

Musqueam Community Newsletter

Friday March 26, 2021

TOLL FREE: 1-866-282-3261, FAX: 604-263-4212

SAFETY & SECURITY PATROL: 604-968-8058

MUSQUEAM ANNOUNCEMENT

Chief and Council are working to ensure that a regular and consistent community disbursement will occur this year and each year of this council's term, consistent with last year's dividend. Payments are expected to be timed for April and December.

Administration is working on the logistics and process, and will soon send a notice to the Musqueam community to clarify payment dates.

INSIDE THIS ISSUE

SOC. DEV.-2

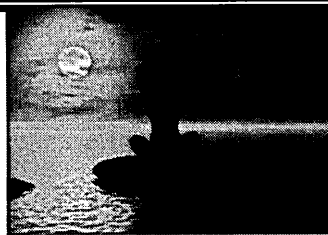
HEALTH DEPT.-3-5

EMP. & TRG.-6-9

HOUSING-10-11

ECAP-12

MUSQUEAM A LIVING CULTURE LUNCHTIME Qi Gong



e qi gong-inspired ~ movement/

~stress relief tools..... And meditation.

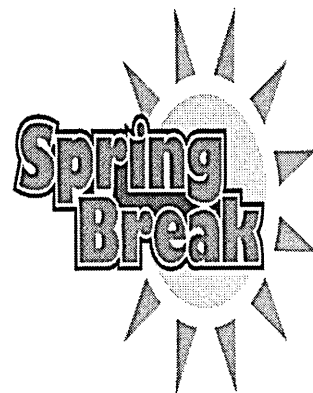
Thursdays - March 11th to April 15th ~ 12:00 to 12:45 pm

zoom link - <http://bit.ly/3olxcuZ> MeetingID- 933

88409945 Passcode - 721721 Meghan@604-671-1258

Diane@604-916-0289

exart@diane



**KEEP
CALM**



Social Development Dept.

6735 Salish Drive

Vancouver BC V6N 4C4

Phone: 604-263-3261

Friday March 26, 2021

April 2021 cheque issue day will be issued on Thursday April 1, 2021 from 8:30am—4:30pm.

Please note:

It is that time of the year for you to renew your application, if you have not done so your cheque will not be direct deposited into your account or processed until you do so. Please bring with you 2 pieces of ID (1 photo) for adults and 1 pc. for ea. Child. If we have told you other wise please submit your paperwork as you normally would in the mailbox in back of admin. bldg.

Due to **COVID-19** and the office running on minimal essential service, we are asking you to please only submit your renewal slip and job search if applicable in the mail box in the back of the administration building.

If you are not on direct deposit please reconsider at this time and if you can, bring us a void cheque and or a direct deposit form from your bank or email us @

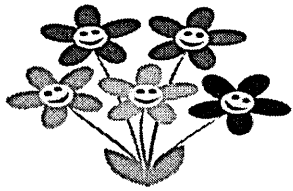
mvpont@musqueam.bc.ca or lhensel@musqueam.bc.ca

Utility bills, if you are eligible for your bills (hydro, gas and phone) to be paid please bring in a.s.a.p. We cannot pay them if you do not provide your bills.

Reminder, there is a mailbox in the back of the administration building for Social and Guardian Assistance Clients. Please drop off your paperwork in that mailbox at the back of admin. bldg.

Respectfully,

Your Social Development Dept.



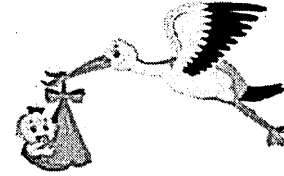
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Musqueam Health Dept. Newsletter - Mar.26, 2021

Community Health Program

Crystal Point, RN, CHN

Musqueam Pre- and Post-Natal Group



Are you pregnant or have you recently had a baby?

The Musqueam Health Department offers some valuable incentives to pre-natal and post-natal families:

From the onset of pregnancy, until 3 months postpartum we offer weekly \$25.00 Save-on Foods Gift cards for nutritious foods such as – **milk, eggs, cheese, fruits & vegetables** to support healthy nutrition during pregnancy and breastfeeding.

- Nursing pads, as needed
- A one-time gift of an Electric Breast pump. One per family
- Welcome gift for your new baby

To register for the Program, call the Community Health Nurse Crystal Point in the Health Dept.

Due to Public Health Guidelines, the Pre-Natal program is currently not meeting in person. The Community Health Nurse is available to assist with maternal child health supports (electronically, virtually and/or home visit if needed).

Crystal Point, CHN:

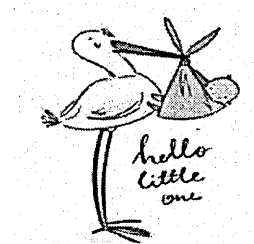
Ph: 604-362-9200

Email: chn@musqueam.bc.ca

Arlene Haldane, Assist:

Ph: 604-655-0580

Email: nurseassist@musqueam.bc.ca



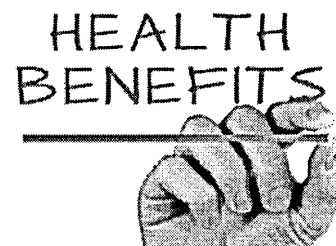
Health Benefits

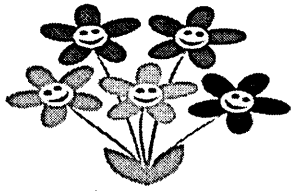
For assistance with your health benefits such as:

- Vision care (eye glasses)
- Dental
- Pharmacy
- Counselling

You may call Ashlee Point or Candice Sparkes in the Health Department Ph: 604-263-3261

Or First Nations Health Benefit 1-866-317-7878.





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Musqueam Health Dept. Newsletter - Mar.26, 2021

Home & Community Care Program

Home Care Nurse: Romeo Cosio, RN

The Home Care Program is available to our community members to assist with hospital discharges, home care aides, and all medical supplies & equipment. Home care services & medical equipment require a note from your doctor with your needs specified.

Home Care Office Phone: 604-263-6539

Romeo's Office Hours: Monday, Wednesday Thursday & Friday from 8:30-5:30 Tuesdays - Off

Phone: 604-269-3463 or email: homecare@musqueam.bc.ca or nurseassist@musqueam.bc.ca

The Arjo Tub Program is available at the Elder's Centre between 7-9am Mon.-Fri. Please provide a doctor's order for the use of the Arjo tub describing your condition, and how often you are advised to use the tub per week. Please call the Nurse Assistant for an appointment @ 604 655 0580.

Please note: Home Care Clients: **If you will not be home during your scheduled hours - please contact the Nurse Assistant, Arlene Haldane – 604 269 3354 or 604 655 0580.**

*****Please note, the home care nurse may be on a house call so please leave a message.***

***For Emergencies Call 911 right away! ***

Art Therapy for Children, Youth & Adults

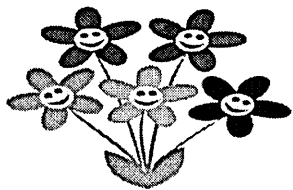
Janice Carroll,

Art and Play Therapist in the Sexual Abuse Intervention Program for Musqueam, though my work entails working with trauma in all of its presentations. Currently holds sessions via Zoom or phone calls.

I am working from home and available for phone calls, emails or text conversations

Hours: Monday to Thursday from 830-430.

I can be reached on my cell at 778-829-0242 or my email is jcarroll@musqueam.bc.ca



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Musqueam Health Dept. Newsletter - Mar.26, 2021

Wellness Program

Janice Cross

If you'd like to learn more about self-care, how you can reduce stress, anxiety, and/or depression:

Call: 604-250-2913

Email: mentalwellness@musqueam.bc.ca and set up a time to talk to Janice.

Janice Cross' hours: Monday-Friday: 830- 4pm



**VIRTUAL
COUNSELLING**

Musqueam National Native Alcohol & Drug Abuse Program

Hannah Green & Brad Morin, Drug & Alcohol Counsellor

Hannah Green, Drug & Alcohol Counsellor.

Supports Musqueam band members with their substance use and help them get connected to the supports they need. She can also lend a judgement-free ear to listen and support you where she can in your personal journey with substances. She would love to connect with you.

Hannah Green Contact Info:

Email: nnadap.hannahg@musqueam.bc.ca

Cell: 236 818 7686

Facebook: [facebook.com/hannah.green.musqueam.1](https://www.facebook.com/hannah.green.musqueam.1)

Brad Morin, Drug & Alcohol Counsellor

Provides one to one, family, and group counselling whenever necessary and refer clients to other appropriate professionals. Follows up with clients returning from treatment and continue to offer them support as they maintain their sobriety. I conduct outreach to community and band members. Lastly, makes referrals to detox, recovery houses, and treatment centres.

Thank you, Brad Morin.

Brad's office hours: Mon-Fri: 5:00pm-9:00pm & Sat-Sun: 10:00am - 5:00pm

E: nnadap.bmorin@musqueam.bc.ca

T: 604-652-1368

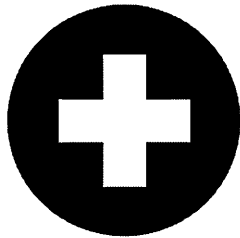
Youth Centre Program

Sandra Dan

If you have any ideas or suggestions of somethings that you would like to do, you can reach me at the Youth Centre phone: 604-360-9171 | Email address: youthcentre@musqueam.bc.ca

Thoughts,
Ideas,
Suggestions...

Musqueam Employment & Training



FIRST AID: LEVEL 1



WHEN: APRIL 24, 2021 9 AM - 4:30 PM (CATERING INCLUDED)

WHERE: MUSQUEAM GOLF COURSE

WHO: MUSQUEAM MEMBERS (ON/OFF RESERVE)

****Requirements: Completed PIF form and
direct deposit info to reserve a seat****

PLEASE CONTACT E&T STAFF TO REGISTER!

Job Coach: Courtney Copoc

T: 604-916-8579 | E: ccopoc@musqueam.bc.ca

Office Administrator: Krista Brisk

T: 236-999-7253 | E: employassist@musqueam.bc.ca

Administrative Assistant: Alicea Bradley

T: 778-855-4047 | E: employclerk@musqueam.bc.ca

**NOTE: Please do not
reserve a seat if you
are not 100%
committed to
training on the
weekend**

MUSQUEAM EMPLOYMENT & TRAINING



(1- DAY) SDCB FORKLIFT:

When: April 10, 2021 or
April 11, 2021

9 AM - 4:30 PM (catering included)

Where: Musqueam Golf and Learning Academy

Who: Musqueam Members (On/Off-Reserve)

**ELIGIBILITY: COMPLETED PIF AND DIRECT
DEPOSIT INFO TO RESERVE A SEAT.**

PLEASE CONTACT E&T STAFF!

Job Coach: Courtney Copoc

E: ccopoc@musqueam.bc.ca

T: 604-916-8579

Office Administrator: Krista Brisk

E: employassist@musqueam.bc.ca

T: 236-999-7253

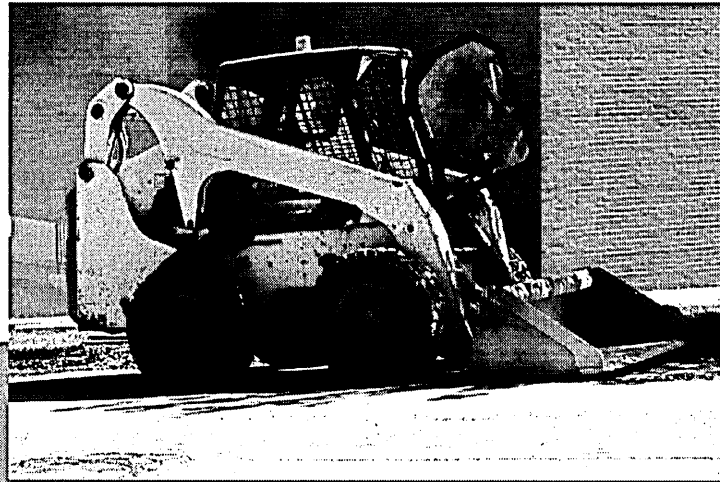
Administrative Assistant: Alicea Bradley

E: employclerk@musqueam.bc.ca

T: 778-855-4047

**NOTE: PLEASE DO NOT RESERVE A
SEAT IF YOU ARE NOT 100%
COMMITTED TO TRAINING ON THE
WEEKEND**

MUSQUEAM EMPLOYMENT & TRAINING



SKID STEER

When: April 25, 2021

9 AM - 4:30 PM (catering included)

Where: Musqueam Golf Course

Who: Musqueam Members (On/Off Reserve)

NOTE: PLEASE DO NOT RESERVE A SEAT IF YOU ARE NOT 100% COMMITTED TO TRAINING ON THE WEEKEND

Job Coach: Courtney Copoc

E: ccopoc@musqueam.bc.ca

T: 604-916-8579

Office Administrator: Krista Brisk

E: employassist@musqueam.bc.ca

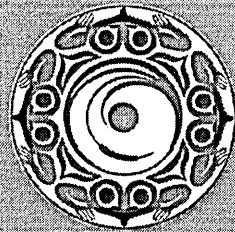
T: 236-999-7253

Administrative Assistant: Alicea Bradley

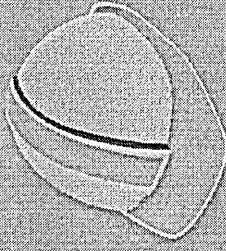
E: employclerk@musqueam.bc.ca

T: 778-855-4047

REQUIREMENTS: COMPLETED PIF FORM AND DIRECT DEPOSIT INFO TO RESERVE A SEAT



APRIL SAFETY TRAINING



APR 10

What: SDCB Forklift
Where: Musqueam Golf Course
When: Apr 10, 2021
9 AM-4:30 PM
Who: Musqueam Members (On/Off Reserve)

APR 11

What: SDCB Forklift
Where: Musqueam Golf Course
When: Apr 11, 2021
9 AM-4:30 PM
Who: Musqueam Members (On/Off Reserve)

APR 24

What: First Aid: Level 1
Where: Musqueam Golf Course
When: Apr 24, 2021
9 AM-4:30 PM
Who: Musqueam Members (On/Off Reserve)

APR 25

What: Skid Steer
Where: Musqueam Golf Course
When: Apr 25, 2021
9 AM-4:30 PM
Who: Musqueam Members (On/Off Reserve)

JOB COACH: COURTNEY COPOC

T: 604-916-8579 CCOPOC@MUSQUEAM.BC.CA

OFFICE ADMINISTRATOR: KRISTA BRISK

T: 236-999-7253 EMPLOYASSIST@MUSQUEAM.BC.CA

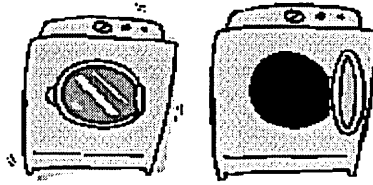
ADMINISTRATIVE ASSISTANT: ALICEA BRADLEY

T: 778-855-4047 EMPLOYCLERK@MUSQUEAM.BC.CA

DUE TO COVID RESTRICTIONS ON RESERVE, THESE TRAINING COURSES ARE ONLY OPEN TO MUSQUEAM MEMBERS (ON/OFF-RESERVE), MUSQUEAM COMMUNITY MEMBERS, AND ANYONE AFFILIATED WITH A MUSQUEAM MEMBER (HOUSEHOLD). TO RESERVE A SEAT, MUST COMPLETE PIF AND DIRECT DEPOSIT INFO

Washer and Dryer Maintenance

Due to the COVID-19 pandemic Housing would like to provide tips/information on how to take care of you washer and dryer.



Washer

- Don't overload the machine. Use the appropriate amount of water for the size of the load. Wash heavy or bulky items in small loads since these are harder on the appliance.
- Wash the washing machine. Rinse away soap residue and buildup by running store-bought washing machine cleaner, or a solution of hot water, vinegar, and baking soda through an empty load.
- Prevent musty odors and mildew. Leave the washer lid or door open between loads to dry out the unit and keep it smelling fresh. On front-loading washers wipe down the rubber seal around the door after doing your laundry.
- Always use detergent made for high-efficiency (HE) machines, and use the minimum amount (more is not necessarily better). Regular detergents produce much more suds, and over time, can build up a film on the drum and hoses that become a breeding ground for mold, and may even mechanically or electronically damage a front-load machine.
- Check your pockets before doing a load of laundry. This will prevent having to change the debris filter.

Dryer

- Do not overload. Overloading the dryer can actually cause it to breakdown. Your clothes need the circulation of hot air and when the dryer is stuffed, the air cannot circulate as much as it needs to in order to dry your clothes. Instead of reducing drying times, overfilling the dryer will increase them.
- Clean the lint screen before or after every load. Carefully remove the screen from your dryer, wipe away the lint and clean with a used fabric softener sheet. Clean the filter with soap and water a few times each year to remove any remaining soap and fabric softener
- Check the door seal. If the door seal becomes loosened, hardened, damaged, or worn down, replace it immediately. Otherwise, warm air will escape reducing the dryer's efficiency and causing it to work harder. Check the seal by holding a tissue near door while the dryer is running. If the tissue is sucked toward the door, replace the seal.

Thank you for your cooperation.

Housing Department staff.

For Service Requests please call Brittany Point at 604 269 3381

PLEASE DO NOT DISPOSE OF ANY COOKING FATS, OILS, OR GREASE DOWN THE DRAIN!

The Musqueam Indian Band has experienced a sewer backup in two houses on the same street due to grease build up in the sewer lines.



WHAT HAPPENS WHEN FATS OILS AND GREASE ARE PUT DOWN THE DRAIN?

As seen in the picture fats, oils and grease that are put down your household drains cause problems further down the pipe as well resulting in a backup and blockages. Liquefied fats, oils and greases will solidify and clog pipes and contribute to blockages and blockages may cause a backup into your home.

FATS - DAIRY PRODUCTS, SALAD DRESSINGS, MARGARINE, SHORTENING, ETC

OILS - COOKING OILS (OLIVE, COCONUT, CANOLA, VEGETABLE) AND SAUCES

GREASE - MEAT DRIPPINGS, LARD



When disposing Fats, Oils, and Grease:

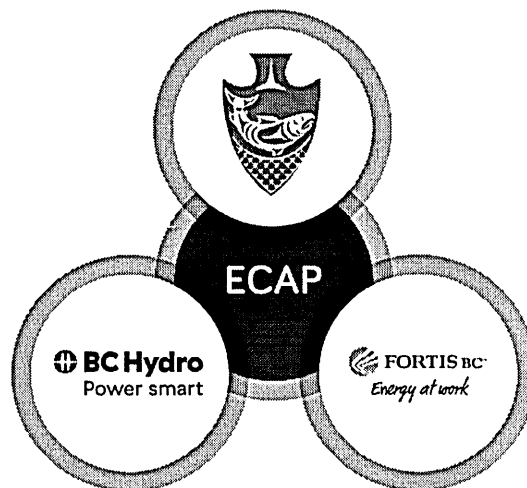
- Pour all used cooking oils and grease into a small container so it can cool and harden.
- When the container is full, cap the container or cover it tightly, place in a bag to prevent leakage and put in garbage container.
- Dry wipe all pots, pans and plates before washing in sink or dishwasher. Use paper towels and wipe grease and food contents into a garbage container.
- If you have a kitchen sink garbage grinder, use this as little as possible since food particles and grease from the grinded material will still clog your pipes and affect the downstream sewer system.

Energy Conservation Assistance Program

BC Hydro, FortisBC and Musqueam First Nation are working together to bring the Energy Conservation Assistance Program (ECAP) to your community.

ECAP is a free program that will help you save money and improve the comfort of your home.

We've approved two program contractors to complete the energy upgrades to the homes in your community: **It's On Electric** and **Ecofitt**.



Get started today:

1	2	3	4	5
Contact your Community Energy Specialist Ehsan Haghi at ehaghi@musqueam.bc.ca or 226 792 4266 to complete your application form.	It's On Electric will contact you to make an appointment for a home visit.	An Energy Coach will visit your home and will share tips for saving energy and money.	Free energy saving products will be professionally installed, such as LED light bulbs, door weatherstripping, showerheads and more.	Some homes may also receive a new fridge, insulation upgrades and a gas furnace at a later visit. It's On Electric will call you if you're eligible for a new fridge. Ecofitt will contact you if another home visit is needed to review your insulation levels and/or furnace.

Questions?



It's On Electric
Toll free 1 855 560 3227 ext. 103



Ecofitt
Toll free 1 833 455 9029

- > For booking and scheduling your first home visit appointment
- > For booking or scheduling your fridge replacement appointment

- > For booking and scheduling your home visits related to a furnace replacement or insulation upgrades

We're working together to help B.C. save energy.

- > All homes on Musqueam reserve are eligible as long as they haven't received the offer in the last round held in 2013 and 2017.

