



Musqueam Community Newsletter

Friday September 24, 2021

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

SAFETY & SECURITY PATROL: 604-968-8058



UBC Residential School History & Dialogue Centre

As part of a 2021 campaign to commemorate Orange Shirt Day | National Day for Truth and Reconciliation, the Indian Residential School History and Dialogue Centre and partners would like to invite you and members of your community to a very special film screening and discussion event:

[“Returning Home and Pathways to Reconciliation”](#) Film screening and Q&A with Phyllis Webstad”

27 September 2021; 11:00am – 1:00pm | Live, in-person event at the Chan Centre

“Returning Home” weaves the story of two parallel narratives. The first is the story of Phyllis Webstad, a Survivor of the former St. Joseph’s Mission residential school in Williams Lake and originator of Orange Shirt Day. The second is the story of the steady decline of wild Pacific salmon. This 45-minute film is the first feature length documentary produced by Canadian Geographic. Directed by award-winning filmmaker Sean Stiller, it is set to tour the film festival circuit this fall, beginning with the Vancouver Film Festival on October 3, 2021.

We are pleased to be able to showcase the film in advance at the Chan Centre for the Performing Arts. This event will include a Musqueam welcome and opening remarks by Dr. Jo-ann Archibald [Q’um Q’um Xiem](#) and IRSHDC Academic Director Mary Ellen Turpel-Lafond-Lafond (Aki-Kwe). A post-screening conversation and Q&A with Phyllis, moderated by Dr. Turpel-Lafond, will follow the film.

Both events are presented in partnership with the First Nations House of Learning, UBC Learning Circle, and the Centre for Excellence in Indigenous Health, and the event on September 21 is presented in partnership with UBC Okanagan Indigenous Programs and Services.

Events are free and open to the UBC community and general public. Registration is required. Please note that [proof of vaccination](#) will be required for the event taking place at the Chan Centre.

FOR EVENT INFORMATION AND REGISTRATION:

irshdc.ubc.ca/orangeshirtday or email irshdc.events@ubc.ca

INSIDE THIS ISSUE :

Free Admission—2

Job Postings—3

Health Dept.—4-12



ST. MICHAELS' CHURCH

Sunday Mass will begin
@1:00 pm.

Come join us.

PUBLIC WORKS—

Flushing Fire Hydrants

We will be flushing fire hydrants in the community on September 24, 2021. We do not anticipate any disruption to water services, some may experience a little discolor in your water, if this happens run your taps/water it



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FREE Science World Admission for Indigenous Peoples Thursday September 30th to Sunday October 3rd, 2021

Science World is offering admission for Indigenous peoples from Thursday, September 30 to Sunday, October 3, in recognition of National Day for Truth and Reconciliation. Capacity is currently reduced due to COVID protocols and guests must book their timed tickets in advance.

Science World is open 10am – 5pm. Timeslots are available every 15 minutes (last ticket is available at 4pm). We strongly recommend booking in advance online to guarantee tickets.



How to reserve tickets:

- Please visit us at <https://www.scienceworld.ca/> and click on “Book Your Visit”
- Select Admission and pick your preferred date and time
- Then enter the code **D0030** in the “Offer Code” box and click apply (please note: the coupon code will only be applied to a max. of 6 tickets per transaction)
- Proceed with finalizing your tickets.
 - You can either show your tickets on your smartphone or present a printed copy
- Once you receive your tickets, please email reserve@scienceworld.ca for any changes or cancellations to your booking.

Science World Health and Safety Protocols:

- Visitors aged 12 and over are required to show **proof of vaccination** to gain entry to Science World.
- Visitors must be prepared to show:

- A BC Vaccine Card, OR
- A provincially/territorially recognized vaccine record for guests visiting from outside BC.
- Proof of vaccination used to enter Canada for guests visiting from outside Canada.
- Visitors aged 19 and over must also be prepared to show a valid government photo ID:

Visitors are required to wear a mask.

- Masks continue to be mandatory for staff and visitors ages 6 and over to ensure the safety of those who have not been vaccinated, including children under 12. We may provide medical exemption for visitors with medical conditions or with physical or cognitive disabilities that limit the ability to put on a mask without assistance.
- We do NOT provide exceptions or permit plastic masks, face or mouth shields (unless wearing a mask underneath), masks with valves, neck gaiters or mesh and lace mask

If you have any questions please contact Courtenay Gibson, Recreation Manager cgibson@musqueam.bc.ca



Current Job Openings at Musqueam Indian Band:

MIB is currently recruiting for:

- Lands Governance Manager
- Child Care Worker
- Band Secretary
- Housing Manager
- A relief person for the smoke shop

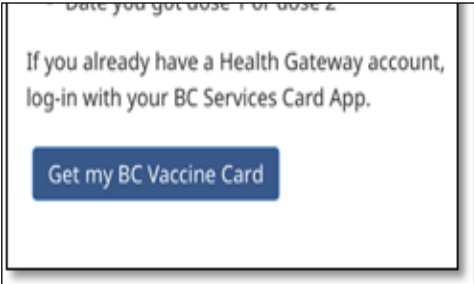
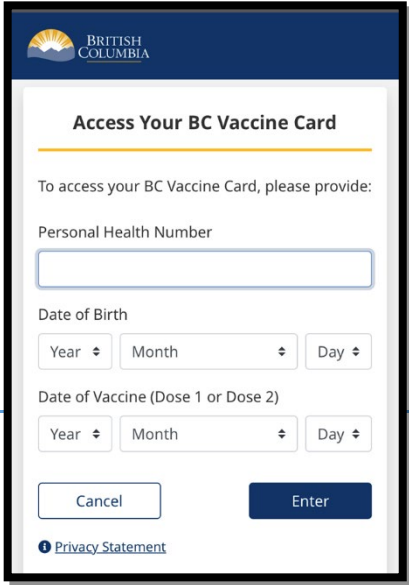
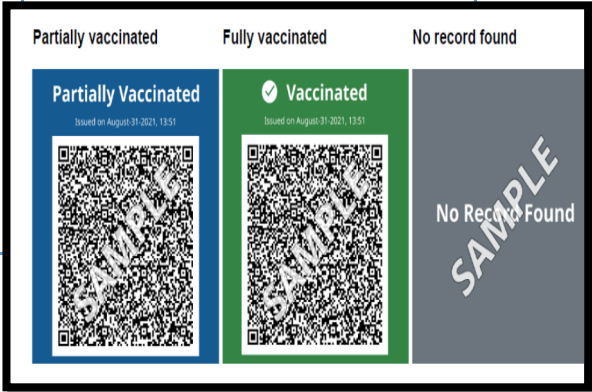
For more information or to apply for these and other positions, go to:

<https://can60.dayforcehcm.com/CandidatePortal/en-US/musqueam/site/Community>

or call Human Resources at 604-263-3261, extension 3306



BC VACCINE PASSPORT

STEP 1	STEP 2	STEP 3
<p>Type in/Go to:</p> <ul style="list-style-type: none"> • www2.gov.bc.ca/vaccinecard.html • Scroll down the page to get to the box: "Get my Vaccine Card" • Click the blue button: 	<p>Fill in the information it asks for:</p> <ul style="list-style-type: none"> • Care Card number • Date of Birth • Date of Vaccine (dose 1 OR dose 2) 	<p>Save the image that comes up, by taking a screen shot or printing it. It should include:</p> <ul style="list-style-type: none"> • Your name • QR code (unique square that looks almost like a barcode; establishments will be scanning this code prior to entry) 

You can order a paper copy by phone. **Note:** You can't request a paper copy for someone else.
Call: [1-833-838-2323](tel:1-833-838-2323)

Vaccination key dates

September 13: Partially vaccinated

You must now be partially vaccinated to access some events, services and businesses.

You're partially vaccinated with 1 dose.

October 24: Fully vaccinated I'm not vaccinated yet

By October 24, you must be fully vaccinated to access some events, services and businesses.

You're fully vaccinated with 2 doses.

You won't be able to access some events, services and businesses.

- I need to get vaccinated



Save the Date

Join Us.

Vancouver Coastal Health Indigenous-Focused Virtual Open Board Forum.

Dr. Penny Ballem, Chair of the Vancouver Coastal Health Board of Directors – along with Board Directors Chief Marilyn Slett, Heiltsuk Nation, and Deborah Baker, Council Member, Squamish Nation – invite you to our first Indigenous-focused virtual Open Board Forum.

All members of the 14 First Nations, Métis, Inuit, as well as Indigenous peoples away from home, in the VCH region, are invited to join us around the virtual kitchen table for a discussion, and to share questions or comments with our Board of Directors and senior leadership.

As part of the meeting, senior leaders will provide updates on COVID-19, available health services, and open a discussion on providing culturally safe care for Indigenous peoples.

The meeting will be streamed live online and we invite you to register at vch.ca/boardforum. We will send you a link to the Open Board Forum video stream before the meeting.

EVENT

Vancouver Coastal Health
Open Board Forum

DATE

Wednesday, September 29, 2021
6:30 p.m. to 8:30 p.m.

LOCATION

Online. Register at
vch.ca/boardforum, by email at
ce@vch.ca or at (604) 714-3779.





AMBULANCE BILLS

IF YOU RECEIVE AN AMBULANCE BILL

✚ If you receive an ambulance bill, **please send it to First Nations Health Benefits** with your date of birth and Status number on it and send by email, fax or mail.

- Email: Email: healthbenefits@fnha.ca
- Fax: Fax: 1-888-299-9222
- Address: **FNHA Health Benefits**, 540 – 757 West Hastings Street, Vancouver, BC V6C 1A1

✚ Please be aware that ambulance bills as a result of a motor vehicle accident or a workplace incident will not be covered by the First Nations Health Benefits Program, and should be forwarded to ICBC or WorkSafe BC, respectively.

✚ Most ambulance bills will be sent to First Nations Health Benefits directly, if you provide BC Emergency Health Services with your **Status Number**.

If you have any questions, please call First Nations Health Benefits at 1-855-550-5454.

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

Dehydration:

- Dehydration occurs when your body loses too much fluid. This can happen when you stop drinking water or lose large amounts of fluid through diarrhea, vomiting, sweating, or exercise.
- Not drinking enough fluids can cause muscle cramps and you may feel faint.
- Usually your body can reabsorb fluid from your blood and other body tissues. But by the time you become severely dehydrated, you no longer have enough fluid in your body to get blood to your organs, and you may go into shock, which is a life-threatening condition.

For more information on Dehydration www.bchealth.ca

A simple reminder of how much water your body needs per day. You weigh yourself and divide your weight into and that will be your amount of 12 oz per day.



DO YOU HAVE QUESTIONS ABOUT YOUR HEALTH COVERAGE, WHAT IS COVERED, AND YOUR ELIGIBILITY?

PACIFIC BLUE CROSS IS THE NEW THIRD-PARTY ADMINISTRATOR OF THE FOLLOWING BENEFITS FOR CLIENTS OF THE FIRST NATIONS HEALTH AUTHORITY (FNHA)

- Quick Look up coverage information for **dental services, vision care, medical supplies and equipment (MS&E)**
- Get reimbursed via **direct deposit in as little as 48 hours**
- Check **your balance for your benefits**
- **Search for vision care providers who are registered with Pacific Blue Cross**

STEP-BY-STEP INSTRUCTIONS FOR CREATING A MEMBER PROFILE

HERE'S HOW TO CREATE A PACIFIC BLUE CROSS MEMBER PROFILE AND CLAIM ONLINE:

- Go to www.pac.bluecross.ca/fnhaclient
- Click on "I want to Register for Access to my Member Profile."
- Enter your Status Number
- Create your profile:
 - first name
 - last name
 - birth date
 - e-mail address (so Pacific Blue Cross can email you a temporary password)
 - Choose three security questions
 - Read and click "I accept the User Agreement & Privacy Policy."

- Go to your email and click on the temporary password link from PBC
- Create your own password, enter it twice to confirm
- Click on "Submit"

You're all set! You can view all of your dental, vision and MS&E benefits and see how much you can claim for each benefit.

Download the Pacific Blue Cross mobile app to submit claims using your phone. You can also use the app to show your PBC Member ID card to health care providers.

Call FNHA Health Benefits toll-free at 1.855.550.5454 if you need help or cannot sign in.

For information about other health benefits offered by the FNHA - prescription drugs, medical transportation and mental health support - see www.fnha.ca/benefits.





MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM

Brad Morin, Drug & Alcohol Counsellor is BACK in the Community Centre!!

Brad provides **one to one**, family, and group counselling whenever necessary and can also 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.

Brad's hours: Mon-Fri: [6pm-9pm](#) | Sat-Sun: 1pm-5pm

E: nnadap.bmorin@musqueam.bc.ca | T: 604-652-1368

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 Department.

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

NEED HELP REGISTERING BABY FOR MSP/FNHA HEALTH BENEFITS? GIVE US A CALL!

For assistance with registering your Newborn you may call Candice Sparkes: 604-269-3312.

For questions or concerns about your Health Benefits or assistance with the PBC website or APP? You may contact: Ashlee Point 604-269-3395

**** Please stay tuned for updates on Musqueam's Pre- and Post-Natal Luncheons – coming soon! ☺ .**



MUSQUEAM MENTAL HEALTH AND WELLNESS PROGRAM

Janice Cross

This confidential counseling services are available Monday-Friday: 8:30- 4:00pm to our Musqueam people via phone or virtually.

Call or email to and set up a time to talk to Janice Cross.

Email: mentalwellness@musqueam.bc.ca

For Private Counseling Call: 236-558-9977

ART THERAPY FOR CHILDREN, YOUTH & ADULTS

Janice Carroll, RCAT

I am available here at the Community Centre Monday to Thursday from 830-430, for phone calls, emails or text conversations, and also I can hold sessions via Zoom.

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

HOME & COMMUNITY CARE PROGRAM

The Home Care Program is available to our community members to assist with hospital discharges, home care aides, all medical supplies & equipment.

Home care services & medical equipment require a note from your doctor with your needs specified.

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

Phone: 604-269-3463

email:

homecare@musqueam.bc.ca

or nurseassist@musqueam.bc.ca

HOME CARE CLIENTS: If you will not be home during your scheduled HCA visit, please contact the Nurse Assistant, Arlene Haldane – 604 269 3354 or 604 655 0580.

If there is no answer please leave a message.

***For Emergencies Call 911 ***



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER ~ SEPTEMBER 24, 2021

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MUSQUEAM PRIMARY CARE CLINIC

Musqueam Elders Centre, 4010 Si Lu Drive, Vancouver BC V6N 4K7



(Clinic closed 12:00pm – 1:00pm for lunch)

Monday Sept. 27	Tuesday Sept. 28	Wednesday Sept. 29	Thursday Sept. 30	Friday Oct. 01
Jane Estey, NP 9:30am - 3:30pm	Dr. Dumont, GP 9:30am - 3:30pm	Karen Chandra, NP 9:30am - 3:30pm Traditional Healing and Song (Facebook Live) 2:00pm – 2:30pm	CLINIC CLOSED	Karen Chandra, NP Jane Estey, NP 9:30am - 3:30pm

Traditional Healing and Song: Join Alec Dan and Iona Paul every Wednesday on the [Musqueam Health Department Facebook Page](#).



Missed your telehealth or in-person appointment? Call us to rebook for the next available date.
Please be available 15 minutes before and after your scheduled appointment call.

Family Physician (Dr. Dumont) is in on Tuesdays.

The Nurse Practitioners (Karen and/or Jane) are in the rest of the week.

The Musqueam Clinic is at capacity with 700+ patients registered.

All appointments must be booked in advance. No walk-ins.

We cannot accommodate same day appointments.

Prescription running low? Please book an appointment a few days prior to running out of your medication.

Nasal Naloxone kits are available for pick-up. Please check to see if your current Naloxone Kit has expired.

**Please Note: We are now
located in the trailer next door
to the Elders Centre.**

Call 604-266-0043 to book an appointment

Please leave a voicemail if you cannot get through - we will return your call as soon as possible.

October is

Breast Cancer Awareness Month

The Canadian Cancer Society “offers the largest support system in the country for people with cancer and their family, friends and caregivers. Access free programs and services that can help manage life with cancer.”

Visit <https://cancer.ca/en/> for more information

Walk/Drive-up Covid-19 Testing Site @ St. Vincent's

Entrance off West 33rd Avenue by Heather Street, Vancouver.

Open daily 8:00am – 7:00pm (drop-in only)

Ages 4+ ; nasopharyngeal and saline gargle available.

*Community members must identify that they are from Musqueam First Nation.

Have a great weekend! 😊

Take care,

MIB Primary Care Clinic Staff



Hello Everyone!

Happy Fall from the Musqueam Health Department! Dawn-Marie, Our 2SLGBTQ+ Coordinator wanted to share some events that are upcoming this fall. Dawn-Marie can be reached at LGBTQ@musqueam.bc.ca if you have any questions. Please note that these exciting events are being shared for information and are not funded by the Musqueam Health Department.



Here are some events that are upcoming this fall in the city...

CULTURE DAYS!

Culture Days is a national celebration of arts and culture. At the end of each September, millions of people attend thousands of free participatory arts and culture events across the country. Culture Days programs invite the public to get hands-on and behind-the-scenes to highlight the importance of arts and culture in our communities.



There are so many workshops to participate in! Indigenous Workshops include, Cedar Weaving, #woollywednesdays discussions on the Salish Woolly Dog, Devils Club Necklace and other expressions of creativity! For more information visit <https://culturedays.ca/en/events?query=&province=bc&days=>

HONOUR WITH ORANGE: LANTERN WORKSHOP AND INDIGENOUS STORIES



SATURDAY SEPTEMBER 25, 2021 | 10:30 AM – 12 PM

Join MOA for stories by Indigenous authors and lantern-making in honour of Orange Shirt Day.

Orange Shirt Day, also now the National day for Truth and Reconciliation, is held annually on September 30 in Canada to raise awareness and honour the residential school survivors and their families.

In honour of this important day, MOA's Curator of Indigenous Programming, Damara Jacobs-Petersen, will read a selection of children's stories written by Canadian Indigenous authors. Participants will have the opportunity to begin exploring the legacy of residential schools as well as the path towards healing through stories.

Following the storytelling, you'll have the opportunity to create your own commemorative orange lantern and button while learning more about the significance of Orange Shirt Day. Lead by MOA's Public Programs Assistant, Nadin Hassan.

<https://moa.ubc.ca/event/honour-with-orange-lantern-workshop-and-indigenous-stories/>



FORAGING AND DYEING WITH PLANTS AND MUSHROOMS: BLENDING TRADITIONAL COAST SALISH KNOWLEDGE WITH SCIENCE WITH RITA KOMPST AND ZOE MCDONNELL

This in-depth workshop will introduce workshop participants to the magic and wonder of natural dyeing using local sources. Workshop participants will learn the basics of foraging for dye materials as well as how to use these in practice to create beautiful colours. The workshop is a balance between traditional Coast Salish ecological knowledge and western science. Both perspectives provide students opportunities to deepen their connection with the natural world.



Each student will create a reference of dye samples to help guide further dyeing as well as their own sample skein to dye and take home.

Dates: Saturday, October 2, 2021, or Saturday, October 9, 2021 (Please choose one date, as these are two sessions of the same workshop)

Time: 10:00am-4:00pm

Location: Museum of Vancouver

Tickets: \$120 for non-members, \$110 for members, \$100 for Indigenous peoples.

**Please call 604-736-4431 during MOV business hours to obtain a discount code if you are an MOV Member or Indigenous. A service fee and GST is also applied to ticket sales.*

Spaces are limited. Register early. Masks are required.

Workshop ticket includes FREE admission to our feature exhibitions That Which Sustains Us, A Seat at the Table, Neon Vancouver Ugly Vancouver, and časnaʔəm, the city before the city. Consider arriving early with your event ticket to view exhibits!

TWO SPIRIT TUESDAY: OUR NEXT SESSION WILL BE TUESDAY, OCTOBER 19TH.

Dawn-Marie (She/Her/Hers)

Trans Care Program Coordinator

2SLGBTQ+ Group

Musqueam Indian Band

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6735 Salish Drive/Van. B.C/ V6N 3P2

Phone: 1(236)558-9948

Email: dmarie@musqueam.bc.ca