

MÉTIS NATION BC HEALTH & WELLNESS

JUNE 4, 2021

ISSUE 62

Issue 62 Up-To-Date Information as of June 4, 2021

Health & Wellness

By Ministry of Health



“Being fully immunized – with both doses of your COVID-19 vaccine – is the most powerful tool to protect yourself, your loved ones and communities.

– Dr. Bonnie Henry

MNBC will be updating our webpage as new information becomes available. Follow our COVID-19 page at www.mnbc.ca

Please click on this link to previous issues of our COVID-19 newsletter for more information.

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EVERY CHILD MATTERS

NEVER FORGOTTEN

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STATEMENT FROM DEAN GLADUE, MNBC DIRECTOR FOR REGION 3 (THOMPSON - OKANAGAN):

“Like everyone in our community of Kamloops, I was shocked and abhorred to see that the remains of 215 children were found at the site of a former residential school. It saddens and pains me to know these children were taken from their home and never returned. The anguish their families must have felt. The pain of this news is real and hits home, as my mother, who is a proud Métis woman, was forced into these schools. She, like many other Indigenous children, could have met the same fate. This institution was sanctioned by our government and the Catholic Church. How many more of our children lay in unmarked graves? We still have so much healing to do in this country.”

STATEMENT FROM LISSA DAWN SMITH, MNBC ACTING PRESIDENT:

“The entire MNBC Board of Directors stands with the Tk’emlúps te Secwépemc through these difficult and challenging times. Residential schools and their history remain an open wound in Indigenous communities across this country. While painful, uncovering the truth remains vital for reconciliation.”

Support services are available for those affected by this news:

- 24 hour/7 days a week Métis Crisis line at 1-833-Metis-BC (1-833-638-4722)
- A National Indian Residential School Crisis Line has been set up to provide support for former Residential School students and those affected. Access emotional and crisis referral services by calling the 24-hour national crisis line: 1 866 925-4419.
- Within BC, the KUU-US Crisis Line Society provides a First Nations and Indigenous specific crisis line available 24 hours a day, seven days a week, toll-free from anywhere in British Columbia. The KUU-US Crisis Line can be reached toll-free at 1 800 588-8717. Alternatively, call direct into the Youth Line at 250 723-2040 or the Adult Line at 250 723-4050, or online: <https://www.kuu-uscrisisline.com/>

EVERY CHILD MATTERS T-SHIRT



June Graham, President of the Alberni Clayoquot Métis Society, has designed this Every Child Matters shirt for our communities across B.C. and Canada. All proceeds from the sales of this shirt will go to benefit our youth.

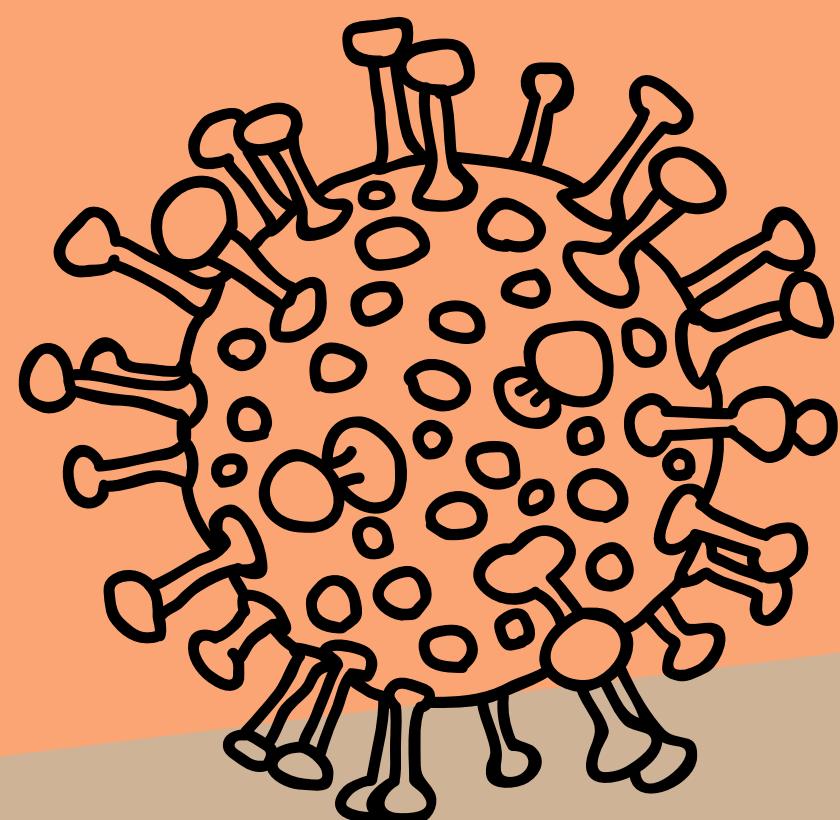
[Click here to purchase your shirt!](#)



#StopTheSpread

COVID-19 Update

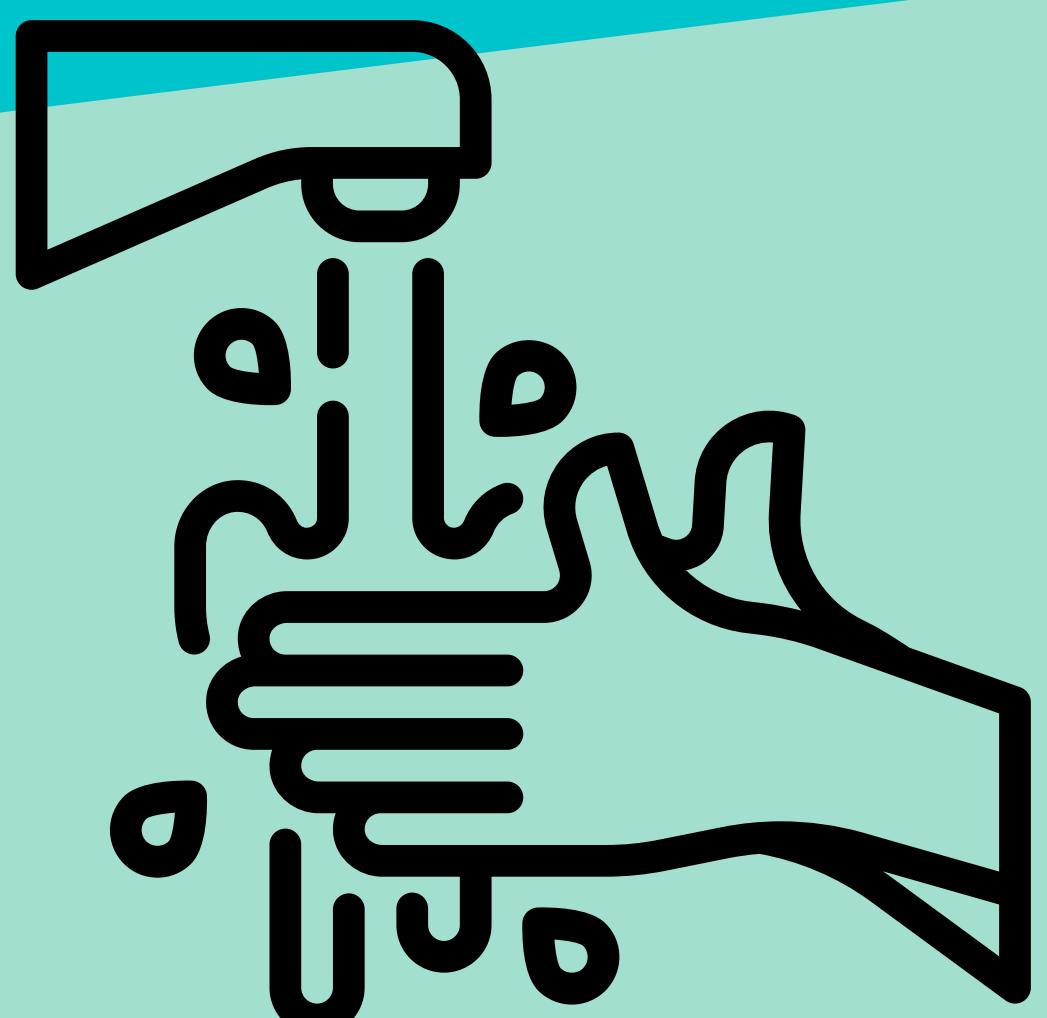
Source: Dr. Bonnie Henry Update



Mix and Matching Vaccine

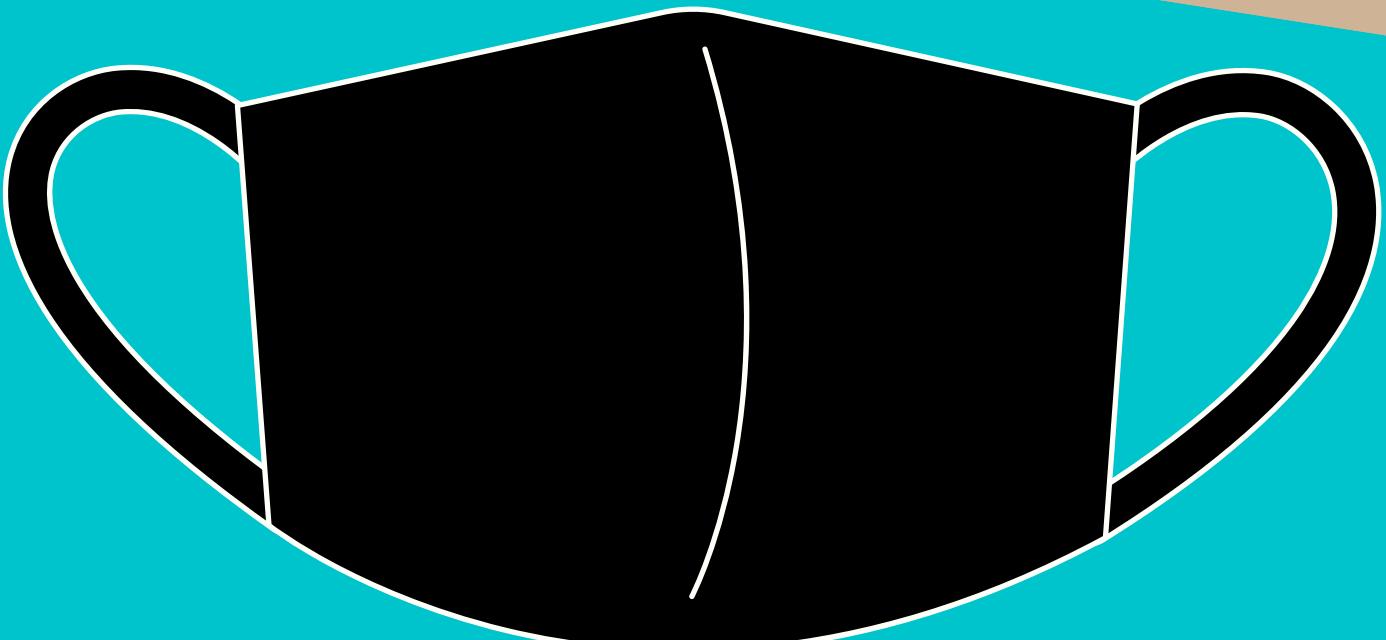
If you have received the AstraZeneca vaccine, you have the choice to get another AstraZeneca vaccine, or you can choose to have an mRNA vaccine instead.

“Starting this coming Monday, and like the mRNA vaccines, everyone who has received the AstraZeneca vaccine will be notified to book their second vaccine after eight weeks. Once that notification goes out, you can book your vaccine.



COVID-19 Cases Count

Thursday, 199 new cases —Bringing the total number in BC to 144,866 with 2,563 active cases .



Vaccinations Cont.

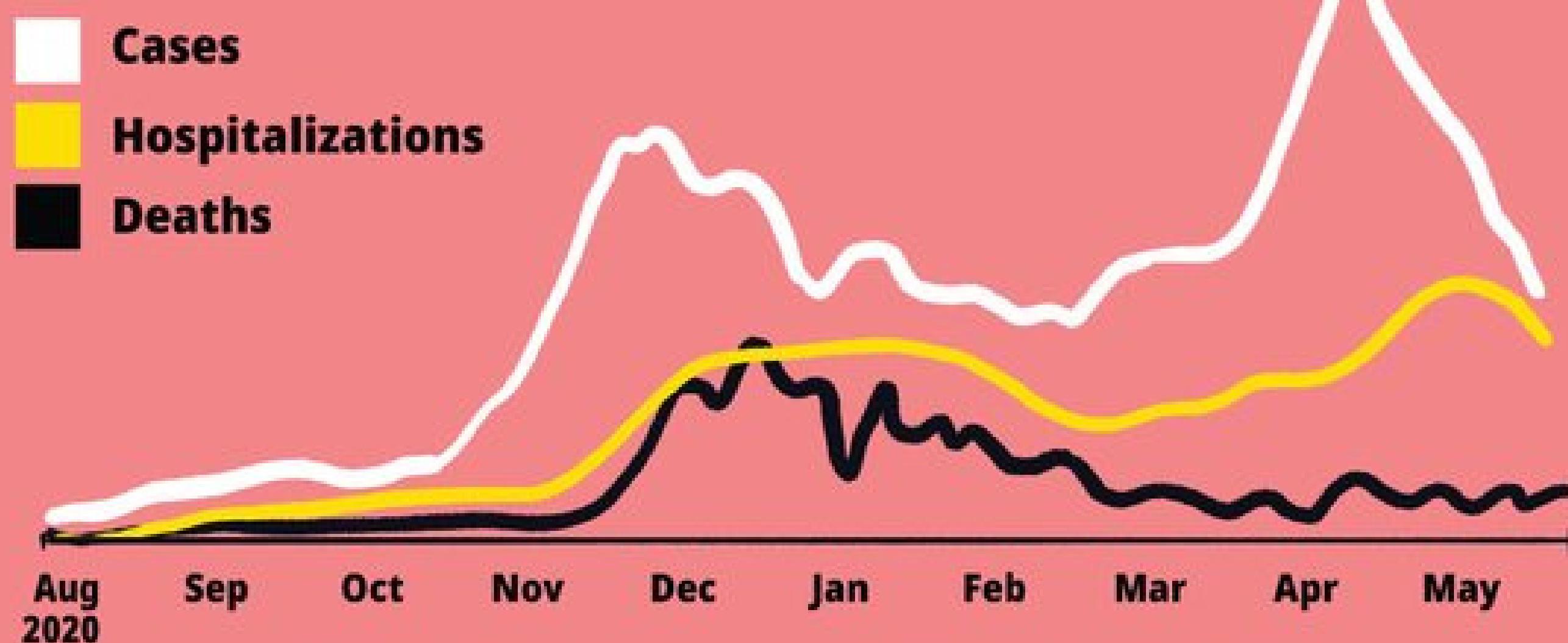
If you received your vaccine at a pharmacy, the pharmacy will contact you to book your next appointment. We ask that you please don't contact the pharmacies to book – they will contact you.

“If you decide to have an mRNA vaccine instead, you'll be able to book online for an appointment at one of our mass clinics.

“Every dose equals a vaccine appointment and we're using every available dose of vaccine we have – every week. Because so many people in B.C. are signing up to get their vaccines, our clinics are busy, which may mean your appointment could be two or three weeks after you are invited to book.

Vaccines work — and they will help us move through BC's restart and get back to a more normal life. With more people getting vaccinated, our cases have gone down and fewer people are in hospital.

Vaccines are making a difference



COVID-19 Monthly Update: Presentation prepared for BC Ministry of Health, May 25, 2021

Register now and / or help someone you care about get vaccinated: <http://gov.bc.ca/getvaccinated>



In-Home Vaccination Appointments

1.

Call 1-833-838-2323 and speak to a registration clerk to sign up for an in-home visit

2.

The health authority you reside in will then contact you to book an in-home visit.

3.

Please have the following information on hand when calling in:

- **Name**
- **DOB**
- **Registration #**
- **Postal Code and Address**
- **Best contact number to be reached on**



1ST & 2ND DOSE VACCINATION

**IF YOU HAVE RECEIVED YOUR FIRST DOSE BEFORE APRIL 15TH, 2021,
YOU WILL NEED TO REGISTER THROUGH THE PROVINCIAL
REGISTRATION SYSTEM TO BOOK YOUR SECOND DOSE**



**SEE BELOW FOR DETAILS ON HOW TO REGISTER.
REGISTRATION CAN BE COMPLETED ONLINE AT
[WWW.GETVACCINATED.GOV.BC.CA](http://www.getvaccinated.gov.bc.ca)
BY PHONE 1-833-838-2323 OR IN PERSON.**

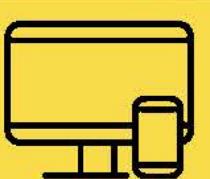
GET YOUR COVID-19 VACCINE NOW!

1ST OR 2ND DOSE! THIS IS HOW TO REGISTER

**THERE ARE THREE
WAYS TO REGISTER**

You can register for yourself or for someone else, like a parent or grandparent. Every Métis person 12 and older in B.C. is eligible to get vaccinated, even if you don't have a Personal Health Number or other documentation.

REGISTER ONLINE



www.getvaccinated.gov.bc.ca

Provide your Name, Date of Birth, Postal Code, Personal Health Number & email address that will be checked or phone number that can receive texts

REGISTER BY PHONE

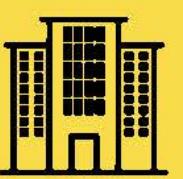


1-833-838-2323

Seven days a week, 7 am to 7 pm (PDT)



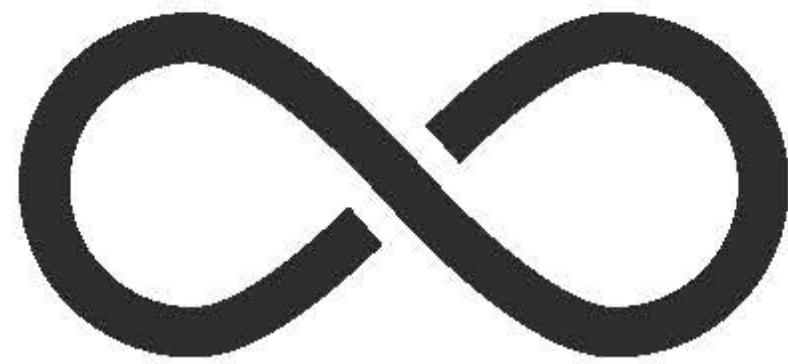
REGISTER IN PERSON



At a local Service BC office

Office hours vary by location.





MNBC'S MINISTRY OF HEALTH PRESENTS...

Our Community based research project:

'Cannabis si koom la Michinn'

[CANNABIS AS MEDICINE]



TAKE THE SURVEY NOW FOR A CHANCE
TO WIN AN IPAD MINI & MORE PRIZES!

*Scan the QR code with your phone or visit:
surveymonkey.com/r/Cannabisasmedicine*

NATIONAL

Indigenous People's Day 2021

CULTURAL WELLNESS & HEALTH PROMOTION ACTIVITIES

This year the resiliency of our Métis Communities has truly been showcased during this COVID-19 pandemic. Communities have come together in new and innovative ways to keep one another safe while still maintaining connections. With the recent announcement of the discovery of 215 lost Indigenous Children at the Kamloops Residential School, our hearts are full of grief and our minds are especially heavy.

As this year's **National Indigenous People's Day** approaches, we wanted to give back to community and have worked to identify funds to offer each Métis Chartered Community and Métis Service Providers the opportunity to apply for a [NIPD Cultural Wellness & Health Promotion Activities Grant](#).

This grant, \$2,000 per community, is to promote community health, healing, and wellness activities to recognize National Indigenous People's Day on Monday, June 21st.



More information on next page

NATIONAL

Indigenous People's Day 2021

CULTURAL WELLNESS & HEALTH PROMOTION ACTIVITIES

Activities could include:

- Cultural activities, such as sweetgrass braiding or smudge kit building;
- Outdoor jigging lessons or hosted walks in nature;
- Hiring a yoga instructor to host a Zoom yoga session;
- Coming together for Community prayer and honouring;
- Or any other idea you might like to come up with that works for your Community.

Métis Chartered Communities have the opportunity to partner with another community in their region to pool resources and funds. Métis Service Providers are also welcome to apply on their own or partner and pool resources with the local Métis Chartered Community.

[Click here to see the simple application form to apply.](#)

Application deadline June 15th.

Please note all activities will need to adhere to current COVID-19 protocols (outdoors if a group activity, safely distanced, masked if distance is not able to be maintained at points, assigned seating if the event hosts more than 10 people etc.)

For more information visit <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/social-interactions>

Please submit your Community application to
health@mnbcc.ca

[Click here to visit the website for NIPD Resources](#)

ANNEX A

NATIONAL INDIGENOUS HISTORY MONTH

DESCRIPTION OF VISUAL ELEMENTS

Among the various visual elements illustrating Indigenous cultures, the sun (the summer solstice) is at the center which is at the heart of the festivities. The First Nations, Inuit and Métis as well as the four elements of nature (earth, water, fire and air) are represented in the image and shown opposite.

The whole visual is supported by a multicolored smoke* reminding us of Indigenous spirituality but also the colors of the rainbow - symbol of inclusion and diversity of all First Nations, Inuit and Métis communities and their members.

*Smoke is used in different ways by all three Indigenous groups in Canada. Whether it is to smoke fish and meat, to burn sage and tobacco or for sacred ceremonies or celebrations, it is a significant symbol in Indigenous cultures.

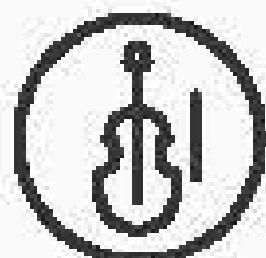
DESCRIPTION OF THE THREE ICONS



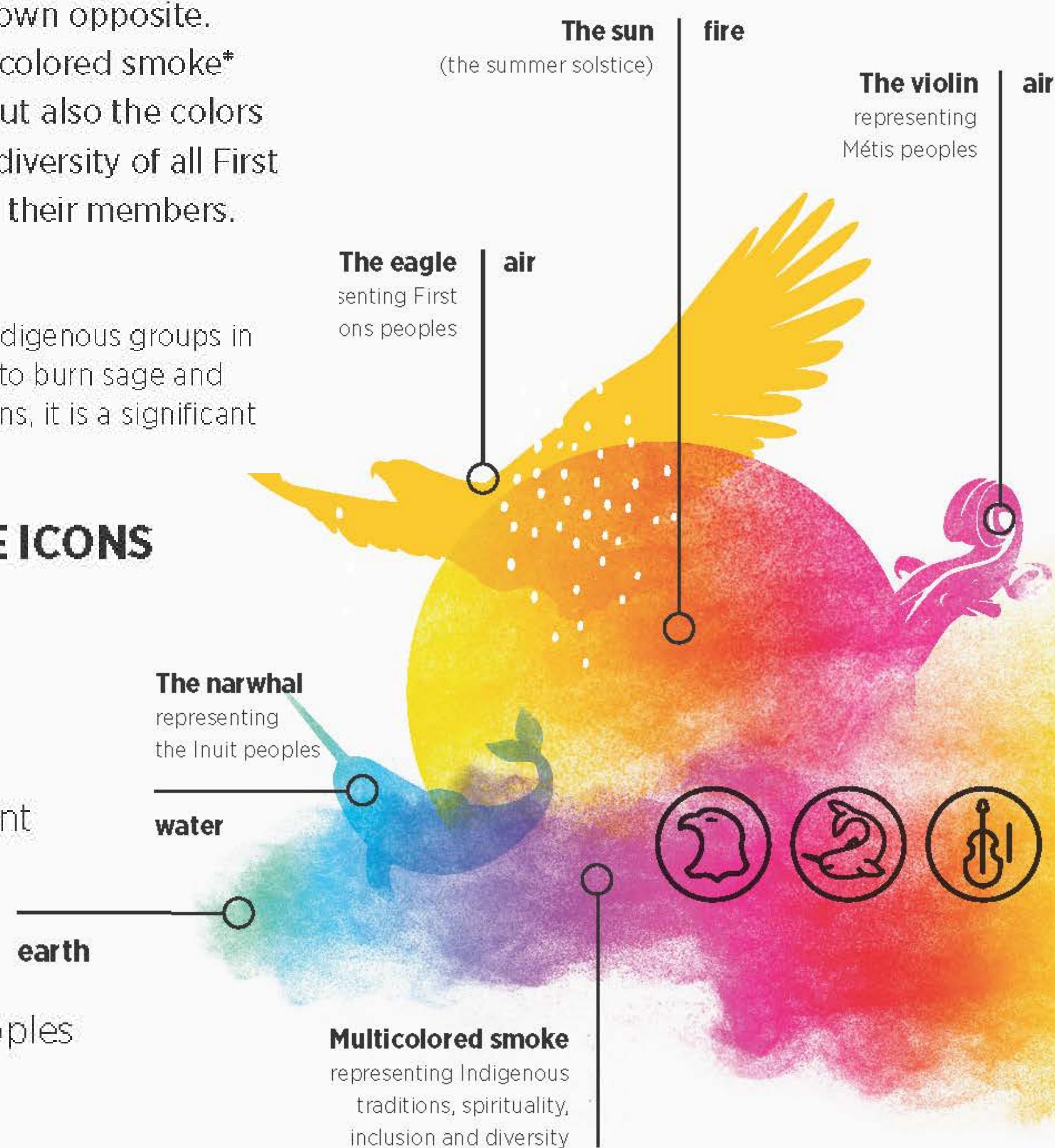
The eagle to represent the First Nations peoples



The narwhal to represent the Inuit peoples



The violin to represent the Métis peoples



Government
of Canada

Gouvernement
du Canada

Canada



MAY 31 IS WORLD NO TOBACCO DAY

33% of Métis adults smoke,
two times greater than the
general population

33% of Métis youth smoke,
compared to 18% of
general youth population

IT IS TIME TO SAY NO TO TOBACCO

ENTER OUR LOGO AND SLOGAN CONTEST!

Join us and help promote World No Tobacco Day.

PRIZE \$50

“THE TRADING POST”
GIFT CERTIFICATE

First and Second place in the Adult and Youth categories will receive a \$50 gift certificate for MNBC's online store “the Trading Post”. Winning submissions will be used in our tobacco cessation program for the next year. Contest deadline is June 25. Winners will be announced July 5.



MÉTIS NATION
BRITISH COLUMBIA

Send submissions to lmain@mnbc.ca
Questions? Call Lloyd Main at 250-241-4589

MÉTIS CRISIS LINE

Help is just a call away

MENTAL WELLNESS

ABUSE

RELATIONSHIPS

BULLYING

ADDICTIONS

SUICIDE & IDEATION

DEPRESSION

GRIEF & LOSS

SELF-HARM

PEER PRESSURE

ANXIETY

FINANCIAL ISSUES

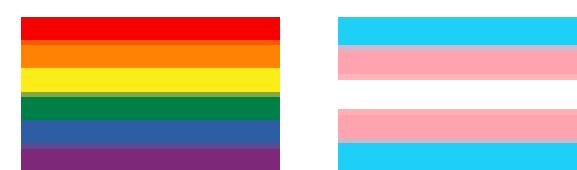
CULTURE

**24 HOURS A DAY
7 DAYS PER WEEK**

A place where you can talk,
trust and feel safe!

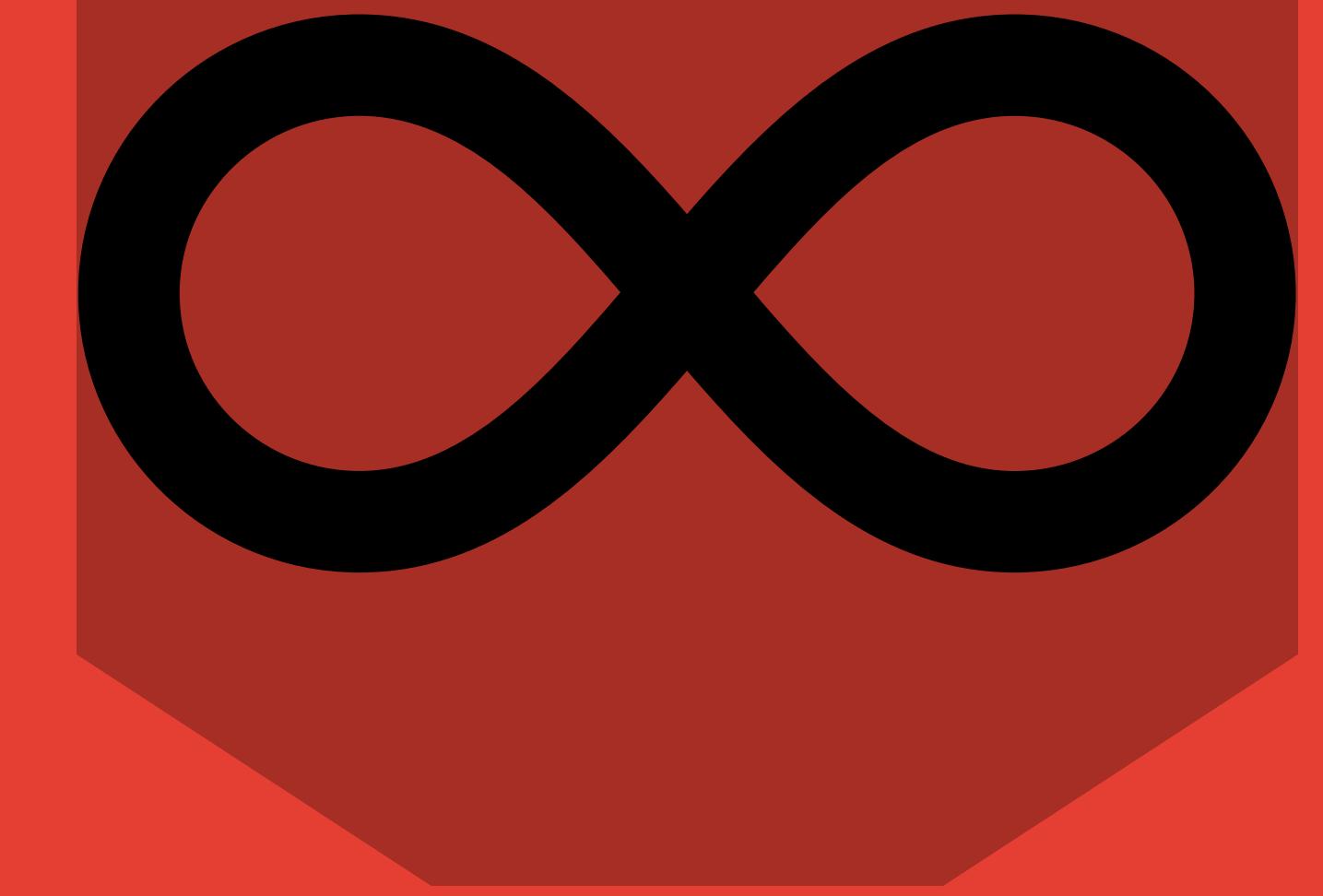
SERVICES:

24 hr phone support
Risk assessment
Safety monitoring
Community engagement



1-833-MÉTISBC

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



THANK YOU!

From the bottom of our hearts, we thank all our front line workers for all you do and your commitment to our communities.