



Musqueam Community Newsletter

Friday October 14,, 2022

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

SAFETY & SECURITY PATROL: 604-968-8058

MUSQUEAM 101

stem? (what?) Musqueam 101, Wednesday, October 19

Musqueam at the American Museum of Natural History



Join us for a chat with Morgan Guerin about his experiences working with the American Museum of Natural History in New York City on their new galleries presenting Musqueam and Coast Salish communities.

Presenter: Morgan Guerin

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Musqueam Elders' Centre

təmtəm? (when?)

Wednesday, October 19. Dinner will be served at 6:00 p.m. at the Elders Centre with the presentation starting at 7:00.

PLEASE JOIN US!

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Please come and join us for Mass at
St. Michael's Church
Every Sunday @ 1:00 pm.

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CALL FOR MUSQUEAM ARTISTS

BROADWAY SUBWAY PROJECT
Arbutus Station



FOUR OPPORTUNITIES

1

2D METAL FENCE ART
\$53,000

2

3D SCULPTURE
\$100,000

3

3D SUSPENDED SCULPTURE
\$125,000

4

GLASS ART
\$296,000

DEADLINE EXTENDED: Wed. October 19 at 11:59pm

www.musqueam.bc.ca/call-for-artists

xʷməθkʷəy̓əm (Musqueam), we want to hear from you!

All community members are invited to two upcoming events to celebrate, share a meal and provide feedback about the future of ʔəyálməxʷ/Iyálmexw/Jericho Lands. We would love to see you at one or both events!

Event 1: Celebration for all MST Community Members

All MST community members are invited to a celebration:

Date: Sunday, October 16, 2022

Time: 11:00am – 2:00pm

Location: Jericho Hill Community Centre,
4180 West 4th Ave, Vancouver

Transportation: Complimentary transportation will be available from Musqueam

Please RSVP: Let us know if you can make it and sign up for transportation at inspirejericho.ca/mstengagement

This event will include lunch, performances, bingo, and over \$2,000 in giveaways.

Event 2: Musqueam Community Gathering

Join us for an evening of information and story telling and to share your input:

Date: Thursday, October 20, 2022

Time: 5:00 – 8:00pm (dinner will be provided)

Location: Musqueam Cultural Centre,
4000 Musqueam Avenue

Please RSVP: To help us plan for food and activities, please let us know if you can make it by signing up at inspirejericho.ca/mstengagement

There will be \$1,500 in door prizes available to be won. Prize draw will be held at the end of the event.

Other ways to provide feedback

If you cannot make these events, we still want to hear from you. Engagement materials and an online feedback form will be available at inspirejericho.ca/mstengagement after October 12.

Provide your feedback to be entered into a draw to win up to \$500!

ʔəyálməxʷ/Iyálmexw

INSPIREJERICHO



Musqueam Education Notice Friday Oct 14, 2022



SCHOOL CHEQUES—OCTOBER

OCTOBER HIGH SCHOOL CHEQUES ARE AVAILABLE FOR PICK UP AT THE BAND OFFICE.

Homework Club

Homework club will now run every **Monday and Wednesday** from 3:30-5:30 in the Library Space. Bring your homework and join us!! Snacks will be available.



Our next canning session will be:

When: October 21, 2022 (School Pro D)

Time: 9:00am

Where: TBA

All youth 12 and over are welcome to join us.

Lunch will be provided.

SCHOOL BUS INFO

If your child(ren) is planning on riding the school bus this year, please contact the Education department to fill out the MIB School Bus Form.

Children are required to wear a mask at all times on the bus. If your child is sick please keep them home.

It is strongly recommended that parents/caregivers wait with their young children at the bus stop until they are on the bus.



Education Department:

Faye Mitchell, Education Manager:

fmitchell@musqueam.bc.ca

April Campbell, Learning Facilitator:

learningfacilitator@musqueam.bc.ca

Lucetta George-Grant, Education Advocate:

education.advocate@musqueam.bc.ca

Cary Campbell, School Bus Driver

Ph. # 604 - 263 - 3261; Fax # 604 - 263- 4212

Toll free: 1-866-282-3261



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MUSQUEAM HEALTH DEPARTMENT

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Covid-19 & Flu Immunization Clinic	Musqueam Gym	Oct.17, 2022 9:30am- 4:30pm



All other doses are welcome!

⇒ 6 months since your last vaccine

Register Monday to Friday

Speak to Ashlee, Arlene, or Lisa in the Health Department

@ 604 263 3261



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MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM (NNADAP)

SAFE USING CAN SAVE YOUR LIFE

Nasal naloxone | test your drugs first | lifeguard app | safety plan around using even if recreational

Dear Musqueam Community,

The NNADAP & Health Dept would like to take this time to share with you options for Harm Reduction measures for safe using and abstinence if you choose from drugs and alcohol. We have a number of resources available to the community here are a few.

Suicide prevention line

24/7/365 (1-833-456-4566)

Dial 211

is a support line for all of life's challenges such information & obtain referrals to physical & mental health resources, housing, utility, food & employment assistance; suicide & crisis intervention

LifeGuard App & How it works

When someone is about to use, especially alone, they can open the app and record the type of substance they are using and confirm their location. The app will hold this information, and a timer is set which can be paused or extended by the app user at any time.

As the timer ends, the app will sound an alarm, flash a light, and vibrate. The user must hit a button to stop the alarm and indicate they are fine. If they are unable to stop the alarm, a text-to-voice call will go straight to 9-1-1. This alerts emergency medical dispatchers

NNADAP workers - Contact & what our dept offers

Nicolette Moore

Mon-Fri 8:30am - 4:30pm









Ph: 236-558-8482

Brad Morin

Wed - Fri 6-9pm & Sat - Sun 1-5pm

Ph: 604-652-1368

What we offer

-  1-1, Family & Group counselling
-  Treatment referrals
-  Detox support
-  Relapse prevention planning
-  Family Interventions
-  Referrals to outside mental health agencies
-  In office Harm reduction gear
-  Drug testing strips
- Clean supplies



If you or someone you know would benefit from the harm reduction gear please contact us, were here to help the community stay safe. Test your drugs if you're unsure, keep a kit you could save a life.



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COMMUNITY HEALTH COVID-19:

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.

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.

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.

Email: jcarroll@musqueam.bc.ca

Cell: 778-829-0242

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



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MUSQUEAM ELDERS

Brenda Campbell, Elders Coordinator

Ph: 604 263 – 6312



Ladies Night

Every Tuesday

Time: 6-8pm

Location: Elders Centre



Next Elder's Luncheon:

Wednesday, Oct.19

Time: 12:00 Noon

Location: Elders Centre



Elders Chair Exercise

Thursday Oct.20, 2022

Time: 1-2pm

Location: Elders Centre

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

FNHA

Run until Cold

Sometimes, tap water can contain small amounts of lead and copper, which can have long-term health effects during the early years for infants and children. **That risk can be reduced by running cold water for 15 to 30 seconds before drinking.**

KUU Crisis Line Society - A First Nations and Indigenous specific crisis line available 24 hours a day, 7 days a week, toll-free from anywhere in British Columbia. KUU-US Crisis Line can be reached toll-free at **1-800-588-8717**. Alternatively, individuals can call direct into the **Youth Line at 250-723-2040** or the **Adult Line at 250-723-4050**.

First Nations and Inuit Hope for Wellness Helpline - If you're experiencing emotional distress and want to talk, contact the toll-free Hope for Wellness Help Line at **1-855-242-3310** or the online chat at hopeforwellness.ca open 24 hours a day, 7 days a week.

- Experienced and culturally safe Help Line Counsellors can help if you want to talk, are distressed, have strong emotional reactions, and/or are triggered by painful memories.
- The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Phone and chat counselling is available in English and French. On request, phone counselling is also available in **Cree, Ojibway, and Inuktitut**.

BC Bereavement Hotline Contact the Helpline 604-738-9950 | Toll-Free: 1-877-779-2223 | contact@bcbh.ca



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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 Oct.17	Tuesday Oct.18	Wednesday Oct.19	Thursday Oct.20	Friday Oct.21
Alexa Lesperance, GP	Dr. Dumont, GP	Karen Chandra, NP	Karen Chandra, NP	Alexa Lesperance, GP
9:30am – 3:30pm	9:30am - 3:30pm	9:30am – 3:30pm	9:30am – 3:30pm	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.



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. Call the clinic to be added to the **patient waitlist**. Please note that we are no longer a walk-in clinic.



Influenza 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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YOUTH DIALOGUE SESSIONS

Seeking Youth Ages 16–21 to share their Lived Experience, Perspectives and Ideas about Succeeding in Education

SUPPORTS FOR STUDENT LEARNING PROGRAM (SSLP)

The SSLP at Employment and Social Development Canada funds youth-serving organizations across the country to deliver after-school and extracurricular programming that helps youth to succeed in kindergarten–grade 12 and post-secondary education.



SEEKING PARTICIPANTS

SSLP is inviting youth from across Canada to participate in virtual discussions in fall 2022. These discussions will be an opportunity for youth to:

1

Connect directly with researchers, federal decision-makers, and other youth about learning needs and experiences.

2

Share ideas and recommendations to let federal decision-makers know what kinds of after-school and extracurricular programs and services can best support the removal of systemic barriers to education and empower youth to achieve their education goals.

WHAT ARE THE SESSIONS ABOUT?

7 separate focus group-style dialogue sessions each focused on systemic learning barriers and supports for the following groups:

- Black youth
- Indigenous youth
- 2SLGBTQ+ youth
- Youth with disabilities
- Youth in foster care or youth who have exited foster care
- Youth who have experienced or are experiencing homelessness
- Youth facing challenges with digital access and technology



10–12 youth per session



Fall 2022



Evenings



Paid \$100



Virtual sessions



HOW DO I APPLY?

To be considered, you will need to complete an application form (provided by the nominating organization) and email the form to ESDC.SSLP.Engagement-Engagement.PSAE.EDSC@hrsd-rhdcc.gc.ca as soon as possible.



Employment and Social Development Canada

Emploi et Développement social Canada

Canada



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AM I ELIGIBLE TO APPLY?

- Be between the ages of **16-21 years old** as of **September 18, 2022**
- Have **lived experience** and/or **knowledge** related to one or more of the seven groups
- Be willing and able to **participate in a one-hour pre-meeting on Zoom** in the **fall**, as well as a **separate two-hour dialogue session**
- Be willing to **review a pre-recorded video and a short document** in advance of the session in the fall



WHAT ARE THE BENEFITS OF PARTICIPATING?



Receive Compensation

Be compensated \$100 if you participate in the dialogue session.



Learn & Connect

Speak directly with Canadian researchers who study education issues affecting diverse youth such as yourself.



Make your Voice Heard

Speak directly with Government of Canada decision-makers from the SSLP. Please note: the perspectives/input/opinions of participants will be anonymous (e.g. no names or identifying information will be linked with what you share).



Make New Connections

Meet other young people across Canada with similar lived experiences and passions.



Learn about other Opportunities

Hear from federal officials and youth engagement experts about how you can participate in other youth engagement forums and events across Canada.

HOW WILL PARTICIPANTS BE SELECTED?

- Organizations that serve youth have been invited to identify and nominate young people who would like to participate in these dialogue sessions
- Participation will be limited to 10-12 youth per session. If SSLP receives more applications than there are spaces available, decisions will be made to ensure a diverse and representative group of youth for each session. We will ensure there is balanced representation in terms of:
 - Age
 - Gender
 - Region
 - Official languages
 - Youth self-identities including: Indigenous, Black, 2SLGBTQ+, with disabilities

For more information: please connect directly with the organization that shared this opportunity with you or email us at ESDC.SSLP.Engagement-Engagement.PSAE.EDSC@hrsdc-rhdec.gc.ca



Employment and
Social Development Canada

Emploi et
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MUSQUEAM HEALTH DEPARTMENT

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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 Cosio, 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: Monday – Friday 8:30-4:30

Phone: 604 269 3354

Email: nurseassist@musqueam.bc.ca

*If there is no answer please leave a message.

***For Emergencies Call 911 ***