



HISHUK'ISH TSAWALK

TSESHAHT FIRST NATION NEWSLETTER

VOLUME 4, ISSUE 3

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WELCOME BACK...

At the beginning of November we welcomed back Bella Fred who accepted the role of Social Development & Health Services Manager. Bella previously worked in this positions with the nation for over eight years. Council appreciated her impactful contribution to the governance of the Nation, serving the community in this capacity just shy of one year. Bella's commitment to her community and determination to help in any way she can is unparalleled and we are excited to have her back on staff.



OFFICE CLOSURES

*Tseshaht Administration
Office will be closed at
12 noon Friday December 10 &
12 noon Friday December 17
We will reopen
Tuesday January 4, 2022
from
Christmas Break*



WE'LL MISS YOU...

In late November, council and staff thanked Deshana Sanderson for her service as the Housing Manager. Deshana leaves Tseshaht having worked with the nation for nearly four years. During her time as the Housing Manager she consistently demonstrated her commitment to improving the lives of those living on reserve and assisting members looking to move home. Deshana played a critical role in bringing our Housing Policy up to date which is now nearly ready for ratification. She has left very large shoes to fill. We will miss her happy disposition and infectious laughter, but mostly her determination and efforts for the betterment of Tseshaht as a whole.

Deshana, we will miss you and we wish you well!



HERE TO STAY...

We are excited to announce that Patricia Jimmy has accepted a permanent position within our Accounting Department as our Accounting Services Assistant. Most members are aware that "Pepsi" has worked for the nation for close to 20 years both here with Administration as well as with Orange Bridge Cannabis. Pepsi has been so dedicated to working for the nation and we are happy she is here to stay.



**WHAT KIND OF
COMMUNICATIONS
CAN YOU EXPECT
TO RECEIVE?**

- ◆ Newsletters
- ◆ Urgent Bulletins
- ◆ Community Engagement/Meeting Notices
- ◆ Community Events Information
- ◆ & More!

We are looking for better ways to communicate with Tseshaht Membership.

Would you be interested in hearing from us via email? phone? please let us know what works best for you!

Name: _____ Phone: _____

Email: _____ Status #: _____

Please note that all communication is in adherence with Canadian Anti Spam Legislation (CASL). By giving your email you are giving your express consent to receive electronic messages from Tseshaht First Nation. There is no time limit for this consent, however you may withdraw your consent at anytime by emailing community@tseshaht.com

For more information on CASL please see www.fightspam.gc.ca

Tseshaht Administration Christmas Hours

We will be closing early

Fri. Dec. 10th @ 12 noon


☎ Fri. Dec. 17th @ 12 noon

We will be closed

Dec. 20th, 2021 - Jan. 3rd, 2022

We will re-open with regular business hours

Tuesday January 4th, 2022



**Social Assistance
Client Cheque
Distribution**

Fri. Dec. 29

**10 AM - 12 NOON
ONLY!**

Patient Travel

All requests for travel taking place during the Christmas Break MUST be submitted with Appointment Confirmation asap as we require 5 business days to process.

Emergency Patient Travel
during Christmas Break
please call 250.735.1298



CHRISTMAS BREAK YOUTH ACTIVITIES

13-18 CRAFTING

DEC. 7 @ YOUTH CENTER 4PM-7PM

6-12 BAKING

DEC. 8 @ YOUTH CENTER 4PM-7PM

WINTER WONDERLAND FAMILY SKATE

DEC. 19 - AV MULTIPLEX 7PM-9PM

TSESHAHT CRAFTERS ACTIVITIES

DEVILS CLUB/MEDICINE BAG

DEC. 8 @ MAHT MAHS 7PM

DROP-IN BEADING

DEC. 11 & 18 @ MAHT MAHS 2PM

DRUM MAKING

DEC. 20 @ MAHT MAHS 6PM



TSESHAHT CHRISTMAS DISTRIBUTION **CHILDREN'S DRIVE-THRU GIFT DISTRIBUTION**

DEC. 11 @ ADMIN BUILDING 10AM

COMMUNITY DRIVE-THRU CHRISTMAS DINNER

DEC. 12 @ MAHT MAHS - TIME TBA

FITNESS GYM HOURS

MON/WED/FRI

5PM-9PM

TUES/THURS

4PM-6PM

SUN

6PM-8PM

FOOD BOX - DEC 29 @ 10AM

SIGN UP BEFORE DEC. 20



Tseshah Social & Health Program Updates

Prepared by Bella Fred Nov. 30, 2021

The Social & Health Department currently consists of:

Bella Fred, Program Manager Social Development & Health
 Gail Gus, Crisis Care & Wellness Worker
 Gina Pearson, Health & Emergency Response Coordinator
 Lillian Dick, Social Development & Health Administrative Assistant
 Michelle Colyn, Membership Clerk
 Myra Mack, Recreation Worker (term)
 Tracey Robinson, Patient Travel Clerk (short-term)
 Tamara Mack (patient travel/casual support)
 Carolyn Thompson (exiting staff member Dec. 2021)

Crisis Care & Wellness Coordinator:

Gail is very busy planning and coordinating programs, events and activities that promote health, wellness and prevention for community members. Events and activities include Devils Club Necklace & Medicine Bag Making, Drum Making. She also obtains and distributes naloxone kits. She has obtained funding for and organized community food boxes. She arranged for winter planting in the community garden. The fitness activities include the fitness gym as well as boot camp. Gail is also the contact person for food supplies for households that must isolate due to Covid-19; this assistance is available upon request.

Upcoming Events & Activities:

(All programs are at the Maht Mahs Gym. There is limited capacity due to Covid-19.)

Dec. 8th – 7:00 pm Devils Club/Medicine Bag
 Dec. 11th – 2:00 pm drop in beading
 Dec. 18th – 2:00 pm drop in beading
 Dec. 20th – 6:00 pm Drum Making
 Dec. 29th – 10:00 am Food box – sign up before Dec 20th

Fitness Gym Hours:

Mon/Wed/Fri: 5:00 pm – 9:00 pm
 Tues/Thurs: 4:00 pm – 6:00 pm
 Sunday: 6:00 pm – 8:00 pm

Health & Emergency Response Coordinator – update from Gina

Since I started on October 8, 2021, I have begun to do some updates to our EOC Manual, updating our Emergency Plan for Tseshah, working on compressing important information on Flooding, Evacuation preparedness, Tsunami warnings, Earthquake warnings, Family Emergency kits and how to calmly evacuate all into one binder for easy access when needed during an emergency.

Tseshah has hosted a vaccine/flu shot clinic and will be hosting another one on December 9th from 9:00 am to 6:00 pm; 9:00 – 11:00 am are set for elder's time and the rest of the day will be for drop in.

I have been staying in contact with EMBC both in Victoria and Nanaimo as a precaution in case of possible flooding due to the Atmospheric Pressure causing allot of rain and other issues around our surrounding areas. I have been keeping an eye on the river levels and will continue to do so until deemed safe.



Tseshah Social & Health Program Updates

Prepared by Bella Fred Nov. 30, 2021

Finally, we now have a monitor for facility use, our main focus is the Maht Mahs for sports and gatherings. William Wilson will be checking everyone who needs to be checked for their vaccine passport as well as taking names and numbers in case of a breakout in our community. We currently have no cases of COVID-19, and I am so grateful to membership for following our safety guidelines to ensure we are all safe.

My office hours are flexible due to the afterhours dealing with any Emergency, but otherwise I am in the office Monday to Friday from 8:00 am to 4:30 pm.

Chuu,

Gina Pearson

Social Development Updates

Departures: Caroline Thompson has decided to move on from her employment as the Social Development and Health Administrative Assistant. She is currently working part-time assisting with the SD program. Her last day in office will be December 16th. We thank Caroline for her work and wish her all the best on her future endeavors!

New: Lillian Dick has been hired as the Social Development and Health Administrative Assistant; she began her employment on November 9th. Please send any social development related inquiries to Lillian. Welcome to Lillian in her new role!

Membership Clerk

Michelle Colyn is the membership clerk. This position has recently been added under the Social & Health umbrella; Michelle processes applications for membership and works with the membership services committee and the council lead in processing the applications. She keeps the membership list up to date. This is currently a part-time position and Michelle works part-time in office & part-time from home. Generally, she is in office Mondays & Thursdays from 12:30-4:30.

Recreation Worker

Myra Mack has recently been hired as the recreation worker. She is working on planning event and activities for youth. She has started craft nights and baking nights at the youth centre. As well, she is organizing & planning the Christmas events of the gifts for children & a drive-thru Christmas Dinner. She has booked the Winter Wonderland Skate for Families and is working on more events and activities.

Dec. 11th – 10:00 am Children's drive-thru gift distribution @ Admin Building

Dec. 12th – time TBC Community drive-thru Christmas Dinner (Maht Mahs)

Dec. 19 – 7-9 pm Winter Wonderland Skate

Dec. 22 – 7-9 pm Winter Wonderland Skate

Youth Centre Activities:

Age 6-12 yrs.

Dec. 1st – Christmas Crafts

Dec. 8th – Baking

Ages 13-18 yrs.

Dec. 2nd – Baking

Dec. 7th – Crafts



Tseshahat Social & Health Program Updates

Prepared by Bella Fred Nov. 30, 2021

Patient Travel

Tamara Mack has recently provided short term coverage for patient travel. She is currently working on assisting with the reporting. She will continue to provide SD & Health Admin support in the New Year. Thank you very much to Tamara for stepping up and assisting in this program.

Tracey Robinson has recently started on a short-term basis providing coverage as the patient travel clerk. She will be processing patient travel requests, issuing the medical supplies. Please contact Tracey at the Tseshahat Administration office for your patient travel inquiries and requests.

Tracey will also provide on call coverage for medical travel emergencies throughout the Christmas office closure. The emergency phone number will be made available before the office closure. Welcome to the team Tracey!

Program Manager Update

I, Bella Fred, have returned as the Program Manager for Social Development and Health Services. I previously held this role a couple of years ago. Other program areas that I deal with that are not listed above include health, homemaking, the Warrior Program. I am re-familiarizing myself with all of the previous programs that I have worked with and am working on getting up to speed on the programs that are new to me. I support this whole team in the work that they do & I thank them all for the work that they do. I am happy to be working back for Tseshahat at this capacity.

Tseshahat Community Meeting

Monday December 13, 2021

6:30 pm - 8:30 pm - via Zoom

**REGISTRATION
REQUIRED**

Agenda TBA

Registration in advance: https://tseshahat.zoom.us/meeting/register/tZEqd--pqz4vE9Ny_Fy56uZNAOD4WO4Gt1PF

After registering you will receive a confirmation email containing information about joining the meeting.



Pet Care

During the winter months pets require bedding that will keep them warm and dry in a wet and cold climate. Pet beds and blankets may not work because they can get wet and freeze. If your pet stays outdoors please research the proper bedding to use throughout the winter months. Some pet owners use hay or straw, please research which the best option for your beloved pet. A friendly reminder tenants in social housing are permitted to keep one pet; any additional pets must be approved by the Housing Department. Pet ownership is not permitted in any of the multi-plex buildings.





The holiday season is upon us and with it is a need to be aware of fire risks that so often come with it. Candles, overloaded electrical outlets, real holiday trees, and cooking can all become fire hazards, but they don't have to. By following a few simple safety steps, everyone can enjoy a safe holiday, and winter season.

Candles

Keep candles away from anything that could catch fire and never leave candles burning unattended.

Decorations

Inspect holiday lights to ensure they are in good working condition, used in the proper location, and are not overloading electrical outlets. Keep decorations away from heat sources like space heaters and woodstoves. Make sure your holiday tree is freshly cut, given water daily, and kept a safe distance away from heat sources.

Winter Heating

Have your furnace serviced and chimney cleaned every year, keep space heaters away from anything that can burn, avoid overloading electrical outlets, do not leave space heaters unattended, and make sure your fireplace/woodstove is cleaned regularly, screened in, and anything that can catch fire is kept a safe distance away.

Cooking

The holidays often come with extra cooking. Know how to put out grease and fat fires (do not use water!), keep a fire extinguisher handy, do not leave food to cook unattended, ensure that electrical cords on kitchen appliances are in good condition, and don't overload electrical outlets.

Wishing you all a safe and happy holiday season!



Social Housing Tenants, 65+ Elders, PWD Holiday Emergency Contacts

The office will be closed for holiday's season from December 20th, 2021 and reopening January 4th, 2022.

This notice applies to tenants who live in a Social Housing unit, members over the age of 65 and members who currently have PWD status.

Emergencies are defined as plumbing/hot water tank not working, heating (no heat), leaking roof, frozen pipes or leaking pipes, electrical malfunction, stove or fridge malfunction. If you experience a Housing emergency during the holiday season please contact:

- **Richard Sam at 250-731-7595**

If there is an emergency such as a flood, fire, or if your safety or security is at risk please phone 911.

Should you have a social issue emergency that requires after hours support during the holidays, please call one of the following appropriate service providers:

- Kuu-us Crisis Line: 250-723-4050 (24 Hour outreach available)
- Teen Line: 250-723-2040
- Emergency Women's Shelter: 250-724-2223
- Help Line Children: 250-310-1234
- St. Vincent de Paul: 250-723-7721 (temporary assistance with food and clothing from unexpected circumstances)
- Port Alberni Hostel Society: 250-723-6511
- Bread of Life: 250-723-4049
- Salvation Army(food/clothing): 250-723-6913
- Alberni Hospice Society: 250-723-4478
- Women's Resource: 250-724-7111(can connect you with Victim Services)

Anything related to emergency Septic tank back up call Thomas Fred 250-720-7753 or Rick Mack 250-735-7753.



C*axtaknis* his^ink~#as
"Gathering to be happy"

MEMO TO ALL Southern Region NTC NATIONS

Re: Christmas Closure and Limited Nursing Services

As you know, the NTC Offices including the Nursing Program will be closing from noon, Dec 17th until January 4th at 8am. No services for the nursing programs will be available until January 3, 2022.

Community Health Nursing

If you require maternal-child follow-up care or have health questions during this timeframe, please visit or contact one of the following service providers:

- *811
- Your family physician
- Walk-in clinic located at 3949 Maple Way. Hours Mon-Fri 11-1 and 5-7
- Port Alberni Health Unit 250-731-1315
- West Coast General Hospital 250-731-1370
- For Emergencies, please call 9-1-1

Home Care Nursing Services

If any person needs personal care services during this time, please call Island Health Central Access at: 1-877-734-4101 Monday to Sunday from 8:30am to 8:00pm until the NTC offices re-open on January 4, 2022.

The Aboriginal Liaison Nurse/Nurse Navigator will not be available until January 3, 2022.

Thank you for your support and understanding.

We would like to wish you all a Merry Christmas and look forward to continuing our work with you in the New Year.

Best Wishes!

Nuu-chah-nulth Nursing Program

TSESHAHT COVID-19 VACCINE CLINIC

**THURS. DEC. 9
9:00 AM - 6:00 PM
MAHT MAHS GYMNASIUM
TSESHAHT MEMBERS**

Thursday December 9, 2021:

9:00 am - 11:00 am
11:00 am - 6:00 pm

Elders 60+
All Ages 18+

This clinic will be for those seeking to start or complete their primary series with 1st, 2nd or 3rd doses and those eligible for their COVID-19 booster doses (6 months after completion of primary series) as well as those needing their flu vaccine.

Please note if you require an appointment please call the office (250.724.1225) to leave your name and number and we will connect with you to book you in.

If you do not require an appointment all timeslots are open for walk-ins.

****You MUST bring your care card and vaccine card (date of previous dose(s) with you****



Masks will be mandatory through the entire clinic. Remember to stay socially distant from others. Please note we are working to include as many TFN members and their households as possible. If your scheduled time does not work for you please call the office to schedule an appointment, we will do our best to accommodate everyone.



Influenza Immunization Entry Form

use with Digital Solution eForm

Reset Form

Use to document vaccine administration and during downtime procedures. *Indicates required field.

Optional:
Place Client Label Here

IDENTIFICATION (check-In)		Completed By (print name)	
*Appointment Date YYYY-MM-DD		*Appointment Time	*Clinic Name
*Clinic Location (address)			
*Legal First Name	Middle Name	*Legal Last Name	*Date of Birth YYYY-MM-DD
			*Sex <input type="checkbox"/> M <input type="checkbox"/> F <input type="checkbox"/> Unknown (X) <input type="checkbox"/> Undifferentiated
**BC PHN		PHN Creation Reason <input type="checkbox"/> Out of BC/Canada <input type="checkbox"/> International student <input type="checkbox"/> No previous service <input type="checkbox"/> See comment box below	
A PHN must be assigned to every identified person, including non-residents or visitors, receiving a health care service in BC. It is recommended to contact EMPI for a PHN prior to submitting. **If PHN is unknown phone AND address are required.		**If PHN is unknown, verify identity with Government issued ID. Yes <input type="checkbox"/> Previous Known Address	
Address		City	*Province <input type="checkbox"/> BC Country <input checked="" type="checkbox"/> Canada
			*Postal / Zip
Contact Method <input type="checkbox"/> Email <input type="checkbox"/> Text <input type="checkbox"/> Call	Primary Phone #		Email
Indigenous Person? <input type="checkbox"/> Yes select all that apply: First Nations <input type="checkbox"/> Inuit <input type="checkbox"/> Metis <input type="checkbox"/> Unknown <input type="checkbox"/>			
Reserve Name (if applicable)			
VACCINE ADMINISTRATION Completed By (print name)			
Consent for Series Obtained From <input type="checkbox"/> Client <input type="checkbox"/> Client (Mature Minor) <input type="checkbox"/> Substitute Decision Maker / Parent / Guardian <input type="checkbox"/> Consent Previously Obtained		Name of Person Giving Consent Relationship to client	
		Form of Consent <input type="checkbox"/> In Person <input type="checkbox"/> Telephone <input checked="" type="checkbox"/> Written	
*Provider First Name	*Provider Last Name	Provider Designation <input type="checkbox"/> RN <input type="checkbox"/> LPN <input type="checkbox"/> MD <input type="checkbox"/> Pharmacist <input type="checkbox"/> Other (specify)	
*Reason for Immunization <input checked="" type="checkbox"/> Contact (Household or Other) <input type="checkbox"/> High Risk <input type="checkbox"/> Occupational Hazard		<input type="checkbox"/> Outbreak Private <input type="checkbox"/> Payment <input type="checkbox"/> Routine Vaccine <input checked="" type="checkbox"/> Student Health Care Professional <input type="checkbox"/> Travel	
*Date Administered YYYY-MM-DD	*Time Administered	Dosage mL	*Route <input type="checkbox"/> Intramuscular <input type="checkbox"/> Intranasal
Injection Site <input checked="" type="checkbox"/> Arm - Left Deltoid <input type="checkbox"/> Other - (specify) <input type="checkbox"/> Arm - Right Deltoid <input type="checkbox"/> Nares		Trade Name <input type="checkbox"/> FLUMIST® QUADRIVALENT <input type="checkbox"/> AFLURIA® TETRA <input type="checkbox"/> FLUZONE® QUADRIVALENT <input type="checkbox"/> FLULAVAL® TETRA <input type="checkbox"/> FLUZONE® HIGH-DOSE QUADRIVALENT	
		*Lot # Lot # Expiry Date	
Comments			
Only enter the immunization into ONE system. Entered into: <input type="checkbox"/> Immunization eForm <input type="checkbox"/> PIR (Panorama)			
This document must be kept for audit purposes. It may become part of the client record. DO NOT DESTROY.			



First Nations Health Authority
Health through wellness

THE FLU SHOT

More Important in 2020



Flu season typically runs from November to April each year.

Influenza (the flu) is a dangerous respiratory illness that can lead to serious health complications and even death. Getting vaccinated is recommended as the best way to prevent influenza.

THE FLU SHOT IS:

HEALTHIER



It's more important than ever to get the flu shot. Keeping our bodies healthy makes it easier to fight off respiratory illnesses, such as COVID-19 and pneumonia.

SAFE



The flu shot is tested extensively for effectiveness and for safety. The vaccine is your best protection against more serious illness.

FOR EVERYONE



Everyone over the age of six months should be immunized. Elders (65+) and children under five are at the highest risk of hospitalization from flu complications.

The flu shot is free for all First Nations people in British Columbia. Contact your local health centre, nurse practitioner, or pharmacy.



MASK UP.



LATHER UP.



SLEEVE UP FOR THE FLU SHOT.

For more information, visit www.fnha.ca/flu

COVID-19 Immunization Entry Form

use with ImmsBC & Digital Solution eForm

Optional:
Place Client Label Here

[Reset Form](#)

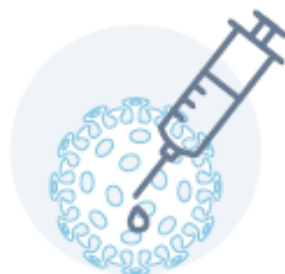
Use to document vaccine administration and during downtime procedures. *Indicates required field.

IDENTIFICATION (Check-In) Completed By (print name) _____					
*Appointment Date YYYY-MM-DD _____		*Appointment Time _____		Confirmation Code (ImmsBC) _____	
*Clinic Name _____		*Clinic Location (address) _____			
*Legal First Name _____	Middle Name _____	*Legal Last Name _____		*Date of Birth YYYY-MM-DD _____	*Sex <input type="checkbox"/> M <input type="checkbox"/> F <input type="checkbox"/> Unknown (X) <input type="checkbox"/> Undifferentiated
**BC PHN _____		PHN Creation Reason <input type="checkbox"/> Out of BC/Canada <input type="checkbox"/> International student <input type="checkbox"/> No previous service <input type="checkbox"/> See comment box below		**If PHN is unknown verify identity with Government issued ID. <input type="checkbox"/> Yes Previous address and phone # _____	
Address _____		City _____		*Province <input type="checkbox"/> BC	Country <input type="checkbox"/> Canada
				*Postal / Zip _____	
Contact Method <input type="checkbox"/> Email <input type="checkbox"/> Text <input type="checkbox"/> Call		Primary Phone # _____		Email _____	
Indigenous Person? <input type="checkbox"/> Yes select all that apply: <input type="checkbox"/> First Nations <input type="checkbox"/> Inuit <input type="checkbox"/> Metis <input type="checkbox"/> Unknown Reserve Name if applicable _____					
Clinically Extremely Vulnerable (CEV)? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown Accommodation Needs? (e.g. translator, disability, assistance) _____					
REASON FOR VACCINE DEFERRAL (IMMS BC ONLY if applicable) Completed By (print name) _____					
<input type="checkbox"/> Vaccine supply issue <input type="checkbox"/> Referred to doctor <input type="checkbox"/> Left without seeing clinician <input type="checkbox"/> Allergy testing required <input type="checkbox"/> Client/parent/guardian request <input type="checkbox"/> Immunization not given on clinical recommendation (specify) _____					
VACCINE ADMINISTRATION Completed By (print name) _____					
Consent for Series Obtained From <input type="checkbox"/> Client <input checked="" type="checkbox"/> Client (Mature Minor) <input type="checkbox"/> Substitute Decision Maker / Parent / Guardian <input type="checkbox"/> Consent Previously Obtained		Name of Person Giving Consent _____ Relationship to client _____		Form of Consent <input type="checkbox"/> In Person <input type="checkbox"/> Telephone <input type="checkbox"/> Written	
*Provider First Name _____		*Provider Last Name _____		Provider Designation <input type="checkbox"/> RN <input type="checkbox"/> LPN <input checked="" type="checkbox"/> MD <input type="checkbox"/> Pharmacist <input type="checkbox"/> Other (specify) _____	
*Reason for Immunization Resident In <input checked="" type="checkbox"/> Assisted Living (AL) <input type="checkbox"/> Long Term Care (LTC)		Essential Service Staff <input type="checkbox"/> Assisted Living (AL) <input checked="" type="checkbox"/> Long Term Care (LTC) <input type="checkbox"/> Hospital		General <input type="checkbox"/> Community <input type="checkbox"/> Physician <input type="checkbox"/> Pandemic Priority Population	
*Date Administered YYYY-MM-DD _____		*Time Administered _____		Dosage _____ mL	*Route Intramuscular (IM)
Injection Site <input type="checkbox"/> Arm - Left Deltoid <input checked="" type="checkbox"/> Arm - Right Deltoid <input type="checkbox"/> Other (specify): _____		Manufacturer and Trade Name <input type="checkbox"/> Pfizer Pediatric 10mcg COMIRNATY <input type="checkbox"/> Pfizer mRNA BNT162b2 <input type="checkbox"/> Verity Pharmaceuticals COVISHIELD <input type="checkbox"/> Moderna mRNA-1273 <input type="checkbox"/> Janssen AD26.COV2.5 <input type="checkbox"/> AstraZeneca ChAdOx1-S			*Lot # _____ Lot # Expiry Date _____
AFTER-CARE if applicable Completed By (print name) _____					
Intervention Necessary? <input type="checkbox"/> Yes Medical Intervention Comments _____					
Additional Comments _____					
Only enter the immunization into ONE system. Entered into: <input type="checkbox"/> ImmsBC <input type="checkbox"/> COVID-19 Immunization eForm <input type="checkbox"/> PIR (Panorama)					
This document must be kept for audit purposes. It may become part of the client record. DO NOT DESTROY.					



First Nations Health Authority
Health through wellness

The facts about COVID-19 Vaccines



What is the COVID-19 vaccine?

Vaccines are products that produce immunity to a specific disease like COVID-19. When you are immune to COVID-19 that means you can be exposed to it without becoming sick or if you do become sick, it prevents more severe illness.

WHY IS IT IMPORTANT TO GET A COVID-19 VACCINATION?

THE VACCINES WORK



COVID-19 vaccines provide excellent protection against the virus that causes COVID-19 - preventing up to 95% of infections.

THE VACCINES WILL SAVE LIVES



The vaccine protects you and the people around you, too. The more people who are vaccinated, the harder it is for COVID-19 to spread.

THE VACCINES ARE SAFE



Just like all vaccines approved for use in Canada, COVID-19 vaccines have been rigorously tested and carefully reviewed by Health Canada.

PROTECTING INDIGENOUS PEOPLE IS A PRIORITY



Indigenous people are disproportionately affected by COVID-19. The FNHA's Medical Officers strongly recommend that Indigenous people opt to get the vaccine to protect you, your loved ones, Elders, and others in your community.



Even with the COVID-19 vaccines, we need to continue practising all recommended public health measures for now until more people are immunized.

**STAY STRONG,
STAY THE COURSE.**

For more information, visit
www.fnha.ca



First Nations Health Authority
Health through wellness

COVID-19 Vaccines and Your Baby

Is it safe to get a COVID-19 vaccination if I am pregnant?

Yes.

All available COVID-19 vaccines approved in Canada can be used during pregnancy and breastfeeding.*



Why should I get a COVID-19 vaccination?

Pregnant people are more likely to have severe COVID-19 symptoms than non-pregnant people.

Risk is higher if you are 35 years of age or older, or have a health condition such as asthma, diabetes, obesity or high blood pressure.

COVID-19 can increase your risk of premature birth.

Is it safe to breastfeed after I get a COVID-19 vaccination?

Yes.

Babies under one year of age may be at higher risk of severe illness if they catch COVID-19.

Breastfeeding protects babies when they are sick and when others around them are sick.**



Can I get COVID-19 from the vaccine?

No.

None of the available COVID-19 vaccines contain the virus. They carry instructions to your cells on how to fight the virus if it enters your body.



**I'm still not sure.
Can I get more
information?**

Getting vaccinated is always your choice. If you have questions about vaccines, ask your community health nurse or call HealthLinkBC at 811 or the First Nations Virtual Doctor of the Day at 1-855-344-3800.



People in BC who are pregnant are eligible to receive COVID-19 vaccines as a priority population.

STEP 1: register for your vaccination at gov.bc.ca/getvaccinated

STEP 2: phone 1-833-838-2323 and let them know you are pregnant

*Society of Obstetricians and Gynecologists of Canada (SOGC) Statement on COVID-19 Vaccination in Canada, May 25, 2021

**BC Centre for Disease Control, Breastfeeding and COVID-19
Updated August 6, 2021

www.fnha.ca

When should I get my second dose of COVID-19 vaccine?

If you're an Indigenous person living in community (i.e., on reserve), you will be notified by your community when a second-dose clinic is coming.

If you're living outside your community (i.e., off-reserve), one of the following applies:

- If you received your first vaccine in BC and you used the registration system that came online April 1, 2021, you will be contacted when you are eligible to get the second dose.
- If you received your first vaccine in BC before the registration system was available, you can [register for your second dose now](#).
- If you received your vaccine from a BC pharmacy or a pop-up clinic, you will be contacted for your second dose if you registered through the registration system. If you have not already registered through the system, you can [register for your second dose now](#).
- If you received your first vaccine outside of Canada or in another province, call the registration phone number [1-833-838-2323](tel:1-833-838-2323) or go to a ServiceBC office. When registering, indicate what vaccine you have already received.



For information on how to register, [go here](#). You will then get a notification when you are eligible to book your second dose.

If you are unsure which category you fit in, phone the call-centre at [1-833-838-2323](tel:1-833-838-2323).

Wherever possible, individuals should get the same COVID-19 vaccine product for their full vaccine series (i.e., the same vaccine brand for their first and second doses).



Get a Covid-19 Vaccine For Your Child (5 to 11 year-old)

We are waiting for the Covid19 vaccine to be released by BCCDC for children. In the meantime, it is highly recommended that parents register their children for a vaccine through the local health authorities. There have already been approximately 75 thousand children in BC registered and being registered means you can book an appointment at your nearest Island Health clinic when the vaccine is available.

NTC Nursing Covid19 clinics for children will be in the planning phase starting January 4th, 2022. We will initiate clinics within communities there after.

Register now:

Online at your nearest local authority:

<https://www2.gov.bc.ca/gov/content/covid-19/vaccine/register#register>

OR via phone (toll free): 1 833.838.2323

(Preferred option if you don't have a BC Personal Health Number)

Service available 7 days/week - 7am to 7pm.





Counselling In office

WITH LINDA PELECH

OPEN HOURS

WED - SUN

5PM - 9PM

FAMILY CENTRE

250-720-3091

YOUR WELL BEING MATTERS



FRIDAYS AT THE FAMILY
CENTRE STARTING OCT
7TH 6PM-8PM

WOMANS SUPPORT TALKING CIRCLE

The Circle is aimed towards a place of healing, to build friendships and work towards mental health and acceptance. We are not alone in our journey as we practice walking beside one another.

We can create wellness, self-care, and coping strategies during these difficult times.

Proof of vaccination is required . Register with Linda 250-242-0114 or Facebook messenger. Limited to 6 people

LIFTING EACH OTHER UP SOBERITY TALKING CIRCLE

Proudly Sponsored By Tseshah First Nations
Facilitated by Linda Pelech
Registration is required by phoning
250-242-0114 limited to 6 people

STARTING OCTOBER 17TH/2021

At the family center 6pm -8pm
Snacks and Coffee provided



NUU-CHAH-NULTH EMPLOYMENT TRAINING PROGRAM

BLADERUNNERS RESPONSIBLE ADULT

**Youth Training &
Employment
Opportunities
For persons wishing to
work in daycare or other
childcare facilities**

**February 2-March 10,
2022**

Participants are eligible if:

- 18-30 years of age
- unemployed, under employed
- not in school
- Social Insurance Number

**NETP office phone:
250-723-1331**

PES office phone: 778-421-8704

Daily Lunch Vouchers!

**Deshana Sanderson, Bladerunners and
Youth Case Manager:**

NETPBladerunners@nuuchahnulth.org

NETP/PES Case Managers

Melanie.Cranmer@nuuchahnulth.org

Jamie.Vissia@nuuchahnulth.org

Tyson.Touchie@nuuchahnulth.org

Regan.Pley@nuuchahnulth.org

Jerry.Perry@nuuchahnulth.org

Patricia.McDougall@nuuchahnulth.org

NETP Intake Coordinator

Gregory.Thomas@nuuchahnulth.org

Online Training

Feb 2nd - Mar 10

Will include Life Skills
as well as

- FoodSafe
- Emergency Childcare First Aid/CPR/AED

Early Childhood Care from
North Island College. Ecc-168:
Emphasis will be placed on
studying practices

- Procedures that promote the health, safety and wellbeing of children, including indigenous approaches
- Personal wellness
- Correlation to the creation of a nurturing, healthy and safe environment for all young children

**BladeRunners will provide a
LAPTOP &
COMPLETION BONUS.
Contact Case Manager for
more details.**

**There may also be job
placement opportunities
upon course completion!**

BladeRunners



Canada



Funding provided by the Government of Canada through
the Canada-British Columbia Workforce Development Agreement.



Most people know about Crime Stoppers:

"If you have information about this, or any other Crime, call 1-800-222-TIPS"

"We want your information, not your name. Call 1-800-222-TIPS"

When you think of Crime Stoppers, you might think about T.V. shows like "Cops" and "America's Most Wanted", but Crime Stoppers is Canadian too. Crime Stoppers is an anonymous way for people to report information about crimes. While Crime Stoppers is not the police, they do work closely with police forces all over Canada.

Healthy Communities have to have ways to support victims of crimes. The first step in supporting victims is reporting the crime. Reporting the crimes doesn't necessarily mean 'putting bad guys in jail'. Reporting crime is the first step in making sure the culprit does not create any more victims.

Reporting crime in small or isolated communities can be very challenging. "What if he finds out I called it in?"

"Will I be safe?"

"Will everyone get mad at me?"

All legitimate concerns if the culprit is your spouse, your sibling, your parent, your neighbor, your father's best friend – well you get the idea. So how can you "rat" these people out and why would you?

The reality is that you aren't "ratting" anyone out. You are doing your part to keep your community safe and healthy. You are supporting victims and you are stopping people from creating more victims and you can do your part and stay anonymous by calling Crime Stoppers.



1-800-222-TIPS (8477)



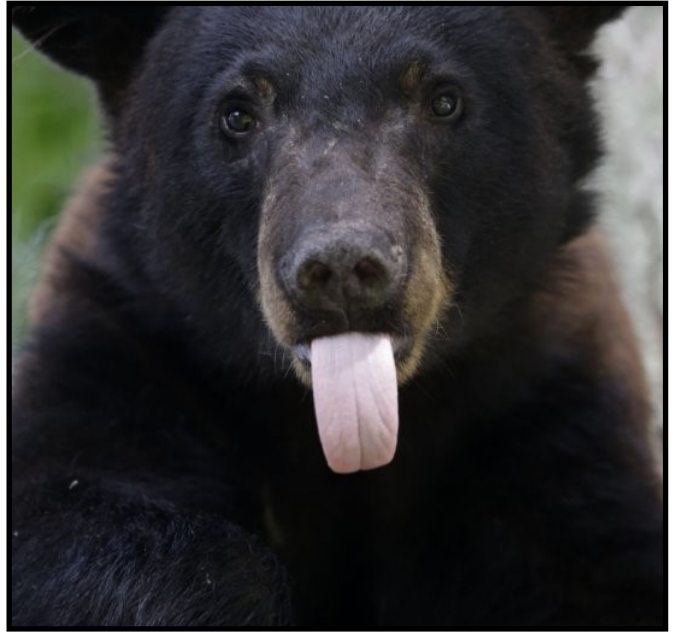
bccrimestoppers.com

Reminder to everyone:

Be wildlife aware!

If you encounter wildlife, please get to a safe place,
being as loud as possible. Then call:

Conservation at 1-877-952-7277



TAX EXEMPT

HYDRO, TELEPHONE, OR CABLE

Your Hydro, Telephone or Cable are tax exempt if you live in the Tseshaht First Nation Community and have a status number.

Leave a copy of your status Card, Hydro, TELUS or Cable (Shaw etc.) at the Admin Office and a letter will be sent to the provider to remove the tax.

Please contact Michelle Colyn at 250.724.1225 or email mcolyn@tseshaht.com.
If you require further information.



**We want your information
– not your name!**

 **1-800-222-TIPS (8477)**

 **bccrimestoppers.com**



2022 University of Victoria Archaeology Field School



Photo: Hakai Institute



Archaeology: Summer 2022 July 4 - August 12

UVic + Broken Group Islands + Bamfield
Marine Sciences Centre

Study Coastal Archaeology, Historical Ecology, &
Indigenous Heritage in a National Park Reserve

6-weeks, 2-courses, 3 UVic Credits

For more info visit:

<https://onlineacademiccommunity.uvic.ca/coastalfieldarch>



University
of Victoria

Anthropology



Hakai
Science on the Coastal Margin

bmsc BAMFIELD MARINE
SCIENCES CENTRE



2021

Tseshaht Garbage Pick-up



Regular Pick-up

Holiday Pick-up

JANUARY						
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May 2021 to April 2022 Tseshaht FN

Note: Your Recycling Pickup Day is shown shaded in BLUE

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APRIL						
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For more information on what can be put in your curbside recycling bins visit www.recyclinginbc.ca

PLEASE ENSURE THAT YOUR RECYCLABLES ARE CLEAN WHEN PUT OUT FOR RECYCLING

For service inquiries contact Waste Management @ 1-800-774-9748

 Recycling Pick-Up Day

RECYCLING BLUE BOX IS TO BE PLACED AT THE CURB BEFORE **7:00 am** ON COLLECTION DAY

 Statutory Holidays

If a Statutory Holiday falls on a Monday, pick-up will happen the following day
regular pick-up day



RECYCLEBC™



ALBERNI-CLAYOQUOT
REGIONAL DISTRICT