



Musqueam Community Newsletter

Friday JULY 29 , 2022

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

SAFETY & SECURITY PATROL: 604-968-8058

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THE CHILDREN' HOUSE

Monday—Friday

7:45 am—5:00 pm

The Children's House is closed August 1, 2022 for Civic Holiday

The Children's House is closed August 2, 2022 for Professional Development.

Preschool Registration

Preschool Registration for children who are ages 3-5 is now open, if you would like to register your child for preschool please contact Renee Stogan; Manager, at:

Phone # 604 269-3302 or email: childcaresup@musqueam.bc.ca

THE CHILDREN'S HOUSE STAFF

Renee Stogan—Manager : 604-269-3302 /

E: childcaresup@musqueam.bc.ca

Infant/Toddler Staff:

Alice Stogan, Christy Friesen, Kelly Herman

Preschool Staff:

Ernestine Herman, Stacy George, Sherry Point

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**AUGUST
CIVIC
HOLIDAY**

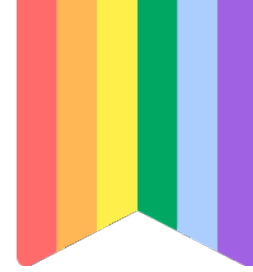
**AUGUST
CIVIC
HOLIDAY**

**Monday August 1,
2022**



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Monkeypox Guidance for Events during Pride Festival Season



Monkeypox cases are increasing in British Columbia and globally. It can affect anyone of any gender identity or sexual orientation, however, it has particularly impacted men in the 2SGBTQ+ community. This document provides suggestions for event organizers, business owners, community organizations and leaders to help prevent spread as people gather to celebrate during the Pride festival season.

About Monkeypox

Monkeypox (mpox, MPV) is an uncommon disease caused by infection with the monkeypox virus. It can spread from person to person through close contact with skin lesions, respiratory droplets, and mucous membranes (such as mouth, anus, and genitals) of a person with monkeypox.

The most commonly reported symptoms have been:

- Flu-like symptoms such as fever, chills, fatigue or body aches
- Skin lesions like sores or blisters that can occur before or after flu-like symptoms

Some people may experience symptoms differently. For example, most will develop lesions, but not all. Other people may develop lesions but experience no flu-like symptoms. If lesions do appear, they may or may not be painful, may be few or many, and are often found on the hands, anus and genital regions.

Before & During an Event

1) Educate staff and yourself about monkeypox.

While the overall risk for event attendees is likely low, monkeypox may spread in social gatherings through:

- Skin-to-skin contact
- Prolonged face-to-face interactions over several hours
- Exposure to towels, blankets or other items that contact skin and may have virus on them

Raise awareness by displaying information about monkeypox around the venue:

- See the fact sheet on [Monkeypox Recommendations for 2SGBTQ+ communities](#), including information on symptoms and spread.
- Information on [Safer Socializing and Sex on the SmartSexResource](#).
- Further information about monkeypox and testing can be found on the [BCCDC website](#).

2) Promote health information on monkeypox to your attendees before gathering.

- Provide attendees with information on how to minimize exposure to monkeypox and other viruses that could cause infections (e.g. COVID-19) while attending, such as:
 - Washing their hands often with soap and water for 20 seconds

- Using alcohol-based hand sanitizers after touching surfaces
- Covering their mouth and nose with a tissue or into their elbow when coughing or sneezing
- Strongly encourage people not to attend if they feel unwell or have any symptoms or if they have been advised by public health to limit their contact with others.
- Share messaging through multiple communication channels such as websites, social media accounts, and event apps. Extend messaging to any side events linked to a larger event.
- If your event includes international participants, add pre-travel advice in your messaging. Check out the [Government of Canada Travel Health Notifications](#) page for the latest advice.

3) Help your staff and participants follow good hygiene practices at the event.

- Ensure that multiple hand washing stations and alcohol-based hand sanitizer dispensers are accessible around the venue. Focus on areas near washrooms and where people eat or drink.
- Add signs to remind participants to wash their hands or use hand sanitizer, particularly around washrooms or places where people eat or drink.
- Provide appropriate personal protective equipment to your cleaning staff, including gloves and a well-fitting mask. Single-use disposable cleaning equipment is recommended.

4) Clean highly touched surfaces in common areas (e.g. toilets, food courts).

- Common areas should be cleaned at least twice in an eight-hour shift with disinfectant, following product instructions.
- Wash used personal items like utensils, plates, glasses, linens and towels in 60°C hot water with detergent followed by drying with hot air until completely dry. Most domestic washer do not reach temperatures this high so additional hot water can be added into the wash basin of a top-loading washer.
- Inform cleaning staff, food trucks and other vendors in advance about cleaning guidelines.

A Note about Cleaning & Monkeypox:

Monkeypox virus is harder to kill than the virus that causes COVID-19. It can survive for a longer time when dried onto surfaces. It can spread from contaminated surfaces to people, so increased surface cleaning is a good idea. You can kill the virus with:

- Household cleaners containing chloroxynol
- A 0.5% solution of household bleach (1 part bleach, 9 parts water)
 - Use caution when diluting bleach. Use the FoodSafe bleach dilution calculator: foodsafety.ca/dilution-calculator.html
- 70% isopropyl alcohol in water but must be made fresh to retain efficacy

After an Event

Ensure event organizers are available to communicate with participants and public health officials for potential contact tracing purposes should transmission occur at your event.

MUSQUEAM PRIDE 2022



Saturday, July 30

Cultural Centre

11am - 4pm

Everyone welcome!

Celebrate our two spirit and queer relatives
at our second annual Musqueam Pride event.

**Float
decorating!**

**Free
food!**

Prizes!

**Cedar
bracelet
weaving!**

Photobooth!

Drag performance!

Lunch starts at 12pm

Rainbow crosswalk ceremony at 1:30pm

Need a ride?

The Musqueam shuttle is available within community.

Call Chris Hensel at 778-689-4496 to request a pick up.

MUSQUEAM in the VANCOUVER PRIDE PARADE

Sunday, July 31

Downtown Vancouver

Join us in representing Musqueam in the Vancouver Pride Parade!

This is a 3km parade throughout Downtown Vancouver. Everyone is welcome to walk, but spots on the float are prioritized for Elders and folks with mobility or physical limitations.

Shuttles from Musqueam at 8:30 and 10am.

Call for volunteers and parade participants

Sign-up here: <https://bit.ly/MusqueamPride>

Or contact Tecla Van Bussel:

tvanbusselemusqueam.bc.ca // 867-333-1425



Chief and Council Seeking Band Members for Committees

Musqueam Chief and Council are seeking community members for the following committee:

Lands, Capital and Housing

Description: To provide policy recommendations and guidance related to Community planning, assets and infrastructure, Housing, Public Works, Capital Projects, Facilities, Membership, Land Code, Land Management and Land Use Planning.

Vacant:

- Elder Community Committee Member
- 1 Community Committee Members

Please submit a cover letter stating the Committee you would be interested in and your qualifications and skills that will make you a contributing member to the committee; please submit via email to the attention of the Council Secretary, Leslie Loubert bandsecretary@musqueam.bc.ca

Appointments would start immediately and honorariums will be provided



Business Development Update

Where : Musqueam Cultural Centre

When: Wednesday August 16th, 2022

Dinner served at 5:00

**Introductions and Presentation to
follow**

Join the MCC Business development team for a meal to learn about the projects we are involved in and how you or someone you know can get involved!

We have asked several of our partners to join us so you can learn more!

**Please contact Camille Robinson if you have any
questions 604-559-5400**

OCEAN

In partnership with the Musqueam Nation and BCIT, herein is an inclusive career opportunity specifically offered to Musqueam members.



ADVANTAGES

Group insurance, corporate rebates, allowances



PENSION PLAN

Automatic employer contribution



EMPLOYEE ASSISTANCE PROGRAM

and their families upon hiring



WORK-LIFE BALANCE AND PERSONAL LIFE

Possibility of coming home every day depending on operations



TRAINING

and development adapted to the maritime environment

AND MUCH MORE...

THE OCEAN GROUP FLEET

TOWING AND NAVIGATION

Ocean Group's fleet consists of 36 tugs ranging from 18 to 36 meters:

- 27 are fully automated and equipped with "ASD" type azimuthal propulsion
- 25 are equipped with fire fighting systems (FiFi)
- 21 have an ice class

You can also work on one of the eleven pilot boats in the fleet.

DREDGING AND MARINE WORKS

Our fleet consists of one suction dredge (THSD), four mechanical dredges, 500 barges, 30 workboats, 36 tugs and more.



COME CHECK US OUT ON FRIDAY,
AUGUST 5TH FOR A TUG TOUR &
OPEN HOUSE

Contact the Musqueam training and
employment office at: 604-263-3261

DECKHAND

TOWING AND NAVIGATION

YOUR DAILY LIFE

- Participate in maneuvers on tugs
- Ensure docking and undocking
- Maintain accommodations and bridges
- Position the gangway and ensure the safe transfer of people
- Carry out cleaning, painting and other work required for the maintenance of the facilities
- Assist the engineer officer in certain tasks

CONTRIBUTE TO THE ESSENTIAL MAINTENANCE OF THE SUPPLY CHAIN OF GOODS!

YOUR WORK ENVIRONMENT

The wide range of operating locations will allow you to work:

- In British Columbia: Vancouver and Delta
- In Quebec: City of Québec, North Shore, Montréal, Sorel-Tracy, Trois-Rivières and Port-Daniel
- In Ontario: Hamilton, Oshawa, Toronto, Mississauga and Goderich
- Others: Baffinland, etc.

DECKHAND

DREDGING AND MARINE WORKS

YOUR DAILY LIFE

- Participate in docking and undocking maneuvers
- Assist during dredging operations or movement of the dredge
- Carry out transportation with workboats
- Participate in maintenance work

YOUR WORK ENVIRONMENT

You will have the chance to work on projects across Canada!

OTHER PROJECTS

- « Fairview Connector Road »- Prince Rupert
- Port dredging
- Rehabilitation of the Port of Saint John
- Wharf repairs
- Dredging of the waterway
- Removal of booms



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER

| JULY 29, 2022 |

COMMUNITY HEALTH COVID-19:

IF YOU NEED A COVID TEST PLEASE SEE THE FOLLOWING:

- **Covid test kits are available** Rapid antigen testing kits are free at pharmacies. Local pharmacies such as Southlands, Shoppers Drug Mart, & London Drugs.
- **There is NO need to test for clearance.** Some people can continue to test positive for months after contracting Covid-19, but are not contagious to others.
- **COVID-19 Vaccine's: Get your booster dose are free at your local pharmacy.**
Current eligibility: Seniors and Indigenous people. Call your local pharmacy to Book an appointment for your COVID-19 Vaccine Booster eligibility is: if you are 70 years and older, or 55 years and older and Indigenous. *Notify booking clerk you are Indigenous & over 55.

Link: <https://www2.gov.bc.ca/gov/content/covid-19/vaccine/booster#second>

Rapid antigen testing kits are free for residents of B.C. 18 years and older who have a Personal Health Number (PHN).

1 kit contains 5 individual tests. You are allowed 1 kit every 28 days. This makes sure that everyone who wants a kit can get one. You can't pay for additional kits.

A test should only be used by people who develop symptoms of COVID-19 and want to confirm a positive or negative result. The tests are not suitable for international travel requirements.

Pharmacy staff will:

- Ask for your PHN. You can find your PHN on the back of your B.C. driver's license, BC Services Card or Care Card
- A pharmacy should never ask you to pay for a kit. Members residing off reserve may now pick up a test kit at their local pharmacy.
- You can pick up a kit for someone else, like a parent or grandparent. Make sure you know their full name, date of birth and PHN, the pharmacist will ask you for that information.

Travel: if you choose to travel and are required to self-isolate by the Canadian Border Services, this is your responsibility and Musqueam Health Department does not provide supports, please make prior arrangements with your family and friends.

NEWS UPDATES FROM THE
**First Nations
Health Authority**

Common allergy symptoms include sneezing, runny or stuffy nose, itchy or watery eyes, itchy nose or ears, post-nasal drip (which can sometimes cause a mild sore throat), and mild fatigue (not including drowsy-causing allergy medications).



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER

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LAND BASED HEALING PROGRAM

Patricia Isaak

WHATS HAPPENING IN THE LAND BASED HEALING PROGRAM ?

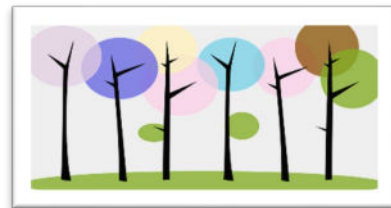
Patricia Isaak (778)239-4325 lbh@musqueam.bc.ca

To sign up for programs or contact me about ideas for LBH please feel free to text, email or call!

- GARDEN HARVEST

Every Tuesday until September there will be produce from the Musqueam Garden at UBC, the harvest will be shared at the Community Centre, outside the gym doors. All community members are welcome.

If you are unable to pick up for health reasons please contact me and I will arrange a delivery.



- Tea in the Garden

Join us for an informal time in the garden to visit, have snacks and enjoy the plants.

Elders Centre greenhouse

August 15, September 12, 10:30 am

- FOOD DEMONSTRATION: KALE SALAD!

Kymberlee Stogan will be joining us for another lunchtime food prep demonstration, this time featuring Kale salad!

August 10, 12 noon at the cultural centre.

PRIZES- we will be giving away two OXO salad spinners, valued at 50 dollars each!

- CANADIAN FIREARM SAFETY COURSE

Tim Quinn from Shishalh Nation will again be joining us to teach the Firearm Safety Course.

September 17-18 8:30-4:30 both days.

Lunch and Completion Bonus included.



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JULY 29, 2022 |

MUSQUEAM PATIENT NAVIGATOR

I am available to assist and support community members on their healthcare journeys.

If you have any questions regarding your health care coverage, FNHA Benefits, or need assistance filling out medical forms for example Jordan's Principel please do not hesitate to contact me.

I am available Monday-Friday from 8:30am to 4:30pm.

Lisa Mitchell, Musqueam Patient Navigator. Phone: 604-764-5349 or email: navigator@musqueam.bc.ca

COMMUNITY HEALTH

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

Due to Public Health Guidelines, the Pre-Natal program is currently not meeting in person.

Please call Arlene Haldane, Assistant to register for the Prenatal Program, call **Arlene Haldane**:

Phone: 604 269 3354 | Email: nurseassist@musqueam.bc.ca

MUSQUEAM HOME & COMMUNITY CARE PROGRAM

Romeo Cosío, RN, Musqueam Home Care Nurse & Arlene Haldane, Assistant.

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

HOME CARE CLIENTS: If you will not be home during your scheduled HCA visit, please contact the Nurse Assistant,

Home Care Nurse Romeo's Office Hours: Monday, Wednesday - Friday from 8:30-5:30 Tuesdays - Off

Phone: 604-269-3463 | Email: homecare@musqueam.bc.ca

Arlene Haldane: Phone: 604 269 3354 | Email: nurseassist@musqueam.bc.ca

*If there is no answer please leave a message. ***For Emergencies Call 911 ***



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MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | JULY 29, 2022 |

MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM (NNADAP)

THE MUSQUEAM NNADAP TEAM AND MUSQUEAM PRIMARY CARE CLINIC MEDICATION SUPPORT FOR ADDICTION

The Musqueam Primary Care Clinic offers Musqueam community and band members addiction support through the issuance of prescribed medications. We offer support for opioid addiction (i.e. methadone, suboxone), and for alcohol addiction (i.e. naltrexone), and for overdose prevention (i.e. naloxone).

Call the Primary Care Clinic to make an appointment with the NURSE PRACITIONER or DOCTOR regarding medication support for addiction. Please call to book an appointment at 604-266-0043.

Hours of operation: Mon-Fri, 9:30am-3:30pm (closed 12:00pm-1:00pm for lunch)



Nicolette Moore offers support in:

- Addiction support
- Treatment referrals or questions
- Addiction education
- Family Interventions

Nicolette's hours: Monday- Friday 8:30-4:30 pm

T: 236-558-8482 | E: nnadap.nmoore@musqueam.bc.ca



Brad Morin 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.
- ✚ Conduct outreach to community and Band Members
- ✚ Makes referrals to detox, recovery houses, and treatment centers.

Brad's hours: Wednesday-Friday: 6pm-9pm | Saturday-Sunday: 1pm-5pm

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



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JULY 29, 2022 |

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MUSQUEAM PRIMARY CARE CLINIC

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

Located in the Primary Care Trailer

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

Monday Aug.1	Tuesday Aug.2	Wednesday Aug.3	Thursday Aug.4	Friday Aug.5
CLOSED STAT HOLIDAY BC DAY! 	Dr. Dumont, GP 9:30am - 3:30pm	Karen Chandra, NP Natalie Bruneau, NP 9:30am - 3:30pm	Karen Chandra, NP Natalie Bruneau, NP 9:30am - 3:30pm	Karen Chandra, NP Natalie Bruneau, NP 9:30am - 3:30pm

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.



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.



Naloxone kits available. (Injectable or Nasal Spray)
Please check to see if your current kit has expired.
Naloxone training on Wednesdays by appointment only.



Prescription running low? Please book an appointment a few days in **advance**. Or, ask your pharmacy to send us a refill request.



Our clinic has reached capacity; however, we are doing our best to accommodate the waitlist. Call the clinic to be added to the **patient waitlist**. Please note that we are **no longer a walk-in clinic**.



Influenza 'Flu' vaccines available, call the clinic to schedule an appointment.

Alternate Resources

FNHA Virtual Doctor of the Day

Call **1-855-344-3800** to book an appointment.

Available 7 days a week from 8:30 am to 4:30 pm.

Telephone or virtual appointments via zoom.

Available to First Nations people and their family members, even if those family members are not Indigenous.

Walk-In Clinics Nearby

Highroads Medical: 5960 E Boulevard (Kerrisdale)

WELL Health: 2077 W 42nd Avenue (Kerrisdale)

Check wait-times for BC Walk-in Clinics at <http://medimap.ca>



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER





| JULY 29, 2022 |

YOUTH CENTRE

August 1 - 5

Sandra Dan at the Youth Centre, **604-269-3452** Cell Phone **604-360-9171**

Email: youthcentre@musqueam.bc.ca

Monday August 1 st syə'lewətnet	Tuesday August 2 nd sθəmənts	Wednesday August 3 rd sθix ^w s	Thursday August 4 th sxaʔaθəns	Friday August 5 th sθqecəss
Closed for BC day 	Painting Night 	Coloring Contest 	Making Bannock 	Movie Night 

Youth Centre summer hours 9:00 am—9:00 pm Monday—Friday

If your Child Is **younger than 7** they must have a guardian who is **older than 14** with them at all times who will care for them.

Children 0-6 without a parent or guardian will be sent home.



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MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JULY 29, 2022 |

MWSU MENTAL WELLNESS COUNSELLOR

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 Monday to Thursday from 8:30am-4:30pm, 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

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

If you are experiencing an odd taste, odour or colour of your tap water in your home, please email or call the Musqueam Health Department at 604-263-3261 and they will inform me and I'll place a call to our Environmental Health Officer She usually may accompany me. I will then be able to test your water as soon as possible. In the meantime, drink bottled water.

MUSQUEAM ELDERS

Brenda Campbell, Elders Coordinator Ph: 604 263 - 6312

Ladies Night

Ladies Night

Every Tuesday Evening

Time: 6:00pm-8:00pm

Location: Elders Centre

Next Elder's Luncheon:

Wednesday, August 10

Time: 12:00 Noon

Location: Elders Centre



Elder's Chair Exercise:





Date: Thursday August 11

Time: 1:00-2:00 pm

Location: Elders Centre

Musqueam Summer Recreation Schedule

August 2nd – August 5th, 2022

Monday August 1 st	Tuesday August 2 nd	Wednesday August 3 rd	Thursday August 4 th	Friday August 5 th
<p><u>NO PROGRAM</u></p>  <p>Stat Holiday</p> <p>Happy Long Weekend!</p>	<p>Science World</p>  <p>Leave at 9:30 am Return by 3:30 pm</p> <p><i>Parents Welcome to attend</i></p>	<p>To Be Announced</p>	<p>Chaldecott Water Park</p>  <p>Leave at 10:30 am Return at 2:30 pm</p>	 <p>VPD and ICBC Fun & Safety</p> <p>Join “John the Cop”, his K9 friends and ICBC for a road safety workshop and fun games and prizes.</p> <p>9:00 am – 3:00 pm</p>
	<p><i>Please bring a lunch or money</i></p>		<p><i>Please bring a lunch/money and remember to bring swimwear & sunblock</i></p>	<p><i>Lunch provided</i></p>

If you have any questions please contact Courtenay Gibson, Recreation Manager:
cgibson@musqueam.bc.ca or 604-781-1470

Ages 5 & Up Welcome. Parents/guardians must fill out a registration form