Thank you front line workers for keeping our community safe
April 9, 2020

O Sii’em,
Dear Stz’uminus Community

Re: Director of Administration Update

Taking Care of One Another

We currently have zero cases of COVID-19 at Stz’uminus First Nation. I am encouraging Stz’uminus Members to continue looking after one another during the COVID-19 era:

- Safety: Social distancing, washing hands, cover sneezing and coughing with arm or hanky, clean hard surfaces (counters, bathrooms, light switches, washer/dryer switches)
- Stay home please; it is safer at home.
- Take care of our Elders.
- Take care of your children.
- Take time to play and enjoy the outdoors with social distancing in mind.
- Practice our traditions and culture daily; canoe paddle, carve, knit, weave, cook!
- Bless your home.
- Get ready for our Annual Spring Clean up.
- Traditional food harvesting.
- Participate in Shirley M. Louie’s activity i.e. yards (before and after), coloring contest and video contest.

Easter Weekend

It is Easter weekend. Normally, Members are enjoying soccer or other outdoor activities away from home; this is not possible this weekend. Due to the COVID-19 and the increase in non-residents entering the Stz’uminus lands please assist each other in keeping our Community safe this Easter weekend. With the non-residents entering the Stz’uminus lands it is a major concern. The impacts of non-residents coming onto reserve have been more noticeable since the weather has been warming up. If you see a non-resident entering Stz’uminus lands please respectfully and politely encourage them to leave. If they refuse, call 911 and the RCMP will assist with keeping the peace.
Non-Residents

You know the community; who is and who is not a resident. Who is a non-resident?

- Any human that does not have a home, lives in a home or a mobile unit at Stz’uminus First Nation reserve.
- First Nation Members from other bands; should not be harvesting seafood
- Humans should not be digging for artifacts on Stz’uminus beaches.
- Any humans that frequent the reserve creating a nuisance and accessing by vehicle, boat or kayak.
- Stz’uminus Members bringing friends, cousins or other people (non-residents) into the reserve on his or her vehicle are not permitted to pass the stop. Non residents are not permitted through the Guardian Stops.
- In addition, even though our Members that reside off reserve are family, unfortunately, they are not permitted to visit on reserve.

Why, to protect the safety of our families, your families, our Elders, babies, children and adults from COVID-19. This is for the safety of all. Thank you for your cooperation and understanding.

Decals

Decals are in the process of being printed for Member Resident’s vehicles. It will be a simple sticker that has the SFN logo with the lettering “resident” on them. The decals are to be placed on the back of the rear-view mirror. The rear-view mirror is a standard, visible and identifiable location that the Community Education Guardians can see. The decals will support “social distancing”.

The resident stickers will be distributed soon.

Shirley May Louie will be having a Before/After contest for Spring Clean Up. She will have prizes for Best Yard Clean up for various areas of Stz’uminus.

Feeling ill?

If you are feeling ill please call 811 or our Health Manager, Jennifer Jones. The phone number has been posted on Chief’s video.

O Sii’em nu’ Si’yeyu; Stz’uminus Mustimuhw.
Respectfully,

Maureen Tommy, Director of Administration.
Cc: John Elliott, Chief
    Kevin Day, RCMP Sergeant
STZ’UMINUS HEALTH HAS BEEN WORKING ON CARE PACKAGES FOR EVERY HOME IN STZ’UMINUS

Over the past few days, various departments have been working on putting together care packages for each home in Stz’uminus.

The health department staff organized and delivered boxes starting with our #11 reserve then Oyster Bay.

They also cook a hot lunch and deliver to elders on Wednesdays.

30 Prenatal/postnatal veggie boxes will be delivered in the next week.

The daycare will be donating some banana bread to the elders and that will be added to their care package. They are also creating an activity kit for the children.

Two community members also put together care packages last week and delivered to some elders and youth. Thank you Della and Shirley for looking after our elders and youth.

Della is working on gift cards for every home on reserve and they will be delivered as soon as the cards arrive.

Thank you to all departments and community members coming together to take care of the community.

Health care packages

Care packages were delivered starting with #11 & Oyster Bay reserves then all of Shell Beach and Kulleet Bay.

Care Packages:
1. Potatoes
2. Bag of 3 cups of long grain rice
3. Oranges
4. Bananas
5. 2 rolls of toilet paper
6. Disinfectant bleach
7. Hand Sanitizers
8. 4 reusable wipes (clothes)

If you have any questions, please feel free to call the Health Centre: 250 245 8551
As of April 9, 2020, Stz'uminus First Nation has ZERO confirmed cases! Thank you to the community for continuing to practice social distancing. We need to ensure our community stays safe and healthy and protect our vulnerable elders and children. We request that you only leave the reserve for essential items such as groceries and to attend appointments that can't be done over the phone.

Please have a talk with your children about why social distancing is very important right now. They're probably sad right now because they can't be outside playing with their friends like normal nor attend school.

Dear families and educator all over the world,
An ebook has been created to support and reassure our children, under the age of 7, regarding the COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation.
You can download the pdf version of the book at: www.mindheart.co/descargables
Brittany and Ryan have worked together to create a mental health & COVID-19 guide for the community. Please see below some ideas for taking care of your mental health during this time.

Uy Skweyel Stz’uminus community. The COVID-19 pandemic has changed our world as we know it. We are all doing our best to adjust to this time of uncertainty. You may experience increased stress, anxiety, or depressive feelings during this time, and it is important to know that if you are experiencing any of this, you are not alone. We are all learning how to navigate these new waters safely, together.

Mental Health and COVID-19
Brittany Boyer, M.Ed., C.C.C.
Mental Health and Wellness Clinician at Stz’uminus Health.

When there is uncertainty, create your own certainty and predictability.

- **DO** maintain as much structure as you can during your days. Stick to a predictable schedule. Bessel van der Kolk is a well-known psychiatrist, whose primary area of research is trauma. He suggests that predictability and structure is important in these times (van der Kolk, 2020). If you have been laid off, or your daily routine has been disrupted in some way, keep as much predictability and structure as you can.
  - Go to bed and wake up at regular times
  - Maintain your daily hygiene routine (shower, brush teeth, etc.)
  - Maintain regular meal times (if you live with family, have meal times together as much as possible)
  - Plan times for phone calls/FaceTime, Skype to maintain connections with others
  - Plan time to clean/organize your house. De-cluttering your home can provide a sense of accomplishment which may contribute to an uplifted mood.

- **DO** engage in meaningful activities throughout your days.
  - Try something creative (draw, color, paint, write, sing, dance)
  - Try a new recipe
  - Learn a new language
  - Get your body moving (i.e. go for a walk outside while maintaining social distance, do some light stretches)
  - Research a topic that interests you

- **DON’T** let yourself fall into a trap of spending several hours in front of screens (i.e. videogames, cellphones, tablets, computers, television, etc.).
  - Try setting a daily limit on your technology usage
  - Take breaks from technology. HereToHelpBC (2015) recommends taking regular breaks from devices, about 1-2 hours.
- Set a time where technology is put away for the night (i.e. if you start winding down for bed at 9pm, put cellphone/tablet/videogames away at 8pm).

  • DON'T get bogged down by circumstances outside your control. Focus on what IS in your control and take meaningful action. For example, you might say to yourself, “I cannot control this situation, but I get to choose how I respond to it.”

Maintain connections while also practicing social/physical distancing.

  • DO maintain physical distance between yourself and others. The Center for Disease Control (2020) recommends the following social distancing guidelines:
    - Stay at least 6 feet (2 meters) from other people
    - Do not gather in groups
    - Stay out of crowded places and avoid mass gatherings

  • DO engage your family in fun and playful activities (play a game, have a dance party, build a fort inside the house, read stories, etc.).

  • DO engage your children in meaningful activities. Some examples may include:
    - Cultural practices or traditions that are important to your family
    - Make your own “Hearts in the Window” (You may have heard of this circulating on Facebook)
    - Make a COVID-19 time capsule. Search “Long Creations” on Facebook to find the printable COVID-19 Time Capsule print outs. You will see this link under “CANADIAN/ENGLISH version” https://tinyurl.com/Covid19TimeCapsule-CA

  • DO reach out via telephone, Facebook, FaceTime, Skype, etc. van der Kolk (2020) suggests the importance of maintaining connections during this time. This looks different for all of us right now, but technology can offer some alternative ways to stay connected during the pandemic.

  • DON'T leave your house unless you need to (i.e. groceries, medication, medical appointments, work).

Remember that your mental health is just as important as your physical health

  • DO remember we are all in this together. The COVID-19 pandemic is new for all of us and we are all learning together.

  • DO reach out for support. Talk to a friend, Elder, family member, or counsellor.

  • DO be mindful of your emotions. Observe what is happening for you in the present moment with curiosity. Try to not judge your emotions or experience as “bad” or “wrong.” Simply notice from it a perspective of curiosity.

  • DO try to pay attention to your emotions and if they get intense, take time to yourself to practice self-care. Van der Kolk (2020) suggests that our fight-flight system may get activated, but ‘flight’ can be difficult given the current circumstances, so ‘fight’ may be what some of us are more inclined towards. You may “lose your temper” and be quick to react, potentially hurting loved ones. To prevent jumping to quick reactions, try taking a “time out” by walking away to another room. Try to name your current feelings (i.e. anger, irritability, frustration, etc.). Breathe deeply in through your nose and out through your mouth for 10 breaths. The Gottman Institute (2014) recommendation is that we need a minimum of 20 minutes to physiologically calm down. This is a fancy way of saying we need time for our bodies to calm down. During your “time out” take time to practice deep breathing, get yourself grounded, and be patient and kind to yourself.

  • DO remember that any emotion, no matter how BIG, SCARY, or DIFFICULT it may feel, will eventually pass! You
You have made it through difficult times in the past, and you will make it through this too. Remind yourself of how strong, resilient and amazing you are!

• DON’T neglect your mental health. Sometimes a simple conversation can be so powerful!

• DON’T forget about self-care. Take time to do things that feel nourishing for YOU!

Message from Brittany:

Hello Stz’uminus!
I want to let the community know that face-to-face counselling sessions are not possible at this time, however, I am available to support clients via telephone. I also want to let everyone know that I plan to start posting mental health related content on my work Facebook account, “Brit Boyer.” Please feel free to follow me as I will start posting in coming weeks.
You can reach me via email at brittany.boyer@stzuminus.com, via Facebook Messenger under the name “Brit Boyer,” or via my work cell at 250-618-1747.
Huy’tseep q’u for reading. Take good care of yourselves. We will get through this! Stay safe!

Your Kids, Teens, and COVID-19
Ryan Boyer, M.Ed., C.C.C.
Mental Health Counsellor at Stz’uminus Community School

• DO find things to be optimistic about and co-create a sense of hope with your kids

• DO hug your kids and give them lots of love. No child was ever harmed from too much love!

• DO reassure your kids that you are available to support them when they have big emotions. Remind them it is ok to feel their feelings. A child/teen’s stress can be minimized through connection with a trusted parent, guardian, or adult.

• DO be honest with your kids about COVID-19 and what you are doing to ensure safety and health for your family. For example, teach them about the importance of handwashing and show them how to wash their hands for 20 seconds with warm soapy water.

• DO draw upon the teachings that have given you strength and share this with your children.

• DO what you can to keep culture, tradition, and language alive in a way that does not put anyone else’s health and safety at risk. For example, engage your children in prayer or other rituals at home that are meaningful in your family.

• DO honor your kids’ need for privacy and space. We all need it. Kids too.

• DON’T use language that increases stress and anxiety. For example, statements such as “This world is dying!” or “Everybody is going to get sick it’s only a matter of time!” only intensifies stress. Speak with them calmly and stick to the facts.

• DON’T forget, or let your children forget, that we are all in this together and we will get through this!
Reminder from Ryan Boyer:

In these unpredictable, and often uncomfortable times. We will get through this working together. I am offering my support services for all Community School students, and any questions family members may have. With the changing nature of how education is going to be delivered, counselling services for the Community School will be different as well. At this time, services will be delivered through technological means (phone, Facebook, FaceTime and/or email). If you would like to arrange a time to connect with me, I can be reached via Facebook Messenger under “Ryan Boyer” (my profile picture is me in a green shirt beside a Spiderman statue), or via email at ryan.boyer@stzuminus.com. From here, we can arrange a time that works for both of us to connect. For the students of whom I already have contact information for, I will be reaching out to you over the next few days. Wishing wellness and health to all. Huy t’seep q’u.

Crisis/Distress Resources:

KUU-US Crisis Line Society: 24-hour provincial Aboriginal crisis line:
Adults/Elders (250-723-4050)
Child/Youth (250-723-2040)
Toll Free Line (1-800-588-8717)

Vancouver Island Crisis Line:
Call 1-888-484-3888 (available 24/7)

Vancouver Island Text Line:
Text 250-800-3806 from your mobile (available 6pm – 10pm, 7 days/week).

*The VI crisis society notes if they are ever offline between the hours of 6pm and 10pm, you are invited to call their 24-hour crisis line.

Vancouver Island Crisis Chat:
www.vicrisis.ca (available 6pm – 10pm, 7 days/week).

*The VI crisis society notes if they are ever offline between the hours of 6pm and 10pm, you are invited to call their 24-hour crisis line.

How to respond effectively to the Covid-19 Crisis

‘FACE COVID’ is a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT). Here is a link to an ebook created by Dr Russ Harris.

With all that is going on around us right now, we need to be doing what we can to help ourselves be as healthy and well as possible. One thing most of us can do in that respect is exercise. We hope you are committing time at home – or outside, while physical distancing -- to stretch and exercise! If you are, please help inspire others by sharing a picture of yourself “just doing it” or post about what you are doing, with the hashtag #GoodMedicineFNHA. Getting or staying motivated to be active, whether on the land or at home, is important for your mood, health, energy, and even your sleep.

**How does exercise improve your mood?**
Regular activity can improve your mood, keep you relaxed, lower your anxiety, and enhance overall feelings of wellbeing. Being active also helps you get or stay in shape, which boosts your self-esteem and increases your confidence!

**How does exercise benefit your health?**
Regular physical activity can reduce high blood pressure; help manage weight; and reduce the risk of heart disease, stroke, type 2 diabetes, and various cancers. It also improves bone and muscle strength and increases balance, flexibility, and fitness. For older people, activities that improve balance help to prevent falls and injuries, which are a greater risk for them. For children, regular physical activity helps support healthy growth and development and reduce the risk of disease in later life. Children also develop fundamental movement skills by being active regularly.

**How does exercise increase your energy?**
Keeping active helps with muscle strength and endurance, which boosts your energy. This in turn benefits the health of your heart, bones, and lungs. Try to start your day off with some exercise, if possible!

**How does exercise better your sleep?**
Keeping active helps regulate all the complex systems working in your body and helps you to fall asleep faster and achieve more restful sleep. Friendly reminder: as exercise is energizing, you will want to ensure you do not exercise too close to your intended bedtime (a few hours before should be okay).

If you are just beginning an exercise routine, or need some tips about exercising, please check out these Beginner Exercise Cards. They include technique and safety tips. Before beginning any new exercise regimen, especially if you are not used to regular exercise, it is important to consult with your primary care physician. Many are still available for online appointments during this time.

- This temporary site allows free access to 100+ workouts during the COVID-19 disruptions: https://watch.lesmillsondemand.com/at-home-workouts
- If you’re on Facebook, join the Healthy Active Natives page for more inspiration!

Source: First Nation Health Authority website...
The Spring Clean-up bins will be placed in the same locations as the previous years.

**LET’S GET READY!**

**Spring CLEAN-UP**

**MAY 1ST - MAY 18TH**

Please DO NOT put any of the following items in the bins:

- household garbage
- containing food and animal carcasses
- batteries
- hazardous material
- paint, antifreeze
- chemicals
- lightbulbs

Please leave these items at the end of your driveway and a staff member will pick them up. Batteries/lightbulbs must be in a bag/box.

Let the administration office know when the bin is full and we will have it picked up. Phone: 250 245 7155.

**DO NOT LEAVE ITEMS BESIDE THE BIN**
Uy skweyul siem shqwalakwa (good day respected families)

We are so happy that we have been able to connect to each of our families this week. We sure miss our students beautiful smiling faces!

If you have not heard from your child’s teacher yet, please send them, or the principals, an email with your up to date contact information asap as they are collecting information to help us serve you and the students during COVID 19 challenges.

Stz’uminus Community School and Stz’uminus Primary School:

April 6th -9th- Staff contact with each family to complete surveys
April 14-17 – Review Survey information to develop continuous learning plans
April 20-24th Staff will contact parents/guardians to communicate plans

Patience and kindness will get us through these trying days. We are here for all students and families, please call or message as needed.

Respectfully,

Stz’uminus Community School Principal- Gina Mae Harris: Ginamae.harris@stzuminus.com or at 250-619-2883

Stz’uminus Primary School Principal- Charlotte Elliott: Charlotte.elliott@stzuminus.com or at 250-713-4692
April is ORAL HEALTH MONTH

To celebrate, our Children's Oral Health Initiative (COHI) Program is running a contest. Here are the details:

1. Join our private COHI Facebook Group: “Stz’uminus Community Brushing Challenge”.

2. In the group, simply share a picture of your child/children brushing their teeth in the morning and evening to receive points. For small children, a picture of an adult brushing the child’s teeth works too.

   - Extra ballot for a picture of your child flossing.

To qualify for the weekly draw you will need to have a picture submitted each day for the morning and night brushing. This will be a weekly challenge running from Monday to Thursday. There will be 3 prizes every Friday for the month of April starting on April the 10th. The prizes will be broken into age categories: Ages 0-3, 4-8, 9-16.

Join the fun and win some prizes!

Anita Seymour
Stz’uminus Dental Receptionist
March 18th, 2020

We would like to share this opportunity to wish James (Buster) Harris a happy 5th year of sobriety. We are very proud of his continuous journey.

Love always from Mom, dad, brother, nieces and nephew. 
Judy ann, Beasil Sr, Beasil Jr, Aundre, Bella and Creedence.
During this time of preparing for and dealing with the impacts of Covid-19, the Stz’uminus Chief and Council designated a Covid-19 Financial Support Team to support all members of Stz’uminus First Nation. This includes getting help filling out application forms, accessing financial supports from the Federal and Provincial governments.

To receive support to apply for:
• E.I. Regular
• E.I. Sickness
• Canada Emergency Response Benefit
• BC Emergency Benefit

Contact Marcia Seymour, Employment Specialist
Tuesdays & Wednesday, 9 am – 3 pm
Marcia.seymour@stzuminus.com
250-245-7155 local #234

To receive support for any other Cov-19 financial supports:

Contact Tricia Bowler, Proposal Writer
Wednesday & Thursday, 10 am – 4 pm
tricia.bowler@stzuminus.com
604-782-5553 (text or call cell)
COVID-19 FINANCIAL SUPPORTS

**EI Benefits - Regular**
For workers who are eligible to continue receiving regular benefits, and to apply for regular benefits from lay-offs due to Cov-19. Use the link below if you want to apply now.

**EI Benefits – Sick leave – Cov-19**
If you are sick, quarantined or have been directed to self-isolate, the medical certificate is now waived to access EI sickness benefits. Apply for EI Sick Benefits through the link below.
https://www.canada.ca/en/services/benefits/ei/ei-sickness/apply.html

**Canada Emergency Response Benefit (CERB)**
This fund will provide a taxable benefit of $2,000 a month for up to 4 months to eligible workers who lost their income due to Cov-19, and do not qualify for EI. The application will be online in the first week of April, or by phone. See the website for eligibility criteria and phone contact information.
https://www.canada.ca/en/services/benefits/ei/cerb-application.html

**BC Emergency Benefit – government of BC**
Eligible applicants will receive a one time grant of $1,000 due to hardships of Cov-19.

**Canada Child Tax Benefits**
A propose increase of $300 per child for the 2019-2020, starting May 2020. File income taxes before May to ensure the full payments. Those who already are receiving the Child Tax Benefit do not need to reapply. If you need to apply, use the link below.

**Climate Action Child Tax Credits**
A one-time payment of $218 per adult and $64 per child will be made in July 2020 through established structures.

**Canada Revenue Agency**
The time to file your 2019 return has been extended. For individuals, filing due date is deferred to June 1, 2020; May 1, 2020 for trusts. Amounts owing are deferred until after August 30, 2020, without penalty.

**GST Repayment**
An increase of $400 per individual and $600 per couple will be set up through already established structures.
Canada Mortgage and Housing Corporation and other Banks/Credit Unions
Beginning immediately most financial institutions will be working with homeowners facing financial hardship due to Cov-19. This will include a flexibility for mortgage deferral, loan re-amortization, and special payment arrangements. Contact your financial institution directly for more information. https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html#mortgage_support

Tenant Protection
A temporary freeze on evictions has been put in place through the Landlord Tenancy Act, except for reasons of health and safety.

BC Hydro

ICBC
ICBC will negotiate deferral of monthly auto insurance payments for 90 days.

Rental
A subsidy of $500 per month will be available through BC Housing website in mid April. https://www.bchousing.org/COVID-19

First Nation Health Authority
FNHA is increasing is funding for medical transportation, accommodation and meals for at-risk individuals where another occupant in their household has been ordered to quarantine at home.

Canada Student Loans
A deferral of 6 months will be established to reduce stress on students in post-secondary institutions who have outstanding loans. For more information, click on the link below. https://www.cbc.ca/news/politics/covid-19-coronavirus-pandemic-student-loans-1.5502179

Communications & Cable Companies
Telus and Shaw are open to negotiating a reduction in monthly rates to reduce financial stress. Call your service provider.
COLORING CONTEST

During the Covid 19 pandemic, we will be finding ways to keep our children and youth active and families engaged at home. We will support in a safe and friendly manner.

Please ask your children and youth to maintain a safe distance 2 meters or 6 feet, wash hands regularly, cough or sneeze into an elbow and avoid touching ones face.

We will be doing a Easter coloring contest for the children and youth. Coloring sheets will be going out today in the newsletter and we will have some ready for the bigger family’s that have more then one child.

The Easter activity starts today, the coloring pages can be uploaded to a Facebook page that will be created today. The winners will be announced Easter Monday at 4pm, we have a lot of great prizes to be won. **The coloring sheets will need Name, grade and gender.**

Prize categories:
- 2-5 year old Girl/Boy
- 6-12 year old Girl/Boy
- 13-18 year old Girl/Boy

Video for Covid 19 best practices: Health and Wellness

I would love to see children or youth sharing video’s promoting healthy practices during Covid 19. The video should be 1 min to 3 min video practicing either maintain a safe distance 2 meters or 6 feet, washing hands, cough or sneeze into an elbow and avoid touching ones face.

We will have 3 winners announced on Friday April 17, 2020 at 4pm. We will use the same Facebook page as the coloring contest. The Video contest will need Name and gender.

Prize categories:
- 2-5 year old Girl/Boy
- 6-12 year old Girl/Boy
- 13-18 year old Girl/Boy

One winner for each group.

Shirley Louie
Community Centre Coordinator
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Last Updated: March 31, 2020
1. Purpose

On March 11th, 2020, the World Health Organization (WHO) declared the novel coronavirus, causing a respiratory infection also known as coronavirus disease or COVID-19, a worldwide pandemic. As of March 30, over 719,000 confirmed cases\(^1\) (7,448 in Canada, 970 in BC\(^2\)) and 33,673 deaths (90 in Canada, 19 in BC) were reported worldwide by WHO. This global pandemic is forcing everyone to rethink how they interact with the world. While this is a unique and very dynamic situation, we all share responsibility to mitigate the risk.

As outlined in Stz’uminus First Nation’s Communicable Disease Emergencies (CDE) Preparedness Plan (last updated on March 18th, 2020), there is a disaster management cycle which is divided into mitigation, preparation, response, and recovery. We are currently in the response phase because the global outbreak has occurred.

While the CDE outlines general steps to be taken in a case of a pandemic, this document is intended to present specific response actions for Stz’uminus to eliminate or to slow the transmission of COVID-19 within the community. Response actions are created for each essential service and are summarized in an action plan including specific activities, responsibilities as well as required resources and timelines for implementation. It should be noted that this document and the action plan are dynamic and will be updated on an ongoing basis to adjust to the evolving situation.

2. Response Planning – Essential Services

2.1 Leadership

Stz’uminus First Nation has strong leadership. Chief and Council are working together to lead the Stz’uminus community through this challenging time.

During the pandemic, it is crucial for leadership to stay informed about the current situation. This means keeping in touch with latest developments and consulting other sources, including the First Nation Health Authority, Vancouver Island Health Authority and Emergency Management BC.

To ensure continuity of essential services during Covid-19, Chief and Council has created a task force to implement the COVID-19 response plan. The task force consists of leadership, team leads and a support team. Chief and Council will provide clear direction and track progress. See section 2.2 for more information.

Communication is key. Chief and Council will hold regular meetings as well as communicate with the community through video messages.

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2.2 Task Force

What is the task force?
The task force includes all people who play a role in implementing this response plan for the benefit of the Stz’uminus community.

The taskforce consists of:

1.) Chief & Council (purple)
2.) The implementation team (orange)
   The implementation team is composed of team leads and support team members. Chief and Council has appointed a team lead for each area of priority:
   - Financial Support: Ronda/ Tricia
   - Funding: Ronda
   - Social Activities: Shirley
   - Health: Jennifer/ Krista
   - Enforcement: Krista/ Herb
   - Education: Principal
   - Supply Chain: Richard
   - Communication: Ray/ Damien

We recognize that team leads need staff support and financial resources to be successful.

3.) Maureen, Krista and Della (grey) serve as link between leadership and team leads.
Each member of the task force plays an important role in the implementation of the response action plan. Responsibilities must be clear and concise:

**Leadership** is in charge of the Response Plan. Chief and Council holds task force meetings to provide direction to team leads, approves requests for resources, monitors action items and tracks progress.

**Team leads** report to leadership. Responsibilities include determining necessary action items and timelines for the respective essential service including identifying required staff (support team) and financial resources for implementation. Team leads are responsible for giving direction to the support team in an effort to implement action items upon approval by Chief and Council.

**Support team** members report to team leads and provide assistance in implementing action items.

Maureen, Krista and Della report to Chief & Council. Their role involves providing support for leadership and managing information. This includes processing requests for staff and financial resources and taking minutes during meetings.

**Through what type of meetings does the task force communicate?**

All meetings will be virtual by phone or digitally (skype, what app, zoom).
How does the task force communicate and work together? What are the next steps?

**Step 1: Task Force Meeting**
- Leadership gives direction to team leads
- Team leads are tasked with figuring out action items for their area of responsibility in alignment with the response plan.

**Step 2: Team Lead Meeting**
- Complete plan/ list of action items
- How many people are required as support team?
- What budget is required?

**Implementation & Support Team Meetings**
- Team lead works with support team to implement action items
- Team lead submits additional request forms as needed

**Task Force Meetings (2x per week)**
- C&C gives direction to team leads
- C&C reviews and approves request forms
- Team leads report on status

Additional team lead meetings to be scheduled if required.
2.3 Communication
Effective communication keeps the community informed and ensures all Stz’uminus members understand the gravity of the situation. Communication will be straight forward making membership feel safe and avoid panic in the community. Messages will be tailored specifically to the Stz’uminus community. Please refer to the FNHA article on messaging: https://optnnews.ca/2020/03/24/first-nations-health-authority-tailoring-its-messaging-about-covid-19/

It is particularly important to prevent the spread of misinformation: this will be done by messaging in a clear and precise manner, addressing the community’s concerns and questions.

We will use the following communication channels: Facebook, website, printed material, phone/help line, signage and video messages. Essential topics for messages to keep the community informed and supported include updates on COVID-19, educational material, services, FAQs and support messages.

2.4 Financial Support for Members
The global COVID-19 pandemic has already resulted in a broad scope of impacts including health, social, and economic challenges. To mitigate these impacts, both the federal and the provincial government have announced several support packages. One of the measurements includes changes around employment insurance eligibility. Given the high demand the government is facing, it will be important for community members to receive assistance within the community in filling out applications. This includes being advised about additional financial support such as increased financial support for low-modest income families and increased Canada child benefits.

It will be important for Chief & Council to be aware of what financial opportunities will be available to community members (see section 3 – action plan).

2.5 Health & Wellness
To protect the physical and mental health of community members, the health center will continue to offer consultation services and deliver activities. These services will include education regarding social/physical distancing and alternatives for social contacts, support to address anxiety, uncertainty, or depression associated with the pandemic, assistance in case of domestic violence, education around COVID-19 prevention, symptoms identification and steps to take in case of infection.

It is essential to plan for potential COVID-19 cases among Stz’uminus members. This includes establishing a quarantine center with separate areas for members who are waiting for test results and members with proven infection. Members will be directed to call the Stz’uminus COVID-19 help-line if they show symptoms such as fever, cough or difficulty breathing. By means of BC’s COVID-19 self-assessment tool https://bc.thrive.health/covid19, staff of the health
center will help members determine next steps, which may include self-isolating at home, self-isolating at the quarantine center, getting tested for COVID-19, consulting a doctor or going to the hospital. Members waiting for test results may be asked to self-isolate at the quarantine center. Households with members waiting for test results will be prohibited from leaving home and may require alternate arrangements for delivering food. The health center will work in close collaboration with other team leads, including enforcement team leaders to ensure members self-isolate if required or supply chain team leads to secure potential food deliveries.

All consultation services and activities will be delivered by phone or digitally and will not involve any physical contact to band members. The overall purpose is to implement activities that support maintaining the mental and physical health and wellness of the community.

2.6 Social Activities
To slow the transmission of COVID-19, all physical social gatherings are temporarily prohibited. Exempt are members of the same household, in accordance to the government’s announcements. Furthermore, everyone must maintain a physical distance of at least 2m from each other.

However, social contact is more important than ever in times of this global pandemic to stand together and get through this together. Therefore, community members are advised to take advantage of alternative social gathering opportunities such as virtual powwows, beading classes through video conferences, and virtual spiritual services. The team lead for social activities and its support team will take on an essential role in creating and delivering alternative social gathering activities.

2.7 Education
All schools have suspended in-class instruction and daycares must be closed during the pandemic as per provincial and federal direction.

Schools should take on a support role for its students. This can be done by reaching out via phone, text or email and by exploring unique ways to provide continuous learning. Online classes, online tutorials, homework assignments should be considered.

Keep Learning BC [www.openschool.bc.ca/KeepLearning](http://www.openschool.bc.ca/KeepLearning) offers great resources for learning at home.

The need of child care for members who work in essential services should be addressed.

2.8 Supply Chain
During the pandemic, it is crucial to maintain essential services such as access to groceries, medication and other essential goods and services. Currently, Stz’uminus members not showing symptoms of COVID-19 may leave home for essential trips to the grocery store and pharmacy.
It is key to take care of members who are unable to get their own groceries or medication due to being in self-isolation or in quarantine. Recommended tasks include keeping track of members in self isolation, identifying members at risk and coordinating grocery deliveries. In addition, a plan needs to be created for securing future access to groceries and medication in case members are not able or permitted to leave their residences in order to get their own groceries and medication. This may include exploring options for food deliveries, organizing emergency transportation as well as medical supplies.

2.9 Enforcement
Many activities to slow the transmission of COVID-19 among community members require enforcement measurements to ensure the overall protection of Stz’uminus’ health. Consequences may be put in place to help community members understand why certain activities are not allowed. A mix of proactive and reactive enforcement activities may be conducted to protect the community as a whole. Activities may include a broad range from border patrol, enforcing physical distancing, and enforcing quarantine.

We understand that this is a measurement leadership may not want to implement. However, as the situation evolves, enforcement activities might become inevitable to protect the well-being of the community.

The enforcement team lead must also prepare for dealing with cases of domestic violence and clarify the role of the RCMP in this.
2.10 Funding
Implementing the action plan will require financial resources. Therefore, it is essential that Stz’uminus takes advantage of all funds accessible to protect the community.

On March 27, 2020 Chief and Council declared a state of local emergency under the provincial emergency program. This gives the band access to $38,000.

$383,000 have been secured from the federal government for the implementation of the response plan.

While both the federal and provincial government announced comprehensive measurements to mitigate the economic impact of COVID-19, only the federal government announced an emergency fund specific to Indigenous communities (2 different programs). Information on the next steps was already shared with Stz’uminus representatives but an assessment needs to be undertaken where this is at, the next steps Stz’uminus has to take to access funding, creation of a budget outlining the expected expenses and where support is needed as well as distributing the funds to the departments within Stz’uminus that need those funds in order to implement the action plan.

2.11 Gaps
This section includes items that require further clarification before they can be included in the action plan. As of March 31, 2020, these items are:

- What is the role of VIHA and FNHA?
- How does the Emergency Management BC (EMBC) tie into Stz’uminus’ response plan?
- Other potential gaps could be essential services to the Stz’uminus community that are currently not listed. If this is the case, these missing essential services need to be identified and added to the action plan.
- RCMP: Who is Stz’uminus liaison officer? How does the RCMP currently deal with cases of domestic violence?
- Kw’umut Lelum usually provides programming to promote children and healthy families. Currently all programs are cancelled, but staff works from home and continues to support families. Explore support for Stz’uminus.
- Naut’s mawt: What role does the Naut’sa mawt play to secure funding or support for Stz’uminus?
SELF-ISOLATION
HIGH RISK RESIDENTS
LIVE HERE

We are NOT accepting any visitors!

We are following the physical distancing guidelines! If you want to visit with us, you can do so via text, cellphone, or video chat.
The Stz’uminus First Nation community has been reading the Stz’uminus newsletter since the first issue was published in April 1997. The newsletter has all the features of any local newspaper. Since the beginning, every issue of Stz’uminus has been printed on our own printing press and it has been delivered to every home in our four communities. Stz’uminus is always about you: Articles about our elders; personalities and high achievers from throughout our community. Send us photos, articles, letters, greetings, and other ads.

NOTE FOR SUBMISSIONS
Please send or drop-off articles by the deadline date below. Email or drop off photographs that you would like to include. If sending an article, I would prefer the original document file. For example, the original Microsoft Word document.

The deadline for the next issue is **Monday, April 27th by 4p.m.**
Ph: 250 245 7155 ext283

email: damien.daniels@stzuminus.com
Website: www.stzuminus.com
FB: www.facebook.com/stzuminus