

MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 90 | UP-TO-DATE INFORMATION AS OF MAY 5TH, 2022



**Happy Mothers Day
to all the kikâwi, y,
kôhkom, kikâwîs,
kisikos!**

[**Click here to register for
your COVID-19 vaccine**](#)

[**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)

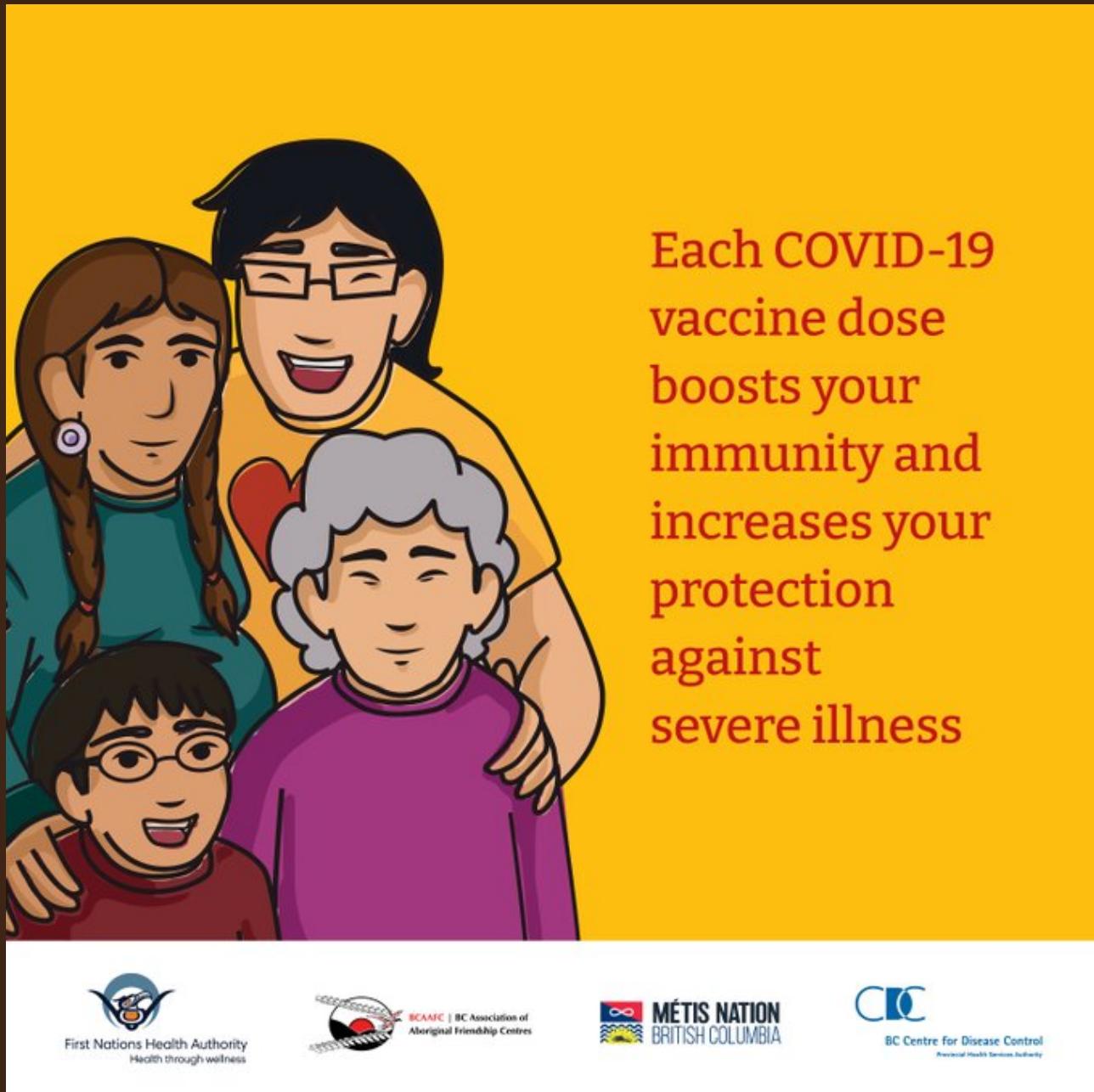
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Each COVID-19 vaccine dose boosts your immunity and increases your protection against severe illness


First Nations Health Authority
Health through wellness

 BCAAFC | BC Association of Aboriginal Friendship Centres

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 BC Centre for Disease Control
Provincial Health Services Authority



BC HEALTH UPDATES

UPDATES UP TO APRIL 7, 2022

01

Influenza detections are increasing

Influenza detections are increasing in BC and nationally in recent weeks following two years of little to no activity. While cases have increased, all respiratory infections are within or below historical levels. (BCCDC)

02

Rapid Antigen Tests

Rapid antigen testing kits are free for everyone. A pharmacy should never ask you to pay for a kit. Visit your local pharmacy and ask for your testing kit. Anyone can ask for a kit. You don't have to show ID.

03

COVID Model Projections | BC COVID-19 Modelling Group

- The numbers of reported cases and people in hospital (but not ICU) are showing upward trends in BC.
- The Omicron BA.2 is the dominant lineage of COVID-19 in BC and it does not appear to have peaked yet. The size of the BA.2 wave is largely dependent on the immunity of the population. More immunity = more protection.
- BA.2 is spreading much faster than BA.1

04

Wild, domestic bird avian influenza in B.C.

- The Canadian Food Inspection Agency (CFIA) has confirmed that a small poultry flock in the Regional District of Central Kootenay has tested positive for the highly pathogenic H5N1 avian influenza virus.
- Owners of small or backyard flocks are urged to continue to be vigilant and have appropriate preventative measures in place.

[Read more here](#)

COVID-19 VACCINES

Spring boosters for seniors

What you need to know

Who can get a second booster dose

People in long-term care

If you are living in a long-term care facility, you will receive your second booster from a health care worker who visits you.

People in assisted living

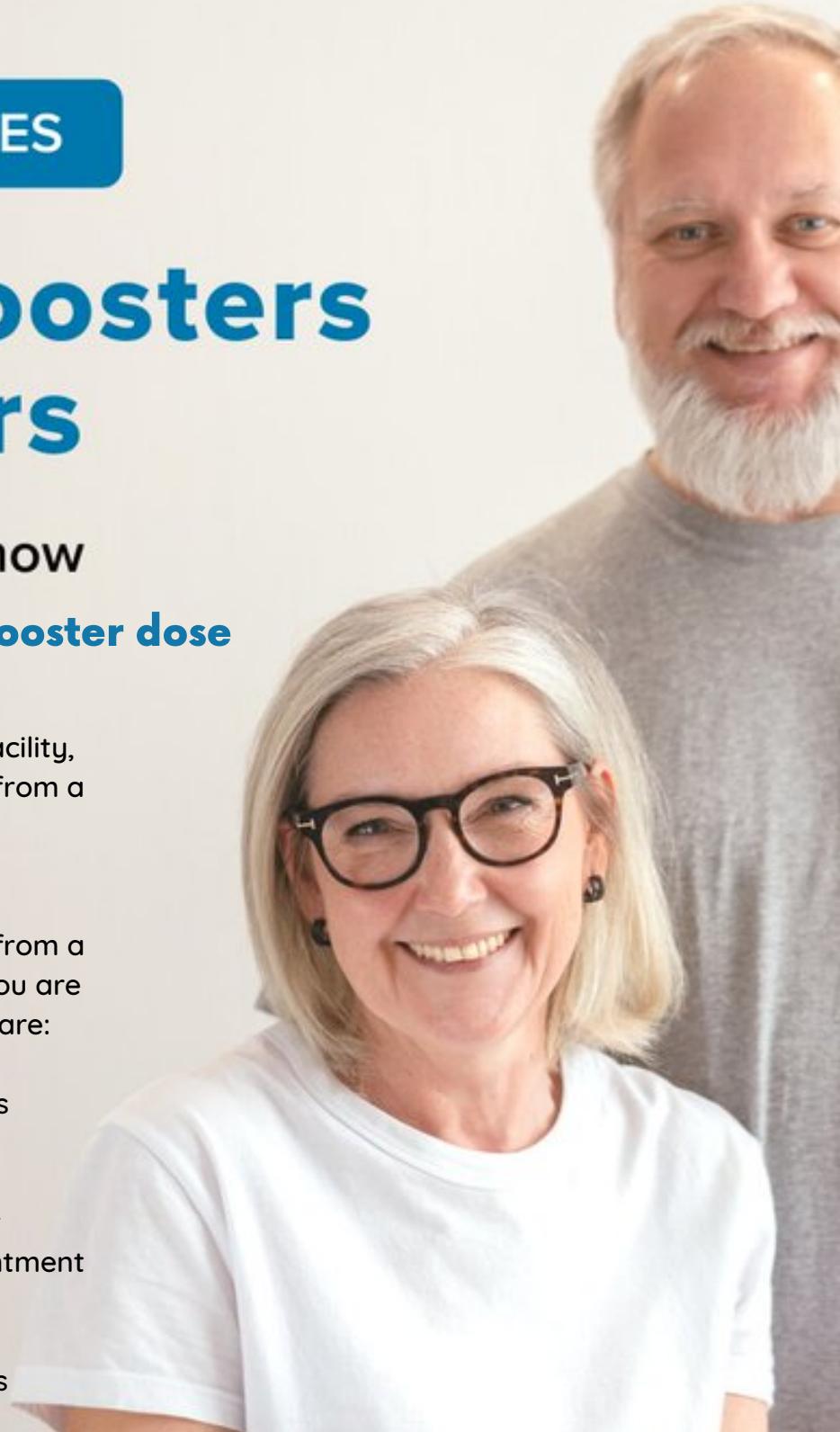
You will receive your second booster from a health care worker who visits you if you are living in an assisted living facility and are:

- 70 years and older
- 55 years and older and Indigenous

Seniors and Indigenous people

You will get an invitation from the Get Vaccinated system to book an appointment for your second booster if you are:

- 70 years and older
- 55 years and older and Indigenous



Regional News

Updates for residents and families in long-term care homes and assisted living facilities

- Spring booster vaccinations will be offered to long-term care (LTC) residents and seniors in assisted living (AL) facilities this month
- Proof of vaccination is still required for visitors to LTC & AL



NOVAVAX COVID-19 Vaccine INFORMATION



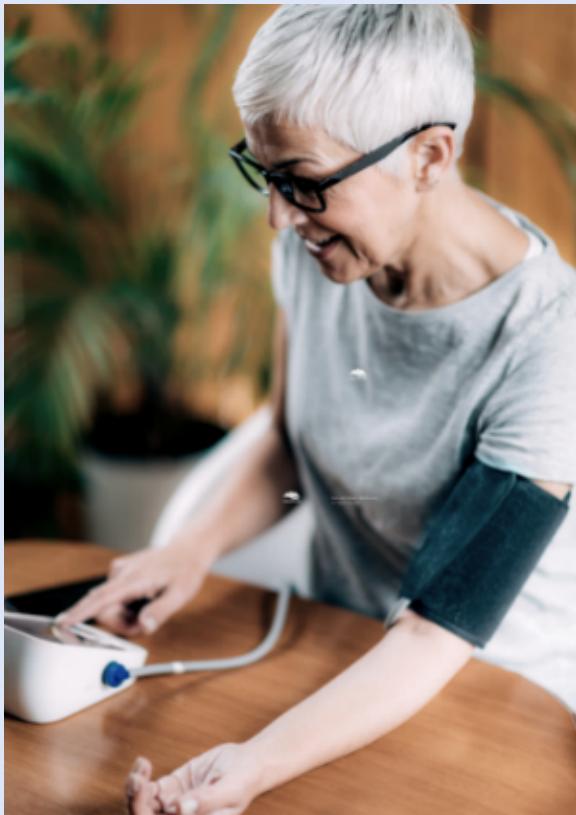
Novavax vaccine appointments are being booked in selected pharmacies for those on wait list.

Novavax will be offered to those requesting non-mRNA via the call centre.

Novavax can be used for any or all of Dose 1, 2, & booster vaccines.

New Island Health Program – Community Virtual Care

Community Health and Seniors Health are excited to announce a new regional service, Community Virtual Care.



What is Community Virtual Care?

Community Virtual Care (formerly known as Home Health Monitoring) is a free, innovative Island Health program that uses remote patient monitoring, virtual visits and the telephone to support clients living with chronic disease from the comfort of their home.

Who is it for?

The Community Virtual Care team monitors vital signs and symptoms, as well as provides self-management coaching and education to clients with the following conditions:

- Chronic Kidney Disease
- COPD
- Diabetes
- Heart Failure
- Hypertension
- Palliative Care (coming soon)

How does it work?

Clients are loaned, at no cost to them, all the equipment they need to answer daily care plan questions and measure their biometrics. This information is sent electronically to the monitoring nurses who check for alerts and data changes and significant data trends are sent to the client's Primary Care Provider.

The nurses support clients to be proficient and confident in managing their condition and help them recognize when to seek care from their Primary Care Provider vs. when to seek Emergency Services.

Community Virtual Care – Education Sessions

For more information about the program, join us for a one-hour information session (calendar invitations are attached and details below) on May 26th at 10am, 1pm or 3pm.

Mark your calendars and encourage your staff to attend!

Join Zoom Meeting: Link [here](#) or call 1-833-955-1088 (Toll Free)
 Meeting ID: 930 734 9942
 Passcode: 748199

For referral options or to request posters or pamphlets: Web: www.islandhealth.ca/cvc
 | Email: communityvirtualcare@islandhealth.ca | Phone: 250.519.7700 x 11928

Regional News

REGISTER TODAY
for this
FREE WORKSHOP
ONLINE

- WEDNESDAY, MAY 4
6:30PM—7:30PM
OR
- THURSDAY, MAY 12
10:00AM—11:00AM



Advance Care Planning

Starting the Conversation...



ADVANCE CARE PLANNING IN 5 STEPS—THINK | LEARN | DECIDE | TALK | RECORD

IT'S ABOUT WISHES.

**IT'S ABOUT
CONVERSATIONS.**

**IT'S HOW WE CARE
FOR EACH OTHER.**

Planning ahead before you are sick is something all of us should do. Yet less than 50% of Canadians have talked with their family, friends or doctor about their plans and wishes for their health.

Many people don't know how to begin while others are unaware we can have a say in our care.

Together with your family and friends, learn as we discuss the concept of Advance Care Planning, Substitute Decision Making for healthcare decisions, and provide insight and resources to start and continue the Advance Care Planning process.

Think, Learn, Choose, Talk & Record!

REGISTER AT: www.langleyhospice.ca/Events/ACP-workshop



FOR MORE INFORMATION:

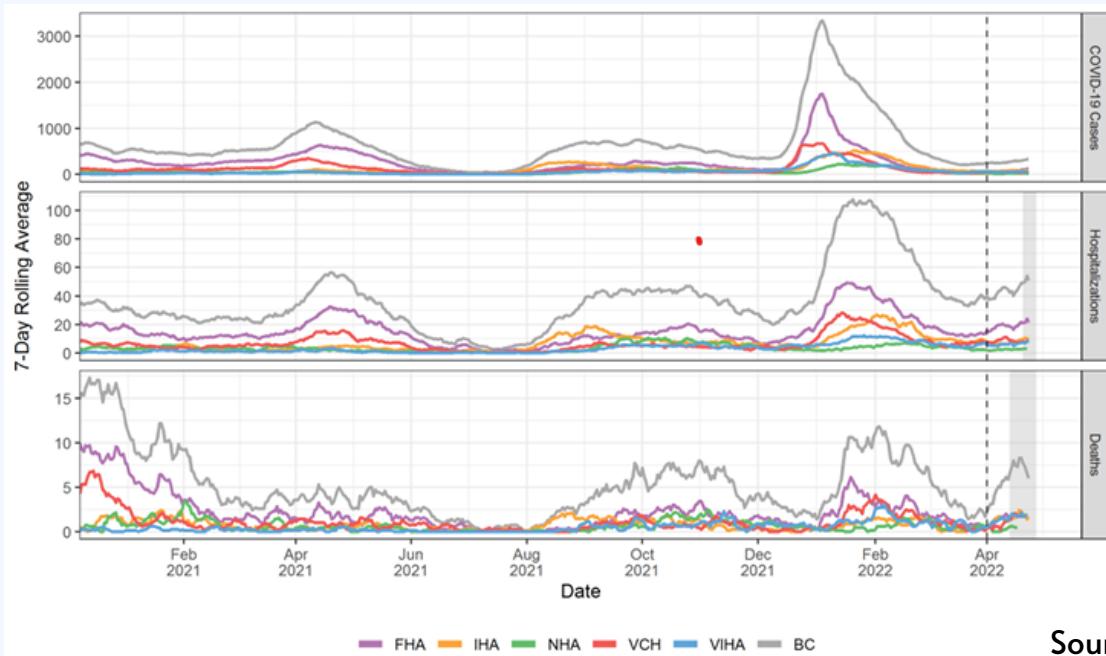
Langley Hospice Society
20660—48th Avenue, Langley, BC V3A 3L6
Phone: 604.530.1115 | Email: info@langleyhospice.ca

BCCDC COVID-19 SURVEILLANCE

UP TO
27 April 2022

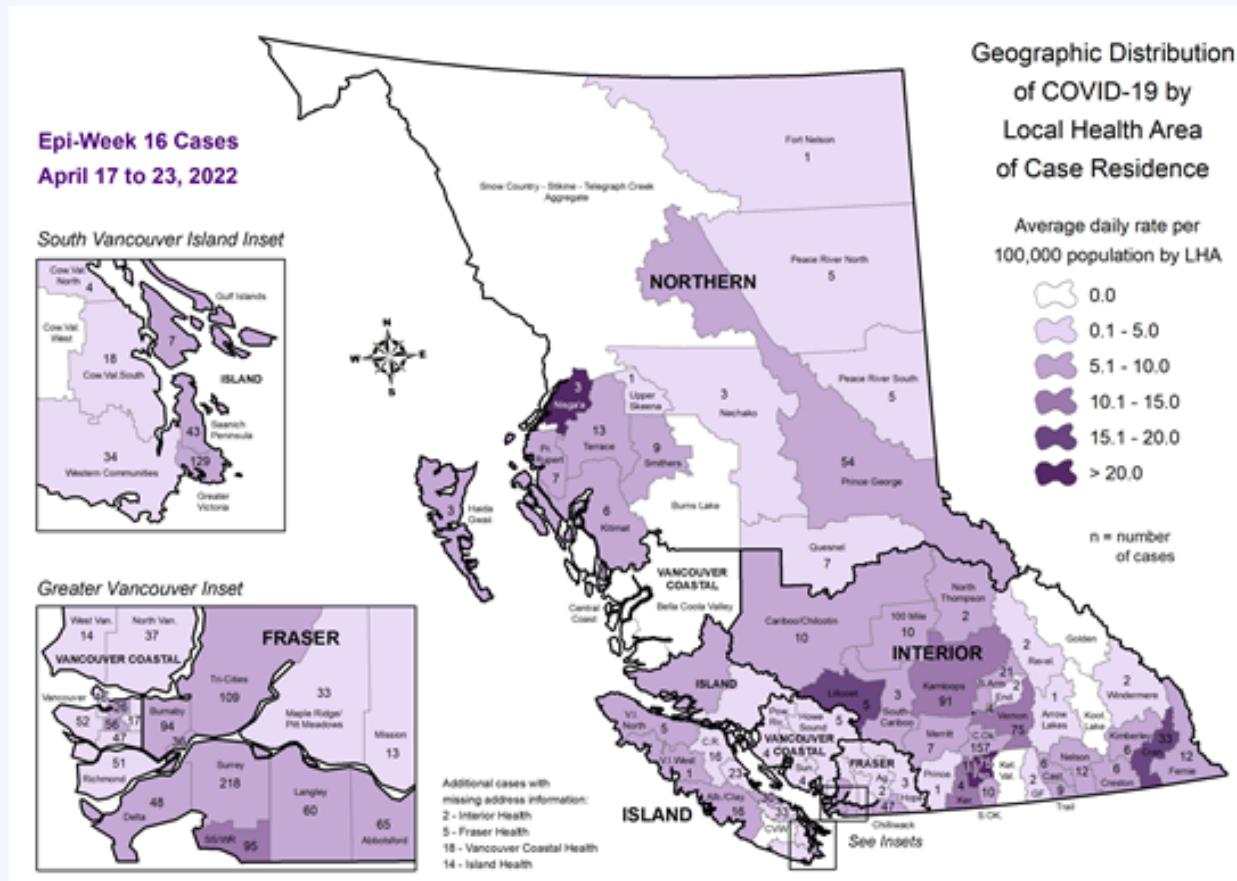
Incidence rates remained stable in the <10, 20-29, and 40-49 age groups, while incidence rates increased in the other age groups, especially in 80+

7 Day Average Count of COVID19 Cases, Hospitalizations, and Deaths by Health Authority



Source: [BCCDC](#)

COVID-19 cases for the most recent 7-day period (Sunday to Saturday)



For an up to date version of this map click [here](#)

If you have COVID-19 symptoms



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BCAFC | BC Association of
Aboriginal Friendship Centres

BC CDC
BC Centre for Disease Control
Provincial Health Services Authority



Sam gets a fever and runny nose.
Sam thinks it might be COVID-19 and gets tested.



Sam tests positive and self-isolates for the number of days recommended by public health. Sam stays in their own room as much as possible.



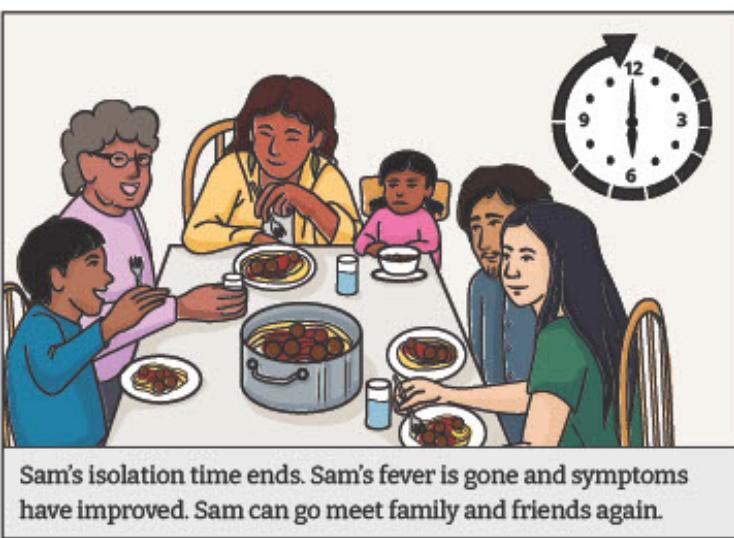
Sam wears a mask when near others and taking care of the kids.



Grandma is older and has other health issues.
Grandma is extra careful to stay away from Sam.



Sam checks with Grandma and kids every day to see if they have symptoms. Everyone cleans their hands often.



Sam's isolation time ends. Sam's fever is gone and symptoms have improved. Sam can go meet family and friends again.

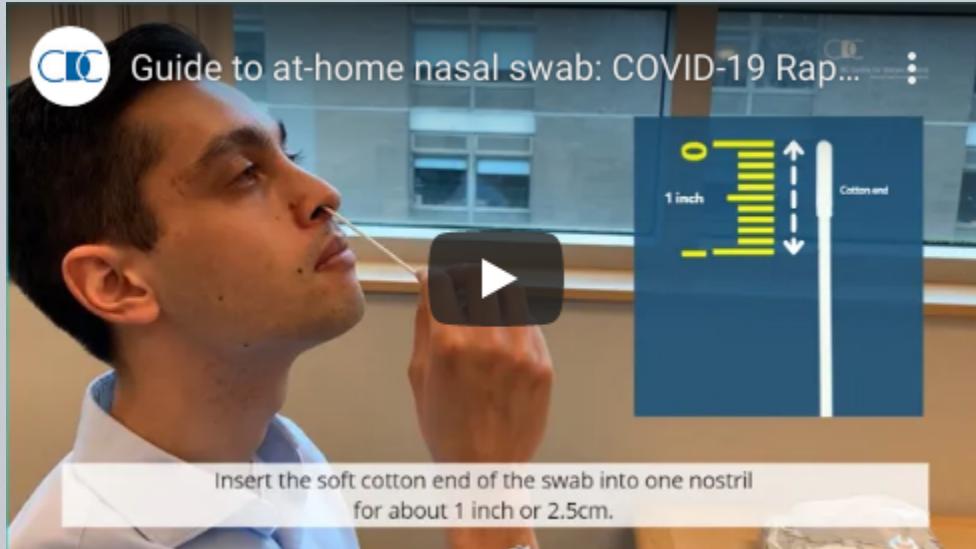


Sam makes sure their family's vaccines and boosters are up-to-date. They still might get COVID-19, but vaccines will help protect them from getting seriously sick.

Illustration: Shoshannah Greene

Performing a Rapid Antigen Test at Home

Watch this short [video](#) below to learn how to perform a nasal swab at home.



<https://www.youtube.com/watch?v=f5o8LUwt1VA>

See [here](#) for guides for different test devices.

Tested Positive?

You need to:

- 1 Check if you may benefit from treatment
- 2 Self-isolate
- 3 Manage your symptoms
- 4 Report your result

People younger than 18 years and fully vaccinated people 18 years and older

5 days

- You have isolated for at least 5 days
- Your fever is gone without medication
- Your symptoms have improved

People 18 years and older who are not fully vaccinated

10 days

- You have isolated for at least 10 days
- Your fever is gone without medication
- Your symptoms have improved

Report your test results here:
reportcovidresults.bccdc.ca

See full guide on what to do after testing positive [here](#).

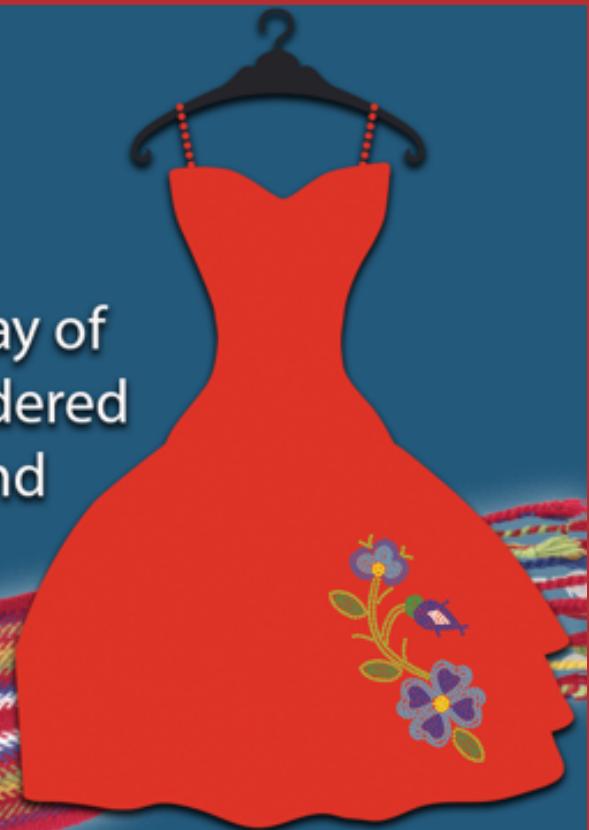
National Awareness Day for Murdered and Missing Indigenous Women



MÉTIS NATION

MAY 5th is

Red Dress Day, the National Day of Awareness of Missing and Murdered Indigenous Women, Girls, and 2SLGBTQQIA+ People



Today we honour missing and murdered Indigenous Women, Girls, and Two-Spirit People.

Raise awareness for MMIWG2S and Red Dress Day by reading through the [29 Métis Specific Calls for Justice](#) and the [231 Calls for Justice](#), and continue advocating for missing and murdered Indigenous Women, Girls, and 2SLGBTQQIA+ People.

MENTAL HEALTH WEEK

MAY 2 - 8

May 2nd through May 8th
marks Mental Health Week

2022

(<https://mentalhealthweek.ca/>).

Today, we #getreal by shining a light on the resilience of our Métis communities. Aligning with Mental Health Week 2022, we are excited to launch the third issue of Resilient Roots:

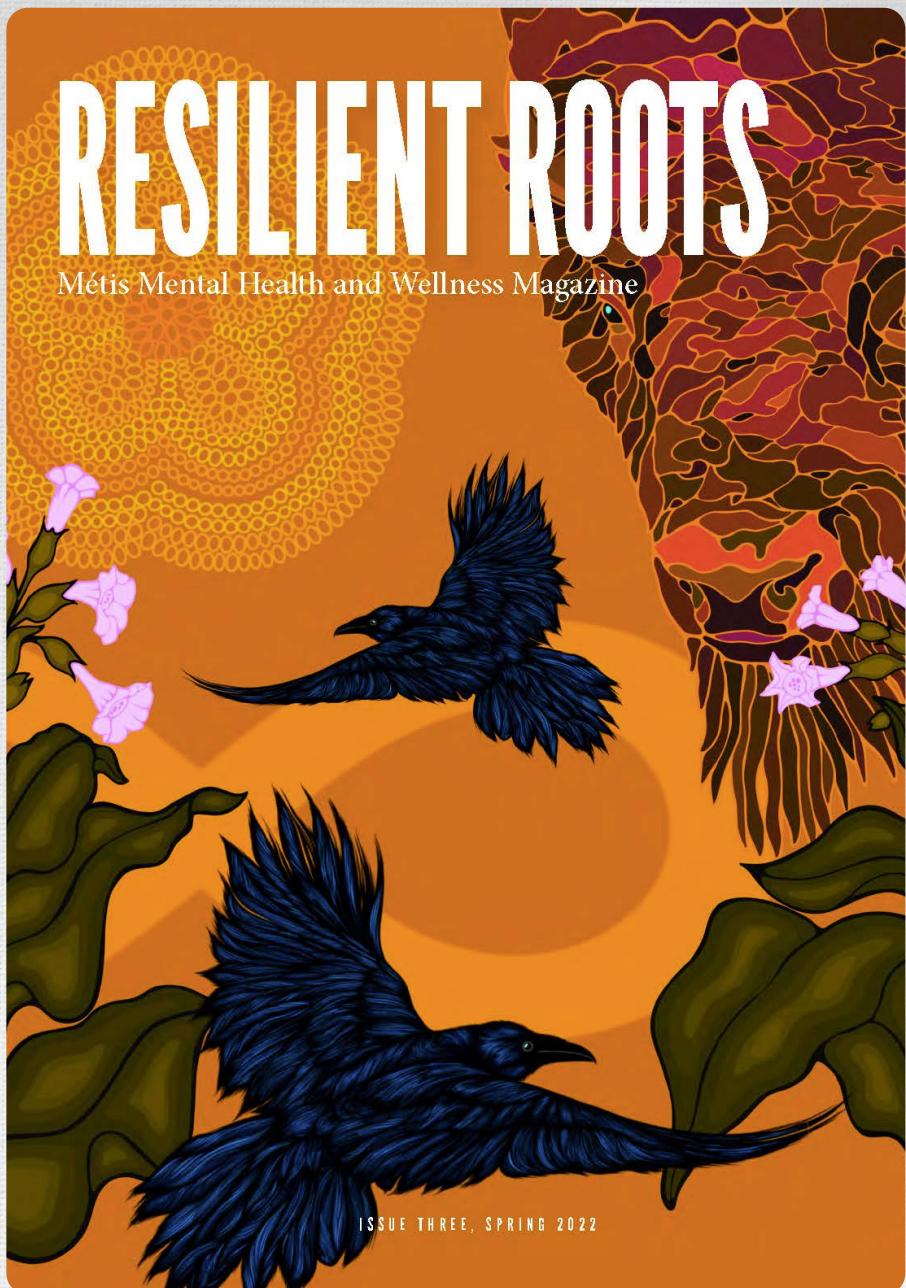
Métis Mental Health and Wellness Magazine. In this publication, we proudly highlight the stories of Métis individuals across the province who have chosen to share their voices around Métis mental health and wellness.

"Métis ways of knowing show that community-based approaches contribute to resilience and mental wellness. Resilient Roots is guided by the principle of Kaa-wiichihihitoyaahk - which means 'we take care of each other'. By utilizing the guiding belief of Kaa-wiichihihitoyaahk, this magazine hopes to be a testament to that shining strength and resilience that lives in our Métis communities."

- Dr. Kate Elliott

READ ONLINE [HERE](#)

ORDER A FREE COPY [HERE](#)



6th Year since Declaration of Drug Poisoning Crisis

April 14, 2022

April 14, 2022 marked the sixth anniversary of the BC Provincial declaration of a Public Health Emergency related to toxic drug deaths. Métis Nation BC recognizes each statistic represents a life that has ended, and every lost life affects many.



BC's Toxic Drug Crisis

Up to March 31, 2022

In March 2022, there were 165 suspected illicit drug toxicity deaths. This is the second highest number of deaths ever recorded in the month of March.

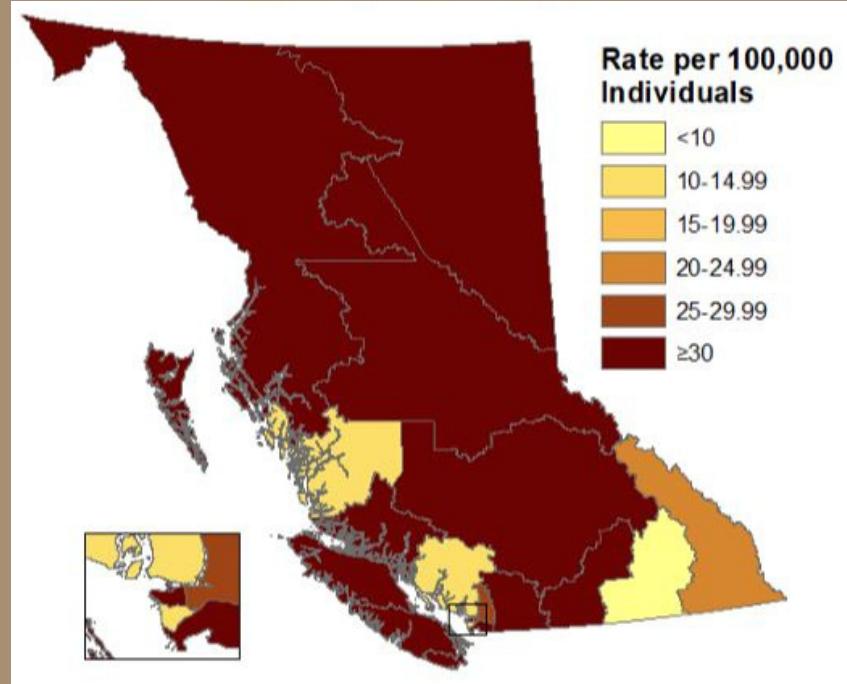
This averages to
5.3 deaths per day

- 74% of those dying were aged 30 to 59
- 77% were male
- 85% of illicit drug toxicity deaths occurred inside

Areas with highest death rates were in Vancouver, Thompson Cariboo, Fraser East, Northern Interior and Northwest.

Highest death rates by local area: Upper Skeena, Merritt, Enderby, Lillooet, and North Thompson

Pictured left: Illicit Drug Toxicity Death Rate by Health Services Delivery Area January - March 2022



<https://www2.gov.bc.ca/assets/gov/birth-adoption-death-marriage-and-divorce/deaths/coroners-service/statistical/illicit-drug.pdf>

Where to get help



- [Lifeguard App](#)
- Métis Crisis Line
1-833-638-4722
- [Toward the Heart](#)



MAY 31 IS WORLD NO TOBACCO DAY

The World Health Organization announced that the 2022 global campaign for World No Tobacco Day is

TOBACCO: THREAT TO OUR ENVIRONMENT

The campaign is aimed to raise awareness among the public on the environmental impact of tobacco – from cultivation, production, distribution and waste. It will give tobacco users one extra reason to quit.

**3.5 MILLION
HECTARES**

of land are destroyed
for tobacco growing
each year

1/3

of all forest fires are
thought to be started
by cigarettes

IT IS TIME TO SAY NO TO TOBACCO

ENTER OUR LOGO AND SLOGAN CONTEST!

Join us and help promote World No Tobacco Day.

PRIZE \$100

"THE MÉTIS TRADING POST"
GIFT CERTIFICATE

First and Second place in the Adult and Youth categories will receive a \$100 gift certificate for MNBC's online store "the Métis Trading Post". Winning submissions will be used in our tobacco, vaping and cannabis cessation program for the next year. Contest deadline is May 31. Winners will be announced June 6.



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Send submissions to lmain@mnbca.ca

Questions? Call Lloyd Main at **250-241-4589**



TOBACCO/VAPING CESSATION

QUITTING SMOKING IS NOT IMPOSSIBLE!

I smoked on and off all my life since I was a teenager.

This last time I was smoking cigarettes for 13 years. I met my addictions counselor, Lloyd, through the MNBC. He helped me see that my smoking habit was triggered by anger and boredom. Once I cut back on the smoking, I was less angry, and I was finally able to quit completely. I used the 4 Ds to quit. This was something I did not know existed. Over a weeklong period, I was able to cut down from several cigarettes a day to none.

It has been months now and I have not started up smoking again. I am stronger and healthier and have no desire to have that addiction control my life ever again. I contribute this miraculous change to the one-on-one counselling, the Smokerlyzer results and the sense of power and achievement that my counselor inspired in me.

I am now gone back to school and have regained control of my life by controlling my addictions. I have also quit smoking marijuana using the tools and skills I have learned.

I am very grateful for this program

Sincerely, AA



The path to freedom from smoking, vaping or chronic cannabis use can be a difficult journey. MNBC smoking/vaping reduction program is here to help support you every step of the way. A healthy nation is a strong nation. We are here to help.



Ministry of
Public Safety and
Solicitor General

Non-Medical Cannabis Consumption Space Engagement



Background

When non-medical cannabis was legalized in 2018, the Province chose not to allow consumption spaces. This was because of the limited time frame to prepare a regulatory framework in advance of the federal legalization date, and because unlike alcohol, B.C. had decided to allow cannabis use in public spaces (with some exceptions). The Province is now taking a closer look at whether consumption spaces should be permitted, and if so, how they should be regulated. For clarity, the Province is not considering new restrictions on how and where cannabis can be used in public spaces.

Some examples of public spaces include:

- **Retail Experience** – at stores or on a cannabis farm tour
- **Special Events** – Tasting event, cooking class, a "cannabis garden" at a music festival or country fair.
- **Cannabis Lounge**
- **Others** – Restaurants serving both alcohol and cannabis beverages; spa or registered massage therapist

*note: **The Province is not considering permitting indoor smoking and vaping.** However, the Province is considering whether to permit outdoor smoking and vaping in consumption spaces.

Where to get to us

Read the discussion paper
[here](#) first before responding
 to the [Online Survey](#) or
[Written Submission](#)



Deadline to submit: May 9 at 4 pm

M N B C

SUPPORTIVE CARE

ASSESSMENT

—∞—

ELDERS, SENIORS & CAREGIVERS

VALIDATION SESSION

Métis Nation BC (MNBC) is undertaking a Supportive Care Assessment (SCA) to better understand the needs and priorities with respect to providing supportive care to Métis Elders and seniors in BC.

Over the past few months, MNBC has engaged with Métis Elders and seniors, caregivers, healthcare providers, leadership and other successful programs and services from across the country to explore pathways to delivering supportive care services, including assisted living, respite, extended care, palliation and hospice.

MNBC is inviting Métis Elders, seniors and caregivers from across the province to join an upcoming SCA Elders, Seniors & Caregivers Validation Session where we hope to present to you our findings for your feedback and input.

This session will take place in Kelowna, BC on June 7-8, 2022 at the Delta Hotel by Marriott Grand Okanagan Resort. Travel, accommodations and food will be provided. MNBC will coordinate all travel and accommodation, and food will be provided on-site.

If you are interested in attending, complete following registration form by May 23, 2022:

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

If you have questions or require any support,
please contact:

Supportive Care Assessment Team

Phone: (604) 358-3263

Email: sca@mnbc.ca



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IMPORTANT While province-wide COVID-19 restrictions have lifted, we encourage participants to wear a mask in indoor settings. Masks, disinfectant wipes and hand sanitizer will be available on-site. If new restrictions are implemented by the BC Public Health Officer prior to the event, we will inform participants on how these will be enforced.



MENTAL HEALTH RESOURCES



Awakening Along Creation: Spring Equinox 2022 15 minute guided meditation HERE

A collaboration between the Ma Mawi Wi Chi Itata Centre and Lee Mae Spence

Lee Mae Spence is a proud Metis Muskego Ininew Iskwew (swampy cree woman) from Dene, Ininew + Inuit Territory in northern Manitoba where she was born and raised until eventually planting roots in Anishinaabe, Ininew, Dakota, Oji-Cree Territory and the homelands of the Metis Nation in Winnipeg, Manitoba. She supports and guides individuals and organizations to remember who they are and the power they hold to create impactful change for future generations.

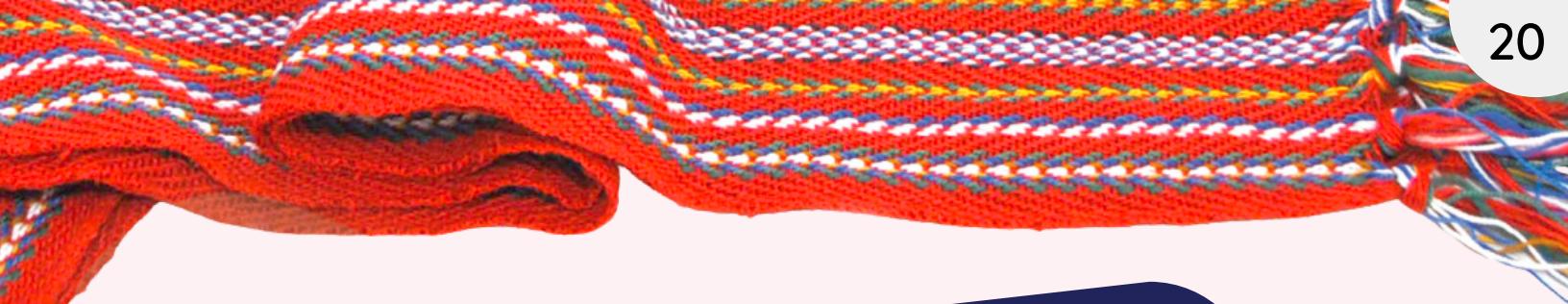
www.leemaespence.com

WELLNESS TOGETHER
Canada

Mental Health and Substance Use Support

The Wellness Together Canada [portal](#) provides free access to educational content, self-guided therapy, moderated peer-to-peer support, and one-to-one counselling with qualified health professionals to support with mental health and substance use.

Immediate Crisis Support: Text WELLNESS to 741741



MÉTIS HEALTHCARE PROVIDER SPOTLIGHT



THE INITIATIVE

WE WANT TO HIGHLIGHT MÉTIS HEALTHCARE PROVIDERS ACROSS THE PROVINCE, AND SHARE HOW YOU HAVE HELPED YOUR LOCAL COMMUNITIES THROUGH THE PANDEMIC. WE HOPE TO CONNECT CITIZENS WITH PROVIDERS, AND BUILD COMMUNITY.

VISIT HERE FOR THE FORM!



Jigfit & Powow Impact

With
Madelaine McCallum

Powwow Impact:
Tuesday's - March 8, 15, 22, 29,
April 5 & 12 @ 6pm

Registration Link:
[Click HERE](#)

JigFit:
Thursday's - March 10, 17, 24, 31
April 7 & 14 @ 6pm

Registration Link:
[Click HERE](#)



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



FREE Spring Outdoor Learning Virtual Workshop Series is starting soon!

These 60 min virtual workshops bring together some of the top names and organizations in outdoor learning!

Outdoor Learning 2022 Spring Virtual Workshop Series!

4 PM PT
7 PM ET
Thursdays
Apr - Jun 2022



14 April 2022



Mapmaking with Children: Sense of Place Education for the Elementary Years



21 April 2022

Looking Closely: Supporting K-7 Emergent Inquiry Outdoors



28 April 2022

The School Garden Curriculum: Discovering Science, Ecology & Whole-Systems Thinking

12 May 2022



Walking Forward: Indigenous Perspectives in Learning from Place



26 May 2022

FoodCycler for Schools: Activating School Communities to Reduce Food Waste



9 June 2022

Indigenous Resources for Educators and Learners



REGISTER AT

<http://outdoorlearningstore.com/workshops/>

Everyone is moving forward at their own pace

As we carefully ease some restrictions, people and businesses will be going at their own pace, for their own reasons. Be respectful and kind as you consider others' situations and comfort levels.



Keep up your layers of protection and wear your mask in indoor public spaces. Get vaccinated, get your children vaccinated, and book your booster appointment as soon as you are invited.



Be considerate of others



Get vaccinated and boosted including kids



Monitor symptoms and stay home if sick



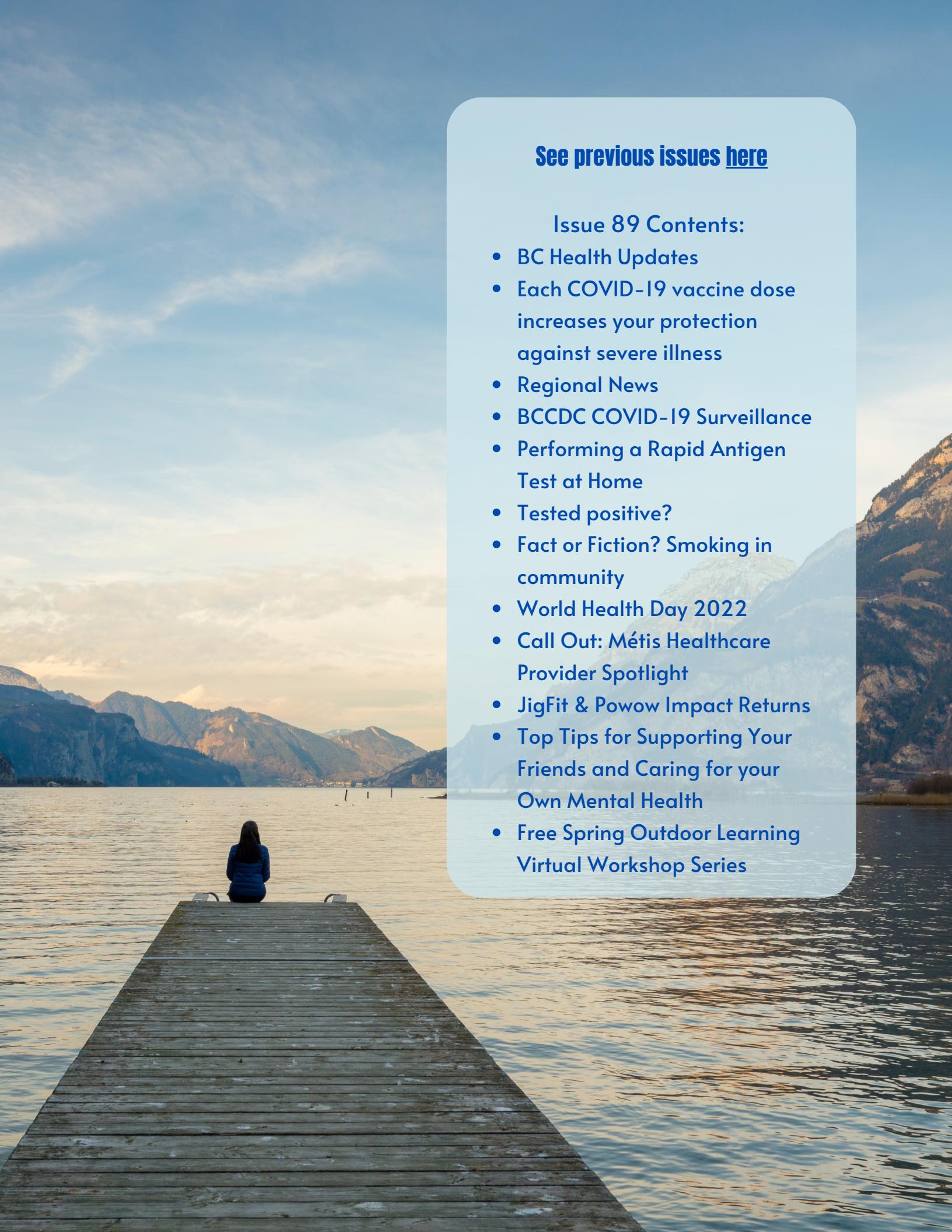
Wash your hands



Wear a mask, if you choose



Respect people's comfort levels

A photograph of a person sitting on a wooden dock, facing away from the camera towards a lake and mountains at sunset. The sky is a mix of blue and orange. The dock extends from the bottom left towards the center of the frame. The background shows a large lake with mountains on both sides, and the sun is low on the horizon, casting a warm glow.

See previous issues [here](#)

Issue 89 Contents:

- BC Health Updates
- Each COVID-19 vaccine dose increases your protection against severe illness
- Regional News
- BCCDC COVID-19 Surveillance
- Performing a Rapid Antigen Test at Home
- Tested positive?
- Fact or Fiction? Smoking in community
- World Health Day 2022
- Call Out: Métis Healthcare Provider Spotlight
- JigFit & Powow Impact Returns
- Top Tips for Supporting Your Friends and Caring for your Own Mental Health
- Free Spring Outdoor Learning Virtual Workshop Series

Marsii, Thank you

TO ALL THE HEALTH CARE
WORKERS FOR YOUR DEDICATION
AND SERVICE

Don't forget that there are resources and support available if you are struggling

For support services visit:

- The Métis Crisis Line, available 24 hours a day at 1 833 638-4722
- The KUU-US Crisis Line Society provides a 24-hour, provincewide Indigenous crisis line for Indigenous Peoples in B.C.
 - Adults, call 250 723-4050
 - Children and youth, call 250 723-2040, toll-free: 1 800 588-8717
- Indian Residential School Survivors Society, phone: 604 985-4464 or toll-free: 1 800 721-0066
- Tsow-Tun Le Lum for Indigenous Peoples in B.C., phone: 1 888 403-3123
- For a list of Community Counselling Resources, visit [here](#)
- [here2talk.ca](#)