



Musqueam Community Newsletter

Friday—January 27, 2023

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

SAFETY & SECURITY PATROL: 604-968-8058

MUSQUEAM HUMAN RESOURCES DEPT.

Please note the following open positions – job opportunities!

- Full time Community Health Nurse
- Census Data Collector Part Time / Casual
- Full Time Projects Analyst
- Full Time Projects & Agreements Coordinator
- Casual Employment Opportunities

Please email Human Resources Manager Kia Coles @ kcoles@musqueam.bc.ca your resume for immediate consideration!



hay čx^w qə

Inside this Issue:

Youth Voices—2-3

Musqueam 101—4

YVR Flight Path Changes—5

MIB Education Dept—6-7

Social Dev—8-10

Health—11-19

Environmentall Youth Alliance - 20



Please come and join us for Mass at

St. Michael's Church

Every Sunday @ 1:00 pm.

Thank you, Jeannie Campbell—

604-781-5641

FOR MUSQUEAM YOUTH

YOUTH VOICES IN COMMUNITY



DROP IN FOR FUN, FOOD & PRIZES

MUSQUEAM COMMUNITY CENTRE
TUESDAY, JANUARY 31, 5:00-6:15PM

Join us to talk about:
Planning for your future
Improving communication with youth

Musqueam Community Planning Session
All Musqueam Community Members Welcome

Any questions? Contact Tecla
tvanbussel@musqueam.bc.ca
604-269-3378



The Musqueam Community Planning Team is recruiting!

More info about Musqueam's community plan:
www.musqueam.bc.ca/community-engagement/ccp/

YOUTH INVOLVEMENT OPPORTUNITY (ongoing): Champions for the Comprehensive Community Plan

Youth voices are the key to our future. We're looking for youth champions to help inform our approach to community outreach and engagement. We invite youth keen to share ideas about the past, present, and future of our community to apply.

Details	To Apply	Interested? Questions? Contact us!
Open to Musqueam youth ages 15-25.	Please email your name and age, and tell us a little bit about yourself and why you are interested in being involved.	Tecla Van Bussel (Community Planner): tvanbussel@musqueam.bc.ca 604-269-3378
Time commitment is about 10-16 hours, flexible scheduling.	Applications are reviewed as they are received.	Dena Klashinsky (Policy & Planning): dklashinsky@musqueam.bc.ca 236-558-1445
Honorarium will be provided.		

EMPLOYMENT OPPORTUNITY: Census Data Collectors

3 Part-time, Casual term positions available:

- 16 - 20 hours/week, with required flexibility
- February - May 2023 (14 weeks anticipated)
- Pay: \$20.50 - \$23.00 per hour, plus 4% in lieu of vacation

Position Summary:

Musqueam is recruiting 3 Census Data Collectors (*Enumerators*) to support outreach for the 2023 Musqueam Census. Census Data Collectors are the face of the census to our community. 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!

Responsibilities:

- Contact Musqueam members to participate in the Census through door-to-door canvassing on-reserve, telephone calls, mail-outs, social media, and emails
- Raise awareness about the Musqueam Census and promote the Census at events
- Conduct Census surveys with members (over the phone and in-person)
- Transcribe responses to survey questions and input data into survey software

Musqueam community members are encouraged to apply.

Check out the full posting on our website at www.musqueam.bc.ca
Applications are only accepted through Dayforce (no email submissions).
Closing date: January 27, 2023 or when filled

Please share widely!

MUSQUEAM 101

stem? (what?) Musqueam 101, Wednesday, February 1

Ancestral Voyaging in the Pacific



A vaka built in Taumako ©Vaka Taumako Project

Please join us for an incredible evening with master mariners and star navigators from several Pacific Islands. They will share knowledge about their relationship with and understanding of the ocean.

Presenters: Setareki Ledua - Drua Sailing Experience, Pte, Ltd, Suva and Lau Group, Fiji
Sanakoli John - Pasana Group, Pasana Group, Nuakata Island, Papua New Guinea,
Luke Vaikawi - Holau Vaka Taumako Association, Holau Vaka Taumako Association, Taumako Island, Duffs Group, Solomon Islands
Delsie Betty Bosi - Holau Vaka Taumako Association, Holau Vaka Taumako Association, Taumako Island, Duffs Group, Solomon Islands
Mario Jacob Benito - 500 Sails. Polowat Atoll, Federated States of Micronesia
Marjorie Anne Cruz Daria - Polowat Island and Saipan Island, North Marianas Islands, US Minor Outlying Islands,
Marianne Kaveia George - Vaka Taumako Project of Pacific Traditions Society, Anahola, United States,
Heuionalani Wyeth- ,Vaka Taumako Project of Pacific Traditions Society, Anahola, United States

ni? ʔāncā? (where?)

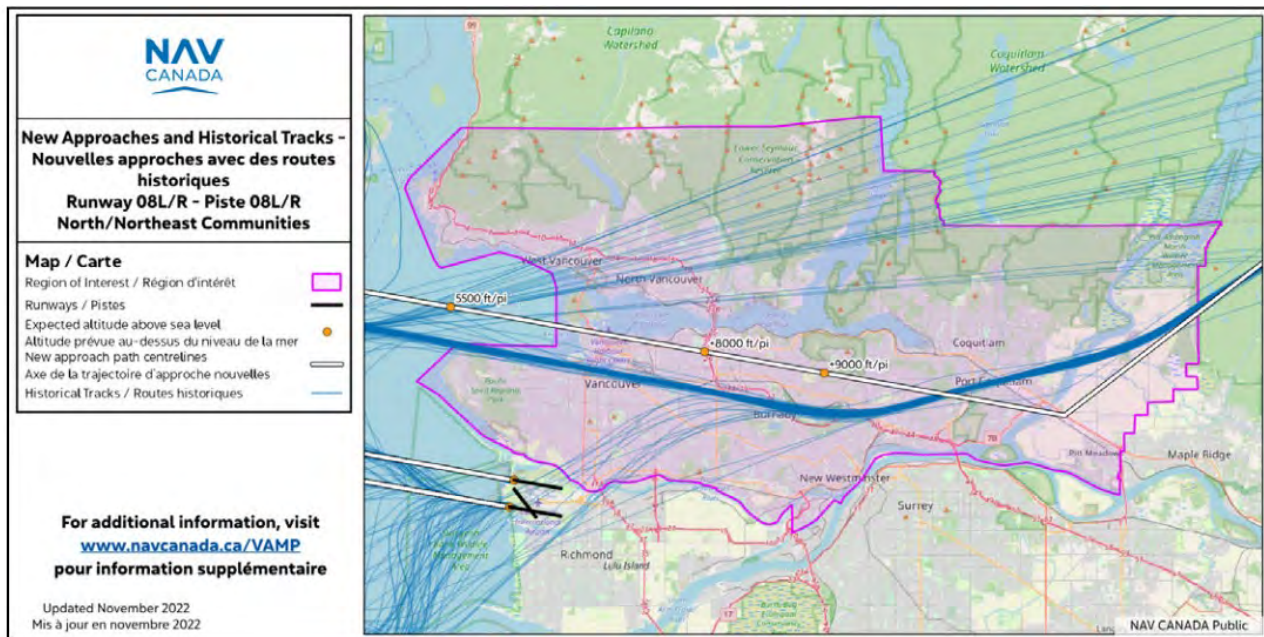
Musqueam Elders' Centre

təmtəm? (when?)

Wednesday, February 1. Dinner will be served at 6:00 p.m. at the Elders Centre with the presentation starting at 7:00.

PLEASE JOIN US!

YVR: CHANGES TO ARRIVAL FLIGHT PATHS IN METRO VANCOUVER



Proposed Changes

Navigation Canada and YVR are proposing changes to the arrival routes for aircrafts landing at the YVR Airport. The changes will make arrival paths shorter and more direct in order to reduce emissions and overhead noise.

Impacts to Musqueam

There will be no changes to aircraft noise at Musqueam IR2, because the flight paths close to the airport must remain the same due to safety and landing requirements.

However, if you wish to provide feedback on the changes overall and/or live off-reserve elsewhere in Metro Vancouver, you can find more information and provide comments here:

<https://www.navcanada.ca/en/air-traffic/airspace-reviews/vancouver-airspace-modernization.aspx>. The feedback survey will be open until **February 3rd**.

For any additional questions, please contact Erin LaRocque at elarocque@musqueam.bc.ca.

Musqueam Education Notice Friday Jan 27, 2023

Homework Club

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



Scholarship and Bursary Workshop

The Education department will be holding a workshop about post-secondary scholarships and bursaries, including how to find ones that are available and tips for applying. The workshop is open everyone, but particularly helpful for older high school students and post-secondary students.

Date: February 8th, 2023

Time: 4:30pm-6:00pm

Where: Band office, Main Boardroom

Dinner 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

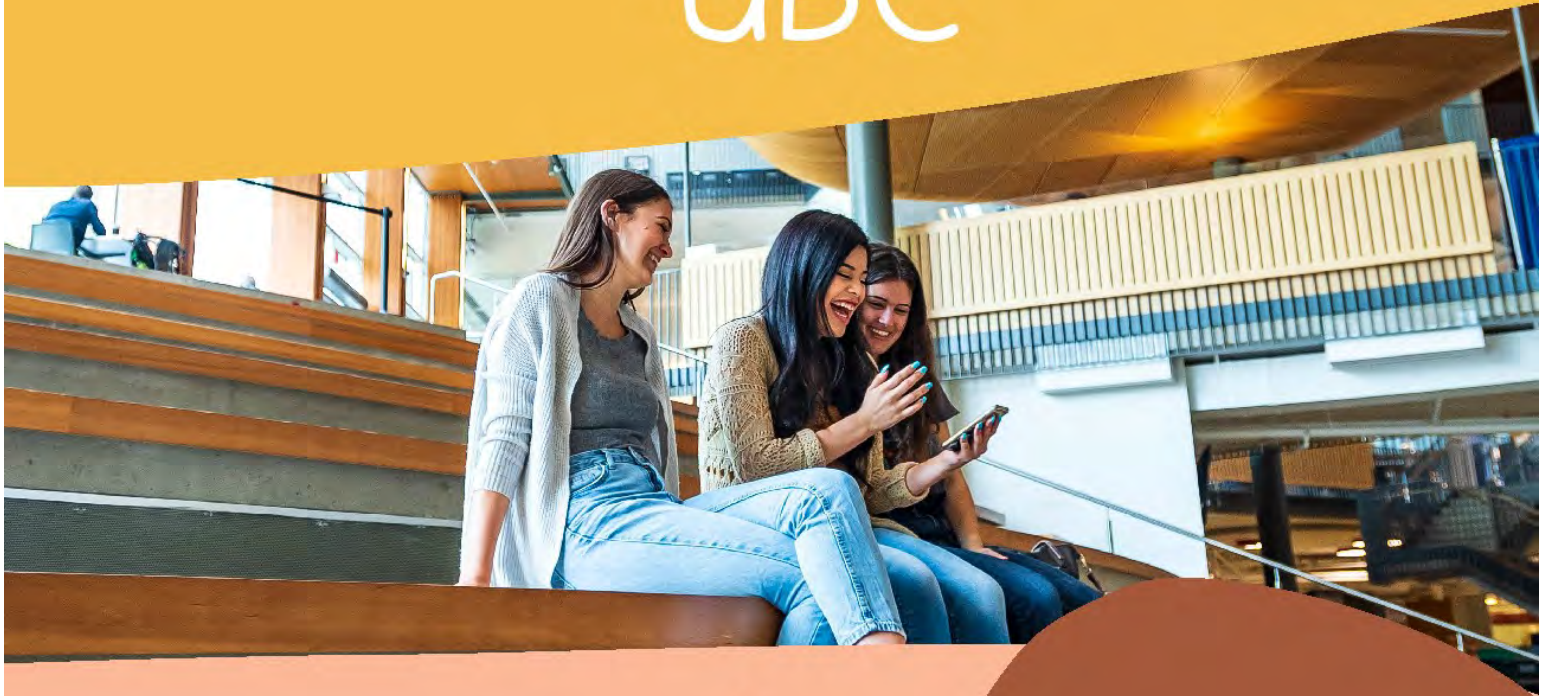
Cary Campbell, School Bus Driver

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

Toll free: 1-866-282-3261



INDIGENOUS EXPERIENCE UBC



FEB 24, 2023
9AM - 2PM

- Explore the campus
- Meet UBC's Indigenous community
- Explore UBC programs
- Lunch & fun included!

Register before *Jan. 27*
with your school
counsellor to
guarantee your spot!

Who: Indigenous
students in grades 8-12

Where: UBC Vancouver
campus

Social Development Dept.



Cheque Issue

Wednesday February 1, 2023

February 2023 cheque issue day will be issued on

Wednesday February 1, 2023 8:00am—12:00 & 1:00pm—4:30pm

Please bring in renewal slips and job search forms a.s.a.p. if you haven't already done so.

Cut off day to bring in your paperwork (renewal slips/job search forms) is on the 20th of every month unless stated otherwise.

We will no longer be process cheque's on cheque issue day! They will be processed the next business day.

If you are **not** on *direct deposit* please **reconsider** at this time and bring us a void cheque and or a direct deposit form from your bank .

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.

Thank you,

Have a safe and happy holiday season!

From Your Social Development Dept.



CHILDREN OUT OF THE PARENTAL HOME MONTHLY RENEWAL DECLARATION

PRIVACY OF INFORMATION STATEMENT

Provision of information requested on this document is voluntary and is being collected for the purposes of determining eligibility for Children Out of the Parental Home Income Assistance. The information will be stored in a secure location by your First Nation Administering Authority, who will ensure the confidentiality of the information contained in this document in accordance with standards set out in the Social Development Policy and Procedures Manual of the Department of Indian Affairs and Northern Development (B.C. Region) and will be maintained pursuant to the *Privacy Act* and described in the personal information bank INA-PPU-240. The accuracy of the information in this document may be checked by comparing it against information held by any federal or provincial department or agency or any private agency.

OFFICE USE ONLY

Administering Authority (AA) and Number: _____	Name of Worker: _____	Date Declaration Reviewed: _____
---	--------------------------	-------------------------------------

Child

Last Name	First Name	Middle Name
-----------	------------	-------------

1. Is the child still in need of Children Out of the Parental Home (COPH) Assistance?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2. Are there any changes in the composition (make-up) of persons age 18 or older living in the relative's home?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If yes, explain change(s): _____ _____.		
3. Are there any changes in the amount of financial contribution to the COPH Assistance child?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If yes, explain change(s) to the amount: _____		
4. Are there other changes concerning the COPH Assistance child or the information provided by the relative?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If yes, explain change(s): _____ _____.		
5. COMPLETE THIS SECTION ONLY IF THE RELATIVE'S ADDRESS HAS CHANGED		
New Address	Telephone ()	
Mailing Address (if different)		

DECLARATION

I declare that the information that I have provided on behalf of _____ is true and complete.
(Child's Name)

I give my permission for this information to be verified and consent to a report being obtained from any reporting agency (for example, but not limited to, Canada Revenue Agency, the BC Ministry of Children and Family Development or the BC Ministry of Housing and Social Development) for that purpose.

Relative's Signature _____	Relative's Name (Print) _____	Date Signed _____
-------------------------------	----------------------------------	----------------------

Musqueam Indian Band

Active Job Search Statement

List dates, names and phone numbers of employers seen and results of job interviews. When completed, **Sign** the declaration at the bottom of this form.

Please return no later than the 20th of every month

Date contact made with Employer	Business name and address	Person contacted	Phone Number Or email	Type of Work sought	Results of your request for a job

If you have taken No Action to find Employment, Indicate **why**:

☐ Found work ☐ Sick or Incapable (**Need a Dr's note**) ☐ Other (explain) _____

☐ Pregnancy ☐ Attending a course of Instruction – Where? _____

Declaration: I declare that All Employers listed on this form and on any attached sheets of paper have been contacted. The information I have given on this form is true. I understand that confirmation of my contacts may be obtained from Employers whose names I have shown

Printed name of Claimant:	Signature of Claimant:	Date:
---------------------------	------------------------	-------



Indian and Northern
Affairs Canada

Affaires indiennes
et du Nord Canada

PRIVACY ACT STATEMENT

SOCIAL ASSISTANCE

MONTHLY RENEWAL DECLARATION

Provision of the information requested on this document is voluntary and is being collected in order to make a fair decision.
The information will be stored in personal information bank INA/P-PU-020 and is protected under the provisions of the Privacy Act.

If you require continued Social Assistance, please complete this form and return to your local administering Authority at least 2 weeks before the next cheque issue.

1. Are you still in need of Social Assistance?

☐ Yes

☐ No

2 Has your marital / employment situation changed?

☐ Yes

☐ No

If yes, explain change _____

3. List any changes in your living situation (e.g. address, rent, etc.). Submit new receipts.

901-28 (6-88)

4. Have you had **any earned or unearned Income this month?**

☐ Yes ☐ No

If yes, complete *

Earnings	\$
Child tax	\$
Family Maintenance	\$
Employment Insurance	\$
Other (specify)	\$
Pension	\$
	\$

5. Has there been any change in your assets?

☐ Yes ☐ No

If yes, complete *

Bank Account	
Property	
Other (specify)	
TOTAL	

6. Is there any change in your number of dependents or their school status?

☐ Yes

☐ No

If Yes, explain the change(s) _____

I declare that this is a true statement concerning my monthly income, assets, marital, employment, and family status. I give permission for this information to be verified and I consent to a report being obtained from any reporting agency for that purpose.

Band Name and #

Print Name

Signature of Applicant

Date

Month

Day

year

Do you want direct deposit Yes or No (please circle one, clients sometimes request no)

If you are turning 65 this year, Please remember that income assistance cut off is your 65 birthday. You must apply for your Old age pension. This can be done one month after your 64th birthday!

Canada



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JAN.27, 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!

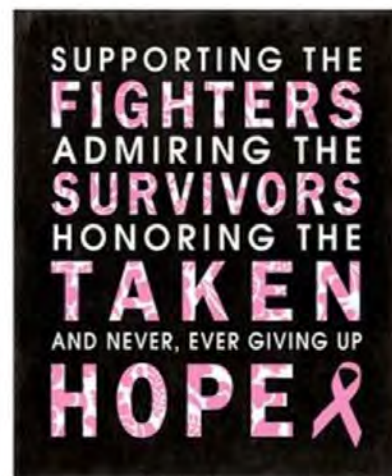
WHEN?

March 23 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
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



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | JAN.27, 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: _____



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | JAN.27, 2023 |

SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

Water and Your Body

Without water, your body would stop working properly. Water makes up more than half of your body weight and a person can't survive for more than a few days without it. Why? Your body has lots of important jobs and it needs water to do many of them. For instance, your blood, which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working.

Water is also in lymph (say: **limf**), a fluid that is part of your [immune system](#), which helps you fight off illness. You need water to digest your food and get rid of waste, too. Water is needed for digestive juices, [urine](#) (pee), and poop. And you can bet that water is the main ingredient in perspiration, also called [sweat](#).

In addition to being an important part of the fluids in your body, each cell depends on water to function normally.

Your body doesn't get water only from drinking water. Any fluid you drink will contain water, but water and milk are the best choices. Lots of foods contain water, too. Fruit contains quite a bit of water, which you could probably tell if you've ever bitten into a peach or plum and felt the juices dripping down your chin! Vegetables, too, contain a lot of water — think of slicing into a fat tomato from the garden or crunching into a crisp stalk of celery.

How Much Is Enough?

Since water is so important, you might wonder if you're drinking enough. There is no magic amount of water that kids need to drink every day. Usually, kids like to drink something with meals and should definitely drink when they are thirsty. But when it's warm out or you're exercising, you'll need more. Be sure to drink some extra water when you're out in warm weather, especially while playing sports or exercising.

When you drink is also important. If you're going to sports practice, a game, or just working out or playing hard, drink water before, during, and after playing. Don't forget your water bottle. You can't play your best when you're thinking about how thirsty you are!

When your body doesn't have enough water, it is called being dehydrated. [Dehydration](#) also can keep you from being as fast and as sharp as you'd like to be. A bad case of dehydration can make you sick. So keep that water bottle handy when the weather warms up! Not only does water fight dehydration, but it's awfully refreshing and has no calories.

Your body can help you stay properly hydrated by regulating the amount of water in your system. The body can hold on to water when you don't have enough or get rid of it if you have too much. If your pee has ever been very light yellow, your body might have been getting rid of excess water. When your pee is very dark yellow, it's holding on to water, so it's probably time to drink up.

You can help your body by drinking when you're thirsty and drinking extra water when it's warm out. Your body will be able to do all of its wonderful, waterful jobs and you'll feel great!

Reviewed by: [Mary L. Gavin, MD](#) | Date reviewed: February 2009



x^wməθk^wəy̓əm

MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | JAN.27, 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



x^wməθk^wəy̓əm

MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | JAN.27, 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

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

*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.**



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JAN.27, 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/>



x^wməθk^wəy̓əm

MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | JAN.27, 2023 |

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.

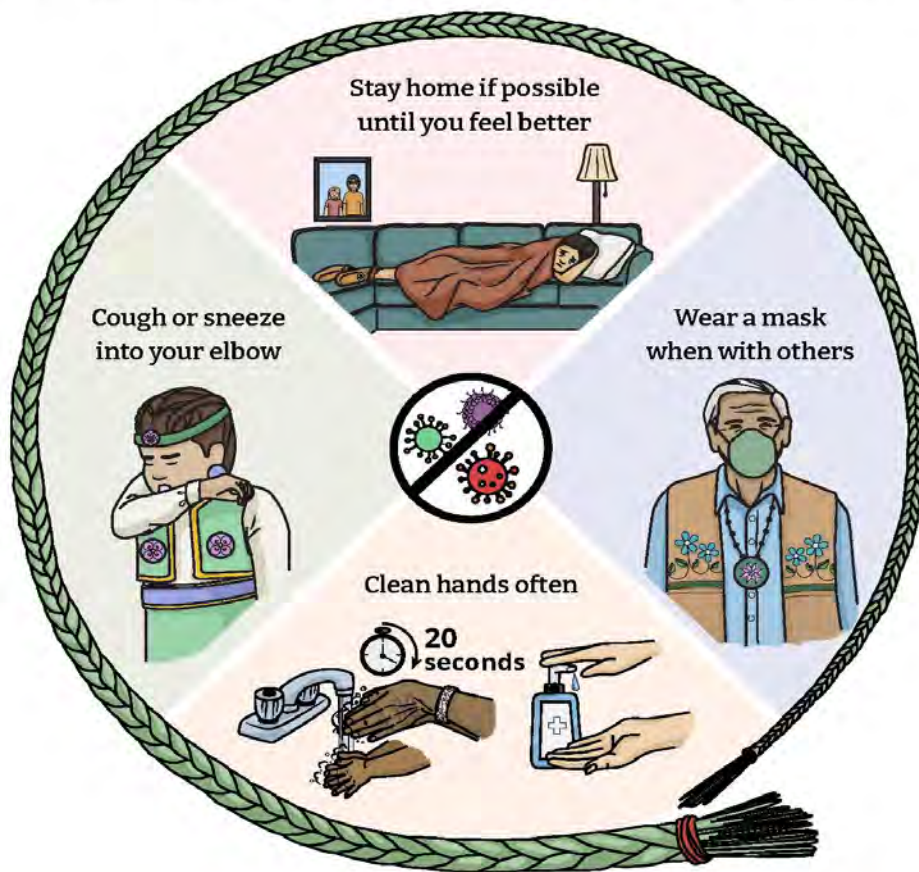


Illustration: Siroshahani Greene

Keep up to date with your vaccines.

Check with your healthcare provider for more information.



For more information, visit www.bccdc.ca

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



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | JAN.27, 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. 30	Tuesday Jan. 31	Wednesday Feb. 01	Thursday Feb. 02	Friday Feb. 03
Karen Chandra, NP 9:30am - 3:30pm	Dr. Dumont, GP 9:30am – 3:30pm	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 42nd Avenue (Kerrisdale)

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



x^wməθk^wəyəm

MUSQUEAM HEALTH DEPARTMENT NEWSLETTER

| JAN.27, 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, Feb.8, 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

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 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



**Environmental
Youth Alliance**

Join our free Nature Stewards youth programs!



Strathcona Community Gardens (759 Malkin Ave) and Renfrew Ravine (3998 Renfrew St)
xʷməθkʷəy̓əm, Skwxwú7mesh, and sə́lilwətaʔ territory

- Help take care of the land
- Get to know the plants & animals in your community
- Meet new friends
- Grow your leadership skills
- Gain experience for your resume
- Earn money while you're at it!

**Learn more & apply today
at: www.eya.ca**

Phone us at 604-689-4446
or email deandra@eya.ca
with any questions.

WE HAVE 3 PROGRAMS OPEN FOR REGISTRATION THIS SPRING:

- Native Plant Nursery | Feb 25 - May 6 | Saturdays 10:30 - 2:30 | 10 Sessions
- Rewilding for Wildlife | Feb 25 - May 6 | Saturdays 10:30 - 2:30 | 10 Sessions
- Nature Stewards Leadership* | Feb 26 - May 7 | Sundays 10:30 - 2:30 | 10 Sessions

*The Nature Stewards Leadership program is open to youth who have previously participated in an EYA program

- For youth ages 14-18
- Up to \$200 honorarium (based on attendance)
- Lunch provided & bus tickets available

EYA has policies in place to keep you and your family safe from COVID-19. Visit www.eya.ca/covid19 for full details.

