

Tsleil-Waututh Nation Community Newsletter| December 9, 2020



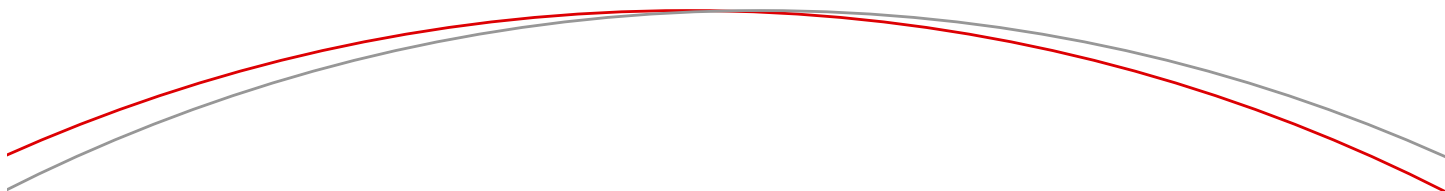
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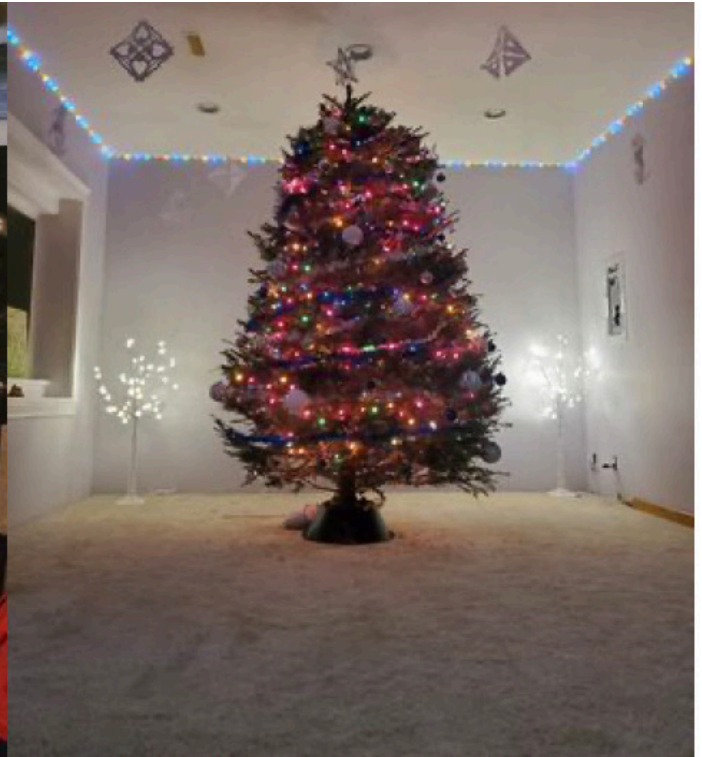
Next Community Newsletter:

**This is our last issue in 2020!
Stay tuned for the next newsletter in January**

**If you have questions email
communications@twnation.ca**



Happy Holidays TWN



December, 2020

Attention Tsleil-Waututh Community Members,

All Tsleil-Waututh Nation offices will be closed from **December 21, 2020 – January 1, 2021.**

If you or your family is experiencing a health or safety crisis please call 911

Other Health Emergency Numbers:

- BC Crisis Line: 1-800-SUICIDE ([1-800-784-2433](tel:1-800-784-2433))
- Kuu-Us Aboriginal Crisis Line: [1-800-588-8717](tel:1-800-588-8717)
- Indian Residential School Survivors Society Crisis Line: [1-855-925-4419](tel:1-855-925-4419)
- Battered Women's Support Services: [604-687-1868](tel:604-687-1868)
- Canadian Mental Health Association: [604-987-6959](tel:604-987-6959)
- Foundry : [604-984-5060](tel:604-984-5060)
- Kids **HELP** Phone: [1-800-666-6868](tel:1-800-666-6868)

District of North Vancouver:

For after-hours emergencies or service please call [604-990-3666](tel:604-990-3666)

This includes any issue that requires a work crew's attention outside of regular hours, such as:

- problems with your water or sewer service
- dangerous debris or fallen trees on a street
- damaging potholes

Police:

Emergency Police, Fire & Ambulance: [911](tel:911)

Non-Emergency North Vancouver RCMP: [604 985-1311](tel:604-985-1311)

The following is a list of administration staff names and numbers to contact in case of an emergency (please call 911 for immediate health and safety concerns):

Department	Contact Name	Phone Number
Chief & Council/Admin	Ernie George	603-290-3777
Communications/Media	Cassie Brondgeest	604-404-9070
Community Development	Angela George	604-754-8965
Community Safety	Andrew Van Eden	778-231-6074
Grounds, Facilities and Housing	Shannon Thomas Travis George	236-335-1954 236-334-3623
Health (call 911 for immediate assistance)	Andrea Aleck	778-903-6244 *updated number*
By-Law	Sam George Guy George	604-787-2909 778-233-8270
Health Department Expressive Arts Therapist & Counsellor	Sandra Suasnabar	1-236-335-5783.
Senior Mental Wellness Counsellor and Healer	Mahara Allbrett -Tuesday-Thursday	604-353-8193
Social Worker	Lisa Thunderblanket	604-354-2090

Happy Holidays from everyone at the TWN
Administration

Health



Tseil-Waututh Nation
səlilwətał



Helping House Holiday Hours

The Helping House is open over the Christmas break on the following days:

Clinic Days	Health Care Provider
Monday, 21 December – regular hours	Dr. Chaboyer
Tuesday, 22 December – regular hours	Eliza Henshaw, NP
Wednesday, 23 December – regular hours	Reception only (Lisa)
Thursday, 24 December – until noon	Eliza Henshaw, NP
Tuesday, 29 December – regular hours	Eliza Henshaw, NP
Wednesday, 30 December – regular hours	Reception only (Lisa)
Thursday, 31 December – until noon	Eliza Henshaw, NP

The clinic is closed Friday, 25 to Monday, 28 December; and Friday, 1 January to Sunday, January 3rd. If you need to access health care during that time, you have the following options:

- North Shore Urgent Primary Care Centre: 604-973-1600
- First Nations Virtual Doctor of the Day: 1-855-344-3800
- BC Nurses Health Line: 811

If you are experiencing an emergency, please call 911



Medical Transportation Over the Holidays

With Christmas Holidays fast approaching, the Health Department would like to ensure all of your medical transportation needs are scheduled.

All medical transportation requirements from Friday, December 18, 2020 to Monday, January 4, 2021 must be prearranged by noon on Friday Dec 18, 2020.

Please call Krista to make arrangements at 604-679-0782.

Please note: Krista will not be available after December 18 and will be unable to respond to phone calls after that date.

The Helping House Clinic is open during the Holiday Season for limited hours. If you need bus tickets for transportation, please come to the Health Department during these times and Lisa will be able to help.

- **Monday, December 21 – 8:30 am – 4:30 pm**
- **Tuesday, December 22 – 8:30 am – 4:30 pm**
- **Wednesday, December 23 – 8:30 am – 4:30 pm**
- **Thursday, December 24 – 8:30 am – 12:00 pm**
- **Friday, December 25 – Monday, December 28 - CLOSED**
- **Tuesday, December 29 – 8:30 am – 4:30 pm**
- **Wednesday, December 30 – 8:30 am – 4:30 pm**
- **Thursday, December 31 – 8:30 am – 12:00 pm**
- **Friday, January 1 - CLOSED**

Wishing you a happy holiday season! Please stay safe.

Health

Please help us Welcome Sibylle Tinsel to her new position as Primary Care Manager.



Bio:

Sibylle has been working with the Tsleil-Waututh Nation Health Department as the Community Health Nurse since March 2019. Prior to joining TWN, she was the Nurse Coordinator for the Travel Medicine and Vaccination Centre, combining her clinical expertise and her organizational skills with her passion for travel and global health.

Sibylle was born and grew up in Germany, where she completed her nursing education. She holds a Bachelor of Nursing Degree from the Athabasca University, and a Certificate in Travel Health. In her free time, Sibylle likes to spend time with her family and play outdoors.

Sibylle will be reporting to the Director of Health & Wellness, this position is responsible for the overall clinical leadership and management of all Primary Care professional staff. The Primary Care Manager ensures the Primary Health Care Team produces high quality and timely health services/interventions using culturally appropriate practices and best practice standards of care. The position works with the clinic Doctors, Registered Nurses and other health professionals on professional practice issues. They will ensure the primary care clinic remains financially sustainable and works to expand the clinic practice, while delivering high quality primary health care services to the community.

Health

Wellness Plan Ideas

A wellness plan is your blueprint to attain the goals you want in regard to your mental, emotional, physical and spiritual well-being. Here are some ideas that you could use to develop your own plan, or if you prefer, just take ideas from this list and use them to lift your spirits or calm yourself when needed.

please note some of these ideas may need to be adapted due to the COVID-19 Pandemic

- Talk to friends
- Write in a journal
- Make an appointment for reflexology, shiatsu, or healing
- Take a yoga class or do yoga on your own (Iyengar recommended)
- Write down or think about what you are grateful for
- Write a joy list (all the things that brought you joy in a day)
- Write down or visualize your gratitude intentions
- List your accomplishments for the day
- Take a walk in nature
- Go to an ocean, lake, river, or waterfall
- Have your favourite tea, coffee, or drink at home
- Exercise
- Wear your favourite clothing
- Make a new friend
- Prepare a delicious meal
- Put on your favourite music
- Take a bath with Epsom salts, or oil
- Do a painting or other form of art
- Do diversion activities
- Watch a good movie
- Get a manicure or pedicure
- Do spiritual practices
- Answer the Morning Power Questions by Tony Robbins
- If possible remove activities or people that cause you stress
- Schedule in a self-care day regularly or periodically
- Use aromatherapy
- Buy new clothes, jewelry, or shoes
- Watch funny videos online
- Have a morning or evening routine
- Pet an animal
- Do Tai Chi
- Listen to Podcasts
- Play board games
- Do Qigong
- Hug someone
- Ask for prayers
- Do visualization
- Visit others
- Light a candle
- Have a small potluck
- Garden
- Go for therapy
- Be with children
- Eat Dark Chocolate
- Delegate things
- Sleep more
- Take a course
- Use a weighted blanket
- Eat out
- Take a virtual tour
- Go out on the water
- Take a camping trip
- Read a good novel
- Do breathing exercises
- Do the Loving Kindness meditation
- Do a guided deep relaxation exercise
- Talk to an Elder
- Read inspiring books or quotes
- Take a total break from it all
- Do ordinary things like washing your hair, laundry, etc
- Do mindfulness or other forms of meditations
- Take something off your palate

Community Development

JANUARY CHEQUE ISSUE

(Pick up)

TWN Income Assistance / PWD Clients:

Renewals and job search are ***DUE December 16th, it is very important that you hand in your forms on this day. I will be on Christmas break from December 21st—January 1st.***

Chq issue day will be ***picking up*** cheques on **DECEMBER 23rd from 10am - 2pm only!** Appointments will be 5mins long, so please make sure you make an appointment. Due to Covid-19 it is important you are on time, we would like to not have any crowds outside and inside of the building.

Thank you.

Danielle Baker
Income Assistant Worker

Please call my work cell to book an
appointment 604-404-8754.



Important Information

Painted Rocks

Our TWN Childcare toddlers have painted rocks with some Christmas messages. These rocks will be spread out in the community to show some Christmas cheer. If you find one of these special gifts please be aware that they are from the TWN Childcare. The purpose is to spread Christmas cheer during these difficult times.

There is still time to enter our social media contest! Visit the TW Nation Facebook Page to share your photo



Tsleil-Waututh Wellbriety

Wellbriety is back! And will be beginning **Wednesday December 9th at 6:00 pm.** Due to the COVID-19 restrictions on gatherings these groups will be offered virtually via zoom, link and phone information is below.

Wellbriety is a grassroots movement that provides culturally based healing for the next seven generations of Indigenous people. It uses culturally based principles, values, and teachings to support healthy community development and healing from alcohol, substance misuse, co-occurring disorders, and intergenerational trauma.

Join by Zoom Meeting:

<https://us02web.zoom.us/j/85391192135?pwd=RXdWLzRSclJuRFJXYWhsOHVVRM1hhZz09>

Join by Phone: +17789072071

You will be prompted to enter the meeting ID, participant ID and passcode.

Meeting ID: 853 9119 2135

Participant ID: 911533

Passcode: 911533

If you have any questions please feel free to contact Vanessa or Lisa, we look forward to connecting on Wednesday!

Vanessa Gonzalez
(778) 995- 6643
vgonzalez@twnation.ca



Lisa Thunderblanket
(604) 354-2090
Lthunderblanket@twnation.ca

2021 Comprehensive Community Plan

In 2015, a Comprehensive Community Plan (CCP) was created to capture the vision of the TWN community, administration, and leadership. This document outlined our over-arching goals and values—what we want for our community in the long-run. With all the changes TWN has experienced in the last 5 years as an ever-growing community, it is now time to revision the CCP document for current and future generations.



The 2021 CCP will capture the 30-year vision of the community and outline how we can reach our long-term goals. We will be drawing from past experiences and creating innovative new approaches to the CCP with help from the community. Over the coming weeks, we will be asking for your help to inform the CCP through surveys and other forms of engagement. We are still in very early stages of this project, but we will be reaching out to the community soon for guidance.

Thank you,

TWN CCP Committee

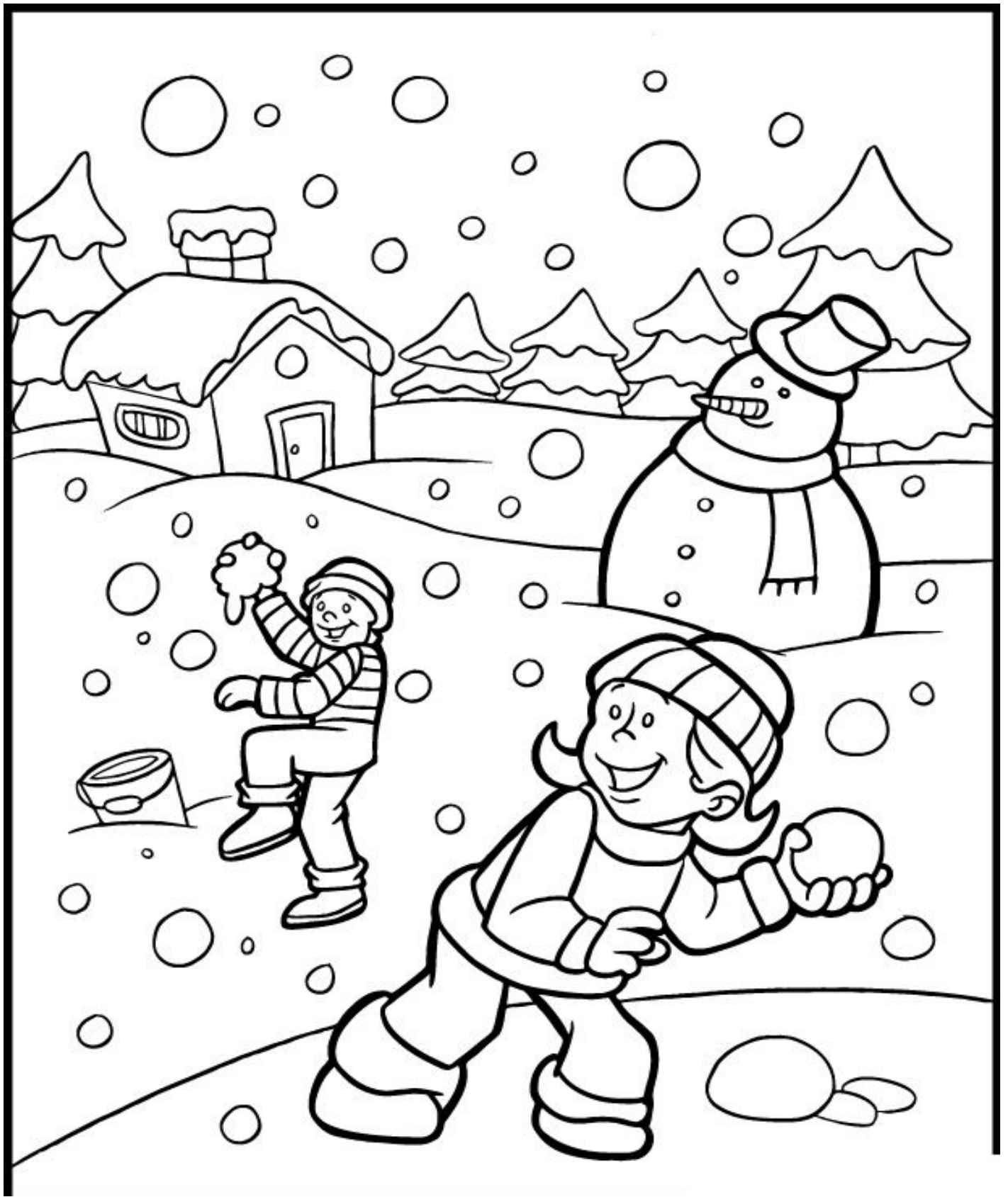
WHAT IS A CCP?

A Comprehensive Community Plan (CCP) is a long term vision and plan, meant to guide our community for decades, created by our people. The CCP can be used by community members, staff, leadership and anyone else to understand that vision and the goals we have for our own future. This CCP is a living document that may be revised to reflect changes in our community, new information, and changing strategies to achieve our vision.

Comprehensive Community Planning is a way for us to recognize, in plan form, that all aspects of our community are interconnected and that growth in any area must be accompanied by growth in the others as well. Our goals cover nine areas, though there is overlap between them:

1. Communication
2. Community Development
3. Culture and Language
4. Economic Development
5. Education
6. Governance and Management
7. Health and Wellness
8. Infrastructure
9. Lands and the Environment

The CCP complements other community plans and projects, including our Health Plan, TWN Financial Administration Law, TWN Land Code, TWN Stewardship Policy, and the TWN Bioregional Atlas. Future plans and projects may use the CCP as an overarching vision, and staff and leadership should make sure that their activities are in line with the CCP vision and goals.



Jolly Snowman Maze

START

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FINISH

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