

# MÉTIS NATION BC HEALTH & WELLNESS

*Issue 64 Up-To-Date Information as of June 18, 2021*

If you or someone you know is isolated or in need of assistance, please email [health@mnbc.ca](mailto: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](http://www.mnbc.ca)

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

## IN THIS ISSUE

**CORONAVIRUS:  
DR. BONNIE HENRY UPDATE**

**FRASER HEALTH: INDIGENOUS COVID-19 VACCINATION CLINICS**

**WIN \$50 TO MNBC TRADING POST**

**NORTHERN BC CANCER WELLNESS BAGS**

**PAID LEAVE TO RECEIVE YOUR COVID-19 VACCINE**

**NATIONAL INDIGENOUS PEOPLES DAY, JUNE 21ST 2021**

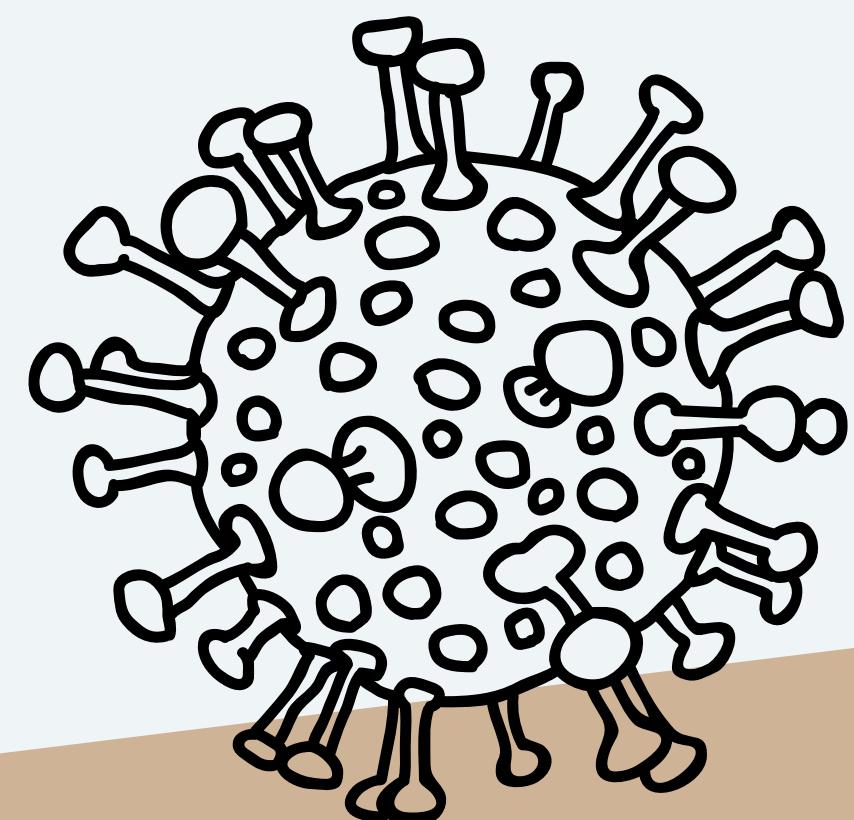
**REGISTER TO RECEIVE YOUR 1ST OR 2ND COVID VACCINE**

**UPCOMING CERVIX SCREENING EVENT IN PRINCE RUPERT, TERRACE AND SMITHERS, B.C**

**#StopTheSpread**

# COVID-19 Update

Source: Dr. Bonnie Henry Update



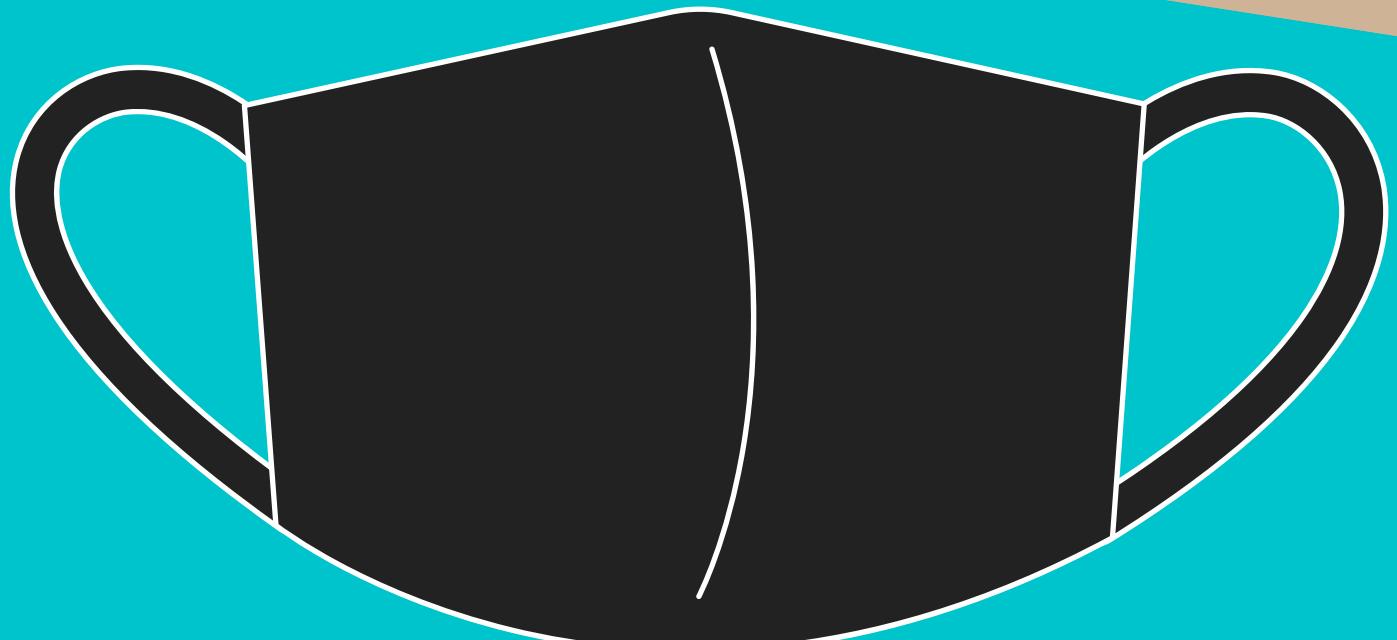
**Almost there!**

We have good protection across the board with both vaccines. You make the choice that is right for you. All the vaccines are safe and highly effective.



## COVID-19 Cases Count

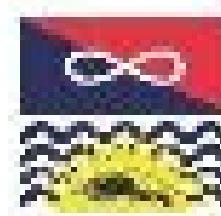
Thursday, We have had 120 new cases of COVID-19, for a total of 146,794 cases in British Columbia .



For 16 months, it has been your individual and collective efforts to use the layers of protection and follow all of the public health orders. Now, it is also getting fully immunized with your first and second doses of COVID-19 vaccine that is making the difference.



First Nations Health Authority  
Health through wellness



MÉTIS NATION  
BRITISH COLUMBIA

# Indigenous COVID-19 Immunization clinics

**Appointments are available for  
self-identified Indigenous (First  
Nations, Métis, Inuit) individuals  
who are  
12 years of age or older in 2021**

**To book a first or second dose appointment,  
Call 1-833-838-2323  
Or visit [getvaccinated.gov.bc.ca](http://getvaccinated.gov.bc.ca)**

**Indigenous clinics with cultural supports are available for those who self-  
identify as Indigenous (First Nations, Métis, Inuit).**

**For information about the COVID-19 vaccine or support for appointment  
booking, please call the Aboriginal Health Liaison line at 1-866-766-6960  
or the First Nations Health Authority Liaison line at 604-743-0635.**

## Indigenous Immunization Clinic Schedule

The following sites are **confirmed**. Dates and times are as follows and are subject to change:

City/Township	Location	Dates	Appointment Times
Chilliwack	Stó:lō Service Agency Building #10 7201 Vedder Road, Chilliwack	June 4, 11, 15, 18, 22, 25, 29 July 6, 9, 13, 16, 20, 23, 27, 30	9:45am-3:30pm
Abbotsford	Mam'ele'awt Indigenous Community Centre 3277 Gladwin Rd., Abbotsford	June 3, 10, 15, 17, 22, 24, 29 July 6, 8, 13, 15, 20, 22, 27, 29	9:45am-3:30pm
Mission	Mission Friendship Centre 13150A 1 <sup>st</sup> Ave., Mission	June 11, 16, 18, 23, 25, 30 July 7, 9, 14, 16, 21, 23, 28, 30	9:45am-3:30pm
Surrey	Fraser Region Aboriginal Friendship Centre Association 10095 Whalley Boulevard, Surrey	June 11, 12, 18, 19, 25, 26 July 9, 10, 16, 17, 23, 24, 30, 31	9:45am-3:30pm
Maple Ridge	Fraser River Indigenous Society 200-11830 223rd Street, Maple Ridge	June 10, 17, 24, 30 July 8, 15, 22, 29	9:45am-3:30pm

**Great effort will be made that  
you will receive the same  
vaccine as your first dose for  
your second dose.**

For inquiries and support for booking an appointment, call the Aboriginal Health Liason at  
1-866-766-6960

# 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](mailto:lmain@mnbc.ca)  
Questions? Call Lloyd Main at 250-241-4589

# Introducing

# Centre For the North

## BC Cancer Wellness Bags

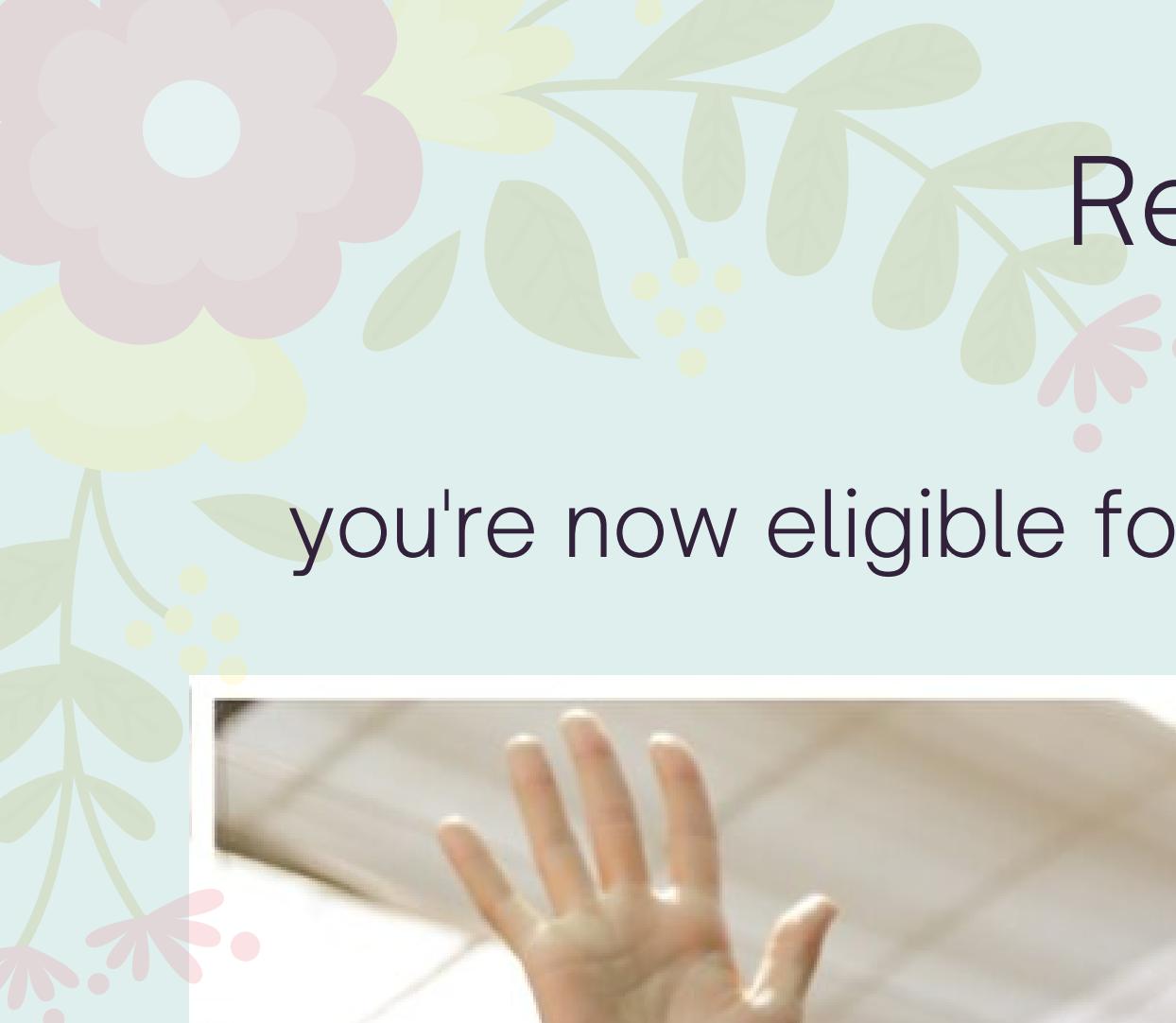


On behalf of Métis Nation British Columbia's Aboriginal Health Improvement Committee (AHIC) for the North, we're introducing our newest project: MNBC- BC Cancer Wellness Bags.

Throughout these unprecedented times, we see an increasing number of Métis peoples diagnosed with debilitating chronic diseases, including cancer. As a committee, our focus is promoting healthy, engaging activities while encouraging Métis people to discover their roots and explore their family's rich culture and history. Everything we've included in the wellness bags have been recommended by both MNBC's AHIC members and the BC Cancer Indigenous Health team.

Our wellness bags are being housed with the Indigenous Health team at the BC Cancer Centre for the North in Prince George, B.C, and expanding to our local Métis Chartered Communities.

If you're interested in receiving a wellness bag or would like to advocate for a family member or friend, please feel free to email Katina Pollard, Northern Regional Health Coordinator at [kpollard@mncb.ca](mailto:kpollard@mncb.ca). Please include the preferred contact information, such as phone number, of the person you wish to receive a wellness bag. Please allow 1-3 weeks for confirmation of eligibility. Upon confirmation, you will receive a notification by email or phone to arrange pick-up or delivery. Please note: BC Cancer wellness bags are only available to Métis citizens or those who self-identify, and who currently reside in the Northeast, Northwest and Northcentral BC.



Removing barriers one step at a time

**As of April 19, 2021**

you're now eligible for paid leave to receive your COVID-19 vaccine



**More Information:  
Legislation for paid COVID-19 vaccination  
leave now in force | BC Gov News**



*"Guaranteeing paid leave for workers to get vaccinated is an important way to keep workers safe, while reducing risks to businesses. Our government believes it's in everyone's interest to remove all barriers to a worker getting vaccinated when they are eligible to do so,"*

*Harry Bains, Minister of Labour.*

NATIONAL

# *Indigenous People's Day*

## June 21, 2021



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.

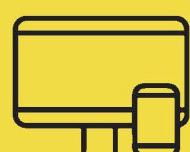
With the recent announcement of the discovery of 215 lost Indigenous Children at the Kamloops Residential School, our hearts are full of grief and our minds are especially heavy.

# GET YOUR COVID-19 VACCINES TODAY!

EVERY MÉTIS PERSON **12 AND OLDER** CAN NOW  
REGISTER TO RECEIVE THEIR 1ST OR 2ND DOSE



**REGISTER ONLINE**



**REGISTER BY PHONE**



**REGISTER IN PERSON**



[www.getvaccinated.gov.bc.ca](http://www.getvaccinated.gov.bc.ca)

Provide your Name, Date of Birth, Address with Postal Code, Personal Health Number & either your regularly checked email address or phone number

**1-833-838-2323**

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

**REGISTER BY PHONE IF YOU REQUIRE AN **IN-HOME**  
VISIT TO RECEIVE YOUR VACCINE**

**At a local Service BC office**

Office hours vary by location.

## #Gottheshot

To book your first or second vaccine, call 1-833-838-2323 or visit [www.getvaccinated.gov.bc.ca](http://www.getvaccinated.gov.bc.ca) today.

All Indigenous, Métis and Inuit 12+ are eligible to get their vaccines.

Do your part to protect our Nation and #GetVaccinated!

# *MNBC invites you!*



## **Are you overdue for cervical cancer screening?**

### **Get screened at the below events!**



#### **DATES, TIMES, AND LOCATIONS:**

**June 27th**

**9:00AM - 4:00PM**

**Prince Rupert Regional Hospital  
1305 Summit Ave,  
Prince Rupert, BC, V8J 2A6**

**June 28th**

**9:00AM - 4:30PM**

**Kermode Friendship Centre  
3313 Kalum Street.  
Terrace, BC, V8G 2N7**

**June 29th**

**1:00PM - 4:30PM**

**Smithers Health Unit  
3793 Alfred Ave,  
Smithers BC, V0J 2N0**

**FOR MORE INFO, PLEASE CALL OR EMAIL KATINA POLLARD:**

**250-242-1649 or [kpollard@mnbcb.ca](mailto:kpollard@mnbcb.ca)**

**CERVIX CHECK**  
cervical cancer screening at home



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# 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.**

