



## Musqueam Community Newsletter

Friday—January 20, 2023

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

SAFETY & SECURITY PATROL: 604-968-8058

### MUSQUEAM INDIAN BAND

JANUARY 20, 2023

The Musqueam Administration and Chief & Council are inviting Musqueam Members who would like to attend a home Canucks game to sign up by following the link below.

<https://woobox.com/5kdie5>

#### Guidelines for signing up/attending:

- You only have to sign up once per season.
- If you are unable to attend you must return the tickets to the Musqueam Administration Office, please do not give away.
- You have to be able to provide own transportation to the game.



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**Please come and join us for Mass at**

**St. Michael's Church**

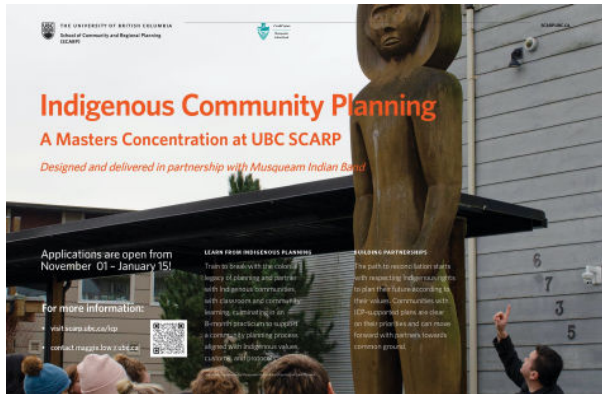
**Every Sunday @ 1:00 pm.**

**Thank you, Jeannie Campbell—**

**604-781-5641**

# MUSQUEAM 101

stem? (what?) Musqueam 101, Wednesday, January 25th



## ***Working in Partnership: Musqueam and Indigenous Community Planning at UBC***

The Indigenous Community Planning (ICP) program at UBC's School of Community and Regional Planning is a two-year master's program co-designed, co-taught and co-delivered by Musqueam and UBC.

ICP's is working to train a new generation of community planners who will break with the colonial legacy and culture of planning in order to work in respectful partnership with Indigenous communities.

ICP is now in its 11<sup>th</sup> year! Please join us to learn more about the program and share your helpful feedback!

**Presenter:** Maggie Low is the Co-Chair of the Indigenous Community Planning program. She is of mixed ancestry including Italian, French, German, English and she is a status member of Wikwemikoong Unceded Territory.

### **ni? ʔəncə? (where?)**

Musqueam Elders' Centre

### **təmtəm? (when?)**

Wednesday, January 25. Dinner will be served at 6:00 p.m. at the Elders Centre with the presentation starting at 7:00.

**PLEASE JOIN US!**



# 3200 East Broadway Musqueam Community Event



Door Prizes  
Provided



## Join Us For Dinner!

*Join us for dinner at this interactive community event to share your ideas, stories and visions for the future of 3200 East Broadway.*

Come learn about the redevelopment opportunity at 3200 East Broadway (at Rupert Station) in Vancouver. This project is located on the former BC Liquor Distribution Branch site and is co-owned by Musqueam, Squamish, and Tsleil-Waututh Nations and Aquilini Development. Currently in the early stages of planning, this community will feature easy access to the Rupert SkyTrain Station.

### Date and Time:

Wednesday January 25th, 2023  
6:00 pm to 8:00 pm

### Location:

Cultural Centre at 4000  
Musqueam Ave, Vancouver,  
BC V6N 3S2

### For more Information:

Email:

[tara.sparrow-felix@aquilini.com](mailto:tara.sparrow-felix@aquilini.com)

[johnna.sparrow@aquilini.com](mailto:johnna.sparrow@aquilini.com)





# 3200 East Broadway

## Musqueam Community Event

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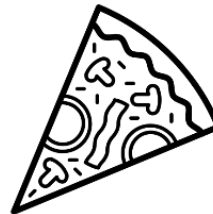
For more Information:

Email: [tara.sparrow-felix@aquilini.com](mailto:tara.sparrow-felix@aquilini.com)  
[johnna.sparrow@aquilini.com](mailto:johnna.sparrow@aquilini.com)



Where: Community Centre Gym

**We hope you'll join us!**



**Door prizes!**

## Details

- ✓ Open to Musqueam youth ages 15-25
- ✓ Time commitment – about 10-16 hours, pretty flexible scheduling
- ✓ Honorarium will be provided

Tecla Van Bussel (Community Planner) at [tvانبassel@musqueam.bc.ca](mailto:tvانبassel@musqueam.bc.ca) 604-269-3378  
Dena Klashinsky (Policy & Planning) at [dklashinsky@musqueam.bc.ca](mailto:dklashinsky@musqueam.bc.ca) 236-558-1445

Please email your name and age, and tell us a little bit about yourself and why you are interested in championing the CCP. Applications are reviewed as they are received. Open until filled. Please share widely!

More info about Musqueam's CCP: [www.musqueam.bc.ca/community-engagement/ccp/](http://www.musqueam.bc.ca/community-engagement/ccp/)

## **Employment Opportunity: Census Data Collectors (*Enumerators*)**

3 Part-time, Casual term positions available

16 - 20 hours/week, with required flexibility

February - May 2023 (14 weeks anticipated)

Musqueam is recruiting 3 **Census Data Collectors** (also called *Census Enumerators*) to support outreach for the 2023 Musqueam Census. Census Data Collectors are the face of the census to our community. You will distribute the survey, work with community members to complete the survey, and assist with data input. If you are passionate about our community, like talking to people, and are interested in how Musqueam administration and governance works – we encourage you to apply!

### **Position Summary**

nəčəmat tə ʃxʷqʷeləwən ct (We Are of One Heart and Mind) is the vision outlined in Musqueam's Comprehensive Community Plan (CCP). The CCP provides leadership, administration, and membership with direction and guidance on community development to achieve this vision, including housing, education, environmental stewardship, recreation, health and wellness, and much more.

As part of our planning cycle, we are conducting a 2023 Musqueam Census to see what has changed in our community since our last census in 2016 and to track progress towards the vision and goals outlined in the CCP. Reporting to the Manager of Policy and Planning, the Census Data Collectors will engage with Musqueam community members to promote and record responses to the 2023 Musqueam Census.

### **Responsibilities**

- Raise awareness about the Musqueam Census and promote the Census at community events
- Contact Musqueam members to participate in the Census through door-to-door canvassing on-reserve, telephone calls, mail-outs, social media, and emails
- Conduct Census surveys with members (over the phone and in-person)
- Transcribe responses to survey questions and input data into survey software
- Liaise and work collaboratively with other Census Data Collectors
- Complete other related administrative duties as required

**Period of employment:** February - May 2023 (14 weeks)

**Pay:** \$20.50 - \$23.00 per hour, plus 4% in lieu of vacation

**Check out the full posting on our website at [www.musqueam.bc.ca](http://www.musqueam.bc.ca)**

Closing date: January 27, 2023 or when filled

**Musqueam community members are encouraged to apply.**

Applications are only accepted through Dayforce (no email submissions).





**MUSQUEAM**  
CAPITAL CORPORATION

JANUARY 19, 2023



## MUSQUEAM FAMILY & FRIENDS, YOU'RE INVITED TO THE MCC OPEN HOUSE!

Picture above: MCC Open House July 28, 2022 in the Cultural Centre.

### MCC OPEN HOUSE DETAILS:

Our team will be hosting another Open House! This is an opportunity to hear more about Musqueam Capital and receive latest updates.

**When:** Thursday, February 23rd, 2023

**Time:** 5:00PM to 7:30PM

**Where:** Musqueam Cultural Centre

***Dinner served at 5:30PM***

STOP BY TO MEET OUR TEAM AND FOR A CHANCE TO WIN A DOOR PRIZE!

WE LOOK FORWARD TO SEEING YOU ALL AGAIN!



If you have any questions or comments, please contact:

Grace Ulu at 604-771-2101 or by email at [gulu@musqueamcapital.ca](mailto:gulu@musqueamcapital.ca)



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# MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JAN.20, 2023 |

*Supporting the **Fighters**,  
Admiring the **Survivors**, Honouring the **Taken** & Never  
Giving Up **Hope**!*



## WHAT?

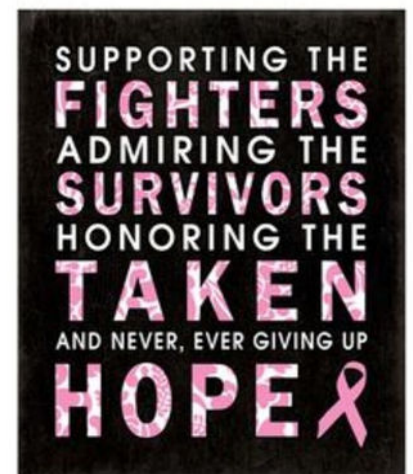
**Mobile Mammography Bus** is returning to Musqueam, have your mammogram right on site, a 10-minute procedure!

**WHEN? March 26 2023**

**10am**

## INTERESTED?

1. See **attached registration form for eligibility!**
2. If you answer NO to ALL questions on the registration form, you can:
3. Fill out registration form, send to **Arlene** in the Health Department: [nurseassist@musqueam.bc.ca](mailto:nurseassist@musqueam.bc.ca)
4. An Appointment will NOT be booked until a COMPLETED FORM is sent to us.
  - Covid Protocols are in place masks required;
  - Please do not attend your appointment if you have cold or flu symptoms



**Contact Arlene  
for any questions at:  
604 263 3261**





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# MUSQUEAM HEALTH DEPARTMENT

## NEWSLETTER

| JAN.20, 2023 |



Provincial Health Services Authority

### **BC CANCER BREAST SCREENING REGISTRATION FORM**

BC Cancer Breast Screening provides screening mammograms to **eligible BC residents age 40 and over**. If under 40, a doctor's referral is required.

### **MANDATORY ELIGIBILITY QUESTIONS:**

Are you currently pregnant?

Have you been breast feeding in the last three months?

Have you had breast enlargement surgery, such as implants or injections?

Have you had breast cancer?

Do you now have any new breast complaints such as a solitary lump or nipple discharge?

Have you had a mammogram on both breasts in the last 12 months?

If the answer is **YES** to any of the questions above you would not be eligible for screening mammography at this time. Please contact your primary care provider (family doctor, clinic, nurse practitioner or naturopath) to find out about other breast exam options.

### **TO REGISTER FOR A SCREENING MAMMOGRAM APPOINTMENT, PLEASE COMPLETE THE FOLLOWING:**

Last name: \_\_\_\_\_ Title: \_\_\_\_\_ (Ms., Mrs., Miss)

First name: \_\_\_\_\_ Middle initial: \_\_\_\_\_

Birth surname: \_\_\_\_\_

Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Day Month Year

Personal health number (care card): \_\_\_\_\_

Mailing address:

Street: \_\_\_\_\_

City/Town: \_\_\_\_\_, BC

Postal Code: \_\_\_\_\_

Main Telephone: \_\_\_\_ - \_\_\_\_ - \_\_\_\_

Work /Cell Telephone: \_\_\_\_ - \_\_\_\_ - \_\_\_\_

Family Doctor (Mandatory): \_\_\_\_\_

City/Town: \_\_\_\_\_

***For your mammogram appointment, do not wear deodorant, body powder or perfume.***

APPOINTMENT DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

LOCATION: \_\_\_\_\_



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# MUSQUEAM HEALTH DEPARTMENT NEWSLETTER

| JAN.20, 2023 |

## DENTURIST AT MUSQUEAM

Are you missing any teeth? Do you have any loose teeth?  
Do you have dentures that are older than 5 years?  
If you answered yes to any of the above questions, we can help!

Jeremy Duprat (denturist) will be seeing patients  
at the Primary Care **Medical Office**, located in the **Elders Centre**

on **January 25<sup>th</sup>, 2023**.

Please call **604-558-4867** to book an appointment

For questions or concerns regarding this service you may call Claudia Piotrowska, Musqueam Primary Care Manager.



## SAFE DRINKING WATER MONITORING PROGRAM

*Charlene Campbell-Wood*

Environmental Health- Safe Drinking Water Program

Safe Drinking Water Monitor

Charlene Campbell-Wood

Duties:

Each week, 52 weeks per year, the safe drinking water monitor collects five water samples from five Musqueam Band owned buildings. I bring the said samples to the British Columbia Centre for Disease Control (BCCDC) to be tested for e-coli and total coliform. If there are any samples positive for e-coli or total coliform, I get direction from my Environmental Health Officer (EHO), Joanne Chang, to do a retest of the building and resubmit the sample immediately to the BCCDC.



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# MUSQUEAM HEALTH DEPARTMENT

## NEWSLETTER | JAN.20, 2023 |

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**

**NNADAP workers -  
Contact & what our dept offers**

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

#### **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





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# MUSQUEAM HEALTH DEPARTMENT

## NEWSLETTER | JAN.20, 2023 |

### 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. Musqueam Administration has the CHN position posted.**

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

**Phone: 604 269 3354 | Email: [nurseassist@musqueam.bc.ca](mailto: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,

**Please note Romeo is away until Jan.20, 2023. He will be back on Jan.23, 2022**

**Arlene Haldane office hours:** Tues.- Fri. 8:30-4:30 | Phone: 604 269 3354 | Email: [nurseassist@musqueam.bc.ca](mailto:nurseassist@musqueam.bc.ca)

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

## Youth Centre

**Phone: 604-269-3465**

The Youth Centre hours will be open from: 2pm—9:00pm 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 | JAN.20, 2023 |



## Register to get vaccinated

Registering and providing basic contact information about yourself is the [first step to getting vaccinated](#). You can register for yourself or for someone else, like a parent or grandparent. To complete registration, you need to provide a Personal Health Number.

After you register, you will receive a text, email or phone call when it's your turn to book a vaccine appointment.

**Your registration information will be shared with organizations like pharmacies if that is where your vaccination is scheduled to occur.**



### Register Online

#### It takes less than 2 minutes

You need to provide an email address that gets checked regularly or a phone number that can receive text messages.

**Register now** <https://www.getvaccinated.gov.bc.ca/s/>



### Register by phone

We understand you may want to register by phone.

**1-833-838-2323**

Registration Link: <https://www.getvaccinated.gov.bc.ca/s/>

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# MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JAN.20, 2023 |



## 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 Jan. 23	Tuesday Jan. 24	Wednesday Jan. 25	Thursday Jan. 26	Friday Jan. 27
Karen Chandra, NP 9:30am - 3:30pm	<b>NO CLINICIAN ON SITE</b>	Karen Chandra, NP 9:30am - 3:30pm	Karen Chandra, NP Jessica Peart, NP (locum) 9:30am - 3:30pm	Karen Chandra, 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 do not leave kits in a car during freezing weather.  
Contact Nicolette, Brad, or our clinic to replace an expired kit.



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



Please note that Musqueam Primary Care Clinic is **no longer a walk-in clinic.**

Our clinic has **reached capacity.** Call the clinic to be added to the **patient waitlist.**

**Dr. Anamaria Richardson** (from Granville Pediatrics) will be working in Musqueam once a month.

Next Visit: February 08, 2023.

To book an appointment, please call their Granville office at 604-423-4803.

### 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 42<sup>nd</sup> Avenue (Kerrisdale)

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



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# MUSQUEAM HEALTH DEPARTMENT NEWSLETTER

| JAN.20, 2023 |

## 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, Jan.25, 2023

Time: 12:00 Noon

Location: Elders Centre

*Elder's only*



### Elders Chair Exercise

Thursday Feb.2, 2023

Time: 1-2pm

Location: Elders Centre

## 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](mailto: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](mailto:jcarroll@musqueam.bc.ca)

Cell: 778-829-0242

## MUSQUEAM HEALTH PATIENT NAVIGATOR

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

If you have need assistance regarding your health care coverage; FNHA Benefits; MSP Premium Assistance coverage; assistance filling out medical forms; assistance with example Jordan's Principle; 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](mailto:navigator@musqueam.bc.ca)

# Feeling sick? Stop the spread



Lots of people are getting sick this season. It could be a cold, the flu, or COVID-19. If you're not feeling well — no matter what virus you have — help stop the spread.

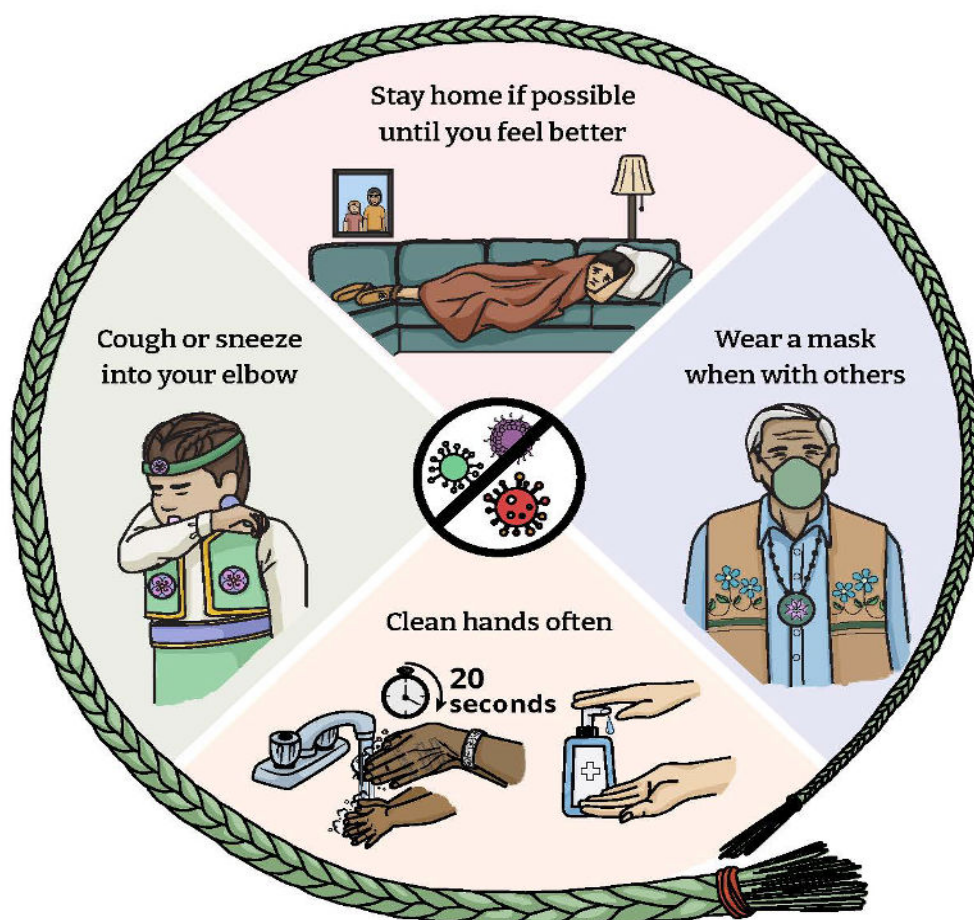


Illustration: Shoshannah Greene

**Keep up to date with your vaccines.**

Check with your healthcare provider for more information.



For more information, visit [www.bccdc.ca](http://www.bccdc.ca)

Questions? Call HealthLink BC at  **8-1-1**

# Reading Buddies

**READERS NEEDED!**

## **DUNBAR BRANCH**

**Thursdays, Jan 26 – Mar 9, 2023**

**4:00 – 5:00 p.m.**



Kids, practise your reading skills at the library with a teen reading buddy!

For kids in grades 2-4

**FREE**

You must be available to participate in all sessions. Must be a Vancouver resident.

Contact the branch to register.



# Reading Buddies

## TEEN VOLUNTEERS NEEDED

### DUNBAR BRANCH

**Thursdays, Jan 19 – Mar 9, 2023**

**4:00 – 5:00 p.m.**



Teens, volunteer to be a big buddy and help young kids practice their reading skills in the library!

Volunteer hours count towards community service.

**FREE**  
For teens aged 13-18.

To register, download an application form at [vpl.ca/teens](http://vpl.ca/teens) and submit it to the branch.

You must be available to participate in all sessions. Must be a Vancouver resident.

## Reading Buddies – FAQ's for Parents

*Is Reading Buddies a tutoring program?*

- No. Reading Buddies is designed to help instill a love of reading through the use of teen role models.

*Where did Reading Buddies come from?*

- Many libraries run a Reading Buddies type of program. Our particular one was modeled after Surrey Public Library's.

*My child has trouble reading, and didn't get into the program. But I see lots of kids who are good readers in it. How is that fair?*

- All kids benefit from the program. It's true that some need the program more, but it is difficult for us to know this. We're sorry it didn't work out this time. Please apply again for the next one.

*Why doesn't Reading Buddies run longer – say 15 or 20 weeks?*

- Again, the program isn't about tutoring. It's about mentoring. Seven weeks is enough time for children to appreciate that teens like to read, and that they too can grow up loving to read.

*My child has a great attention span. Why isn't the program longer than an hour?*

- Most children at this age cannot focus on a task for more than an hour before needing to move on to something else. If your child is able to, then why not spend some extra time at the library reading together? It would be a very nice way to end the session!

*I'm worried that my child is not a good enough reader for this program.*

- Our teens will take time to work with your child so that they select the books they want, and will be patient with them while they read.

*My child is in Kindergarten and can read. Why can't she join?*

- We do not accept applicants based on how well they read. It is entirely by age (grades 2-4). When your child is older, she will be eligible for the program.

*Why do I have to stay in the library with my child?*

- While we do our best to provide a safe and comfortable environment, parents and guardians are still responsible for their children.

*What if my child wants to quit?*

- Joining the program meant agreeing to come for all the sessions. Children and volunteers were turned away when the program was full. Unless there is an extenuating circumstance (illness, family emergency, etc.), we ask that you please stick with the program. Let us know if there is something we can do to make it more manageable for you.

*How do I register my child for the program?*

- Just contact Dunbar Branch, Vancouver Public Library at 604.665.3968