dashboard will publish provincewide data, but will be expanded to include specific health authority information. This dashboard is in addition to the weekly vaccine report, also available on the BCCDC website.

Find information about vaccine supplies and vaccine doses administered on the BC COVID-19 dashboard:

- [Dashboard](#) (mobile and most browsers)
- [Dashboard](#) (Internet Explorer users)



Let's show each other that we remain committed to doing our part to keep everyone safe, to protect our seniors and Elders who have not yet had the vaccine, our neighbours and loved ones" - Dr. Bonnie Henry

COVID-19: BC's Immunization Plan

- Prepared for BC Ministry of Health: [BC COVID-19 Immunization Plan.pdf \(gov.bc.ca\)](https://www2.gov.bc.ca/gov/content/health/communicable_diseases/covid-19/immunization/immunization_plan.pdf)

4.3 million eligible people, 2 doses = 8.6 million vaccinations. We will do this based on your age, starting with our oldest citizens first who are most at risk - through to our young adults.

Government of Canada has committed that every Canadian who wants to be vaccinated against COVID-19 will have access to a vaccine before the end of September 2021.

COVID-19 Immunization Plan

Phase 1 April 2021	Phase 2 May to June 2021	Phase 3 September 2021	Phase 4 July to end 2021
High-Risk Populations		General Population	
<ul style="list-style-type: none"> Healthcare workers, long-term care residents and staff, and other essential workers People with underlying health conditions People aged 65 and older People with disabilities People with mental health conditions People with chronic conditions People with chronic kidney disease People with chronic liver disease People with chronic heart disease People with chronic lung disease People with chronic autoimmune conditions People with chronic blood disorders People with chronic cancer People with chronic HIV/AIDS People with chronic diabetes People with chronic hypertension People with chronic hyperlipidaemia People with chronic hypothyroidism People with chronic hypoparathyroidism People with chronic hypopituitarism People with chronic hypothyroidism People with chronic hypoparathyroidism People with chronic hypopituitarism 	<ul style="list-style-type: none"> People aged 65 and older People aged 55 and older People aged 45 and older People aged 35 and older People aged 25 and older People aged 18 and older People aged 16 and older People aged 14 and older People aged 12 and older People aged 10 and older People aged 8 and older People aged 6 and older People aged 4 and older People aged 2 and older People aged 0 and older 	<ul style="list-style-type: none"> People aged 18 and older People aged 16 and older People aged 14 and older People aged 12 and older People aged 10 and older People aged 8 and older People aged 6 and older People aged 4 and older People aged 2 and older People aged 0 and older 	<ul style="list-style-type: none"> People aged 18 and older People aged 16 and older People aged 14 and older People aged 12 and older People aged 10 and older People aged 8 and older People aged 6 and older People aged 4 and older People aged 2 and older People aged 0 and older

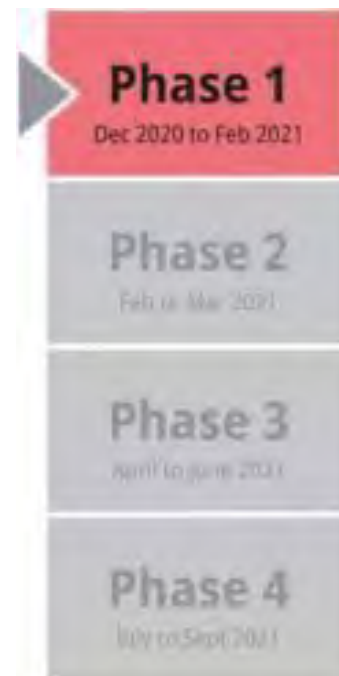
COVID-19:

BC's Immunization Plan

Phase 1 (*Current Phase*)

Timeline: December 2020 to February 2021

- Residents & staff of long-term care facilities.
- Residents & staff of assisted living residences.
- Individuals assessed for and awaiting long term care.
- Essential visitors to long-term care facilities and assisted living residences
- Hospital health care workers who may provide care for COVID-19 patients in settings like Intensive Care Units, emergency departments, paramedics, medical units and surgical units.
- Remote and isolated Indigenous communities.



Phase 2

Timeline: February 2021 to March 2021

- Seniors aged 80+ who are not immunized in phase 1.
- Indigenous (First Nations, Métis and Inuit) seniors, age 65 and over and Elders and additional Indigenous communities not immunized in Phase 1.
- Hospital staff, community GPs and medical specialists not immunized in Phase 1.
- Vulnerable populations living and working in select congregated settings.
- Staff in community home support and nurses caring for seniors.



Click [here](#) to view the full immunization plan for BC

REGISTER FOR COVID-19 VACCINATIONS FOR ELDERS/SENIORS

As the province and Regional Health Authorities move closer to community vaccination please provide the below. This will allow us to contact you or your loved one when the vaccine roll out occurs for Elders and Seniors who are 65+.

Full Name
Birth month and year
City you reside in
Home and/or Cell Phone Number
E-mail

Please email or call MNBC's Ministry of Health to be added to our contact list for Elders and Seniors vaccination roll-out.

Email: health@mnbc.ca
Phone: 1-800-940-1150 Ext.8226

The Ministry of Health will reach out to all Elders and Seniors on this contact list once a roll-out plan has been finalized.



Elders/Seniors Zoom Social Event

We are hosting small social event for Elders/Seniors. There will be information available on COVID-19 vaccines, cultural entertainment by MNBC's Minister of Elders, Raynie Gervais and an opportunity to connect and share stories.

We are pleased to have a Northern Health Authority expert guest speaker on hand to discuss COVID-19 vaccines.

When: January 28, 2021 from 2PM-3PM PST

Please email or call MNBC's Ministry of Health to be added to the invitation event with your name, phone number and email address.

We look forward to connecting!

Email: health@mnbc.ca

Phone: 1-800-940-1150 Ext:8226



HEALING IN PANDEMIC TIMES

INDIGENOUS PEOPLES, STIGMA, AND COVID-19

New Video, shared by National Collaborating Centre for Indigenous Health (NCCIH), calls for renewed action through the pandemic and beyond to end stigma against Indigenous peoples.

The NCCIH and Northern Health BC has come together to launch a short animated video addressing the ongoing issue of stigmatization experienced by Indigenous peoples in the health care system.

Executive producer, **Margo Greenwood**, Vice President of Indigenous Health, Northern Health, and Academic Leader for the NCCIH. Greenwood notes, *“As the video illustrates, the combination of pandemics and stigma is an old story for Indigenous people. But the pain is always new. And the ill effects can last for generations unless we all, Indigenous and non-Indigenous peoples, support each other to take positive healing action. Everyone should feel safe and supported in their communities.*

Healing in pandemic times; Indigenous peoples, stigma and COVID-19 is intended for both Indigenous and non-indigenous audiences. The video reviews key terms; stigmatization, stereotypes, prejudice, and discrimination in an easily understandable way.

[Read More Here](#)



Nominations for Métis Board Directors For I-SPARC

As a volunteer directed Society, the Indigenous Sport, Physical Activity & Recreation Council (I-SPARC) is seeking a variety of individuals who possess an assortment of business skill sets to serve on its board.

We are seeking Métis Directors who reflect our values, priorities and are responsive to our mission: to build programs and services that positively impact the health and well-being of Indigenous individuals, families, and communities throughout British Columbia.

To apply and for
more information
please visit:
www.isparc.ca

Recruitment Philosophy

Equity and Diversity – inclusive of First Nations (those who reside on and off reserve), Métis, Inuit, who bring urban and rural/remote perspectives from across British Columbia.

Strategic Thinking — Thought leaders who are focused on high level, long-range, strategic issues

Proven Performers — Demonstrate knowledge through contribution to the industry

Commitment — Serving I-SPARC is an honour, but it also requires a commitment of time and dedication to the Society's mission, vision, and goals

Collaboration — Well developed interpersonal and communication skills are essential in board service, including an ability to listen, analyze, and assess situations and act responsibly as a member of a unified collegial board

Sound Judgment and Integrity — Exercise powers in the interest of the organization, maintaining a high degree of confidentiality and free from conflicts of interests.



Call for nominations for
I-SPARC's Board of Directors
isparc.ca



Thank you



To our healthcare workers, first responders, frontline staff, and essential service workers - as always, 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](https://COVID19.MNBC.CA/MNBC-COVID-19-UPDATES)

ISSUE 42: COVID-19 VACCINATION,
MÉTIS YOUTH VAPING IN BC,
CHMA RECRUITING VOLUNTEERS, THREE
STEP MORNING PRAYER-ELDER MARIE
BERCIER

ISSUE 41. UPDATE: PROVINCE-WIDE
RESTRICTIONS EXTENDED UNTIL
FEBRUARY 5TH, 2021. COVID-19
VACCINATIONS FOR MÉTIS ELDERS.
MNBC'S MINISTRY OF HEALTH IS
PUBLISHING A BOOK! KAA-
WICHIHITOYAAHK- WE TAKE CARE OF
EACH OTHER

ISSUE 40. MÉTIS CRISIS LINE AND
HOLIDAY WELLNESS. BC RECOVERY
BENEFIT. FIRST BRITISH COLUMBIAN
VACCINATED, VACCINATIONS BEGIN.
CELEBRATING THE HOLIDAYS SAFELY
THIS YEAR. REMINDER: PROVINCE-WIDE
RESTRICTIONS IN EFFECT UNTIL
JANUARY 8TH, 2021.

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.