



## Musqueam Community Newsletter

Friday March 31, 2023

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

SAFETY & SECURITY PATROL: 604-968-8058



This Photo by

### **INCOME TAX CLINIC**

**Date: Monday April 3, 2023**

**Thursday April 6, 2023**

**Location: Musqueam Elders Centre**

**Time: 10:00 AM. – 2:00 PM**

Please make sure that you have all your:  
T4 or T5 ; Social Development ; Old Age Pension;  
CPP; Employment T4

Please call the Family Outreach Worker; Theresa Hood to  
make an appointment, C: 604-364-6551

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### **Reminder Spring Distribution**

**When: Tuesday, April 4, 2023**

**Time: 9:00 am to 7:00 pm**

**Location: Musqueam Admin Office**

**Please contact Krista Point at the band office if you  
any questions 604-263-3261.**

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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, April 5th

### ***First Nations and Indigenous Studies Student Presentations***

Join us for the renewal of a Musqueam 101 tradition. Every year the practicum students from UBC's First Nations and Indigenous Studies Program present on their work with community organizations.

#### **Presenters and presentation topics:**

Hannah Doyle's placement is with Vancouver Coastal Health Indigenous Health Research Team and she'll be talking about *Accountability in Care: Storytelling Methodologies for Measuring Indigenous Patient Experiences*

Amanda Coulis (Anishinaabe) is working with Family Resource Programs of British Columbia. Amanda will talk about *Action Plan for Reconciliation: Creating Indigenous Resources for BC's Family Resource Programs*.

Nayah Schaufler (Nuu-chah-nulth) is working with Urban Ink. Nayah will talk about *Decolonizing Drag: Supporting Starwalker with an Indigenous, Two-Spirit, Indigqueer and 2SLGBTQQIA Guidebook*

Nakoda Hunter (Stoney Nakoda) is working with the First Nations Summit. Nakoda will talk about *Following UNDRIP: A Research Report on Free, Prior, and Informed Consent*

#### **ni? ʔəncə? (where?)**

Musqueam Elders' Centre

#### **təmtəm? (when?)**

Wednesday, April 5. Dinner will be served at 6:00 p.m. at the Elders Centre with the presentation starting at 7:00.

**PLEASE JOIN US!**



THE UNIVERSITY OF BRITISH COLUMBIA  
Okanagan Campus | Syilx Okanagan Nation Territory  
Vancouver Campus | Musqueam Traditional Territory

Story poles at UBC's Okanagan campus,  
representing the seven member communities  
of the Okanagan Nation Alliance

## Call for Indigenous artists or illustrators

### Background:

There is a vibrant and growing Indigenous student community at The University of British Columbia's two campuses, with the Vancouver campus located on the traditional, ancestral, and unceded territory of the Musqueam people, and the Okanagan campus located on the traditional, ancestral, and unceded territory of the Syilx Okanagan Nation.

As UBC's prospective undergraduate student recruitment marketing team, we produce a number of items to support UBC's Indigenous student recruitment team in their work to engage, attract, and welcome Indigenous students to UBC.

We have partnered with [pipikwan pêhtâkwan](#) to develop a sub-brand to support our Indigenous recruitment efforts. The sub-brand will help connect the main University of British Columbia institutional brand with our Indigenous audience.

### The opportunity:

We are seeking artists from the Musqueam Indian Band and Syilx Okanagan Nation to develop the brand themes identified by pipikwan pêhtâkwan into logos and graphic elements that can be used on the communication materials used for prospective Indigenous student recruitment.

Interested artists are invited to review the 2022 Indigenous Handbook for examples of our previous work. [Digital copies are available online here](#), and physical copies can be requested by emailing [amy.gibson@ubc.ca](mailto:amy.gibson@ubc.ca).

### Scope of work and deliverables:

The selected artist(s) will work with the design team at pipikwan pêhtâkwan to develop creative assets that make up the new sub-brand. The work and deliverables outlined as part of this project that the selected artist(s) will work on include:

- Collaborating with pipikwan pêhtâkwan on concepts and direction.
- Designing a logo and graphic elements inspired by the concepts and themes identified by pipikwan pêhtâkwan (see attached sketches and colour palette).
- Supplying final deliverables, including digital illustrations that align with the visual direction.

The design will need to work alongside the existing UBC brand and represent our two host nations, the Musqueam Indian Band and the Syilx Okanagan Nation.

UBC will retain exclusive use rights for this artwork to be used indefinitely as part of our recruitment of prospective Indigenous students. The artist(s) can showcase this work on their personal website or in their portfolio, but it cannot be used for commercial purposes.

*continued*

**Remuneration:**

The production team has allocated a budget of up to \$6,500 for the artist(s) selected for this project.

**How to apply:**

Artists from the Musqueam Indian Band and the Syilx Okanagan Nation wishing to learn more about this opportunity are invited to supply an expression of interest as follows:

- Contact Chloe Erlendson, Recruiter Advisor for Indigenous Students: [chloe.erlendson@ubc.ca](mailto:chloe.erlendson@ubc.ca)
- Provide a brief summary of your experience along with appropriate portfolio if available (links to websites are acceptable)
- Indicate your fee structure

While a portfolio is requested with your submission, Musqueam and Syilx students and alumni of UBC looking to establish themselves as artists or illustrators are encouraged to apply.

**Timelines:**

- Expressions of interest are requested by **April 14, 2023**
  - All artists will be contacted by April 21, 2023, with the successful candidates being briefed on the project the week of April 24.
  - First draft/sketches are requested by May 15, 2023, with feedback from UBC due by May 19, 2023.
  - Revisions are requested by June 9, 2023, with feedback from UBC due by June 15, 2023.
  - Additional revisions may be required depending on the scope of the feedback, with final artwork required for early July 2023.

**Contact:**

For additional information about this opportunity please contact Chloe Erlendson at [chloe.erlendson@ubc.ca](mailto:chloe.erlendson@ubc.ca).



## **Museum of Vancouver - Young Canada Works in Heritage Organizations Job Poster**

### **Job title:** Summer Collections Technician

Funding dependent, the Museum of Vancouver is seeking a Summer Collections Technician to assist with the cataloguing and digitization of new acquisitions, and to aid the Conservator with data entry related to scientific analyses of objects in the collection.

The Museum of Vancouver invites applications for the temporary position of Summer Collections Technician. This full-time position is funded in part by the Young Canada Works employment initiative, a joint venture of the Department of Canadian Heritage and the Parks Canada Agency. The successful candidate will be primarily responsible for cataloging, numbering, digitizing and storing new acquisitions. The position will also include interpreting and transcribing conservation scientific reports to the database. The successful candidate will work closely with the Curator of Collections, Curatorial Associate, and Conservator, and participate in Collections Committee, Curatorial, and all-staff meetings.

The ideal candidate will have at least two years of post-secondary education in a related field (museum studies, library and archives, archaeology, history). Previous experience in a museum or archives environment involving object handling, conservation science and databases is an asset. The candidate must possess superior written and oral communication skills in English, be detail oriented, manually dexterous, possess an eye for the aesthetically pleasing, be comfortable in a fast-paced, multi-faceted organization, and have enthusiasm for both museums and collections.

Eligible candidates must:

- be a Canadian citizen or a permanent resident, or have refugee status in Canada; Note: Non-Canadian students holding temporary work visas or awaiting permanent status are not eligible.
- be legally entitled to work in Canada;
- be between 16 and 30 years of age at the start of employment;
- be willing to commit to a work assignment lasting for 15 weeks;
- not have another full-time job (over 30 hours a week) while employed with YCW;
- have been a full-time student (as defined by your educational institution) in the semester preceding the YCW job;
- intend to return to full-time studies in the semester following the YCW job.

Note: Students with a disability are eligible for part-time work

The Museum of Vancouver strives for equity and diversity. We encourage applications from members of groups that have been marginalized on any grounds enumerated under the B.C. Human Rights Code, including sex, sexual orientation, gender identity or expression, racialization, disability, and identification as an Indigenous person.

Hourly Rate: \$18.25 per hour + 8% in lieu of benefits and statutory holidays

Hours of Work: 35 hours regular Monday to Friday work week

Deadline for application: April 16, 2023

Start Date: May 8, 2023

End Date: August 28, 2023

Please apply in writing with a resume and cover letter to the attention of Wendy Nichols, Curator of Collections, at [w nichols@museumofvancouver.ca](mailto:w nichols@museumofvancouver.ca). Regretfully, only those applicants selected for interviews will be contacted.

The Museum of Vancouver is located on the unceded territories of the xʷməθkʷəy̓əm (Musqueam), səliłwətał (Tsleil-Waututh) and Skwxwú7mesh (Squamish) Nations, at the site of the ancestral Village of Seńákw – neighbouring the current Skwxwú7mesh reserve of the same name.

The mission of the Museum of Vancouver is to inspire a deeper understanding of Vancouver through stories, objects and shared experiences. The Museum first began collecting in 1894 and is now Canada's largest civic museum. MOV is an independent, non-profit organization that seeks partners to support the evolution of the Museum's visitor experience.

## **Musqueam Education Notice Friday March 31, 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.



### **Graduating Musqueam High School Students**

If you are considering going to a post-secondary institution in September, please contact the Education dept to discuss your plans and get a copy of the MIB Post Secondary Funding Application. If you need any help or would like to discuss your options or find out more information about post-secondary funding for students graduating from high school please feel free to email or call.

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Grade 12 Musqueam band members are eligible to receive support for graduation costs including dinner tickets, outfits, and photos. Please contact the Education Department for more information.

### **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**

**Lucetta George-Grant, Education Advocate:**

**education.advocate@musqueam.bc.ca**

**Cary Campbell, School Bus Driver**

**Kymberlee Stogan, School Bus Supervisor**

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

**Toll free: 1-866-282-3261**





# DRUM MAKING

When: April 5, 2023

Where: Musqueam Community Building

Library Space

Time: 5:30 – 7:30

Dinner will be provided

We have limited drum kits, if you would like to attend please contact:

Lucetta George-Grant

604-269-3456

[education.advocate@musqueam.bc.ca](mailto:education.advocate@musqueam.bc.ca)



# Indigenous Scholarships & Bursaries



## We help students pursue post-secondary education

Our scholarships and bursaries are available to Indigenous students from B.C. First Nations or are an Indigenous permanent resident of B.C. studying at an accredited post-secondary institution in a program that matches a career at BC Hydro.

## Awards, scholarships, and bursaries available

### Apply from April 1 to June 9, 2023

Application forms for our 2023 to 2024 scholarships and bursary programs are now available. Download and complete the form(s) below to get started. We'll start accepting applications on April 1, 2023.

- [Indigenous bursary application](#) [PDF, 170 KB]
- [Indigenous scholarship application](#) [PDF, 170 KB]

## Eligible areas of study

We support students in trades, diploma, and degree programs that are related to the work we do. The lists below include programs we consider potential stepping stones to a future career with us.

# BC Hydro Indigenous Scholarship and Bursary Programs



BC Hydro wants to invest in the next generation of leaders, like you, to build a strong and healthy workforce across the province.

Our scholarships and bursaries are available to Indigenous students from BC First Nations or are an Indigenous permanent resident of BC studying at a Canadian post-secondary institution in a program that closely matches to careers at BC Hydro.

Application period: \_\_\_\_\_

**Scholarships** In the amount of \$5000 are available to full-time students in degree, diploma, certificate, or technical/trades programs connected to BC Hydro careers.

**Bursaries** In the amount of \$2000 are available to part-time students in degree, diploma, certificate, or technical/trades programs connected to BC Hydro careers.

The Randy Brant Memorial Award in the amount of \$8000 will be awarded to the top overall applicant from all bursary and scholarship submissions.

For more information including program eligibility and application forms go to [bchydro.com/scholarships](http://bchydro.com/scholarships) or email [Indigenous.awards@bchydro.com](mailto:Indigenous.awards@bchydro.com).



We want you to tell us how we can help you. [bchydro.com/feedback](http://bchydro.com/feedback)

**BC Hydro**  
Power smart





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## MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | MARCH 31, 2023 |

*Indigenous Motherhood*  
Healing colonial trauma to revitalize Indigenous kinship  
**Now Available for Communities Online**

This program is designed for participants to gain models, tools, and knowledge in the areas of colonialism, residential schools, the child welfare system, healing from trauma, the integration of indigenous systems, healthy communication & healthy relationships, productive problem solving, self-esteem & self worth, forgiveness, traditional diets, emotional intelligence, grief & loss, indigenous parenting practices, and many more.

Participants will ultimately discover tools, and how to utilize tools, which will aid in restoring happiness, love, and truth in all areas of life not only in times of crisis and trauma, but in every-day life as well.

This important program presented by Andrea Landry is coming to Musqueam via zoom online sessions

Program for 6 Sessions: Apr 5th, Apr 12th, Apr 17th, Apr 19th, Apr 24th, Apr 26th

Please contact Trish by email [lbh@musqueam.bc.ca](mailto:lbh@musqueam.bc.ca) Or call/text (778)239-4325

For more info: [www.indigenousmotherhood.com](http://www.indigenousmotherhood.com)





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MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | MARCH 31, 2023 |

# MUSQUEAM COMMUNITY CANOE RACE TRAINING

## TRAIN LIKE A SALMON

EVERYONE IS WELCOME!

STARTING MARCH 7, 2023

**TUES & THURS**  
**6:00 PM - 7:00PM**

**BRING A WATER  
BOTTLE & TOWEL!**



MUSQUEAM COMMUNITY CENTRE  
IN THE GYMNASIUM  
6735 SALISH DR, VANCOUVER, BC





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## MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | MARCH 31, 2023 |

### Sign up for a free hearing test today! Hear the sounds you've been missing



Wednesday, April 5th 2023



1:00 pm to 3:00 pm



Elders Centre Medical Office

Good hearing helps your brain stay fit throughout your life and helps avoid many other health problems. We work with you to assess your hearing and help determine the best solution for your unique hearing needs.

#### Echo Hearing Care can help you with:

- Hearing screenings
- Hearing aid clean and checks
- Hearing aid information

All services are complimentary



Please call at 604-259-7704 to  
reserve your spot.



#### About us

Our team is led by Dr. Katarina Vavrovicova, a doctor of Audiology with many years of clinical and research experience in the Vancouver area.

Scan to visit  
our website



**Echo Hearing Care**

WHERE GOOD HEARING STARTS

604-259-7704 | [echohearing.ca](https://echohearing.ca)

[info@echohearing.ca](mailto:info@echohearing.ca)

2533 West Broadway



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## MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | MARCH 31, 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.

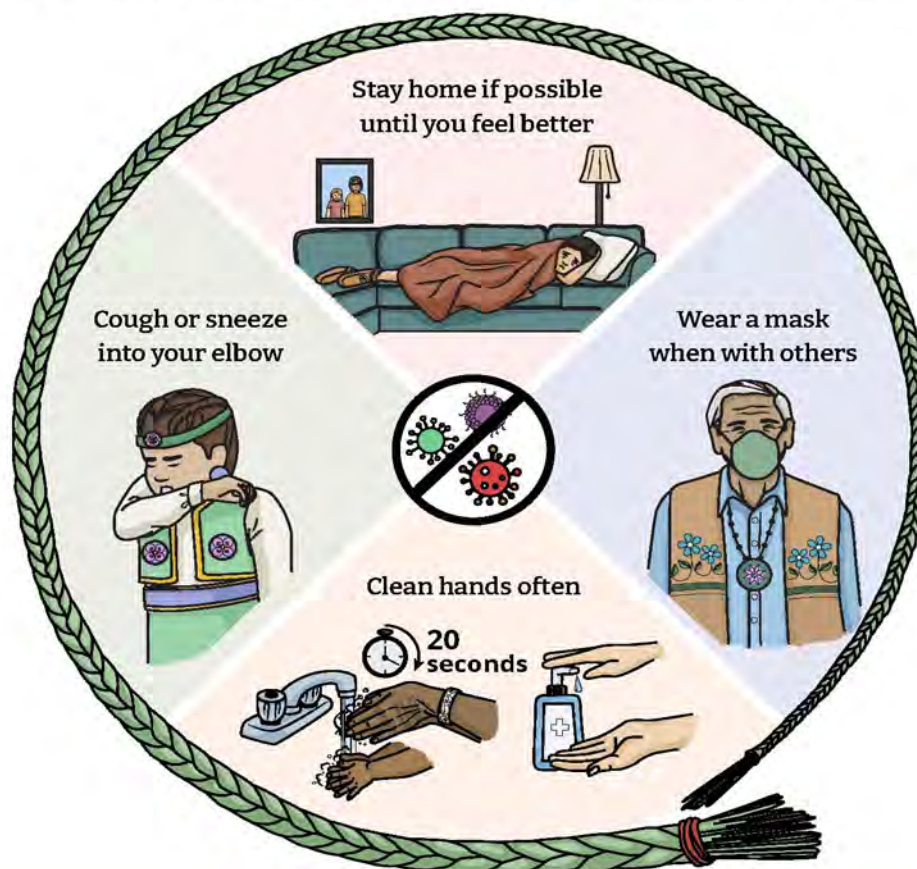


Illustration: Shoshannah Greene

**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**

How to get vaccinated for COVID-19: Register by phone 1-833-838-2323





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## MUSQUEAM HEALTH DEPARTMENT

### NEWSLETTER | MARCH 31, 2023 |

#### SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood



Health  
Canada

Santé  
Canada

#### How should a water cooler be cleaned?

1. **Reservoir:** (Note: Clean your bottled water cooler before every bottle change.)
2. **Drip Tray** (located under faucets)
3. **Replacing Bottle:** (Some companies suggest using one part vinegar to three parts water solution to clean the reservoir of scale before cleaning with bleach. Check your water cooler manual.)

Step by step information is available on [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Health Canada  
FAQ about Bottled Water

If you are experiencing an odd taste, odour or colour from 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. The Environmental Health Officer may accompany me. I will then be able to test your water as soon as possible. In the meantime, drink bottled water.





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# MUSQUEAM HEALTH DEPARTMENT NEWSLETTER | MARCH 31, 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**

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 | MARCH 31, 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 Mar. 27	Tuesday Mar. 28	Wednesday Mar. 29	Thursday Mar. 30	Friday Mar. 31
<b>Karen Chandra, NP</b>  9:30am – 3:30pm	<b>Dr. Dumont, GP</b>  9:30am - 3:30pm	<b>Karen Chandra, NP</b>  9:30am – 3:30pm	<b>Karen Chandra, NP</b> <b>Jessica Peart, NP</b> <b>(locum)</b> 9:30am - 3:30pm	<b>Karen Chandra, NP</b>  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.



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**.

#### Alternate Resources

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

Next Visit: April 12, 2023.

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

#### **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 | MARCH 31, 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,

**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](mailto:homecare@musqueam.bc.ca)**

**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 | MARCH 24, 2023 |

### MUSQUEAM ELDERS

*Brenda Campbell, Elders Coordinator*  
Ph: 604 263 – 6312

#### LADIES GROUP

When: Every Tuesday

**Time: 1-4pm**

Location: Elders Centre



#### ELDER'S LUNCHEON:

Wednesday, Apr.5, 2023

Time: 12:00 Noon

Location: Elders Centre

*Elder's only*



#### ELDERS CHAIR EXERCISE

When: Thursday Mar.30

Time: 1pm

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)



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## MUSQUEAM HEALTH DEPARTMENT

NEWSLETTER | MARCH 31, 2023 |

### MUSQUEAM COMMUNITY GARDEN @ UBC

*Spring* is nearly upon us and the Musqueam Garden is starting to wake up. The birds are chirping and the earth is showing signs of new life. Soon garden-fresh food will be available in the community again.

We are excited to invite ALL Community members to join us at the garden for a Spring gathering;

Who: All Community members

What: Gathering at Musqueam garden to discuss opportunities for the upcoming growing year. Light snacks will be provided.

When: April 3, 2023 10 a.m. – 12 noon

Where: Musqueam Garden at UBC Farm- 3461 Ross Drive

Patricia Isaak  
Land-Based Healing Coordinator  
Musqueam Health Department





# **Musqueam Recreation**

## **Community Center Holiday Hours**

Thursday April 6th - regular hours

Friday April 7th - 10:00 am - 5:00 pm

Saturday April 8th - 10:00 am - 5:00 pm

Sunday April 9th - 10:00 am - 5:00 pm

Monday April 10th - 10:00 am - 5:00 pm

We would like to wish everyone a very Happy Easter. Good luck to our Musqueam teams travelling to the Totem Soccer Tournament to represent Musqueam!

### ***Musqueam Blue's Men's 1st Game***

*Friday April 7th 9:00 am vs Nisga'a Warriors @ Topaz*

### ***Musqueam Blue's Women's 1st Game***

*Friday April 7th 1:00 pm vs Rainbow Stars @ Braefoot*

Please keep an eye on our Facebook Page and next week's newsletter for some activity announcements!

