

# MÉTIS NATION BC HEALTH & WELLNESS

*Issue 67 Up-To-Date Information as of July 9, 2021*

## MÉTIS CRISIS LINE



**1-833-MÉTIS-BC**  
(1-833-638-4722)

24 hour access to Crisis Programs

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



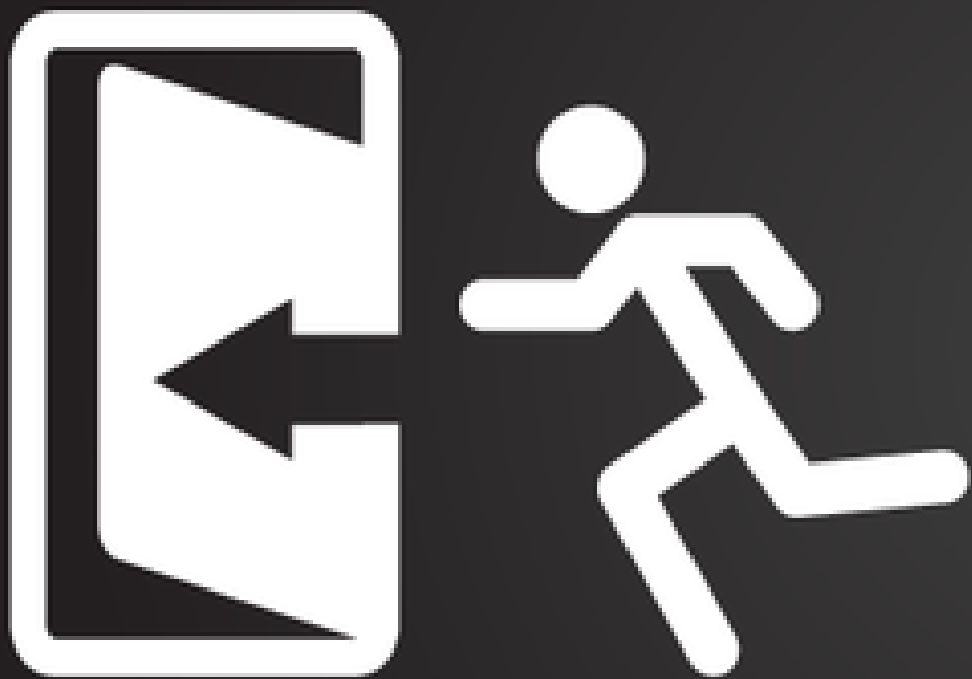
**MÉTIS NATION  
BRITISH COLUMBIA**





## BC WILDFIRE SERVICE

Campfire and open burning prohibitions are currently in place across B.C.



### EVACUATION ALERT:

Be ready to leave on short notice.

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### EVACUATION ORDER:

You are at risk. Leave the area *immediately*.

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### EVACUATION RESCINDED:

All is now safe and you can return home.

PREPARING IN ADVANCE FOR A POTENTIAL EVACUATION ALERT OR EVACUATION ORDER IS IMPORTANT DURING TIMES OF HEIGHTENED WILDFIRE RISK AND ACTIVITY. EVACUATION ALERTS AND ORDERS ARE PUT INTO PLACE BY LOCAL GOVERNMENTS.





# UBC's Cancer & Wellness Society is seeking a Métis Elder for the Elder Council that supports UBC's Cancer Chair



If you are an Elder or know of an Elder that would be interested in participating, please email in at [elders@mnbc.ca](mailto:elders@mnbc.ca)

The Ministry of Mental Health and Addictions  
(MMHA) and partners  
are currently undertaking – the Mental Health and  
Addictions Research Agenda for BC.

# MÉTIS VOICES ARE CRITICALLY IMPORTANT FOR SETTING THIS RESEARCH AGENDA

The project team is creating a research agenda to identify and prioritize the key gaps in knowledge and research related to system improvements for mental health and substance use.

This project is in collaboration with cross-government ministry partners, researchers and research institutions, First Nations, Métis and Inuit partners, service providers and professional organizations, funders, peers and people with lived experience, PWLE and community organizations, families and caregivers.

Mikhail Torban from the MMHA is looking for Métis people and organizations who might be interested in participating.

The Ministry is compensating Métis people for their time.

Please contact Mikhail  
([Mikhail.Torban@gov.bc.ca](mailto:Mikhail.Torban@gov.bc.ca)) if you are interested.

He will be happy to answer questions or provide more information if you need it!







The Indian Residential School Crisis Line (1-866-925-4419) is available 24 hours a day for anyone experiencing pain or distress as a result of their or their family's residential school experience.

**1-833-METISBC**

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



**MÉTIS NATION**  
BRITISH COLUMBIA

in collaboration with KUU-US Crisis Services





**As we gradually transition towards more social activity, everyone will be going at their own pace. Be respectful and kind as you consider others. Keep up your layers of protection and wear your mask in indoor public spaces until you're fully vaccinated.**





# EASED VISITATION RESTRICTIONS, NEW PROTECTIONS COMING FOR SENIORS IN LONG-TERM CARE

People in long-term care and seniors' assisted living and their loved ones will have more ways to safely spend time together, with a further easing of visitation rules coming into effect on July 19, 2021.

Changes to long-term care and seniors' assisted living include:

- Visitors will no longer need to schedule or book in advance to visit loved ones, and the limit on the number of visitors for each resident will be removed.
- Fully immunized visitors can visit with residents without wearing a mask.
- Larger, facility-wide social events or gatherings are safe to begin again.
- Indoor gatherings may include residents and staff across units of a facility, while outdoor gatherings may include family and friends.
- Adult day programs and in-facility respite can fully resume, providing additional health and well-being benefits for seniors and caregivers in community.

SEE DETAILS [HTTPS://NEWS.GOV.BC.CA/RELEASES/2021HLTH0124-001331](https://news.gov.bc.ca/releases/2021HLTH0124-001331)



# Mobile Immunization Clinic



Interior Health has launched mobile immunization clinics that will travel throughout the Interior Health region offering easy access, same-day immunization for people to get their first dose.

**\*If 7 weeks (49 days) have past since your first dose, you’re also welcome to drop in at our clinics during scheduled hours to get your second dose. No appointment is necessary.**

Friday, July 9

**Blind Bay**

Shuswap Lake Estates, 2404 Centennial Drive  
11 a.m. - 6 p.m.

**West Kelowna**

George Pringle Elementary, 3770 Elliott Rd  
12:30 - 7:30 p.m.

Saturday, July 10

**Blind Bay**

Shuswap Lake Estates, 2404 Centennial Drive  
11 a.m. - 6 p.m.

**Peachland**

Cousins Park, 8th St and Beach Ave  
11 a.m. - 6 p.m.

**Vernon**

Village Green Mall, 4900 27 Street  
11 a.m. - 5 p.m.

Sunday, July 11

**Lake Country**

Beasley Park, 3450 Woodsdale Road  
11 a.m. - 6 p.m.

**Peachland**

Cousins Park, 8th St and Beach Ave  
11 a.m. - 6 p.m.

**Vernon**

Village Green Mall, 4900 27 Street  
11 a.m. - 5 p.m.

Monday, July 12

**Lake Country**

Beasley Park, 3450 Woodsdale Road  
11 a.m. - 6 p.m.

**Summerland**

Memorial Park, 9999 Wharton Street  
11 a.m. - 6 p.m.

**Vernon**

Village Green Mall, 4900 27 Street  
11 a.m. - 5 p.m.

Tuesday, July 13

**Oliver**

Visitor Information Centre, 6431 Station Street  
11 a.m. - 6 p.m.

**Summerland**

Memorial Park  
11 a.m. - 6 p.m.

**Kamloops**

TBC  
12:30 - 7:30 p.m.

Wednesday, July 14

**Oliver**

Visitor Information Centre, 6431 Station Street  
11 a.m. - 6 p.m.

**Rock Creek**

Riverside Centre & Visitor Info, 3990 Hwy 3  
11 a.m. - 6 p.m.

**Kamloops**

TBC  
12:30 - 7:30

Thursday, July 15

**Osoyoos**

Gyro Osoyoos Park, 15 Park Place  
11 a.m. - 6 p.m.

**Grand Forks**

Gospel Chapel, 7048 Donaldson Drive  
11 a.m. - 6 p.m.

**Kamloops**

TBC  
12:30 - 7:30 p.m.

Friday, July 16

**Osoyoos**

Gyro Osoyoos Park, 15 Park Place  
11 a.m. - 6 p.m.

**Grand Forks**

Gospel Chapel, 7048 Donaldson Drive  
11 a.m. - 6 p.m.

**Penticton**

Cherry Lane Mall (across from the food court),  
2111 Main St  
11 a.m. - 5 p.m.



THE MOBILE CLINICS ARE OPEN TO ANYONE BORN IN 2009 OR EARLIER WHO HAS NOT YET RECEIVED THEIR FIRST DOSE. [CLICK HERE FOR SCHEDULE](#)





# GET YOUR COVID-19 VACCINES TODAY!

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

## REGISTER ONLINE



[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

## REGISTER BY PHONE



**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**

## REGISTER IN PERSON



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 Métis, First Nations and Inuit 12+ are eligible to get their vaccines.

Do your part to protect our Nation and #GetVaccinated!

*Call 1-833--838-2323 to book your vaccine or visit [getvaccinated.gov.bc!](http://getvaccinated.gov.bc!)*