



Tla-O-qui-Aht Community Support Newsletter

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stay
connected



Service Canada is hiring!

Join us today!

Here at Service Canada, we have various positions available to suit your experience and interests. There are permanent, temporary, full-time and part-time positions to meet your specific needs. We also offer competitive pay with appealing benefit plans.

Service Canada is committed to creating a workplace that is culturally respectful of Indigenous peoples and supportive of their career development. Some of the initiatives available to Indigenous employees are the Indigenous Peer Support Program, the Indigenous Mentoring Program and the Indigenous Employees' Circle (a national forum for Indigenous employees in the Department to network and to connect with their Indigenous colleagues across the country).

Your team awaits you. Come start your federal career with us today!



What kind of work will you do?

Citizen Services Officer

A **Citizen Services Officer** is the first point of contact for Canadians requiring access to federal programs and services. You are the face of Service Canada, working hand in hand with clients to resolve their queries and support them.

Payment Services Officer

A **Payment Services Officer (PSO)** plays a crucial role in the administration of federal benefit programs such as Employment Insurance, Canada Pension Plan and Old Age Security. There are two different PSO jobs. A Call Centre PSO provides help to clients on the phone, and a Processing PSO processes claim requests to determine entitlements.

Program Services Officer

A **Program Services Officer** reviews applications for Canada Pension and Old Age Security benefits and make decisions on entitlements.

Passport Officer

A **Passport Officer** reviews applications, checks eligibility and make decisions on issuing passports. Detecting potential frauds and background checks are also part of the duties.

Integrity Services Officer

An **Integrity Services Officer** determines the eligibility of persons applying for Employment Insurance benefits, monitors the payments throughout the duration of a claim and conducts investigation when there appears to be fraud.

Is this job the right fit for you?

- ✓ Have you successfully completed secondary school, GED or have a combination of education, training and experience?
- ✓ Do you have customer experience, or know how to use the internet or email?
- ✓ Are you a people person?
- ✓ Are you a bit of a detective?
- ✓ Do you have an eye for details?

If you have answered yes to any of the above questions, we encourage you to apply today.

Interested in applying? Or have questions?

Please email us at

ESDC.2021-CSD-EA-WT-0076228.EDSC@hrsdcc-rhdcc.gc.ca

**Service
Canada**

SA | SAPPHIRE ARTS
STUDIO



LIFTING OUR SPIRITS WEDNESDAY CULTURE NIGHTS

July 14th – August 28th
6:00pm-9:00pm

“Esowista Beach, alternating Opitsaht lawn.”

Join in for an evening of food, laughter and connection!!

THIS PROGRAM IS OPEN TO NTC COMMUNITY MEMBERS, OFFERING A SAFE PLACE FOR ELDER, CHILDREN AND FAMILIES TO HONOUR OUR NATIONS. THROUGH SONG, DANCE AND PRAYER, WE WILL CREATE A SPACE OF HEALING AND CONNECTION TOGETHER AS ONE NATION.

Attendees will be entered into a weekly draw for a Walmart gift card!!!!



**Nuu chah nulth Child
and Youth Services**

JENNIFER TOUCHIE, LAURIE
HANNAH
Phone: (250) 725-3367
Tofino, B.C.





First Nations Health Authority
Health through wellness

Air Purifier Support 2021 Wildfire Season



The FNHA has a limited number of air purifiers available for people who are most vulnerable to smoke from wildfires.

Public health evidence tells us that certain people are at more risk from wildfire smoke. These include the elderly, babies and young children, and people who are pregnant or have chronic health conditions.

Due to wildfire smoke in various areas of the province, the FNHA will consider requests for air purifiers for people who:

- have asthma
- live with babies or young children
- have heart disease or diabetes
- are elderly
- are pregnant

DUE TO A LIMITED NUMBER OF AIR PURIFIERS / CLEANERS priority will be given to those who:

- Live in a remote community / housing with limited access to community clean air shelters
- Live in a home without a ventilation system that can recirculate air
- Have limited transportation / mobility and are unable to access a community clean air shelter
- Have respiratory symptoms consistent with COVID-19 or a positive COVID-19 test or a close contact of a positive COVID-19 test

If your community has individuals who meet the above criteria, please contact your local FNHA Environmental Health Officer (EHO).

Community Clean Air Shelters By now, your local EHO has likely been in contact with your community about an appropriate location for a clean air shelter, including considerations for physical distancing and preventing the community spread of COVID-19. If you need more information please reach out to your local EHO.

Replacement HEPA Filters If you received or purchased HEPA filters during past wildfire seasons, ensure that they are still in good condition and replace the filters if needed. Replacement filters are not provided by the FNHA.

Supporting Resources For more information on how air purifiers work, and how to protect yourself and your loved ones from wildfire smoke, visit the BC Centre for Disease Control at bccdc.ca/wildfiresmoke. For more info on wildfire smoke and other supports available to individuals and communities, please visit www.fnha.ca/wildfire.

HEAT EXHAUSTION



What are the **SIGNS AND SYMPTOMS** of heat illness?

Skin rash



Muscle cramps



Dizziness or fainting



Nausea or vomiting



Heavy sweating



Headache



Rapid breathing and heartbeat



Extreme thirst



Dark urine and decreased urination



If you experience any of these symptoms during extreme heat, immediately move to a cool place and drink liquids; water is best.

HEAT STROKE

High body temperature



Confusion and lack of coordination



Dizziness/ Fainting



No sweating, but very hot, red skin



Heat stroke is a medical emergency! **Call 911 or your local emergency number immediately.** While waiting for help—cool the person right away by:

- moving them to a cool place, if you can;
- applying cold water to large areas of the skin; and
- fanning the person as much as possible.



Who is
**MOST AT
RISK?**

FACT 1
**OLDER
ADULTS**

Older adults may be faced with compounding factors that could put them at increased risk during extreme heat events. These factors may include chronic illnesses, medications that interfere with the body's cooling mechanisms, social isolation, and poverty.

FACT 2
**INFANTS AND
YOUNG
CHILDREN**

Given the unique physiological characteristics of children's bodies and their high dependency on caregivers, they are likely to be at risk during extreme heat events.



FACT 3
**CHRONIC
ILLNESS/
SPECIAL
MEDICATION**

Individuals with breathing difficulties, heart problems, and psychiatric illnesses are at a higher risk of heat-related health effects.



FACT 4
**PEOPLE WHO WORK
OR ARE ACTIVE
OUTDOORS**

People who work outdoors (e.g. construction, road repair) and physically active individuals who exercise in the heat could face greater environmental heat exposure and physical strain.





SAFETY TIPS

TIP 1 PREPARE FOR THE HEAT

- Tune in regularly to local weather forecasts and alerts so you know when to take extra care.
- If you have an air conditioner, make sure it works properly.
- If you don't have an air conditioner, find an air-conditioned spot close by where you can cool off for a few hours on very hot days.

TIP 2 KNOW THE SIGNS OF HEAT

TIP 3 PAY ATTENTION TO HOW YOU AND THOSE AROUND YOU FEEL

Frequently visit neighbors, friends and older family members, especially those who are chronically ill, to make sure that they are cool and hydrated.

TIP 4 DRINK LIQUIDS; WATER IS BEST.

TIP 5 STAY COOL



How to stay cool?



Wear loose-fitting, light-coloured clothing made of breathable fabric.



Take cool showers or baths until you feel refreshed.



Plan strenuous outdoor activities for cooler days, or choose a cooler location, like a place with air conditioning or with tree shade.



Spend a few hours in a cool place. It could be a tree-shaded area, swimming facility or an air-conditioned spot.

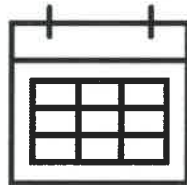


Patient Travel Deadline

Please have confirmations for patient travel sent in ***two weeks in advance***, that way it will be processed ahead of time and not a reimbursement.

Social Development Deadline

Renewals are due on the ***5th*** of ***every month***.



TLA-O-QUI-AHT
FIRST NATION



First Nations Health Authority
Health through wellness

Mental Health and Wellness Supports for Indigenous People



The FNHA and other organizations provide culturally safe and trauma-informed cultural, emotional, and mental health counselling services. Elders or Traditional Healers provide cultural supports or Indigenous healing practices. Clients are supported in reclaiming ways of taking care of themselves, their families, their communities and their Nations.

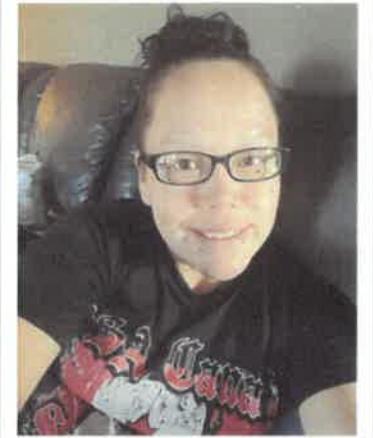
THE FOLLOWING RESOURCES ARE AVAILABLE:

- **KUU-US Crisis Line Society:** a 24-hour provincial Indigenous crisis line. Adults call 250-723-4050; children and youth call 250-723-2040. Toll-free 1-800-588-8717.
- **First Nations and Inuit Hope for Wellness Help Line:** Phone toll-free 1-855-242-3310 or chat online at hopeforwellness.ca.
- **The Métis Crisis Line:** available 24 hours a day at 1-833-MétisBC, 1-833-638-4722.
- **Tsow Tun Le Lum:** Phone 1-888-403-3123 to access the following cultural supports: Levi Martin, James Quatell or Mike Kelly.
- **Indian Residential School Survivors Society (IRSSS):** Phone 1-800-721-0066 or 604-985-4464 to access the following cultural supports: Sadie McPhee, Gertie Pierre or Yvonne Rigby Jones. Mental health and counselling services are also available from the IRSSS Resolution Health Support Workers.
- Wellness resources are also available on the [individuals' page of the FNHA's COVID-19 web section](#) fnha.ca/coronavirus

We encourage anyone who is experiencing distress to access these resources. Please also share them freely with any loved ones who may need culturally safe support.

New Hires for Community Services Department/Tla-o-qui-aht First Nation

Tara-lynn Curley is our new **Home Maker** for Tla-O-Qui-Aht First Nation. Part of her job is to work in all 3 communities, Ty-Histanis, Esowista and Opitsaht. She is from Tla-O-Qui-Aht, her parents are Joe and Hazel Curley. She applied for this job with the goal to work within her own community with and around her own people. Currently her email is pending but you can contact her through the Tiic-Mis-Aq'Kin Health Center (250)-725-3335. Tara-lynn's referrals for clients: Cristine Curley (cristine.curley@nuuchahnulth.org) and Kaitlyn Lauzon (kaitlyn.lauzon@nuuchahnulth.org)



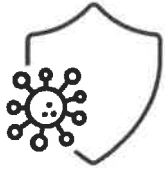
Annastasja Campbell is our new **Home and Community Care Worker** for Tla-O-Qui-Aht First Nation, she also works in and around all 3 communities (Ty-histanis, Esowista and Opitsaht). Annastasja is from Ehattesaht, but also has roots from Tla-o-qui-aht, Ahousaht and Tseshaht. Her parents are Allison Howard and Russell John. She applied for this position with the goal to move home to be closer and with her family. You can contact Annastasja through her email: hcc@tla-o-qui-aht.org or through the Tiic-Mis-Aq'Kin Health Center (250)-725-3335. Her referrals for clients are through Cristine Curley (cristine.curley@nuuchahnulth.org) and Kaitlyn Lauzon (kaitlyn.lauzon@nuuchahnulth.org)



Kyra Sam is our new **Community Services Support Worker** for Tla-O-Qui-Aht First Nation, she works out of the health center in ty-histanis for the most part, but she will be going to Opitsaht for a couple days starting next week. Kyra is from Tseshaht and has roots from Kyuquot. Her parents are Richard Sam Jr and Samantha Gus. Her goal when applying for this job was to move to Tofino from Port Alberni and to learn about the Tla-O-Qui-Aht history and people. You can contact Kyra by email communitysupport@tla-o-qui-aht.org or by calling the Tiic-Mis-Aq'Kin Health Center (250)-725-3335.



Welcome To Our New Hires!!!



Covid Vaccines



Any inquiries regarding covid vaccinations weather that be *youth, first or second dose* contact ***Kyra Sam*** at the Tiic-Mis-Aq'Kin Heath Center

(250)-725-3335

Or by email:

communitysupport@tla-o-qui-aht.org

Youth Vaccines

Second Dose for the Youth will be held in August 2021, we will post a date and time at a later point.



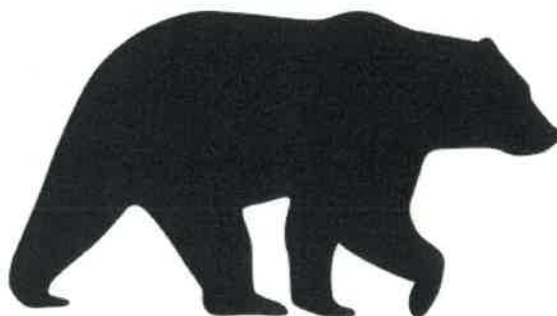
BE BEAR AWARE

There have been sightings of **2 black bears** on our reserves both in ***Esowista and Ty-histanis.***

Please keep an eye on your children and pets, also make sure garbage goes into designated bins.

Wild Black Bear Facts

- There are two types of bears in BC: black bear and grizzly bear
- Black bears are typically in dens from December to April when food is less available
- When black bears enter their dens their heart rate drops to about 10 beats per minute and their body temperature drops 3 degrees; they do not eat, drink, urinate or defecate while denning
- Black bears can lose 30% of their body weight over the winter
- In the fall, bears go through hyperphagia ("extreme eating") when they require an average of 20,000 calories per day
- Black bears are extremely fast and can run equally fast uphill or down
- Black bears are excellent tree climbers
- A black bear has a fine sense of smell that can detect food over 1 km away
- Brown-coloured black bears are often misidentified as grizzly bears
- Males are called boars, females are called sows and their offspring are known as cubs





Games and Crafting

Nights



Catherine Thomas will be hosting games and crafts for both Opitsaht and Ty-Histanis! 😊

Game nights

Opitsaht will be on Wednesday July 21st @ MICC

Ty-Histanis will be on July 22nd @ Tiic-Mis-Aq'Kin Health Center

Time for both: 1pm-7pm

Crafts

Opitsaht will be on July 28th @ MICC

Ty-Histanis will be on July 29th @ Tiic-Mis-Aq'Kin Health Center

Time for both: 1pm-7pm

Limited space of 24 individuals following covid safe protocols.





Pilates is Back!

Starting July 21st

Hosted by Marissa George at the

Tiic-Miss-Aq'Kin Health Center

Every Wednesday 6:30pm-8:00pm

If you have any questions, please email

Marissa at:

tyhistanisintake@tla-o-qui-aht.org

*Limited space of *24 individuals* following covid safe protocols*

