

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 75 | UP-TO-DATE INFORMATION AS OF SEPTEMBER 17, 2021



"We must all come together to show our respect and caring for the health care workers who have supported us over this last year and a half. Sadly, choices not to get vaccinated is affecting our families and our communities across the province. Our health care workers deserve better, and so do we. It is our shared responsibility to get through this next phase of the pandemic and the best way that we can reduce our risks, individually... and to those we are closest to and to our communities...to improve the safety of everybody, is to get vaccinated. We need to have as many people as possible with as maximum protection as possible, so we can get back to doing the things that we need and love."

- Dr. Bonnie Henry

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To our Health Care Workers

**Click here to find a walk-in
vaccine clinic in your community**

If you or someone you know is isolated or in need of assistance, please email health@mnbca.ca. MNBC's Ministry of Health team will help connect you to available Community supports.

MÉTIS 24HR CRISIS LINE
1-833-MÉTIS-BC
(1-833-638-4722)

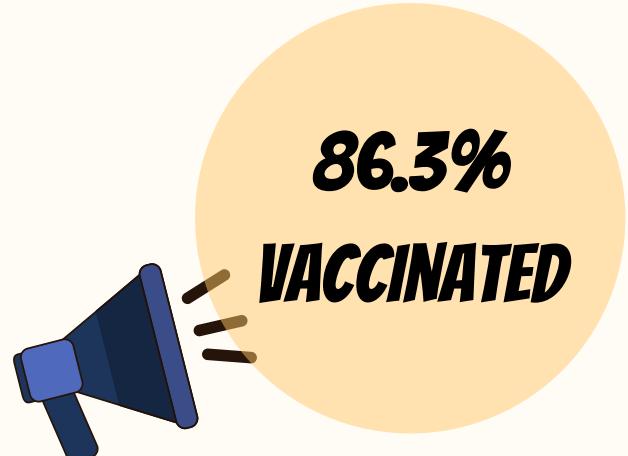
PHO ORDERS



**Masks
mandatory
in indoor
public
spaces**

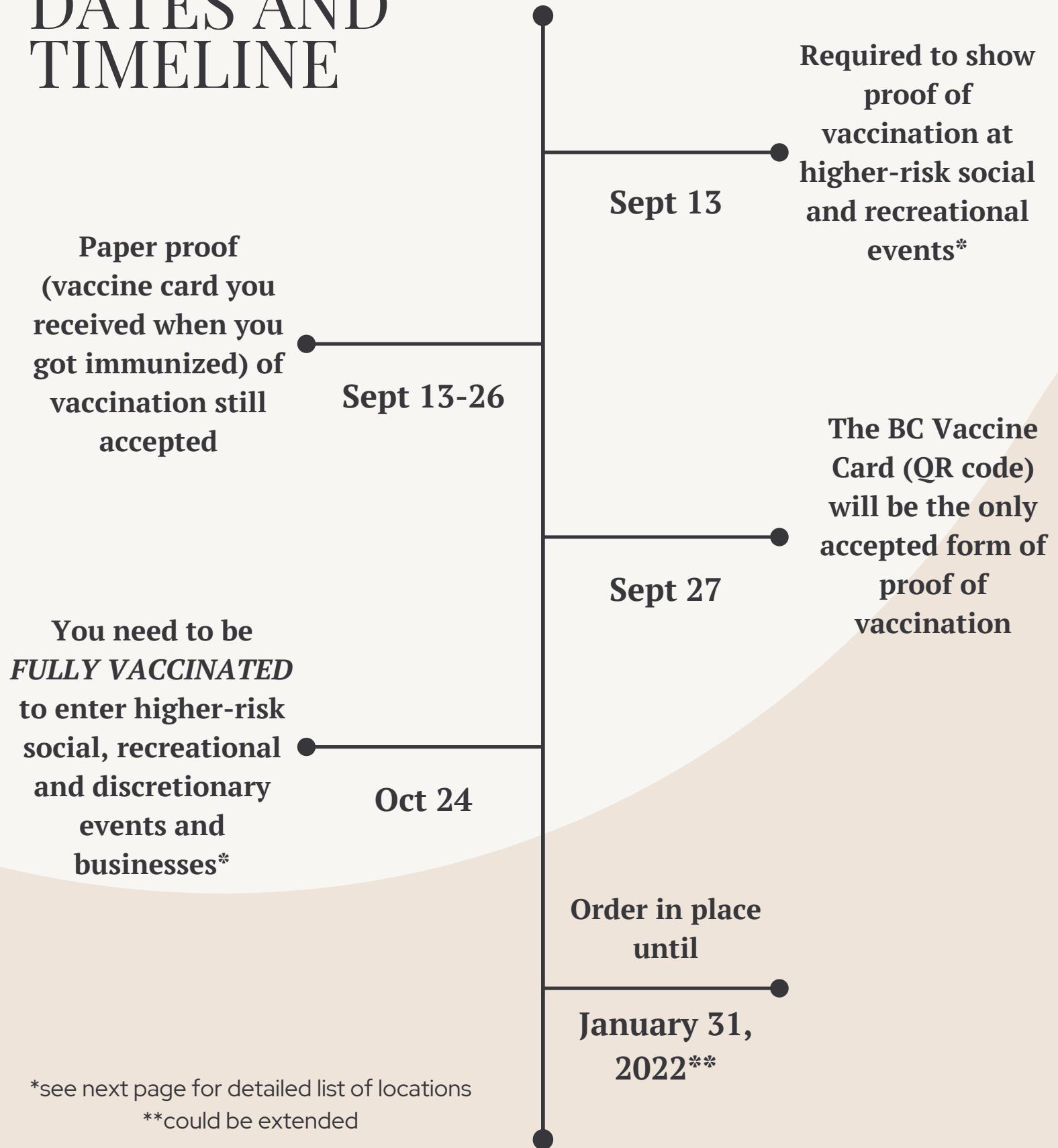
Masks are required in all public indoor settings for all people born in 2009 or earlier (12+). This includes:

- Malls, shopping centres, coffee shops and retail and grocery stores;
- Liquor and drug stores;
- Airports, city halls, libraries, community and recreation centres;
- Restaurants, pubs and bars (unless seated);
- On public transportation, in a taxi or ride-sharing vehicle;
- Areas of office buildings where services to the public are provided;
- Common areas of sport and fitness centres when not engaged in physical activity;
- Common areas of post-secondary institutions and non-profit organizations; and
- Inside schools for all K-12 staff, visitors and students in grades 4-12.
- Current capacity limits remain in place for indoor gatherings and events (50 people or 50% of capacity, whichever is greater).



As of Thursday, Sept. 16, 2021,
86.3% of people 12 and older in B.C. have received a COVID-19 vaccine.

KEY VACCINATION DATES AND TIMELINE



COVID-19 BC Vaccine Card



MÉTIS NATION
BRITISH COLUMBIA



BC CDC
BC Centre for Disease Control
Provincial Health Services Authority

As of September 13th, 2021, you will need to show proof of vaccination at:



Restaurants, pubs,
bars, and lounges



Organized indoor events
with 50 people or more



Indoor group classes
and activities



Indoor concerts, theatre,
or dance events



Fitness centres, gyms,
and indoor sports



Indoor group
exercise activities



Night clubs, casinos,
movie theatres

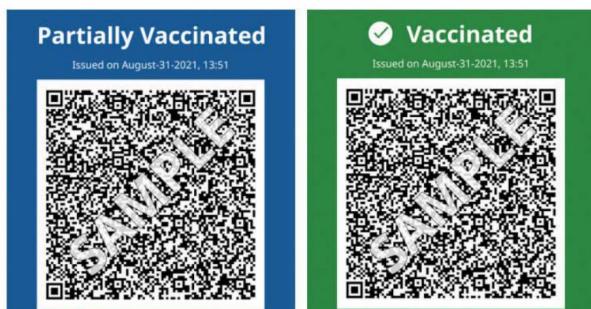


Indoor ticketed
sporting events

How to get your BC Vaccine Card

Digital BC Vaccine Card

- 1 Go to www2.gov.bc.ca/vaccinecard.html
- 2 Click on **Get my BC Vaccine Card** 
- 3 Enter your:
 - Personal Health Number (PHN)
 - Date of birth
 - Date of vaccination (1st or 2nd dose)
- 4 A QR Code will appear. Click "Save a copy", and follow the steps for your desktop or smartphone to download your vaccine card.



Printed BC Vaccine Card

- Call **1-833-838-2323** to have your card mailed to you, or
- Visit your nearest BC Service Centre to get your card printed there, or
- Print your vaccine card at home from your digital version

When you go to a place that
needs proof of vaccination

Be ready to show:

- 1 your digital or printed BC Vaccine Card
- 2 a piece of valid government photo ID

Youths aged 12 - 18 are not required to show ID.

Additional Info.

Places that do not require proof of vaccination

- Grocery stores, liquor stores and pharmacies
- Unlicensed restaurants that don't offer table service.
 - For example: fast food, coffee shops, food courts, food trucks and takeout
- Tasting rooms without seating attached to wineries, breweries or distilleries
- Local public transportation (BC Transit, TransLink, BC Ferries)
- Salons, hairdressers and barbers
- Hotels, resorts, cabins and campsites
 - Unless it is a setting or event covered by the PHO order. For example a licensed hotel restaurant, wedding reception or conference)
 - Does not include exercise/fitness facilities in hotels that are for guests
- Swimming pools (unless it's the location of an event) and skating rinks (unless being used for adult sport)
- Banks and credit unions
- Retail and clothing stores
- Public libraries, museums, art galleries (unless they are the location of an event)
- Food banks and shelters
- Escape rooms, laser tag, indoor paint ball, arcades and bowling alleys (if they are unlicensed or don't offer food-related table service)
- Post-secondary on-campus cafeterias
- Airport food courts and restaurants
- Health care services, rehabilitation or exercise therapy programs, and drug and alcohol support group meetings
- Social services provided to people in need

Events:

- Worship services
- Indoor youth recreational sport for people 21 years old or younger
- Before and after school programs for K to 12 students
- Student events and activities in K to 12 public and independent schools
- Indoor organized events with less than 50 people, except adult sports

Your BC Vaccine Card/ QR Code is NOT connected to your other health records. Businesses are not allowed to keep a copy of any proof without your consent.



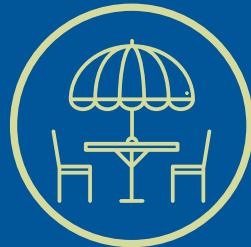
Do NOT post your QR code on social media.

Restrictions for Northern Health

Effective Tuesday September 7, 2021



Personal gatherings in your home: one additional family or 5 guests



Personal gatherings outside your home: maximum 50 people



**Indoor events: have a safety plan
(organizer should have a safety plan, but is not required to submit for approval)**



Outside events: when more than 200 people, then have safety plan



Sporting events with spectators, indoor & outdoor – have safety plan

[See here for Northern Health Clinics](#)



Revised Restrictions for Interior Health

Starting Monday September 13, 2021



Vacation rentals (including houseboats): up to 5 guests, plus occupants



High-intensity group exercise permitted for those who are fully vaccinated



Masks mandatory in indoor public spaces (anyone 12+)



Outdoor personal gatherings (e.g. backyard BBQ): up to 50 people



Indoor personal gatherings: up to 5 guests or one other household

Restrictions for Organized Events:

Events requiring proof of vaccination (minimum 1 dose):



Indoor organized events: up to 50 people



Outdoor organized events: up to 100 people

Events requiring proof of full vaccination (2 doses):



Indoor organized events: 50 people or 50% of venue capacity (whichever is greater)



Outdoor organized events: up to 5000 people or 50% of venue capacity (whichever is greater)



By October 24, 2021 proof of vaccination of 2 doses will be required to hold any events



Interior Health
Every person matters

See here for Interior Health Clinics

BCCDC COVID-19 Update

9 September 2021

- **Cases are increasing in the Northern Health areas, elevated but decreasing across Interior Health, and stable or declining in other Health Authorities.**
- **New hospitalizations and hospital/critical care numbers are increasing provincially.**
- **Most of the recent cases and hospitalizations continue to be among unvaccinated individuals.**

Compared to fully vaccinated individuals, unvaccinated individuals are:

10x
more likely
to become
infected

47x
more likely
to be
hospitalized

9x
more likely to
die from
Covid-19

BC Wildfires

If you have been evacuated from your community due to wildfires, you should register with Emergency Support Services (ESS) whether you need the support or not, as this will help ensure that your loved ones and communities know where you are and that you are safe.

WILDFIRE SEASON IS NOT OVER YET.

As of September 17th, there are:

185

Active fires across the Province.

40% of Wildfires in B.C. are human-caused and therefore preventable.



Click [here](#) to find out what fire bans and restrictions are in effect in your area, what they mean, and why they are important for mitigating wildfire risk in B.C.

Available Supports

Emergency Support Services (ESS) reception centres. See list [here](#), or call **1-800-585-9559**

One-time financial support for evacuees, please click [here](#)

Psychosocial wellness support for evacuees, call **1-888-686-3022**

For additional evacuee supports please click [here](#)

Wildfire Information

For real-time updates on evacuation alerts and orders, visit: [twitter.com/
EmergencyInfoBC](https://twitter.com/EmergencyInfoBC)

For the latest wildfire information: www.bcwildfire.ca

MÉTIS ELDERS ASSISTANCE PILOT PROGRAM



Métis Nation British Columbia (MNBC) is launching an Elders assistance pilot program (EAPP) aimed at helping low-income Elders/Seniors purchase essential health-related necessities that are not covered by BC Medical Services Plan (MSP). The funds can be used by Elders/Seniors for the purchase of items such as hearing aids, dentures, walkers, glasses, and more. MNBC will work directly with service providers to avoid out-of-pocket expenses for our Elder/Seniors and their families.

Eligible Métis Elders/Seniors may qualify for up to \$2500 if single, widowed, or divorced and up to \$4000 if married or common-law.

ELIGIBILITY CRITERIA:

- **65 years of age or older**
- **A registered Métis citizen with MNBC or have submitted a citizenship application.**
Spouse or partner does NOT need to be Métis.
- **Receiving Old Age Security (OAS) pension AND Guaranteed Income Supplement (GIS).**
If you are not receiving this yet, visit www.canada.ca/gis to fill out an application.

REQUIREMENTS:

- **A completed application - can be found on our website or request by mail (contact below).**
- **Proof of income**
- **A copy of a referral, quote, or invoice from the service provider/doctor to confirm the health-related equipment or service needed.**

*EAPP Funds are limited. MNBC may issue a tax slip to approved applicants.

Elders Wellness Program Coordinator:
604-557-5851 EXT 8226 | elders@mnbcb.ca
Visit www.mnbc.ca/elders for application



MÉTIS NATION
BRITISH COLUMBIA

Métis Nation BC: SUPPORTIVE CARE DIALOGUE SESSIONS

ATTEND IN PERSON OR ONLINE



Prince George: Oct 19-21, 2021

Kelowna: Nov 22-24, 2021

Nanaimo: Nov 2-4, 2021

Surrey: Dec 6-8, 2021

Travel, accommodations, and food is provided for those attending in person.

Métis Nation BC (MNBC) is hosting a series of dialogue sessions with Métis Elders and caregivers to identify regional needs and priorities with respect to providing supportive care to Métis Elders in BC. In these discussions, we hope to hear from you to gain a better understanding of your wishes for Métis-specific supportive care services, including assisted living, respite, extended care, palliation, and hospice.



COMPLETE THE FORM BELOW TO REGISTER FOR ONE OF THE DIALOGUE SESSIONS:

<https://www.surveymonkey.com/r/MNBCRegistration>

FOR SUPPORT, PLEASE CONTACT:

Gabrielle Woodland, *Elders Wellness Program Coordinator*
Phone: (604) 557-5851 (ext. 8226) Email: elders@mnbca.ca

***IMPORTANT* COVID-19 policies:** As of September 13th, 2021, under the Provincial Health Officers Orders, anyone who attends indoor events will need to show proof of at least a single dose of the COVID-19 vaccine. MNBC is requesting that if you are not fully vaccinated (two doses), you will not be able to attend the in-person event

Smoking and Vaping Cessation



WANT TO STOP SMOKING OR VAPING? WANT TO HELP A LOVED ONE QUIT?

The path to freedom from smoking or vaping can be a difficult journey. MNBC smoking/vaping reduction program is here to help support you every step of the way.

ONE-ON-ONE
COUNSELLING

WRITTEN
RESOURCES

CARBON MONOXIDE
MONITORS

FINANCIAL
ASSISTANCE

MONTHLY
DRAWS

A HEALTHY NATION IS A STRONG NATION. WE ARE HERE TO HELP.



**MÉTIS NATION
BRITISH COLUMBIA**

Tobacco/Vaping Reduction Counselling:
Lloyd Main RRT, Provincial Tobacco Cessation Specialist
Phone: 250-241-4589 Email: lmain@mnbc.ca

Métis Counselling Connection



All Métis people in BC are welcome to apply to the Métis Counselling Connect program. This program provides funding for 10 counselling sessions with a Counsellor, Psychologist, or Psychiatrist of your choice.

Clinician providing counselling sessions must be registered through:

- ***BC Psychological Association | College of Psychologists of BC***
- ***Physician referral to see a Psychiatrist through the College of Physicians and Surgeons.***
- ***BC Association of Clinical Counsellors (BCACC)***
- ***Canadian Counselling and Psychotherapy Association (CCPA)***
- ***British Columbia Association for Marriage and Family Therapy***

Applicants will be prompted to respond to a declaration of need. On approval, applicants will receive an emailed letter (generated from the MNBC's COVID-19 Program Portal website) to be provided to the clinician of your choice. MNBC will work with your clinician to arrange for direct billing so applicants won't pay out of pocket. Applicants may be placed on a waitlist as space is limited. MNBC will contact those on the waitlist when the applicant has been approved.

**To apply to the program,
login to MNBC's COVID-19
Program Portal at:**

www.mnbc.ca/portal/login



**MÉTIS NATION
BRITISH COLUMBIA**

The Second Hosting of **Miwooayaan (Wellness) Circle** **For youth Age 16-30**

The Sessions will follow the lessons
and teachings of the seasons
and highlight Métis Cultural Teachings

Dates: October 12 — November 30, 2021

When: Tuesdays from 5:30 p.m.—7:30 p.m.

Where: *Join Zoom Meeting*

Register by Eventbrite by October 6, 2021

Click here for registration



Sponsored by:



Facilitators: Denise McCuaig, Nicole Mercado
Elder: Dee Dee Hourie.

If you have any question please email Cassidy at
cassidy.fletcher@gov.bc.ca

Register by Eventbrite by October 6, 2021



Jigfit & Powow Impact

With Madelaine McCallum

Powwow Impact:

Tuesday's - Sept. 14, 21, 28, Oct.
5, 12, and 19 @ 6pm

Registration Link:

<http://bit.ly/2WgHTg3>

JigFit:

Thursday's - Sept. 16, 23, 30, Oct.
7, 14, 21 @ 6pm

Registration Link:

<http://bit.ly/3mxZvzj>

Learn the steps, sequenced through choreography in fun, upbeat workouts that will feature both traditional and contemporary music.



2021 Premier's Awards for Indigenous Youth Excellence in Sport

Call for Nominations!

Open for Indigenous youth athletes who are:

- Indigenous*, under 25 years old (born 1997 or later)
- Permanent resident of B.C.
- Actively participating in 1+ sports (provincial/regional/traditional)
- Enrolled in school & actively pursuing or planning to pursue post-secondary education

Deadline: October 13, 2021 @ 11:59PM (PST)

Submit your Nomination Form at
<https://isparcbc.wufoo.com/forms/2021-premiers-awards-nomination-form/>.

For more information, visit
<https://isparc.ca/premiersawards/>.



For more information, visit:
www.isparc.ca/premiersawards

Presented by



September 30th

Orange Shirt Day & the National Day for Truth and Reconciliation

Orange Shirt Day was created in 2013 by Phyllis Webstad, a third-generation residential school Survivor from the Stswecem'c Xgat'tem First Nation, to honor all of the Indigenous children who were subjected to the harmful residential school system and the families who are forever impacted by its traumatic legacy. The significance of the orange shirt comes from Phyllis' experience at residential school when she was six years old, she recalls:



"We never had very much money, but somehow my granny managed to buy me a new outfit to go to the Mission school. I remember going to Robinson's store and picking out a shiny orange shirt. It had string laced up in front, and was so bright and exciting - just like I felt to be going to school!"

"When I got to the Mission, they stripped me, and took away my clothes, including the orange shirt! I never wore it again. I didn't understand why they wouldn't give it back to me, it was mine! The color orange has always reminded me of that and how my feelings didn't matter, how no one cared, and how I felt like I was worth nothing. All of us little children were crying and no one cared."

Survivors and supporters have spent years advocating for this day to become a national day of commemoration, to fulfill one of the 94 'Calls to Action' made by the Truth and Reconciliation Commission of Canada. With the recent public shock and outcry resulting from the "discovery" (*Indigenous people have always known this painful reality*) of thousands of unmarked graves found on residential school grounds across the country, governments can no longer overlook the true history of Canada and the atrocities of the residential school system. In response, the federal government has designated September 30th as a new annual statutory day, the National Day for Truth and Reconciliation. Following, the provincial government stated:

"Our government is calling on all of us who deliver services to the public to use this opportunity to consider what each of us can do as individuals to advance reconciliation with Indigenous peoples and to recommit to understanding the truth of our shared history, to accept and learn from it and in doing so, help to create a better, more inclusive British Columbia."

Available Supports

For many, this day may feel particularly heavy, painful, and bring up difficult emotions, memories, or stories to the surface. Please remember to be gentle with yourself and practice self-care, connect with your supports, and only participate in events if you feel comfortable and safe to do so.

Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention by phone or online chat. Call toll-free **1-855-242-3310** or start a confidential chat with a counsellor at hopeforwellness.ca.

Indian Residential Schools Resolution Health Support Program provides access to cultural supports and mental health counselling for former students of Residential Schools. The program is available to anyone who attended a school listed in the 2006 Indian Residential School Settlement Agreement, and their family members. Call the FNHA Indian Residential Schools Information Line toll-free at **1-877-477-0775**.

Indian Residential School Survivors Society (IRSSS) is a partner with the FNHA in providing access to counselling, cultural and emotional support services to former students of residential and day schools, and their families, regardless of status. Call toll-free **1-800-721-0066** or visit www.irsss.ca

Click to learn more

- [Truth & Recon. week events](#)
- [TRC Calls to Action](#)
- [TRC Reports](#)
- [www.orangeshirtday.org](#)



Métis Crisis Line
1-888-638-4722

Indian Residential School Crisis Line **1-866-925-4419**

KUU-US Crisis Line
1-800-588-8717

Northern BC Crisis Line
1-888-562-1214

Interior Crisis Line Network
1-888-353-2273

Greater Vancouver Crisis Line
604-872-3311

Vancouver Island Crisis Line
1-888-494-3888

Fraser Health Crisis Line
604-951-8855



Canada's first National Day of Truth and Reconciliation and Orange Shirt Day is September 30. This day inspired by Phyllis Webstad, a residential school survivor, founder of Orange Shirt Day and author of books about her Residential School experience.

Join us for a conversation with Phyllis to hear her story and learn how to

THANK YOU

to all of the

health care
workers

for your courage, strength, and dedication

We have profound gratitude for all of the healthcare workers who continue to care for our communities each day, despite having to work under extremely difficult conditions and witnessing the deeply disrespectful actions of some members of the public by protesting outside of hospitals. **You deserve better.**

We know that you're exhausted, hurt, frustrated, and fed up, but please know that you are important, you are incredible, and you are valued.
You truly are our heroes.