



MUSQUEAM NEWSLETTER

Friday OCTOBER 06, 2017

**Tel: 604-263-3261, Toll Free: 1-866-282-3261, Fax:
604-263-4212...Safety Patrol: 604-968-8058**

MUSQUEAM 101 – Wednesday October 11, 2017

stem? (what?) Musqueam 101 October 11, 2017

Indigenous Economy Innovation

Join us for dinner and an evening of conversation with Maori scholars Merata Kawharu (Ngāti Whātua, Ngāpuhi) and Paul Tapsell (Ngāti Whakaue and Ngāti Raukawa). They will be sharing their current work on Indigenous economies and innovation. Paul and Merata hosted the Musqueam group that visited Aotearoa in 2014.

Presenters:

Merata Kawharu (Ngāti Whātua, Ngāpuhi) is the Director (Research) at the James Henare Māori Research Centre, at the University of Auckland and and Associate Professor at the University of Otago, New Zealand. Merata has been involved in Māori and indigenous cultural and economic development, locally nationally and internationally (including as a consultant to the UN and to UNESCO)

Paul Tapsell (Ngāti Whakaue and Ngāti Raukawa) is a professor at the University of Otago, New Zealand and will soon be taking on the position of Director of Research and Collections of the Melbourne Museums, Australia.

ni? ʔāncā? (where?)

Musqueam Administration Offices

tāmtem? (when?)

Wednesday, October 11. Dinner will be served at 6:00 p.m. The presentation will start at 7:00 p.m.

PLEASE JOIN US!

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Smoke Shop Hours

Monday-Friday

9:00 am—5:45 pm

Please Note the shop will be closed during lunch hour.

12:00 Noon – 1:00pm

Must bring your valid/ current Status Card and be 19 years or older





DINNER FOR THE MAORI

Please come and join us for some food, song and dance to say *hāy čx^w qə* to the Maori Group who have been staying in our community this past week exchanging culture and teachings. It has been an honor to have the people of New Zealand share their time with the Musqueam Community.

What: Dinner for our Maori Family

When: Saturday October 07, 2017 at 4:00 pm

Where: Musqueam Little Smoke House



AQUATIC HABITAT RESTORATION PLAN

INVASIVE SPECIES FEATURE



PURPLE LOOSESTRIFE

PURPLE LOOSESTRIFE (LYTHRUM SALICARIA) IN LARGE INFESTATIONS, PURPLE LOOSESTRIFE CAN BLOCK WATER FLOW IN CANALS AND DITCHES THAT ARE USED FOR AGRICULTURE LEADING TO A REDUCED PRODUCTIVITY IN SOME AGRICULTURAL CROPS .

SEE MORE AT: [HTTP://BCINVASIVES.CA/INVASIVE-SPECIES/IDENTIFY/INVASIVE- SPECIES/INVASIVE-PLANTS/PURPLE-LOOSESTRIFE#STHASH.O8LXFMGL.DPU](http://bcinvasives.ca/invasive-species/identify/invasive-species/invasive-plants/purple-loosestrife#STHASH.O8LXFMGL.DPU)



AHRP UPDATE

SHALIMAR

AHRP Distributed information to Shalimar property tenants regarding how to keep the streams clean , to increase awareness that fish reside in the stream, and proper pool maintenance is extremely helpful in protecting the natural habitat and fish habitat.

WELCOME TO THE AHRP & FISHERIES DEPARTMENT AND TEAMS!

NEW HIRE

Tessa Charlton, UVIC Co-op student—Hired as the Fisheries Intern until the end of December 2017.

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COMMUNITY HEALTH PROGRAM

Crystal Point, RN, CHN, and Lyn Thomas, Assistant

SAVE THE DATE: Musqueam Flu shot clinic & Village of Wellness will be held November 6, 2017.

Are you pregnant or have you recently had a baby?

The Musqueam Health Department offers some valuable incentives to pre-natal and post-natal Mothers who live on reserve:

- ✚ From the onset of pregnancy until 3 months postpartum we offer weekly \$25.00 Save on Foods Gift cards.
- ✚ Nursing pads, one box per week as needed
- ✚ A one-time gift of an Electric Breast pump. One per family
- ✚ Welcome gift for your new baby
- ✚ *If you are pregnant, please sign up by calling Crystal Point, in the Health Dept.*



Pre- and Post-Natal Group: Tuesdays noon-2 PM, Youth Centre Please join us Tuesdays at 12 noon in the Youth Centre for an informal drop-in group (partners welcome!). Lunch is provided.

Your New Baby and First Nations Health Benefits Coverage: For information on how to register your baby with First Nations Health please call Ashlee or Candice in the health department.



A 6-week series to run during the regular Pre/Postnatal group time: 12:00 – 2:00pm

Starting Tuesday Sept. 26th – Oct. 31st.

Location: Musqueam Yoga Room.

Workout with Melanie Osmack, followed by light lunch.

Babies/toddlers welcome

- Week three – goal check in, core focus in + work out
- Week four – goal check in, posture focus + workout
- Week five – goal check in, ergonomic movements for pregnancy/parenting + workout
- Week six – goal check in + workout

Dress comfortably

Crystal Point's Office hours: 9am-4pm Monday – Friday Ph: 604-269-3313

Lyn's office hours: 8:30-4:30 Monday – Friday Ph: 604-269-3354



Musqueam Health Department
Musqueam Recreation Department



UBC Active Kids Multi-Sport is coming to the Musqueam Community Center!

Active Kids Multisport & Playtime (1.5 – 3 YRS)

AGES: 1.5 to 3 year olds | TIME: 4:30pm—5:00pm (Oct.19-Nov.23rd)

This fun and high energy class, will introduce your child to agility, balance, coordination, and basic movement skills including running, jumping, kicking, throwing, and catching through a variety of sports and games.

***A parent or guardian is required to participate.*

Active Kids Multisport & Games (4 & 5 YRS)

AGES: 4 + 5 year olds | TIME: 5:00—5:30pm (Oct.19-Nov.23rd)

This class will introduce your preschooler to basic sport specific skills and reinforce movement skills including running, jumping, kicking, throwing, and catching. Trained instructors will use a variety of sports and games.

Parents do not participate in this class.



TO REGISTER PLEASE CONTACT: Evelyn Thomas (Nurses Assistant), Health Department
nurseassist@musqueam.bc.ca; Ph: 604-269-3354 or Crystal Point, CHN., Ph: 604-269-3313

This program has been developed in collaboration with Musqueam Recreation department, Musqueam Health Department and UBC Active Kids.

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SAFE DRINKING WATER MONITORING PROGRAM

Charlene Campbell-Wood

Facts on Drinking Water Facts Sheet

Health Risks

In water, coliform bacteria have no taste, smell, or colour. They can only be detected through a laboratory test. The Canadian Drinking Water Quality Guideline for total coliforms is none detectable per 100 mL. The Canadian Drinking Water Quality Guideline for *Escherichia coli* (E.coli) is none detectable per 100 mL. Maximum Acceptable Concentration for Drinking Water = none detectable per 100 mL.

For more information go to www.hc-sg.ca Water Facts Sheet

CHRONIC DISEASE MANAGEMENT PROGRAM (CDMP)

Merv Kelly

Do you want to exercise but don't know what's best for you? I am available to assist all ages and levels of fitness for all community members, call me or drop by my office. We also offer assistance with health information about Diabetes, high blood pressure, arthritis, etc., and how to help manage these.

Please provide a doctor's note for clearance to workout with Merv for strength training.

Hours – Monday to Friday: 9:30 am to 3:00 pm / 5:00 pm to 6:30 pm

Merv Kelly, Chronic Disease Management Facilitator

604-263-3261 – Extension 3455

Email: merv@musqueam.bc.ca



HOME AND COMMUNITY CARE

Home Care Nurse: Romeo Cosio, RN. and Lyn Thomas, Nurse Assistant

The Home Care Program is available to our community members to assist with hospital discharges, home care aide, and all medical equipment. Home care services & medical equipment require a note from your doctor with your needs specified. **Home Care Phone: 604-263-6539**

The Arjo Tub Program is temporarily unavailable due to repairs. Your care worker will keep you informed of when repairs are complete and can resume your scheduled therapy. You may call Lyn Thomas for any questions or concerns.

Romeo's Office Hours: Mon. 8:30-5:30 **Tuesdays-Off**,
Wed. Thurs. Friday 8:30-5:30
Ph: 604-269-3463

Evelyn's Schedule: Monday-Friday 8:30-4:30
PH: 604-269-3354

***Please note, the home care nurse may be on a house call so please leave a message.*

***For Emergencies Call 911 right away! ***

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MUSQUEAM NATIONAL NATIVE ALCOHOL & DRUG ABUSE PROGRAM (NNADAP)

We have two NNADAP workers who are available 7 days a week for; 1:1 counselling, treatment referrals, outpatient resources, information and support in relation to drug and alcohol use.

Cyndi Bell - A&D Counsellor

Hours

Mon. Tues.Thurs 9:30-4:30 pm
Wednesday 12-7 pm
Fri 9-4 pm



Brad Morin – NNADAP worker

Hours

Wednesday, Thursday, Friday 6-9 pm
Saturdays & Sunday 1-5 pm



APPOINTMENTS: DROP-IN OR CALL TO MAKE AN APPOINTMENT: 604-269-3454

Coffee Time with Cyndi

Every Wednesday evening from 5-6 pm in the Community Centre Café

Stop by for a coffee! I will be in the café to provide information, support and resources for anyone who is looking for help with substance use issues concerning yourself or a loved one.



WEEKLY AA MEETING: There is an AA meeting every Tuesday from 8-9 pm at the 51st Hall

ART THERAPY FOR ADULTS

Janice Carroll

I have been a counselor here for the last 11 years; working with children and youth, using Art and Play Therapy. My hours have been structured from Tuesday - Friday though **I will now be available for Counselling Adults, on Monday's from 9am-2pm.** The sessions are one hour, once a week, for Musqueam community members.

Please call my office (located in the Health Department) at 604-269-3453, or jcarroll@musqueam.bc.ca if this is something that could benefit you or you'd like more information.










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Youth Centre

Abigail Speck at the Youth Centre, 604-269-3465 Email: youthcentre@musqueam.bc.ca

Monday October 9th	Tuesday October 10th	Wednesday October 11th	Thursday October 12th	Friday October 13th
CLOSED  Happy Thanksgiving	BTS 3:30—5:30  Arts & crafts 6:00—8:00 	D&A 3:30—5:00  MYP 6:00—8:30 	BTS 3:30—5:30  POOL NIGHT 6:00—9:00 	Pajama Movie Night  2:00—9:00 



The Youth Centre will be open from 2:00 pm—9:00 pm Monday—Friday

Children under 7 years old will be sent home; unless accompanied by a parent or guardian, who is at least 15 years or older

MUSQUEAM ELDER'S PROGRAM

Brenda Campbell

Next Musqueam Elders Luncheon: Thursday Oct.12 12:00 noon

Musqueam Ladies Group: Tuesday evenings 6:00-9:00pm

Location: Musqueam Elders Centre

The Elder's centre is open daily, please drop by for a coffee or tea with Brenda Campbell. Ph: 604-263-6312

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First Nations Health Authority
Health through wellness

FAQ Frequently Asked Questions:

Dental

Dental Benefits

My dentist is charging me for treatment. Why?

FNHA Health Benefits Dental program has its own fee schedule, which may not cover all the fees charged by the provider. Any charges exceeding FNHA Health Benefits fees are not eligible for reimbursement. Please confirm with your provider (dentist) what, if any, your financial responsibility is prior to receiving treatment.

Why does my dental provider have to send in a request before performing some services?

Predetermination, or prior approval, is common to most public and private dental plans. The predetermination process ensures that both the dental provider and FNHA client are informed of the policies and understand the coverage commitments. Clients must meet all of the clinical criteria and guidelines established by FNHA Health Benefits for the dental treatment to be considered for coverage.

My dentist informed me that treatment was not approved. Why?

FNHA Health Benefits evaluates all dental predeterminations against its Dental Framework which outlines the types of benefits available to clients and their coverage criteria. To provide coverage, all established policies, guidelines and criteria must be met.

<http://www.fnha.ca/benefits/faqs>

Eligibility and MSP

Enrolling your Newborn

Information below is sourced from the Medical Services Plan webpage.

Enrolling your Newborn in the Medical Services Plan (MSP)

- [MSP Baby Enrollment Form PDF](#)

How does this Electronic Birth Registration enroll my baby for MSP coverage?

- When you complete the Electronic Birth Registration, Vital Statistics Agency sends your baby's information to Health Insurance BC (HIBC) through a secure communications network. HIBC will then process the application and determine your newborn's eligibility for Medical Services Plan (MSP) coverage.

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Why must the mother complete the MSP enrolment?

- Coverage for the newborn will be provided under the same MSP account as the mother. If you are the mother and have MSP coverage, the easiest way to register your newborn in MSP is by providing your consent through this Electronic Birth Registration application. It is a quick and secure way to apply for MSP coverage for your baby.

I have a Personal Health Number (PHN) for my baby – do I still need to enroll in MSP?

- Yes. Even if the hospital assigns your newborn a PHN and even if your baby is a B.C. resident, s/he must be enrolled in MSP.

What if I have Group or other MSP coverage?

- If your MSP coverage is being provided through an employer, another group plan (including Health Canada for First Nations) or the Ministry of Social Development (MSD), the Group Administrator or MSD must be advised that your newborn is being enrolled in MSP. Check with your employer or MSD for details.

Can we enroll our baby in MSP in a different way?

- You do have the option of not applying for MSP coverage through this Electronic Birth Registration. However, if your newborn is a B.C. resident, your child must be enrolled with MSP. If this application isn't suitable for your family, a separate MSP Baby Enrolment pdf form is available at https://www.health.gov.bc.ca/exforms/msp/baby_enrolment.html.

When will I know that my baby is enrolled?

- You can expect to hear from HIBC within four to five weeks of completing this Electronic Birth Registration application. If HIBC needs additional information to complete enrolment, you will be contacted. Most newborns are covered by MSP as of their date of birth, provided one parent is an eligible B.C. resident.
- The above provides general information about MSP eligibility and enrolment. For complete information on MSP enrolment and eligibility, please visit www.hibc.gov.bc.ca or call one of the numbers below.

Lower Mainland: 604 683-7151

Rest of BC: 1 800-663-7100

<http://www.fnha.ca/benefits/eligibility-and-msp>

NEED HELP?

For assistance with registering your new born you may contact Candice Sparkes or Ashlee Point in the Musqueam Health Department.

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MUSQUEAM PRIMARY CARE CLINIC

****Clinic closure: Monday Oct 9th Thanksgiving Holiday****

Regular hours Tuesday - Thurs 10-3 and Friday 10-4

Eat clean, drink water, stay active and be healthy

PRIMARY CARE FAMILY PHYSICIAN – Friday 10:00am – 4:00pm

Welcoming all Musqueam community members including parents / caregivers with infants and children; pregnant women; youth; adults and elders. Come and join our wonderful Musqueam Primary Care clinic and become a regular patient! Our team meets the highest standards necessary to provide you with safe and confidential health care.

PRIMARY CARE NURSE PRACTITIONERS – Monday to Thursday 10:00am— 3:00pm

Services provided every day are:

- ✚ check-ups (PAP, STI, Baby growth checks) and assessments;
- ✚ diagnosis and prescriptions
- ✚ testing (X-rays, ultrasound and blood work)
- ✚ birth control options
- ✚ chronic disease management (diabetes, hypertension, C.O.P.D and lung disease)
- ✚ childhood vaccines; specialist referral

MEDICAL OFFICE ASSISTANT – Monday to Friday 10:00am – 3:00pm

For an appointment call Mackenzie Gomez, Medical Office Assistant, 604.266.0043

(closed 12:00 – 1:00pm for lunch)

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

We have more Naloxone kits now and if someone would like a kit to please contact the Health Department in the Musqueam Band Office or the Musqueam Primary Care Clinic in the Elders Centre at: 604-266-0043.

We can review training if needed and have practice kits as well.

Northeast False Creek & Britannia Community Centre Design and Development Open House

JOIN US!

For a fun and interactive drop-in session to help the City of Vancouver and Vancouver Park Board shape the look, feel and design of these exciting projects.

Tuesday, October 10 | 4:00 - 7:00 PM
Musqueam Community Centre Café

Food and Children's Activities will be provided.

For more information contact Gordon Grant:
protocol@musqueam.bc.ca



ALL MY RELATIONS INTER-TRIBAL AA ROUND UP



DATES AND TIMES

OCTOBER 13 14 & 15, 2017

- **FRIDAY:** Registration 6-7PM, Closing Prayer 9PM
- **SATURDAY:** Registration 8-9AM, Dinner 5-6:30PM, Dance 9PM- 12AM
- **SUNDAY:** Registration 9-10AM, Pancake Breakfast 10-11AM, Closing 1-2:30PM (detailed schedule on next page)

Let Us Celebrate the revitalization of walking in the footsteps of our ancestors, an awakening journey on the sacred path of sobriety, recovery, health and wellness.

Ta, na wa nch'ú7mut skwálwen-chet

"All of our hearts are one"

nə caʔmat tə šxʷqʷeləwən ct

LOCATION

Chief Joe
Mathias Centre
100 Lower Capilano
Rd, North Vancouver
Squamish Nation
Capilano Road &
Welch Street



Salmon Dinner
and Dance
On Saturday
Music by
DJ - Rick

SPEAKERS

Art S, Opie O
Mickie C, Jerry W
Maureen K
Al-Anon Speaker
Laura

TICKETS

\$25 each

Available on

www.eventbrite.ca
Central Office/Kingsway
North Shore Alano Club,
at the door or from
committee members

HOSTED BY

All My Relations
Committee Members

CONTACT

Facebook Event "All My
Relations Inter-tribal
AA Round Up"

Ph: 778.683.6182

Em: kulsiut@gmail.com

ALL MY RELATIONS INTER-TRIBAL AA ROUND UP PROGRAM SCHEDULE

FRIDAY OCT 13, 2017

6 - 7 PM REGISTRATION

WELCOME - OPENING PRAYER

SPEAKERS

7 - 8 PM MICKEY C

8 - 9 PM ART S

CLOSING PRAYER

SATURDAY OCT 14, 2017

8 - 9 AM REGISTRATION

OPENING PRAYER

9 - 10 AM BREAKFAST

10 - 11 AM AA. MEETING

SPEAKER

11 - 12 NOON MAUREEN, K

12 - 1:30 PM LUNCH BREAK

ALANON SPEAKER

2 - 3 PM LAURA

3 - 4:30 PM "TRAILBLAZER'S" AA PANEL

HALF HOUR BREAK

5 - 6:30 PM SALMON DINNER

HALF HOUR BREAK

7 - 8 PM COUNTDOWN

SPEAKER

8 - 9 PM OPIE O

CLOSING PRAYER

9 - 12 MIDNIGHT DANCE - DJ RICK

SUNDAY OCT 15, 2017

9 -10 AM REGISTRATION

OPENING PRAYER

10 - 11 AM BRUNCH

SPEAKER

11 - 12 NOON JERRY, W

12 - 1 PM SACRED CIRCLE

1 - 2:30 PM "THANK YOU'S"- CLOSING
PRAYERS/CLOSING REMARKS