

OCTOBER 2021 NEWSLETTER

N'Quatqua Band/Health Station

Jenn Levine/Reception ext.221

Email: jennifer.levine@nquatqua.ca

Deadline for next newsletter will be:

Tuesday- November 9 , 2021

If you have any important information or suggestions for the newsletter you would like to share please contact the Band & Health Station at the front desk during office hours or email me before the deadline.

Welcome to the
N'Qautqua Band Offices



In order to reduce the risk of exposure to the virus that causes COVID-19, we are limiting the number of people within this space:

One Visitor Inside At A Time

Please refrain from entering this office until the prior visitor has departed.

NOTICE

WE COMMIT TO THE
WELL-BEING OF OUR
VISITORS AND EMPLOYEES



**PLEASE WEAR
A FACE MASK**

Office Closed

Monday- October 11, 2021
(Holiday- Thanksgiving Day)

Happy Thanksgiving!



Office Re-Open On

Tuesday- October 12, 2021



Band Office Box 88
Health Office Box 100
D'Arcy, B.C. Canada
V0N-1L0

120 Casper Charlie Place
Toll free # 1-800-933-0323

Band Office Phone & Fax

(604) 452-3221 (P)
(604) 452-3295 (F)

Health Office Phone & Fax

(604) 452-3290 (P)
(604) 452-3280 (F)

Office Hours

Monday- Thursday
9:00am-4:30pm



Check out the
N'Quatqua Website
www.nquatqua.ca



Chiropractor- Mike Jess

In the office every **Wednesday's** from **9:30am-11:00am**.
Please call the office ahead of time if you would like
to make an appointment time.

A mask is required for each visit.



N'Quatqua Annual General Meeting

Saturday- October 23, 2021

10:00am-2:00pm

Conference Call or Zoom Meeting (Internet or phone)

Chantel Thevarge is inviting you to a scheduled Zoom meeting.

Topic: N'Quatqua Annual General Meeting

Time: Oct 23, 2021 09:30 AM Pacific Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/95123615251?pwd=OWtYNG9qNWNsR3I4VittelJiQzVrdz09>

Meeting ID: 951 2361 5251

Passcode: 130822

Dial by your location

+1 778 907 2071 Canada

+1 204 272 7920 Canada

+1 438 809 7799 Canada

+1 587 328 1099 Canada

+1 647 374 4685 Canada

+1 647 558 0588 Canada

Meeting ID: 951 2361 5251

Passcode: 130822

Find your local number: <https://zoom.us/u/agttiGxLr>

Social Development Worker- Sylvia Patrick

****Friendly Reminder to Social Assistance Clients****

Renewals & Utility bills are due: **Monday- October 18, 2021**

(Renewal slips can be found at the Band/Health Station table)

Check day: **Wednesday- October 27th, 2021**

(For Direct Deposit)

If you have any questions, comments or concerns please give me a call.

Thank-you,

Sylvia Patrick
Social Development Worker
(604) 452-3221 ext. 224
Email: sylvia.patrick@nquatqua.ca

Community Shopping Day

SQUAMISH TRIP- (Leave at 9:00am)

Wednesday- October 27th, 2021

Please phone the N'Quatqua Band & Health Station
to put your name on the list.

(604) 452-3221

(LIMITED SEATS AVAILABLE FOR BUS- 8)

Priority seats for SA Clients/Elders/ Persons with no vehicle

Friendly reminder there is zero tolerance of any Drugs, alcohol and marijuana permitted on the bus

Masks are Mandatory at all times



N'Quatqua Housing Department

Oct. 2021

Jason Bob, Housing Coordinator

To leave me a message or anything else pertaining to housing, you can so at the Band Office Health Station at the front desk with Jenn and she will administer it to my file and I will respond to you as fast as I can thank you.

Ph: 604-452-3526 E-mail: Jason.bob@nquatqua.ca

21 Lakeshore Drive.

P.O. Box 88, D'Arcy, B.C. V0N 1L0

Maintenance procedure:

To fill out a Maintenance Work Order Form for any housing related kind of maintenance, can either be filled out in my office (Old Fire Hall) or at the Health Station /Band Office and will be reviewed and filed accordingly.

Chimney Poles/Brushes are available for sign out at the old N'Quatqua fire hall

Rent/ Arrears

Friendly reminder That if your making payments at the Bank for Rent/Arrears on the 1st of every month to note your name on the account when making transfers, also to bring in your transfer slips for issuing of receipts to Jenn at the Health Station Front Desk. Also for tenants that have crossed over to automatic deposits for rent/arrears payments with Scotia Bank, we will need your account information for our finance department to reference the deposits for our records.

For those with any housing related questions please don't hesitate to come in the office or make an appointment with me and we can go over any topics you may have and we can see what we can do to solve them or make a plan to do so.

N'Quatqua Housing Project

There will be an update on the status of the new 10 unit housing project at the Oct. 23, 2021 scheduled AGM meeting by Matt our lead consultant for the project along with my housing report.

Thank you,

Jason Bob

Housing Coordinator

October news letter

Community Wellness Worker, yiktsa7, Carol Thevarge

604 452 3221, carol.thevarge@nquatqua.ca

Happy October everyone!!!

Prayers go out to all who have affected by the Covid virus in our little N'Quatqua....



Due to the #'s of positive cases all Wellness programs have been put on hold until further notice.

I continue to pray for our community's wellness and healing from Covid 19 and all the effects of a global pandemic. Stay safe, stay healthy know your bubble and stay within it.

Keep posted for some virtual workshops on basket weaving, Pine needle, Navajo wool basket, cedar bark this fall and winter.

I have some Rat Root, Bear Root, Sweet Grass, Devils Club Tea available to Community members.

Rat Root: aka Weegas root, sometimes referred to as "rat root", also had a **pain relieving effect** and was effective in fighting off colds, coughs, upset stomachs and fevers. It grows mainly in northern Saskatchewan in boggy acidic soil and gets its name because muskrats like to chew on these roots.

Bear Root: The root is considered an **immune booster and aid for coughs, pneumonia, colds, bronchitis, and the flu**. It's also used to relieve indigestion, lung diseases, body aches, and sore throats, Today, osha root is most commonly utilized as a tea, tincture, or decongestant.

Sweet Grass: Tea prepared from leaves provides relief from coughs and sore throats. In addition, drink the tea for venereal diseases.

Use the sweet grass water as eyewash solution and also to heal problem such as chapping and windburn.

Mix the sweet grass with seeds of *Thalictrum occidentale* for preparing tea. Drink the tea to clear congestion of nasal passages.

After giving birth, women when drunk tea prepared from Sweet grass helps to prevent vaginal bleeding and to expel placenta.

Leaves tea is used for treating fevers, sore throats, coughs, venereal infections and chafing.

Soak the stems in water and use it for treating windburn, chapping and as eyewash.

Inhale the smoke of burn leaves to treat colds.

Devils Club Tea and salve available: used for **arthritis, cancer, wounds, fever, tuberculosis, stomach trouble, cough, colds, sore throat, diabetes, low blood sugar**, and pneumonia.

If you have any other traditional medicines you'd like to go out on the land to pick, I am available to take you out for the day. Process and prepare together, Or, I can pick prepare it for you.

Over 6000 children's remains found in residential schools yards across the Americas we are being forced to heal from the past. We are a resilient people, we have endured small pox, the black plague, colonization and everything else we are being vaccinated for now. Continue to stand strong and know who you are and where you come from. I am so proud of how our community handled to pandemic outbreak in our home, we stood together, helped one another, prayed together in our homes, my hands go up to you all. The ones that continue to ceremony and pray in private in their own way, keep doing it, it works. The ones who shopped for the ones that could not, for the front line workers working diligently with the ones who got sick...nothing but gratitude to you...

God Bless,

May the creator continue to bless each and every one of you

All my relations.

Emails for N'Quatqua Band Staff

Phone: (604) 452-3221 & (604) 452-3290

Fax: (604) 452-3295 & (604) 452-3280

N'Quatqua Band/Health Station Staff emails

Reception- Jenn Levine	ext.221	jennifer.levine@nquatqua.ca
Community Health Representative- Nicole Patrick	ext.222	nicole.patrick@nquatqua.ca
Elders Coordinator– Sharleen Patrick	ext.222	Sharleen.patrick@nquatqua.ca
Family Support- Victoria McDonald	ext.223	victoria.mcdonald@nquatqua.ca
Social Development– Sylvia Patrick	ext.224	sylvia.patrick@nquatqua.ca
Lands & Resource Dept.– Dennis Silzer-Smith	ext.225	dennis.silzer-smith@nquatqua.ca
Accounting– Kristy Stowell	ext.226	kristy.stowell@nquatqua.ca
Linda Brown		linda.brown@lstc.ca
Band Admin. Assistant & Councillor- Chantel Thevarge	ext.227	chantel.thevarge@nquatqua.ca
Band Administrator– N/A	ext.229	
Wellness Worker– Carol Thevarge		carol.thevarge@nquatqua.ca
Chief- Micah Thevarge		micah.thevarge@nquatqua.ca
Councillor-Doris Peters		doris.peters@nquatqua.ca (604) 862-0532
Councillor– Dennis Silzer-Smith		dennis.silzer-smith@nquatqua.ca
Housing Coordinator– Jason Bob		jason.bob@nquatqua.ca

Operation & Maintenance

Fire Dept.- Duane Thevarge	duane.thevarge@nquatqua.ca
Water Works- James Gellatly	james.gellatly@nquatqua.ca

Youth/Elders Trailer (604) 452-3291

Education Coordinator & employment- Julie Thevarge	julie.thevarge@nquatqua.ca
Education Assistant– Fran Thevarge	fran.thevarge@nquatqua.ca

N'Quatqua Central Service Station (604) 452-3243

Shelley Fotsch– Manager	shelley.fotsch@nquatqua.ca
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N'Quatqua Child & Family Development Centre emails (604) 452-3584

Lisa Sambo– Director	lisa.sambo@nquatqua.ca
Anita Patrick– Office Assistant	anita.patrick@nquatqua.ca
Sylvia Levine– ECE, Infant Toddler Educator, Special Needs Educator	sylvia.levine@nquatqua.ca
Ryan Peters- Early Childhood Educator Assistant	ryan.peters@nquatqua.ca
Jennifer Peters - Early Childhood Educator Assistant	

CHR Corner



Office Closed: October 11, 2021

Food Coupon:

Ready for pick up on October 14, 2021

Milk Program:

Wednesdays, October 6 and 20 th,2021



Squamish Shopping Trip

October 27, 2021

Please sign up at the Front desk ** Limited Seats available ** Mask Mandatory

Sea to Sky Eye Clinic

October 18th, 2021 (9:30 to 4:00 pm)

Please call the Health station and sign up with CHR. 604 452 3221



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N'Quatqua Child & Family Development Centre

604-452-3584

We gently remind that your child has indoor shoes for our **monthly Fire Drills** and the children and staff must always have footwear. **Thank you Derrick Barney for coming to drum and sing with us on Tuesday mornings 10:30am, he sometimes does Language too**



"Gift Box"

 <p><u>October Birthdays</u></p> <p>Ryan Jr Oct 23rd Anita Oct 24th Gerald Oct 27th Jennifer Peters Oct 29th</p>	 <p>Please continue to be COVID safe  for everyone</p> <p>Kate & Pippa will be here on <u>Nov 15th</u>, they are wonderful resource for our children and families</p> <p>- Please keep your updated information on the ecards for pickups and emergency numbers for your child.</p>	<p><u>Seeking On call workers:</u> 604-452-3584</p> <p>If you are interested in applying with us - call Lisa on how to get certified as Responsible Adult, if you register and pay for your course, you pass and we can reimburse you, you also need Food Safe, First Aid, Criminal Record Check. (from the Criminal Record Check Program in Victoria).</p> <p>★ ECE's , IT's, SN certified on-call workers <u>needed</u> too.</p>
 <p>We are closed on Monday Oct 11th for Stat Thanksgiving</p>	<p>Staff are planning this month for Halloween Activities, so please watch for posters, posts, messages as to the program activities for our Goblins.</p> 	<p>ASC Program hours have changed from 10am to 6pm with the latest pick up at 5:45pm except on Pro D days, please enter by back playground to sign out your child.</p> <p>Please call if you have any questions 604-452-3584</p>

N'Quatqua Central Service Station



(604) 452-3243

Store hours change as of October 6, 2021

Store Hours:
Monday – Sunday
10:00am-7:00pm

PLEASE WEAR
A FACE MASK
INSIDE THE
STORE



HAVE YOUR FAMILY BE COVID CAREFUL THIS HALLOWEEN

WITH A FEW EXTRA PRECAUTIONS YOU CAN STILL MAKE SURE EVERYONE HAS A SPOOKTACULAR TIME WHILE KEEPING SAFE.

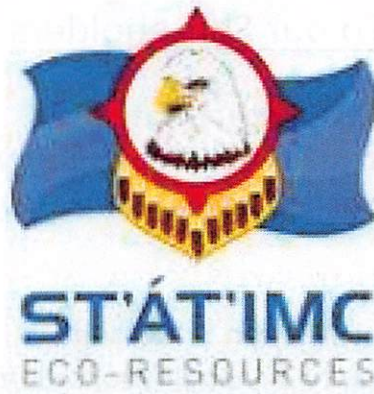
TRICK-OR-TREATING:

- Trick-or-treat with people from your family household to limit non-household contacts.
- Anyone over the age of two should wear a non-medical mask. Consider making it a part of or wear it underneath your Halloween costume.
- Keep your distance from other groups. Take turns and wait until any group ahead is gone.
- Knock or call "trick-or-treat" instead of pushing doorbells.
- Use hand sanitizer often while out and clean your hands after handling candy treats you bring home.
- Stay home if you or anyone in your household isn't feeling well. If you start to feel unwell, return home as soon as possible.

HANDING OUT CANDY:

- Do not hand out candy if anyone in your household isn't feeling well or is isolating.
- Wear a non-medical mask while handing out candy.
- Hand out pre-packaged candy and use tongs to help keep a distance.





2020-2021 Annual Report



To our Shareholders

SER Impact Statement

Working for a sustainable ecosystem and creating value for the St'át'imc communities and members, now and in the future.

Mission Statement

We are a St'át'imc Nation Community owned environmental services company. We deliver globally competitive ecological services to our clients, creating value for local St'át'imc community members.

Our Shareholders:

Chief Micah Thevarge, N'Quatqua
Chief Brock Peters, Samahquam
Chief Patrick Williams, Skatin
Chief Courtney Adolph-Jones, T'it'q'et
Chief Randy James, Tsalalh
Chief Justin Kane, Ts'kw'aylaxw

Chief Colleen Jacob, Xaxlip
Chief Don Harris, Xa'xtsa
Chief Susan James, Xwisten

A Message from the Board Chair

Chantel Thevarge, Chairperson

At the start of this past fiscal year, the SER Interim Board was firmly in place. Covid restrictions had a major impact on how business could be done (if you were lucky enough to remain open), and no one was sure what the future would hold.

Fast forward one year...to the end of the fiscal year.

- Covid is still here, but vaccinations were happening and getting back to “normal” was looking like a distinct possibility.
- The SER Shareholders, together with the SER Interim Board, successfully recruited and elected three new Directors: Dean Grant, Naleen Narayan and Nelson Jatel, to serve with me on the new SER Board. This marked the end of service for the Interim Board, with many thanks for their contributions.
- The Board recruited and hired a new CEO, Angela Bissat.
- Foundational items at the Board level have been reviewed and adjustments made, including liability and directors’ insurance, accounting, and law firms, etc.

As a Board and operationally, it was a very successful year, made more impressive by the obstacles in the way. Everyone remained safe and healthy, the work was successfully completed, and the Board is building solid relationships with each other and Shareholder communities. As the upcoming year arrives, the Board is looking forward to focusing on governance, strategy and moving SER into its future after the Water Use Projects. We will be reviewing and updating the Vision and Mission statements, regularly communicating with Shareholder Representatives regarding the way forward for SER.

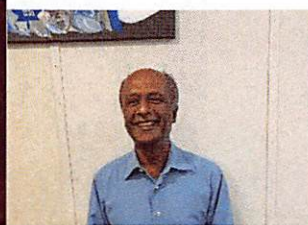
This annual report outlines the successes of the past year, and we thank all of those whose hard work and dedication made this past year successful!



Director Dean Grant



Director Nelson Jatel



Director Naleen Narayan



Chair Chantel Thevarge

A Message from the CEO

Angela Bissat, CEO

The FY2020 year was a difficult year for so many, in so many ways. Covid, lockdowns, masks, restrictions, economic downturns...I could go on and on, but I won't. Do you know why?

Because as difficult as it was, and still is, we have ALL re-discovered our creativity, our empathy, our fighting spirit, and our resiliency!

Nowhere is this truer than at St'át'imc Eco-Resources!! Even before I came on board in June 2020, and before I became Interim CEO in November, EVERYONE did what they had to do to make sure that everyone could work safely, whether at home, in the office or field. They made sure the work got done, and when it got to be too much (and there are times it did for every one of us), we took care of each other with compassion. I am honored to be working with them every single day.

We know that the future will bring challenges, but the events of the last year have honed our skills, so that we can move past them successfully.

As we look to the future of SER, our resiliency, commitment, and grit will serve us well. The future may look different in some ways, but that is not a bad thing. I am excited to see what the future of SER holds for ALL of us!!



Angela Bissat, CEO

SER Key Achievements 2020-2021

- SER successfully completed year 9 and began the organization for year 10 of the Bridge Seton Water Use Plan Monitoring programs.
- SER continued successful collaborations with St'át'imc communities and businesses, including but not limited to Splitrock Environmental and Coldstream Ecology.
- SER had an expanded role as part of the Big Bar Landslide project with DFO and others.
- SER is collaborating with Xa'xtsa, FLNRORD, UBC and BC Parks for a Camera Trapping project in the area of the Southern St'át'imc Communities. This project will take place in fall of 2021.
- A multi-organization collaboration has begun with Szumin'ts and Coldstream Nature-Based Solutions, among others to take part in the Bridge River Transmission Project through BC Hydro.
- Memorandums of Understanding (MOU) with several organizations are in place to pursue future project opportunities.
- SER successfully completed the BC Forest Safety Council Base Audit with a score of 95%.
- Although Covid had a major impact on the availability and timing of training, SER organized and provided training opportunities through collaborations with TRU, Rescue Canada, BC Hydro and Worksafe BC, the Community Adult Learning Centre and ASETS. This resulted in 37 certifications or renewals for 16 people from 5 different St'át'imc communities. A breakdown of courses and individual numbers can be found in Appendix 2 of this Annual Report. A huge thank you to those organizations that helped to provide the training and those who participated!
- In house training was provided by SER Technician Bailee Phillips, resulting in three additional SER Technicians being successfully trained to do scale mounting.
- Another huge THANK YOU to all who helped us navigate the changing environment that was brought by Covid! From assisting with enhanced Safety Plans, to coordination of schedules, to ensuring everyone stayed safe while successfully completing the projects, this season would have been much more difficult without everyone's assistance.



Project Updates

Bridge River Water Use Plan (WUP) and Modified Operations (MOD) Monitoring and Mitigation Programs

Working together with St'át'imc communities, and professionals within the St'át'imc Nation and externally, SER completed the ninth year of the WUP and MOD projects and is set to successfully complete year 10 of these projects. Once year 10 is complete, these projects will have a reporting component, and some projects may continue. SER will continue to represent our shareholder communities throughout the reporting process and as long as these projects are moving forward. With many thanks to Bryony Fowler, SER Operations Manager, an outline of the 2020 WUP and MOD programs is listed below (SER Annual Report Update August 2020):

- BRGMON 1 Lower Bridge River Aquatic Monitoring
 A collaboration with Jeff Sneep, RpBio and Coldstream Ecology
- BRGMON 2 Carpenter Reservoir Riparian Vegetation Monitoring
 A collaboration with Splitrock Environmental
- BRGMON 3 Lower Bridge River Adult Salmon and Steelhead Enumeration
 Field work lead by SER, collaborating with InStream Fisheries research for oversight and
reporting
- BRGMON 4 Carpenter Reservoir and Middle Bridge River Fish Habitat and Population Monitoring
 A collaboration with InStream Fisheries Research
- BRGMON 5 Downton Reservoir Riparian Vegetation Monitoring
 A collaboration with Splitrock Environmental
- BRGMON 7 Downton Reservoir Fish Habitat and Population Monitoring
 A collaboration with Jeff Sneep, RpBio
- BRGMON 8 Seton Lake Resident Fish Habitat and Population Monitoring
 A collaboration with Jeff Sneep RpBio
- BRGMON 11a Lower Bridge River Riparian Vegetation Monitoring
 A collaboration with Splitrock Environmental
- BRGMON 11b Lower Bridge River Riparian Vegetation Monitoring
 A collaboration with Russ Walton and Ralph Heinrich, Wildtech
- BRGMON 13 Seton Sockeye Salmon Smolts Monitoring
 Field work led by SER, collaborating with InStream Fisheries Research for oversight and
reporting
- BRGWORKS1 Carpenter Reservoir Revegetation
 A Collaboration with Splitrock Environmental

The 2020 field season also saw follow up visits to the Lower Bridge River as part of the Cottonwood Protection and Bird Box Construction program. SER completed the field work and reporting for this project.

As part of a continuing collaboration between SER, Xwisten, Splitrock Environmental, and Coldstream Ecology, the Chinook Brood Stock Collection once again took place in the Lower Bridge River.

Big Bar Landslide

The summer of 2020 resulted in an expanded role for SER in the Big Bar Landslide Project. The role of First Nations Technical Lead was filled by SER's Becky Riley. Her role is to assist with the operation of the fish wheel and providing on-the-job training for local Indigenous workers.

The role for SER expanded into the provision of truck and transport services from the Big Bar Landslide area up to Vanderhoof. Two SER Technicians, Bailee Phillips, and Trevor Dunn, drove the fish safely to their destination. We look forward to participating in this project in the future.

Environmental Monitoring and Services Contracts

SER continues to provide Environmental Monitoring services through our contract with BC Hydro throughout a variety of BCH Capital projects. While Covid did affect our ability to train others in this important role, as our environment slowly returns to "normal", we anticipate expanding this training program.

SER continues to be involved in a variety of "As-When" contracts to assist with rampdowns and fish salvage in the Lower Bridge River. As always, collaboration with Xwisten and local communities in the reporting and analysis processes plays an important role in the success of these projects.



A Look to the Future

The future of SER is bright! A focus on business development, capacity building, project and partnership development, and a potential expansion of the services offered. Diversification of projects and clients will be a key component to SER's success in the future. As the various Water Use Projects begin to end, it allows SER the opportunity to expand and grow, bringing additional jobs, careers, and wealth to the St'át'imc Nation.



The SER Team

This has been a year of change, and the same is true for the SER Team. We welcome our new staff to SER and wish nothing but the best for those who have left in the last year!

SER Board of Directors

Chair Chantel Thevarge

Dean Grant

Naleen Narayan

Nelson Jatel

SER Management & Office Staff

Angela Bissat, CEO

Bryony Fowler, Operations Manager

Desiree Mortensen, Safety Manager

Kyle Krahn, Field Biologist

Gilda Davis, Contract Administrator

Crystal Roy, Bookkeeper

Bailee Phillips, Interim Administrative Assistant

SER Technicians

Fraser Adolph

Kelsey Alec

Trevor Dunn

Ron James

Madeline John

Cliff Leslie

Doug Mitchell

Wesley Payne

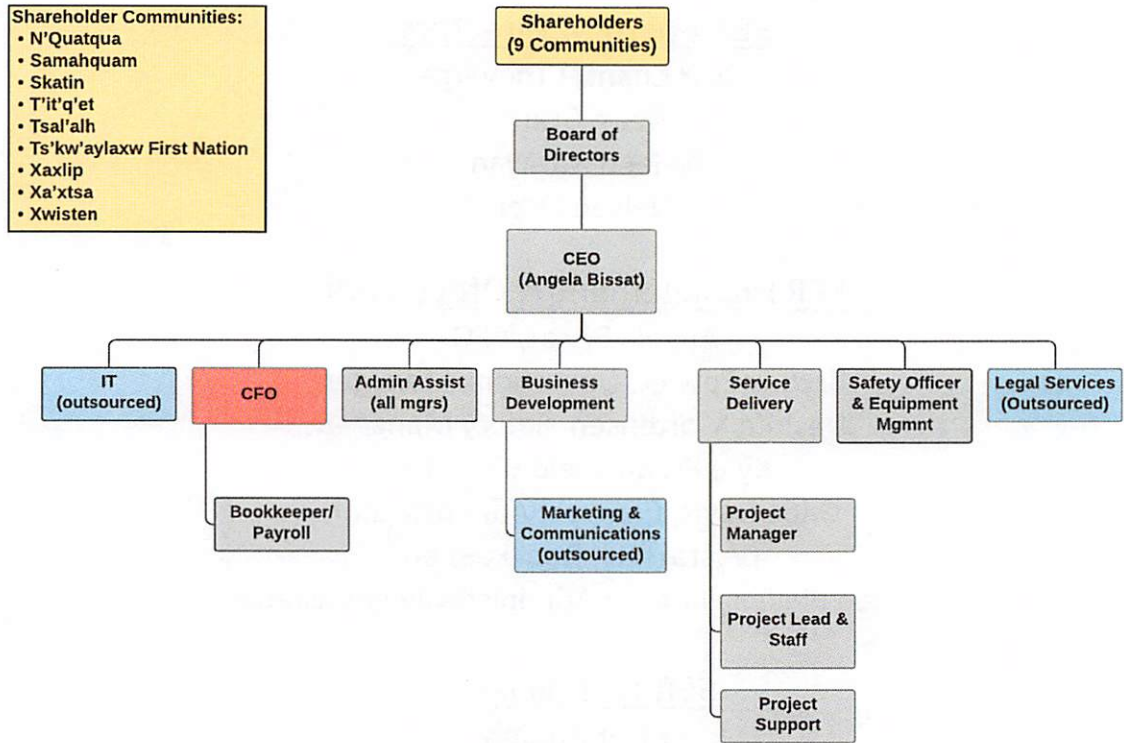
Bailee Phillips

Rebecca Riley

Christina Shaw

Appendix #1

St'át'imc Eco-Resources Organizational Structure



Appendix 2: Training Course Information

Course	Course Completion by Community					
	Sekw'el'was	T'it'q'et	Tsal'alh	Xaxlip	Xwisten	Other
OFA Level 1	1	2	2	1	1	2
Transportation Endorsement	1	2	2	1	1	1
Swiftwater	1	1	-	1	-	4
SDV/BS	1	1	2	2	-	-
WorkSafe BC Supervisor Training	3	1	1	3	-	-
Total	7	7	7	7	2	7

Indigenous End of Life Guide

HONOURING THE FINAL JOURNEY TO BE WITH ANCESTORS

For some First Nations and Indigenous people, wanting to remain in or return to their community to die is very important, and an integral part of their plan for their final journey to the Spirit World. To make this possible, support and care are needed.

In many First Nations communities, there are often people who provide this kind of care naturally, however, remaining in community to die is not always an option.

A unique four-day course is aimed at First Nations and Indigenous individuals who have been or will be called upon to voluntarily provide care, support and advocacy for someone who is facing the end of their life. Students in this program develop an understanding of how the continuity of care and advocacy they provide work to complement and enhance the end of life care provided by the medical community and hospice palliative care workers and volunteers.

Comfort, dignity and respect are hallmarks of good quality end-of-life care, and need to meet emotional, mental, spiritual and physical needs of the individual. For people facing the end of their life, continuity of care and advocacy of their health care treatment decisions can be a challenge that an Indigenous End of Life Guide can help to honour and support.

Participants in this course will learn about palliative support, the importance of end of life care and the role of an Indigenous End of Life Guide. There is a focus on teaching advanced communication skills including active listening and conflict resolution; initiating and conducting difficult conversations about end of life, and facilitating family meetings. The complexity of grief is discussed including a variety of coping mechanisms, useful resources and the importance of effective self-care. Advance Care Planning conversations are highlighted, including a range of medical and non-medical interventions available to ensure comfort as well as tools for guiding planning and making wishes known to others. Participants will learn facilitation skills that will equip them to engage in community education initiatives.

This course provides opportunities to discuss issues, ask questions, and find a community of practice that can support an Indigenous End of Life Guide in attending to individuals and families during their end of life journey. Carefully interwoven are cultural practices and protocols unique to each Nation. A knowledge keeper will co-facilitate with the instructor. Registration and funding are offered through FNHA. We invite you to view our short video to learn more about this important and meaningful work: [Video Link Here](#) or go to FNHA Facebook page.

This program is ideal for anyone wanting to deepen their understanding of how to assist people who are facing their end of life journey.

Online (Zoom) and In-Person courses available:

- **Combined Region (online):** November 4, 5, 8 and 9, 2021
- **Combined Region (online):** January 31, February 1, 3, and 4, 2022
- **Fraser Salish Region (in-person in New Westminster):** March 28, 29, 30, and 31 2022



To apply for the course in your area, complete an application form and return to FNHA

EMAIL: amalea.ruffett@fnha.ca or FAX: 604.666.0275

Participant Application Form



INDIGENOUS END OF LIFE GUIDE: FIRST NATIONS HEALTH AUTHORITY

This online course is designed for Indigenous individuals who have been or will be called upon to provide care, support and advocacy for someone who is facing the end of their life. Learners in this course develop an understanding of how the continuity of care and advocacy they provide complements the end of life care provided by the medical community, hospice/palliative care workers, home visitors and community volunteers. This course will provide you with opportunities to discuss issues, ask questions, and join a community of practice that can support you as a caregiver when providing support to individuals and families experiencing end of life. This course is for non-regulated health care providers, paid workers whose role it is to visit clients/ families, or community volunteers.

I have previously taken a course at Douglas College. Student # (if known) _____

Personal Information

Please print as your information will be used for registration and certificate upon completion of the course.

NOTE: The names indicated below must be your legal names for use on all official documentation.

LAST NAME		FIRST NAME	
MIDDLE NAME		FORMER NAME (IF APPLICABLE)	
Mailing Information: (for online courses, a package will be mailed to this address)			
HOUSE AND STREET OR P.O. BOX NUMBER		APT NUMBER	
CITY/TOWN	PROVINCE	COUNTRY	POSTAL CODE
EMAIL ADDRESS (REQUIRED):			
Phone:	AREA CODE	PHONE NUMBER	EXTENSION
Alternate:	AREA CODE	PHONE NUMBER	EXTENSION
Gender:	<input type="radio"/> Female <input type="radio"/> Trans Man	<input type="radio"/> Male <input type="radio"/> Trans Woman	<input type="radio"/> Two Spirit <input type="radio"/> Other <input type="radio"/> Transgender <input type="radio"/> Prefer not to answer

Date of Birth (REQUIRED):

DATE (XX) MONTH (XX) YEAR (XXXX)

Please choose your online session (preferably choose within your region):

November 4, 5, 8 and 9 (Combined Regions)
January 31, February 1, 3, and 4 (Combined Regions)
March 28, 29, 30, and 31* (Fraser Salish Region; to take place in New Westminster)

*Note: these dates reflect an **in-person** course. If the course moves to **online** due to public health recommendations, the dates will change to March 28, 29, 31, and April 1

For IEOLG committee review, please answer the following:

1. Do you identify as Indigenous? ☐ Yes ☐ No
 - a. Which Nation are you a member? _____
 - b. Which Indigenous community do you live in? _____
 - c. In which Indigenous community will you practice as an End of Life Guide? _____
2. Which region do you live in:
☐ Northern ☐ Vancouver Island ☐ Interior ☐ Fraser Salish ☐ Vancouver Coastal
3. Do you presently play a role in supporting community members who are ill? ☐ Yes ☐ No
 - a. Your Role: ☐ HCA/PSW ☐ Volunteer ☐ Other Please specify: _____
4. Who is your community Health Director? _____
 - a. Is the Health Director aware of your application? ☐ Yes ☐ No
 - b. Does he/she support you attending the Indigenous End of Life Guide online course? ☐ Yes ☐ No
5. After attending this session, are you prepared to work with the health care providers (paramedics, nurses and care aides) to support community members and their families with life limiting illness?
☐ Yes ☐ No
6. Are you seeking personal support with loss and grief from this course? ☐ Yes ☐ No
7. Are you committed to attending all 4 days? ☐ Yes ☐ No
(It is required to attend all 4 days in order to receive a Recognition of Course Completion)
8. I would like to take the Indigenous End of Life Guide training because (a few sentences):

Send your completed application form by EMAIL to amalea.ruffett@fnha.ca or fax to

604.666.0275. Please note incomplete forms will not be reviewed.

Regulated health professionals are eligible for other education funding, email

amalea.ruffett@fnha.ca if you have questions about this.

DAILY HEALTH CHECK

KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C)	If yes to 1 or more of these symptoms: Stay home. Contact a health care provider or call 8-1-1 about your symptoms and next steps.
Chills	
Cough	
Difficulty breathing	
Loss of sense of smell or taste	
OTHER SYMPTOMS	WHAT TO DO
Sore throat	If yes to 1 symptom: Stay home until you feel better.
Loss of appetite	
Headache	If yes to 2 or more of these symptoms: Stay home for 24 hours. If symptoms don't get better or get worse, contact a health care provider or call 8-1-1 about your symptoms and next steps.
Body aches	
Extreme fatigue or tiredness	
Nausea or vomiting	
Diarrhea	
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	If yes: Fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the fully vaccinated traveller exemption . Students, staff and other adults who are not fully vaccinated and have travelled outside of Canada CANNOT attend school for 14 days after arrival, as part of federal requirements .
CLOSE CONTACT	WHAT TO DO
Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?	If yes: Follow the instructions provided by Public Health.

You can also check your symptoms with the [K-12 Health Check](#) or the [BC Self-Assessment Tool](#).

Call 8-1-1 with any questions about symptoms of illness. If you have severe symptoms, like difficulty breathing (struggling to breathe or you can only speak single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department.

Visit the [BC Centre for Disease Control website](#) for more information on COVID-19.

COVID-19

Contact Tracing in Schools



BC Centre for Disease Control
Provincial Health Services Authority

The timing of each step may vary. This can be due to differences in the time it takes someone to develop symptoms after exposure, when someone gets tested, the number of cases being managed by public health, and the information available to public health through contact tracing.

