#### **MUSQUEAM NEWSLETTER**

Friday September 2, 2016

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

"IMPORTANT NOTICE
REGARDING STATURTORY
HOLIDAY ....."

PLEASE NOTE THAT THE MUSQUEAM RECREATION and ADMINISTRATION, WILL BE CLOSED FOR THE STATUTORY HOLIDAY ~ LABOUR DAY, MONDAY SEPTEMBER 5, 2016.

Have a safe and happy Long weekend !!!

(Musqueam Administration and Recreation, will re-open regular hours,

Tuesday September 6, 2016 @ 8:30 AM)

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### ST. MICHAEL'S CHURCH

Please join us at Church, Every Sunday @ 12:45 AM

St. Michael's Church on Crown Street.



<sup>\*</sup> Please be informed that you can view the MIB Newsletter and any Upcoming Meetings's and/or Workshops etc.

On the Musqueam website ~ www.musqueam.bc.ca ~ under the "Newsletter Section".... Thank you :)

# Block F Branding and Placemaking

Please join Musqueam Capital Corp. for a very important discussion to develop the stories relating to the real estate development project currently known as Block F located in the University Endowment Lands.

Where: Musqueam Community Centre

Classrooms 1 & 2

When: Wednesday September 14, 2016

Dinner at 5:30 pm

Presentation to begin at 6:00

We will be working with David Allison Inc. in developing the placemaking and branding elements for Block F.

We would appreciate your input!

A brief update on Block F will also be presented.

#### Musqueam Social Development



This is an invitation to parents and community members to join our 8-week beading class!

stem? (What?): Learn to Bead

təmtem? (When?): July 21 to Sept 8 Every Thursday 6pm to 8pm ni? ?əncə? (Where?): Community Centre Café 6777 Salish Dr.

Come out to learn how to bead or brush up on your skills. This group will run every Thursday evening for 8-weeks.

- ♦ All beads and materials will be provided
- ◆ This group will be taught by Megan Harkey who is very skilled at bead work
- ♦ A light snack and refreshments will be provided

If you are interested in joining or would like more information, please call Virginia Scotchman or Karen Dan-Wilson **604-558-4677** 

### MUSQUEAM 2016 COMMUNITY CENSUS

Musqueam Administration is collecting its own Census information to understand community composition and the needs and opinions of Musqueam community members living on and off-reserve.



All information will be kept confidential and will only be used by the Musqueam Band.

#### THE 2016 MUSQUEAM CENSUS IS ROLLING OUT IN TWO PARTS:



to be completed by ONE head of each Musqueam household.

**AVAILABLE NOW!** 

## 2:

## Personal Census

to be completed by ANY member of the Musqueam community.

**AVAILABLE NOW!** 

# COMPLETE THE 2-PART 2016 MUSQUEAM COMMUNITY CENSUS FOR YOUR CHANCE TO WIN!

Each part
you complete
will give you
an entry into
weekly prize
draws and the
grand prize draw
for a Lenovo
tablet!



#### Ways to complete both the Household and Personal Census:



#### ONLINE

Please visit
census.
musqueam.bc.ca.
You must register
to receive a link
to complete
the survey. It is
best viewed on
a computer or
tablet.



### AT HOME ON-RESERVE

Our Census Recorders,
Brittany Point, Sara Louie,
Angelina Rice-Louis & Zoe
Craig, will be going doorto-door on the reserve.
They are also available by
appointment. Please email
CCP@musqueam.bc.ca or
call 604-269-3330 to make an
appointment.



# In The Community Centre

Our Census Recorders are available to meet you in the Musqueam Community Centre. Please email CCP@musqueam.bc.ca or call 604-269-3330 to make an appointment.



#### THROUGH MAIL

If you are off-reserve and would like to complete the Census on paper, please email CCP@ musqueam.bc.ca or call 604-269-3330 to make arrangements.



### AT CENSUS EVENTS

Keep your eyes on the newsletter and Musqueam Community Census
Facebook page for details!



#### The Children's House

The Children's House hours of operation are 7:45 am—5:00 pm Monday—

Friday.



Preschool Program hours: 9:00am—12:00pm, Monday-Thursday. (September—June)

Preschool start date is September 6, 2016.

#### **Preschool Program**

It's that time of the year again! We are now accepting applications for Preschool, if you are interested in signing your child up for preschool contact Renee Stogan Supervisor at 604 269-3302 or email: child-caresup@musqueam.bc.ca

Preschool starts September 6, 2016 9:00am—12:00 pm. Monday—Thursday.

If your child has already attended our preschool program please phone and verbally register with Renee at 604 269-3302 to confirm your Childs spot on the preschool list for Sept 2016-17 school year. If you are a new family and would like to register your child please contact Renee at 604 269-3302 and we can set up a time to sign your child up for preschool.

#### The Children's House

Renee Stogan Supervisor 604 269-3302 childcaresup@musqueam.bc.ca













# **Cultural Gathering**

September 8, 2016 | 5.00pm-9.00pm Tsleil-Waututh Nation Community Centre, 3010 Sleil-Waututh Rd, North Vancouver

Transportation provided.

The Community Engagement Hub, a collaborative health initiative between Tsleil-Waututh, Squamish and Musqueam, is proud to host a Cultural Sharing event with Drummers and Singers from each Nation. There will also be a special Maori cultural dance performance. Come along and be part of this celebration. Dinner provided.

Please note: Coreen Paul be away on Medical Leave from Monday, August 15 to Monday, October 17, 2016.

For all health program related issues please contact Merv Kelly, <u>merv@musqueam.bc.ca</u> who will be A/Health Manager in my stead; and all other health program persons in their respective departments, ie:

Candice Sparkes, Health Admin <a href="mailto:csparkes@musqueam.bc.ca">csparkes@musqueam.bc.ca</a>

Ashlee Point, Health Jr. Admin Assist <a href="mailto:ashleepoint@musqueam.bc.ca">ashleepoint@musqueam.bc.ca</a>

For **Community Health Nurse** inquiries please contact **Natalie Frandsen**, **chn@musqueam.bc.ca** or **Patricia Mathison**, Nurse Assistant **nurseassist@musqueam.bc.ca** 

For **Home Care needs, medical equipment & supplies**, please contact **Romeo Cosio**, **RN**, Home & Community Care Nurse: 604-263-6539 or <a href="mailto:homecare@musqueam.bc.ca">homecare@musqueam.bc.ca</a> or Patricia Mathison, Nurse Assistant <a href="mailto:nurseassist@musqueam.bc.ca">nurseassist@musqueam.bc.ca</a>

For Drug & Alcohol concerns contact Cyndi Bell at <a href="mailto:nnadap@musqueam.bc.ca">nnadap@musqueam.bc.ca</a>

To reach the **Musqueam Primary Care Clinic** at the Elders Centre please call **604 266 0043** or email the medical office assistant Mackenzie Gomez, MOA at **MOAhealth@musqueam.bc.ca** 

Sincerely,

Coreen Paul,

Health Program Manager

#### **Community Safe Drinking Water Monitor Program**

Charlene Campbell-Wood, MIB Drinking Water Monitor

Discusses signs of when your body loses too much fluid through diarrhea, vomiting, sweating, or exercise. Covers dehydration in babies, small children, and older adults. Discusses prevention, when to see a doctor, emergencies, and rehydration steps.

#### Dehydration

It is so important to keep hydrated by drinking water and foods with lots of water.

Dehydration occurs when your body loses too much fluid. This can happen when you stop drinking water or lose large amounts of fluid through diarrhea, vomiting, sweating, or exercise. Not drinking enough fluids can cause muscle cramps. You may feel faint. Usually your body can reabsorb fluid from your blood and other body tissues. But by the time you become severely dehydrated, you no longer have enough fluid in your body to get blood to your organs, and you may go into shock, which is a life-threatening condition.

Dehydration can occur in anyone of any age, but it is most dangerous for babies, small children, and older adults.

Register Tuesday
Register Tuesday
September 6, 2016

## The MIB Brighter Futures Program: will be at the Musqueam Youth Centre on Sept.6, 2016

Hello Everyone!

Reminder to Register your child/children for the Breakfast Club.

Everyone who has a child(ren) registered in the Breakfast Club has a responsibility to participate and to parent their child(ren) while at the Breakfast Club. Parents are also required to volunteer in the program at least twice per month to help with the following duties:

- ⇒ Have their children at the Breakfast Club every morning at 7:30 am
- ⇒ Supervise their child(ren); & with cleaning up after their child leaves
- ⇒ Set-up in the morning; & to help clean up after food preparation

Wanda and Vanessa Stogan will be at the Musqueam Youth Centre in September 6, 2016. We look forward to seeing you at Registration on Tuesday!

BFBC Registration Forms are available from the Health Department & Registration will take place in the Youth Centre with Vanessa Stogan all day on Tuesday September 6, 2016.

Please register your child now!

Thank you!

#### **Community Health Nursing Program**

Natalie Frandsen, RN, Patricia Mathison, Assistant

#### **CHN Newsletter** Pre- and Post-natal Group

Pre- and Post-natal Group held on Tuesdays at noon will resume on September 6, 2016. If you have any topic ideas for our session feel free to let us know! Community Health Nurse, Natalie Frandsen is in the office and available to register you for the "Healthy pregnancy, Healthy Babies" Program. If you are pregnant you may sign up by calling Natalie Frandsen, CHN or Patricia Mathison, nurse assistant at 604-263-3261

#### **Ambulance Services for** Musqueam Band Members

Medical transportation benefits are provided by First Nations Health Authority to assist band members (must have Status Card) in getting medical

services at the nearest appropriate health professional or health facility. If This training is offered to anyone unyou or someone you know needs to be der the age of 30 and are interested in seen by a doctor urgently, please call 911 and an ambulance will take you to one of the Emergency Rooms in a Vancouver hospital.

#### Annual Flu Clinic and Village of **Wellness Health Fair**

Save the date! The annual flu clinic and wellness fair will be held on November 24, 2-6 PM at the community centre. You will be able to get your annual flu shot, gather some great health information and have some health screening done as well (e.g., blood sugar, blood pressure). For questions, call Natalie (604-269-3313) or Patricia (604-269-3354).

#### **Facilitation and HIV Education Workshop for Youth**

The Yúusnewas Program (Youth Co) is hosting a "Core Training" at their office (568 Seymour St on September

#### 17 and 18<sup>th</sup> (a Saturday and Sunday)).

learning more about HIV, social justice and facilitation. It's a really fun weekend and we provide breakfast/lunch as well as bus tickets if needed. You can sign up through the link or you can contact Olivia Reynolds (604-688-1441 | www.youthco.org). See the link for more information: http:// www.youthco.org/ core training fall 2016

#### Healthy Kitchen with Vancouver **Native Health Society**

Wednesday September 7<sup>th</sup>, 10-2 PM. Learn about foods that will keep your body strong; learn about foods that help reduce the risk of cancer; and make a healthy meal and take it home. 449 East Hastings Street. To register, call (604) 254-9949 ext. 224 or email canceraware@vnhs.net



study found significantly increased rates of mental and physical illness in adult survivors of pediatric burn injuries Burn Care Res 2015.

The majority of these injuries can be prevented by educating caregiver's about this common, serious and preventable cause of pediatric injury.

#### 3 Hour Workshop Description

During this workshop educators will be taught who gets injured, how they get injured and why. Evidence based prevention strategies will be shared and best practice recommendations on how to effectively implement the Too Hot for Tots! Program in community settings.

The health department will be hosting a burn prevention workshop on October 27th from 10-1 PM. Please register with Patricia Mathison (604- 269-3354; nurseassist@musqueam.bc.ca).

#### **Musqueam Primary Care Clinic**

Dr. Michael Dumont, GP

Mackenzie Gomez, MOA

Primary Clinic Location: Musqueam Elder's Centre.

Clinic Hours: Friday 10 am- 4pm

Phone: 604-266-0043

To book an appointment or have questions, please contact Mackenzie at our Primary Care Clinic.

\*\*FOR EMERGENCIES CALL 911 For Non-emergency Questions CALL 811

#### **MIB Home & Community Care Program**

Romeo Cosio, RN. MIB HCN Patricia Mathison, Assistant

#### **MIB Home Care Program**

In home care is available to our Band Members living on reserve, to assist with hospital discharges, home care aides, and medical equipment.

In-home care and all medical equipment require a note from your doctor with your needs specified.

Romeo's Office Schedule:

Mon, Wed, Thurs, Friday 8:30-5:30

Tuesdays- OFF.

You may also call Patricia Mathison for assistance with your questions about home care service, or medical equipment.

Patricia's Schedule:

Monday-Friday 8:30-4:30 PH:604-269-3354

#### **Cancellations of service**

Please notify us as soon as possible for any Cancellations; at least 24 hours in advance is helpful.

#### The Arjo Tub Program

The Arjo Tub is a therapeutic bath offered through our Home Care Program and is **a**vailable at the Elder's Centre between 7-10am Monday to Friday.

You will need a doctor's order for the use of the Arjo tub, describing your condition, and how often you are advised to use the tub per week.

For an appointment call Patricia Mathison, Nurse Assistant at 604-269-3354

#### **Musqueam Elders**

Brenda Campbell, Elders Coordinator

#### **MUSQUEAM ELDER'S LUNCHEON:**

When: Thursday Sept. 15,2016

Time: 12:00 Noon

**Location:** Musqueam Elders Centre



#### **Musqueam Ladies Group:**

When: Every Tuesday Evening

**Time:** 6:00 – 9 : 00 pm

**Location:** Musqueam Elders Centre

#### **Chronic Disease Management Program**

Merv Kelly, Chronic Disease Management Coordinator

Are you needing assistance with health information about Diabetes, high blood pressure, etc., and how to help manage these? Or do you want to workout but don't know what's best for you?

You may call me or drop by my office: Hours - Monday to Friday: 9:30 am to 3:00 pm / 5:00 pm to 6:30 pm

Available to assist all ages and levels of fitness for all community members.

Merv Kelly, Chronic Disease Management Facilitator Phone: 604-263-3261 Extension 3455

Email: merv@musqueam.bc.ca



#### Safe Drinking Water Monitor Program

Charlene Campbell-Wood, MIB Drinking Water Monitor



#### Dehydration

It is so important to keep hydrated by drinking water and foods with lots of water. Dehydration occurs when your body loses too much fluid. This can happen when you

stop drinking water or lose large amounts of fluid through diarrhea, vomiting, sweating, or exercise. Not drinking enough fluids can cause muscle cramps. You may feel faint. Usually your body can reabsorb fluid from your blood and other body tissues. But by the time you become severely dehydrated, you no longer have enough fluid in your body to get blood to your organs, and you may go into shock, which is a life-threatening condition.

Dehydration can occur in anyone of any age, but it is most dangerous for babies, small children, and older adults.

#### **Youth Centre**

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

Please note the Youth Centre will be returning back to school hours next week!

Hope you all had a great summer and wishing you all the very best as you go into your new school year!!

Monday	Tuesday	Wednesday	Thursday	Friday
September 5th	September 6th	September 7th	September 8th	September 9th
Arts & Crafts 2:00—6:00  Colouring 6:00—9:00	Pool Tournament  4:00-8:00	DRUGS ARE NOT COOL!	Charades 2:00—5:30 Bracelets 5:30—9:00	Movie Night

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

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

\*\*Please note that the Youth Centre will be open @9:00 AM when kids have professional days\*\*

#### NNADAP National Native Alcohol and Drug Awareness Program

Cyndi Bell, D&A Counsellor

**Please note:** Cyndi Bell our NNADAP worker will be away from the office until further notice. Please see below contact list for your reference. You may access these programs by calling these numbers directly for assistance during Cyndi's absence.

#### **NNADAP Contact list:**

Access Central (detox, Daytox) 1 866 658 1221

BC Nurses Line 811

Suicide/Crisis Hotline 604-872-3311

BC 211 (referral service) 211

The Alcohol & Drug Information and Referral Service 604-660-9382



Hello Everyone,

I am thrilled to announce our call for applications for Vision Vancouver's youth Fellowship, an exciting program launched last year focused on the future growth, sustainability and vibrancy of our city.

Now in its second year, **the vision:next Young Leaders Fellowship** brings together up to 40 people aged 18 - 25 who care about making an impact in Vancouver on housing affordability, safer schools, arts and culture, protecting our coast, better transit, and more.

Fellows will work alongside Vision Vancouver leadership, elected officials, key volunteers, accomplished organizers and community influencers in a focused networking and skill-building program that offers broad practical experience in tackling the pressing issues facing our city.

Applicants must be between the ages of 18 and 25 for <u>a program that will run from October to April 2017</u>. Applications will be accepted until the end of day on September 14, 2016.

To learn more and apply, visit <a href="http://www.votevision.ca/vnyl-2017">http://www.votevision.ca/vnyl-2017</a>.

I hope to see you in the program next year!

Best,

**Gregor Robertson** 

Vision Vancouver

Gregor Robertson http://www.votevision.ca/

# Keep Collective & Tupperware







# Deanna M. Point (keep designer & Tupperware Consultant) 604-219-8500

Host a Socail with me and get half off to free items, it's easy, simple and fun to design your own keep jewelry with your friends and family. We can do online socials or in person with keep collective I have new fall catalogs in.

Book a party with Tupperware with me, host gets great deals who ever Shops early and beat the price on the sale flyer ends sept. 9<sup>th</sup>. I have the new fall flyers, catalogs, and fall fundraiser brochures. All proceeds go towards my son Maxs marital arts and Avery's medical equipment.

These are my 2 main jobs I work from home and looking forward to doing my best to keep everyone happy and up to date.