

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 79 | UP-TO-DATE INFORMATION AS OF NOVEMBER 12, 2021



[Nov. 8th] was the day to honor First Nations, Inuit and Métis veterans. I want to pass my gratitude for those veterans and for the injustice that many of them felt after serving their country, our country. With remembrance day ahead, lets look to veterans again who have shown us how important it is to work together, to support each other, do our part and persevere. We are persevering. This has been a long pandemic. It is the time once again for us to remember that we are in this together. We are not all in the same boat but we are in this storm together and it is continuing, but we have tools now that will help us get through it. And this next few months are going to be important for us to remember that and to work together. So let's honor and support our active military family and veterans everywhere by continuing to do our part. - Dr. Bonnie Henry

[**Click here to find a walk-in vaccine clinic in your community**](#)

[**Click here to use this COVID-19 Self-Assessment Tool if feeling unwell**](#)

If you or someone you know is 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)

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PHO UPDATES

Oct. 29 - Nov 9, 2021

Influenza

The first confirmed case of Influenza occurred last week in BC. Protect yourself and others as we enter respiratory season by getting the influenza vaccine.

More information on page 6-7.

COVID-19 Vaccination

The OPHO (Office of the Provincial Health Officer) is working with the colleges and regulated health professionals to ensure that regulated health professionals in the community are also vaccinated.

Limited supply of J&J vaccine coming soon to BC.

More information on Boosters on page 4-5.

Federal proof of vaccination for travelling

Starting Oct. 30, 2021, the Canadian COVID-19 proof of vaccination will be required when travelling in Canada by air, rail or cruise ship.

The Government of Canada has said the federal proof of vaccination can also be used for international travel. Before leaving, all travelers are encouraged to check the Government of Canada's travel requirements and the requirements of the country to which they are travelling.

To access the Government of Canada proof of vaccination card, visit: gov.bc.ca/covidtravel

COVID-19 epidemiology & modelling

- Continuing to see the highest case rates in the North. Cases decreasing in Interior.
- Hospitalization rates are persistently high, which is why the OPHO has been making sure health care workers are vaccinated and starting booster doses. But this is also a reflection of the Delta virus that is spreading more easily, and causing more severe illness in younger people, particularly those that don't have protection from the vaccine.
- Case rates decreasing for all ages except 80+, and decreasing significantly for ages 5-11. We must protect our seniors and Elders.
- No additional deaths for children ages 0-17. And no hospitalizations since July for fully vaccinated youth ages 12-17.
- COVID transmission rates vary by community and reflects the rates of vaccination in the communities
Regions with lower vaccination corresponds to areas with increasing transmission.
- We need to continue to do everything we can to prevent transmission even though rates are decreasing overall

OPHO UPDATES

cont.

Dr. Henry:

Holiday Safety



- 1** Get your booster dose when it's your turn. Get your 1st and 2nd dose **now**. *These will protect you, protect your family, protect the people you're closest to.*
 - 2** Get your influenza vaccine.
 - 3** Register your younger children and get them vaccinated when we have vaccine available in the coming weeks. It will be important to protect them as well.
Parents can now register children ages 5 to 11 for a COVID-19 vaccine to prepare for when they're Health Canada approved for this age group.
- Register here**
- 4** Continue our best COVID-19 prevention practices.
 - Stay home If you're feeling unwell – don't host or attend a gathering if you're unwell
 - Washing your hands, staying away from others if we're feeling sick
 - Keep indoor groups small
 - Be respectful when travelling to other communities
 - 5** Wearing masks in indoor public spaces when we're around other people, and we don't know their vaccination status.

BOOSTER VS. 3RD DOSE

What is the difference?

Booster

A booster dose is an **additional** COVID-19 vaccine you may get months after your initial vaccine series to boost protection against infection that may have waned over time. A booster gets immunity back up to a desirable level of protection for an extended period of time.

3rd dose

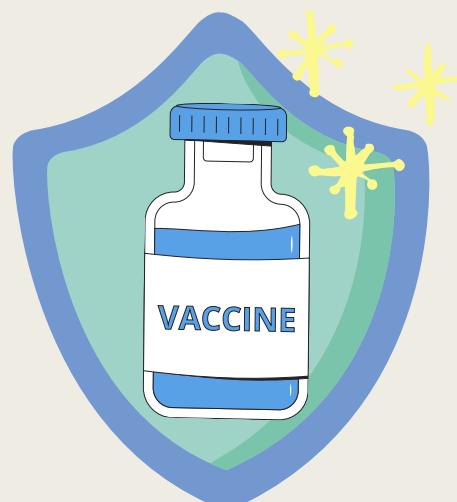
A third dose of COVID-19 vaccine is recommended for some people with compromised immune systems. Some people do not develop a strong immune response from two doses of vaccine because of the use of certain medications and treatments, as well as some health conditions.

For this group, it takes an additional dose to have a reasonable level of immunity and protection against COVID-19.

Remember that current vaccines are still very effective at preventing severe disease and death from COVID-19.



If you are unvaccinated, schedule your appointment today!



BOOSTER DOSES

Booster Doses Roll-out

Everyone in B.C. is eligible for a booster dose 6-8 months after their 2nd dose.

Invitations will be sent out by risk and the date of your second dose. Please refer to the timeline below.

All booster doses will be mRNA vaccines

You will receive either the Moderna or Pfizer (mRNA) vaccine for your booster dose. These vaccines are interchangeable.

If you received AstraZeneca for your first or second dose, you will receive Moderna or Pfizer for your booster.

How to get your Booster?

Register with Get Vaccinated system.

The Provincial call centre, 1-833-838-2323 will continue to be available for those who cannot access online booking.

THERE WILL BE NOT BE A DROP-IN OPTION FOR BOOSTERS OR DOSE 3.

Indigenous people 18+ will be invited to book an appointment to get their booster if they are already registered with the Get Vaccinated system.

For more information please visit [here](#).

COVID-19 Immunization Plan – Next steps

September – December 2021

January* – May 2022

Boosters & Dose 3

- ✓ Clinically extremely vulnerable (immunosuppressed) – Dose 3
- ✓ Rural and remote Indigenous communities
- ✓ Residents in long-term care and assisted living

Seniors (starting 70+) and Indigenous Peoples (12+)

- Long-term home support clients and seniors in independent living
- Health care workers - short interval of Dose 1/Dose 2

- Clinically extremely vulnerable (non-immunosuppressed)
- Health care workers in acute care and long-term care, assisted living
- Health care workers in the community
- All remaining eligible people (12+) between 6 to 8 months

Outbreak management and outreach to vulnerable and congregate settings

Kids 5 to 11

Dose 1 for children aged 5 to 11.

PENDING HEALTH CANADA APPROVAL

Parents can register their kid(s) in the Get Vaccinated system now to get ready. Once approved by Health Canada, kids can get vaccinated at clinics.

Dose 1 & 2

Dose 1 and dose 2 for people who haven't yet been vaccinated

People can register in the Get Vaccinated system to book an appointment for their first or second dose and get vaccinated at clinics

ROLL UP YOUR SLEEVES!



**THIS YEAR IN B.C.,
INFLUENZA VACCINE IS FREE
FOR EVERYONE SIX MONTHS
AND OLDER.**

VACCINATION is especially important for people who are at high risk of serious illness from influenza (such as young children, pregnant women, the elderly, and people with certain medical conditions) and those able to transmit or spread influenza to those at high risk.

Read more [here](#).

Where to get an influenza vaccine?

- Public health units
- Pharmacies
- Doctors' offices
- Travel clinics

Check the Influenza (flu) clinic locator [here](#).

INFLUENZA

PREVENTION IN ADULTS

Influenza ("flu") is a highly contagious respiratory infection

INFLUENZA SPREADS THROUGH:



- close contact with others
- contact with contaminated surfaces

IT CAN BE SERIOUS FOR SOME ADULTS

At greatest risk of influenza-related complications are adults:



65 years and older



who are pregnant



with a chronic illness



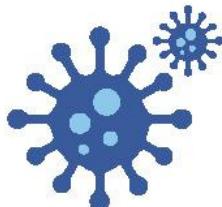
who are Indigenous



residing in nursing homes and other chronic-care facilities

THE NATIONAL ADVISORY COMMITTEE ON IMMUNIZATION (NACI) RECOMMENDS INFLUENZA IMMUNIZATION FOR ADULTS:

- ① 65 years of age and older
- ② at high risk of influenza-related complications or hospitalization, including: heart or lung illness (e.g., asthma), diabetes, cancer or undergoing treatment, kidney disease, anemia, neurologic conditions and morbid obesity
- ③ residing in nursing homes and other chronic-care facilities
- ④ who are pregnant
- ⑤ who are Indigenous
- ⑥ who are capable of spreading influenza to those at high risk, including health care providers, household contacts and people who provide essential community services



New strains of influenza appear every year.

Annual immunization is an effective way to prevent influenza and its complications.



Talk to your doctor, nurse, pharmacist or local public health office about getting immunized against influenza.

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.

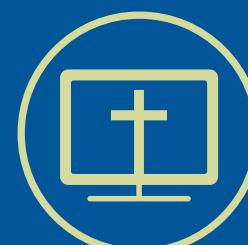
Indoor event: up to 50 people

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

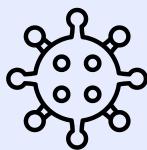
BCCDC DATA SUMMARY

4 November 2021



The majority of new cases and hospitalizations continue to be among unvaccinated individuals.

Hospitalization rates among children (0-19 years) continue to remain very low



10x more likely to get COVID-19



55x more likely to be hospitalized



45x more likely to die

COVID-19 case rates are high but decreasing provincially; decreasing in NH, IH and VCH and stable in FH and VIHA. All health authorities have local health regions with high case rates:

Fraser (FH): Abbotsford, Maple Ridge/Pitt Meadows, Mission

Northern (NH): Nisga'a, Burns Lake, Peace River South, Peace River North, Snow Country - Stikine - Telegraph Creek, Prince George

Interior (IH): Cariboo/Chilcotin, Armstrong/Spallumcheen

Vancouver Coastal (VCH): Central Coast

Vancouver Island (VIHA): Vancouver Island West, Cowichan Valley North, Greater Nanaimo

Regional Restrictions

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

New hospitalizations are high and stable provincially, but increasing in Fraser Health.

Percent of people in hospital/critical care is stable provincially, but there is variation across BC.

As of Wednesday, Nov. 10, 2021, 90.5% (4,195,116) of eligible people 12 and older in B.C. have received their first dose of COVID-19 vaccine and 86.4% (4,003,628) received their second dose.

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 COVID-19 Vaccine clinic near you

BY HEALTH AUTHORITY

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

All Drop-in
Vaccine Clinics
for dose 1&2

Moderna Vaccine in
Northeast Pharmacies

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

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](#). For additional help please contact [**health@mnbcc.ca**](mailto:health@mnbcc.ca)

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

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



MÉTIS NATION
BRITISH COLUMBIA

BC WILDFIRE



BC Coroner wildfire investigation announcements:

- New measures to strengthen BC's ambulance service to ensure its faster and more responsive to British Columbians.
- More support to BC Emergency Health Service
- Need to work on many core issues
 - housing affordability
 - safety and infrastructure
 - income inequality
 - municipal supports and services
 - climate change

Housing support for 2021 wildfire affected residents

The Province is teaming up with Canadian Red Cross to provide eligible residents affected by the 2021 wildfires, with financial assistance to support their interim housing needs during their recovery.

Starting **December 2021**, the Province will provide eligible households with financial assistance of **\$1,300 per month** while they are supported in the transition to long-term housing.

Canadian Red Cross will facilitate this program. They will contact eligible households to assess their unique needs and discuss the next steps to help cover their interim housing needs and find longer-term housing solutions.

Canadian Red Cross is also providing support with housing repair and reconstruction to homeowners who have been unable to return home. Eligible homeowners may receive financial support to help meet their immediate needs, clean up their property and/or assist with expenses related to the repair or rebuilding of their home.

For more information on Canadian Red Cross services and how to access them, call 1 800 863-6582, Monday to Friday, between 8:30 a.m. and 4:30 p.m. (Pacific time), or visit [here](#).

LET'S TALK MEN'S HEALTH: PROSTATE CANCER



What is prostate cancer?

The prostate is a walnut-size gland that is a part of a man's reproductive and urinary systems. The gland is located just below the bladder and in front of the rectum. Like most cancers, it occurs when the cells no longer behave normally in the body.

How can you prevent it?

Although we cannot control height or family history, we can look at our current lifestyle. Small changes can make a big difference!

Get moving! During these colder months, go to the gym, pool, or try at-home workouts! There are some great YouTube videos that work with every skill set and body type.

Watch your dairy intake! Of course, ice cream and cheese are delicious, but being mindful and modest when it comes to indulging in dairy will reduce those high calcium levels.

Quit smoking! Quitting smoking is one of the best things you can do for your overall health. If you need more information or support with quitting, contact MNBC's Smoking Cessation Specialist: 250-241-4589 / Imain@mnbcc.ca

Signs and symptoms may not be present in earlier stages, so we encourage you to speak to your health care provider on prevention and screening. When prostate cancer is found and treated early, the chances of successful treatment increase.

What are the risk factors?

The risk of prostate cancer increases, as men grow older. The chances of being diagnosed with prostate cancer increase after age 50, and is typically diagnosed in men in their 60s. It is important to be mindful of these factors:

- **Family history**
- **Obesity**
- **Tall adult height**
- **Diets high in dairy and calcium**
- **Low blood levels of vitamin E or Selenium**
- **Smoking tobacco**
- **Inflammation of the prostate**

Links to Resources & Further Information

- [Quit Now](#)
- [Screening & Prevention – Canadian Cancer Society](#)
- [Prostate Cancer – Canadian Cancer Society](#)
- [BC Cancer – Prostate Cancer](#)

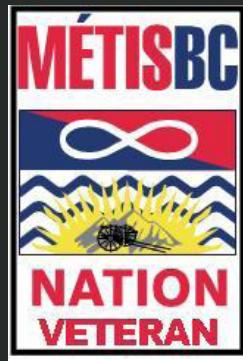


On November 8th, National Indigenous Veterans Day, we honour the sacrifice that so many of our Métis soldiers paid fighting for Canada. Our Veterans paid the ultimate sacrifice and showed bravery and courage in the face of evil and tyranny. Coming home, many were shunned and ignored, not receiving the same benefits as other Veterans. We are only now beginning to hear the story of so many Métis who served. It is through these stories that their legacy will live on. Long live the Métis! Thank you to Veteran's Chair, Dave Armitt, and Elder and Métis Veteran Women's Rep, Barb Hulme, for laying a wreath at the Victory Square Park Cenotaph on behalf of Métis Nation British Columbia.



VETERAN'S COVID-19 SUPPORT GRANT

Serving those who served us



MNBC is supporting Métis Veterans in BC from the financial effects of COVID-19 by providing a \$500 support grant to 100 applicants.

Funds can be used for things such as:

- Purchase of groceries and costs of groceries delivery service
- Transportation costs to medical appointments
- Personal protection equipment and cleaning supplies
- Support from care aide services
- Meals support services (for example “meals on wheels”, etc.)

Eligibility criteria:

1. MNBC Citizen or self-identifying Métis currently living in BC.
2. Currently serving or a Veteran of the Canadian Armed Forces or RCMP as verified by Métis Veterans of BC

Apply through the MNBC program portal on our website - click [here](#)
**Contact: smorsette@mnbc.ca | 604-557-5851 extension 8261 for
questions & assistance**



NOVEMBER 16TH MARKS LOUIS RIEL DAY

The life of Louis Riel is becoming better known throughout Canada. He was born in 1844 at Red River Settlement, the son of a Métis father and French Canadian mother. He was elected president of the provisional government formed during the Red River Resistance of 1869-70, and negotiated Manitoba's entry into Canada in 1870.

Despite a significant bounty on his person, Louis Riel was elected three times to serve as Member of Parliament for the community of Provencher, Manitoba. He was exiled to the United States in 1875, and returned to the Northwest at the request of the Métis during the initial stages of the Northwest Resistance in 1884. Following the defeat of the Métis at Batoche, Riel was convicted of high treason and was sentenced to hang.

Each year on November 16, Métis from across the homeland remember with honour and pride the contributions made by our president, Louis Riel. On that day in 1885, Riel was unjustly murdered by Canada for his leadership role in defending the rights and aspirations of the Northwest Métis. During his own life, Riel was recognized as the father of Manitoba and is currently acknowledged as a founding father of Confederation in Canada. In addition to advocating for Métis rights, Riel also fought for greater religious freedom, French language rights, First Nations rights, and greater gender equality throughout the Northwest. Riel died as a staunch advocate for the Métis and as a defender of minority rights in general.

It is Riel's legacy that continues to attract Métis to remember the ideals and values that he died defending. For that reason, Métis across the homeland commemorate the anniversary of his death, as opposed to the day he was born. It is a day to celebrate the lasting culture and impact that Métis have had on Canadian society. It is a day to recount that Métis have long advocated democracy and freedom of expression for all Canadians. In fact, in one of his trial speeches, Riel prophetically stated that he "will perhaps be one day acknowledged as more than a leader of the half-breeds, and...will have an opportunity of being acknowledged as a leader of good in this great country".

On this November 16, we acknowledge that Louis Riel was a "true leader of good" for the Métis Nation and his legacy continues to inspire all Canadians to his aspiration. Communities across Canada celebrate the legacy Louis Riel by raising the historic Métis Nation Flag. The iconic flag of the Métis Nation was first flown in June of 1816, making it the oldest flag indigenous to Canada. Having contributed to the growth and development of British Columbia since 1793, Métis are firmly cemented within the Aboriginal landscape of this province.

Source: 2018 speech delivered by Brodie Douglas, Métis Historical Researcher

"We must cherish our inheritance. We must preserve our nationality for the youth of our future. The story should be written down to pass on." - Louis Riel



Anti-Racism Data Legislation Community Engagement

**NOV
20**

Provincial In-person Forum:
Nov 20 | 10 - 3 PM
📍 Richmond, BC | All regions welcome



**TRAVEL AND ACCOMMODATIONS
WILL BE PROVIDED**



*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**

UPDATED

Métis Nation BC: SUPPORTIVE CARE DIALOGUE SESSIONS

ATTEND IN PERSON OR ONLINE



Kelowna: Nov 22-24, 2021

Surrey: Dec 6-8, 2021

Online Zoom Session: Dec 11, 2021 11am-2pm

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/Seniors and caregivers to identify regional needs and priorities with respect to providing supportive care to Métis Elders/Seniors 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>



**MÉTIS NATION
BRITISH COLUMBIA**

FOR SUPPORT, PLEASE CONTACT:

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

All ages are welcome to attend the Supportive Care Dialogue Sessions. Join us as we discuss the future services needed for Métis Elders & Seniors!



Maarsii,
Thank you to
all of the
folks who
came to our
previous
Session in
Nanaimo!



MÉTIS NATION
BRITISH COLUMBIA

AVISION FOR HEALTH

Community Engagement

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

Provincial In-person Forum:

 JAN 15 | 10 - 3 PM
Richmond, BC | All regions welcome



**TRAVEL AND ACCOMMODATIONS
WILL BE PROVIDED**



*BC Vaccine cards are required to attend in person

Registration Link



MÉTIS NATION
BRITISH COLUMBIA

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



Jigfit & Powow Impact

With Madelaine McCallum

JIGFIT:

Thursday's @ 6pm

Nov 4th - Dec 9th

Registration Link: [here](#)

POWOW IMPACT:

Tuesday's @ 6 pm

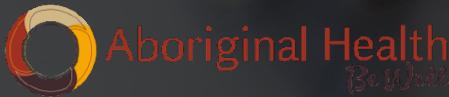
Nov 2nd - Dec 7th

Registration Link: [here](#)



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

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



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



REGIONAL HEALTH COORDINATOR - INTERIOR

MNBC MINISTRY OF HEALTH

The Regional Health Coordinator (RHC) will facilitate connections with Métis citizens, chartered communities, and RHA health professionals. The RHC will also provide RHA and BC Cancer Centre staff with educational opportunities and a contact person who is dedicated to becoming familiar with the services they offer and who provides knowledge translation to the Métis chartered communities through regional workshops.

Click [here](#) to view job description



WHEN WE COUNT
OUR BLESSINGS,
WE COUNT YOU
TWICE.



Maarsii, Thank you
Healthcare Workers!

