

# MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 77 | UP-TO-DATE INFORMATION AS OF OCTOBER 15, 2021



"We need to continue to do our part by following all of our layers of protection. We need to do this with resolve and determination as we have been through this last 20 months. As well as our commitment to each other to get through this by being kind to each other, being calm and being safe, and getting vaccinated."

- Dr. Bonnie Henry

[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@mnbc.ca](mailto:health@mnbc.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)**

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# OPHO UPDATES

Oct. 5 - 12, 2021

## Mask Mandate

Masks are now mandatory in all indoor public spaces for people age 5+.

## 3rd dose for immunocompromised

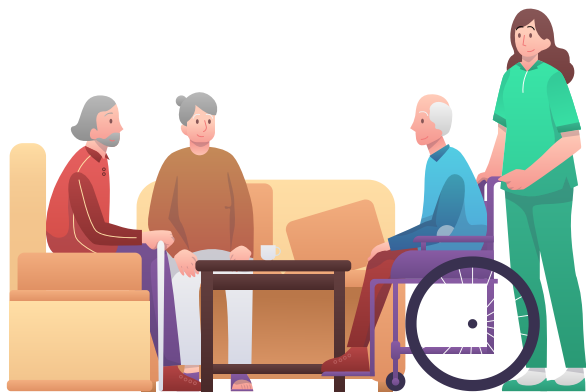
100,000 more people that are considered moderately to severely immunocompromised will receive an invitation for a third dose.

See criteria [here](#).



## Vaccine Required for Workers in Long Term Care & Assisted Living Facilities and Visitors

**Starting Oct. 12:** long-term care and assisted living **workers** are required to have their first dose of COVID-19 vaccine, and their second dose 35 days after the first. See summary [here](#). All **visitors** to long-term care and assisted living will need to show proof that they are partially or fully vaccinated.



**Starting Oct. 26,** all visitors to long-term care, assisted living, and acute care facilities will need to show proof that they are fully vaccinated with two doses of COVID-19 vaccine. There may be exceptions for certain situations, like palliative and end-of-life care.

## Northern Health Capacity Overstretched & New Restrictions

Critical care beds in the Northern Health region are full. Patients are being transferred to Vancouver Island and to the Lower Mainland. Due to the "extremely serious" situation in the North, additional restrictions are in place as of October 14 midnight. It is crucial for people living in the North to get vaccinated. See clinics [here](#).



## COVID-19 Vaccination for ages 5-11 coming soon

Parents can register children 5-11 in the provincial [Get Vaccinated system](#), to prepare for when COVID-19 vaccines are Health Canada approved and available in BC. There is a section to self-identify as Indigenous! Parents will receive a text, email or phone call when it's time to book a vaccine appointment.



# Added Restrictions for Northern Health

**Effective at midnight October 14 , 2021**

Applies to all areas except: Terrace, Kitimat, Haida Gwaii, Prince Rupert, Stikine, Telegraph Creek, Snow Country and Nisga'a



**Personal gatherings, both indoor and outdoor, are restricted to fully vaccinated people, including at private residences and vacation accommodation.**

Indoor gathering: up to 5 people

Outdoor gathering: up to 25 people



**All indoor and outdoor organized events require a safety plan and for attendees to wear a mask and be fully vaccinated.**

Indoor event: up to 50 people

Outdoor event: up to 100 people



**Restaurants, bars, and nightclubs**

- Restaurants, fast-food, and cafés require full vaccination to dine-in
- Restaurants - no alcohol service between 10pm-9am
- Bars and nightclubs closed



**Worship services:  
virtual services are  
required**



**Sport events spectators  
(indoor and outdoor):  
limited to 50% capacity,  
need safety plan.  
Attendees must wear  
masks and be fully  
vaccinated.**

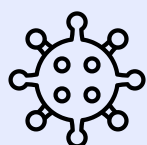
[See here for Northern  
Health Clinics](#)

# BCCDC DATA SUMMARY

7 October 2021

Most of the recent cases and hospitalizations continue to be among unvaccinated individuals.

Hospitalization is high and increasing in NH, high and decreasing in IH and stable elsewhere.



**10**x more likely to get COVID-19



**52**x more likely to be hospitalized



**44**x more likely to be hospitalized

## Regional Restrictions

Additional restrictions for Fraser East, Interior Health, and Northern Health. See [here](#) for more information.

Case rates are increasing in NH and FH, stable and elevated in IH, and stable in VCH and VIHA.

All health authorities have local health regions with high case rates:

**Northern:** Upper Skeena, Snow Country - Stikine - Telegraph Creek, Peace River North, Peace River South, Prince George

**Interior:** 100 Mile House, Kettle Valley, Cariboo/Chilcotin

**Fraser:** Chilliwack, Mission, Hope

**Vancouver Coastal:** Bella Coola Valley

**Vancouver Island:** Ibern/ Clayoquot

Incidence among 0-11 year olds is still high, but decreasing

*As of Friday, Oct. 15, 2021, 89.0% (4,126,668) of eligible people 12 and older in B.C. have received their first dose of COVID-19 vaccine and 83.0% (3,848,689) received their second dose.*

**Reminder: Starting Oct. 23, you need to be FULLY VACCINATED to enter higher-risk social, recreational and discretionary events and businesses.**

5

# COVID-19 BC Vaccine Card



As of September 13<sup>th</sup>, 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](http://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 (1<sup>st</sup> or 2<sup>nd</sup> 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

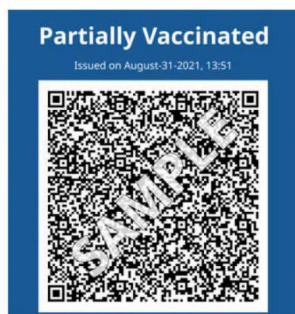
- Call **1-833-838-2323** to have your card mailed to you, or
- Visit your nearest BC Service Centre to get your card printed there, or
- Print your vaccine card at home from your digital version

**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.





# GET VACCINATED TODAY

You can now get your second dose as early as 28 days after your first dose.

Receiving a second dose earlier is particularly important in communities experiencing an outbreak or high transmission of COVID-19.



**Click below to find a Vaccine clinic near you**

## *BY HEALTH AUTHORITY*

- [Fraser Health](#)
- [Interior Health](#)
- [Island Health](#)
- [Northern Health](#)
- [Vancouver Coastal](#)

## [All Drop-in Vaccine Clinics](#)

[Moderna Vaccine in  
Northeast Pharmacies](#)

**Drop-in clinics are open daily to those over 12 years old.**

Clinic listings are updated regularly. Please do not call the clinics or sites directly. Appointments are available but not necessary, for appointments call **1-833-838-2323** or go to [getvaccinated.gov.bc.ca](https://getvaccinated.gov.bc.ca). For additional help please contact [\*\*health@mnbc.ca\*\*](mailto:health@mnbc.ca)

Find answers to questions about the vaccine and vaccination process on each Health Authority webpage above or at [immunizebc.ca](https://immunizebc.ca).

Please note: Clinics will be closed on all Statutory Holidays.



**MÉTIS NATION**  
BRITISH COLUMBIA

# MNBC's Mental Illness Awareness Week Campaign: October 4th-8th, 2021

October 4th marked the launch Métis Nation BC's Mental Illness Awareness Week Campaign 2021. In support of this campaign, five Métis participants volunteered to share their stories of living with a mental illness. Thank you to all of our incredible campaign participants – Megan, Jessie, Ripley, Lia, and Delaney - who have so bravely shared their stories. In speaking your words of resilience, you have fostered hope and understanding. Though this campaign has come to an end, know that this is a dialogue that must continue year-round.

**IF YOU OR A LOVED ONE IS IN NEED OF CRISIS SUPPORT,  
PLEASE CONTACT THE MÉTIS CRISIS LINE AT:**

**1-833-METISBC (1-833-638-4722)**



## THE COURAGE TO PERSEVERE

LIVING WITH BIPOLAR I DISORDER  
Submitted by Megan Monkman  
Mental Illness Awareness Week 2021



## JESSIE'S STORY: A TEEN LIVING WITH MENTAL ILLNESS

Mental Illness Awareness Week 2021



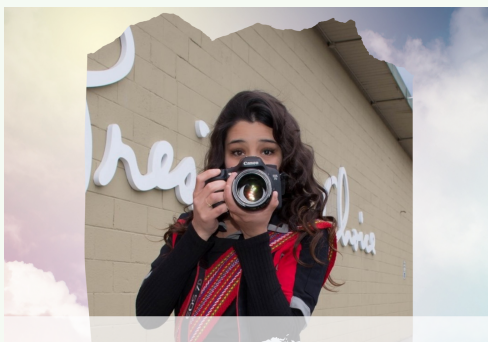
## CHANGING MINDS

LIVING WITH A TRAUMATIC BRAIN INJURY,  
ANXIETY, AND DEPRESSION  
Submitted by Ripley Burd  
Mental Illness Awareness Week 2021



## A DIAGNOSIS DOESN'T DEFINE YOU

LIVING WITH SUBSTANCE USE DISORDER  
Submitted by Lia Chalifour  
Mental Illness Awareness Week 2021



## MÉTIS RESILIENCE, RISING FROM THE ASHES

Submitted by Delaney Cunningham  
Mental Illness Awareness Week 2021

**You can access all five featured  
stories from MNBC's Mental  
Illness Awareness Week campaign  
by visiting:**

[https://www.mnbc.ca/news/2021/  
mental-illness-awareness-week/](https://www.mnbc.ca/news/2021/mental-illness-awareness-week/)



# 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.*

*For those that cannot attend in person, an online forum will be hosted on December 11th. Details to follow.*

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.



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

[www.surveymonkey.com/r/MNBCRegistration](https://www.surveymonkey.com/r/MNBCRegistration)

FOR SUPPORT, PLEASE CONTACT:

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



# A VISION FOR HEALTH

## Community Engagement

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We welcome your input on envisioning the next generation of Métis health.

**Please join us virtually on:**  
OCT 25 | 6 PM- 8:30 PM (PST)  
7 PM - 9:30 PM (MST)

**& at our Provincial In-person Forum:**  
JAN 15 | 10 - 3 PM  
📍 Richmond, BC | All regions welcome

TRAVEL AND ACCOMMODATION ARE COVERED

**[Registration Link](#)**

\*BC VACCINE CARDS ARE REQUIRED TO ATTEND IN PERSON

# REGISTRATION NOW OPEN: LIVING LIFE TO THE FULL FOR MÉTIS YOUTH ∞

**FREE EIGHT-WEEK GROUP BASED MENTAL HEALTH  
PROMOTION COURSE FOR MÉTIS YOUTH AGES 13  
TO 18**



**Eight weeks. 90 minutes per week. Delivered by certified Métis facilitators in an online group setting. Provides simple, practical skills for coping with stress, problem solving, boosting your mood, and busting bad thoughts. Adapted from the adult course, the course is designed for youth ages 13-18.**

**MNBC's Ministry of Mental Health and Addictions is excited to be offering one FREE cohort of the Canadian Mental Health Association's program, Living Life to the Full for Métis youth ages 13 to 18. These sessions will be running once per week on Thursdays at 6PM until 7:30PM, from October 28th to December 16th.**



**REQUEST TO REGISTER HERE**



Canadian Mental  
Health Association  
British Columbia

Association canadienne  
pour la santé mentale  
Colombie-Britannique

**LIVING LIFE  
TO THE FULL**  
resilience & connection in uncertainty



**MÉTIS NATION**  
BRITISH COLUMBIA





**OCT  
28**

**NOV  
20**

## Anti-Racism Data Legislation Community Engagement

Please join us virtually on:

Oct 28 | 6 - 8:30 PM (PST)

7 - 9:30 PM (MST)

& at our Provincial In-person Forum:

Nov 20 | 10 - 3 PM

📍 Richmond, BC | All regions welcome

Travel and accommodation are covered

\*BC Vaccine cards are required to attend in person

We welcome your input to help shape, and ensure Métis voices are heard, in B.C.'s new anti-racism data legislation.

**Registration link [here](#)**



**MÉTIS NATION**  
BRITISH COLUMBIA



# 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](http://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@mnbc.ca](mailto:elders@mnbc.ca)**  
**Visit [www.mnbc.ca/elders](http://www.mnbc.ca/elders) for application**



**MÉTIS NATION**  
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## **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

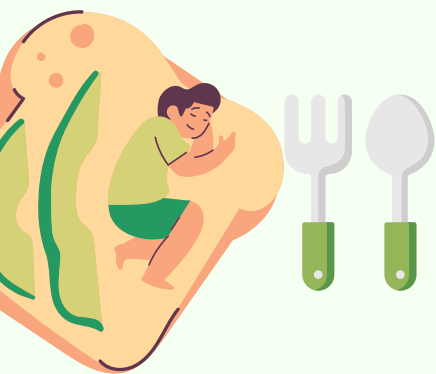
Tobacco/Vaping Reduction Counselling  
Lloyd Main RRT, Provincial Tobacco Cessation Specialist  
Phone: 250-241-4589 Email: [Imain@mnbc.ca](mailto:Imain@mnbc.ca)

# WORLD FOOD DAY Oct. 16

The World Food Day 2021 theme is

"Our actions are our future- Better production, better nutrition, a better environment and a better life"

Let's take action by consuming more nutritious and environmentally and socially responsible products. Our land provides us with good food and medicine. Check out the free Métis recipe book: *Métis Cookbook and Guide to Healthy Living* [here](#).



Choose healthy diets



Recycle like nature

Try reusing water at home like using rainwater to water plants or composting.



Create green spaces

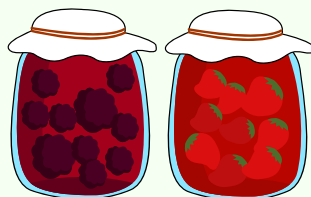


Support small food producers



Choose sustainable

Choose seasonal and local fruits and vegetables- foods that require less water or other natural resources to produce, or meat or fish that is produced or caught using sustainable methods. Try to avoid foods with too much non-recyclable packaging!



Reduce food waste

Make pickles or jam preserves!



Dress sustainably

Did you know that Agri-food systems also produce cotton and wool!





We cannot determine who has a disability simply based off appearance.

# INVISIBLE DISABILITIES AWARENESS WEEK

## OCTOBER 17-23

### WHAT IS AN INVISIBLE DISABILITY?

Invisible disabilities are health conditions that impact a person's movements, senses, or activities and are not immediately noticeable.

These can include conditions such as Neurological disorders (Epilepsy, ADHD, Fibromyalgia, Autism, Cerebral Palsy), Auto-immune disorders (Lupus, Guillain-Barre Syndrome, Graves Disease), Gastrointestinal disorders (IBS, Crohn's disease), Mental Illnesses (Depression, Bipolar Disorder, Schizophrenia), and much more.

Due to the hidden quality of invisible disabilities, they may be overlooked and misunderstood, that is why it is necessary to create awareness and work towards changing attitudes. We can start with having conversations to help educate and encourage understanding. By removing the social stigma involved with disclosing an invisible disability, and having colleagues, teachers, employers, and others try to be more accommodating and accepting of the unique challenges faced by those with invisible disabilities, we can all help to create a more inclusive society.

### HOW CAN WE BE AN ALLY TO PEOPLE WITH INVISIBLE DISABILITIES?

- 1 **Respect Privacy**  
Do not ask people about their disability unless they disclose it to you first.
- 2 **Pay Attention**  
Pay attention to how you could be affecting someone with an invisible disability. For example, if you are currently able-bodied, do not take a seat or space that is meant for people with disabilities. Pay attention to your language. It is still common for people to casually use ableist language like "crazy", "insane", "bipolar", "blind", "deaf".
- 3 **Be a friend first**  
Just as you would do for any friend, ask how you can help. However, remember that you might not always understand what they're going through and that it's not your job to "cure" or "fix" them.



# Respiratory Care Week

16

RESILIENCE ♥ STRENGTH ♥ HOPE

OCTOBER 24 - 30



CANADIAN SOCIETY OF RESPIRATORY THERAPISTS

SOCIÉTÉ CANADIENNE DES THÉRAPEUTES RESPIRATOIRES

## Who are Respiratory Therapists?

### 1 RTs work in many places

Respiratory therapists are important members of teams that provide care in hospitals, in clinics, in the community and in patients' homes.



### 2 RTs care for many people



RTs provide healthcare to people at all stages of life. For example, RTs care for newborns who are having difficulty breathing. They also care for people of all ages who need respiratory support because they are critically ill or severely injured. RTs provide support for those with chronic heart and lung diseases, and for people who may require long term respiratory care for disease or disability.

### 3 Ways RTs add value to your health care

RTs have unique skills and abilities that they use to provide care to patients in complicated and often times critical situations.

In all health care settings, RTs use methods that are known to be safe and effective to care for patients' respiratory health needs.

RTs play an important role in addressing the key needs of our healthcare system, such as chronic disease care, and team-based primary care.



### 4 Ways that RTs help patients



Assess, perform medical tests, and provide a range of treatments for cardio-respiratory disease



Educate patients about lung health and the use of their breathing medication to help manage their own care



Provide airway and breathing support in the ICUs, emergency rooms, and operating rooms



Participate in research initiatives that help improve healthcare and quality of life







# 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 EXTENDED TO**  
**October 27, 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](http://www.isparc.ca/premiersawards)

Presented by





# JOB OPPORTUNITIES



## EXECUTIVE ASSISTANT

TO VP OF INDIGENOUS HEALTH

*Join an innovative team who have widespread impact on pioneering culturally safe practices within the health authority.*

Click [here](#) to view job description

Send resume to: [Stephanie.beaulieu@vch.ca](mailto:Stephanie.beaulieu@vch.ca)



**MÉTIS NATION**  
BRITISH COLUMBIA

## PROJECT COORDINATOR – HPV SELF-COLLECTION

MNBC MINISTRY OF HEALTH

*The Project Coordinator will coordinate community and key stakeholder meetings, consultations, knowledge translation and engagement activities throughout Northern British Columbia. The primary purpose of the Project Coordinator will be to collaborate with all Northern Chartered Communities in an ongoing basis to ensure the HPV self-collection project is adapted and delivered to their suggestions and needs.*

Click [here](#) to view job description

## ASSOCIATE DIRECTOR – HEALTH GOVERNANCE

MNBC MINISTRY OF HEALTH

*The primary objective of the role is to coordinate and lead the Ministry of Health's health policy and governance team in research, analysis, development, implementation, and evaluation of strategic policies and legislation in relation to multiple projects. This will include supporting MNBC's participation in the provincial Task Team led by Mary Ellen Turpel-Lafond and her team, as recommended in the report "In Plain Sight: Addressing Indigenous-specific Racism and Discrimination in B.C. Health Care" (IPS).*

Click [here](#) to view job description

*DEAR*

*Healthcare Workers,*

**MAARSII,  
THANK YOU**

We raise our hands  
to you for working  
tirelessly to keep our  
communities well,

the world is a better  
place because of  
people like

*you*

