

Newsletter

January 2021

T'IT'Q'ET JANUARY 2021 ISSUE:

Podiatrist-Page 4
Mental health support and resource
information throughout this issue.

TO SUBMIT TO NEWSLETTER

Please email us at: reception@titqet.org
details on page 37



2021
HAPPY
NEW
YEAR

January

Office Closures during the Holidays

The office will be closed on December 24, 2020 at 12 noon and will reopen on January 4, 2021.

Housing Emergencies during the holidays, please call Kassandra at 778.209.7330.


















Garbage Days

Mondays and Fridays

O&M will also pick up garbage on recycling days

Recycle Days

Recycling will be once a week and will have to be separated

SUN	MON	TUE	WED	THU	FRI	SAT
27	 28	29	 30	31 New Years Eve	1 New Years Day Office closed	2
3	 4	5	 6	7	 8	9
10	 11	12	 13	14	 15	16
17	 18	19	 20	21	 22	23
24	 25	26	 27	28	 29	30
31	 1	2	 3	4	 5	6

RECYCLE DAYS:

Jan 6–Plastics



Jan 13–Glass



Jan 20–Tins



Jan 27–Cardboard/Paper



Medical Clerk

I will be taking time away from my desk on December 21, 2020 until January 04, 2021 for my holiday break.

A reminder that all medical application forms are to be filled out a week in advance.

All reimbursements will be processed after I receive the confirmation of attendance for the medical appointment.

Please be sure that all medical appointment confirmation slips are returned, so not to interfere with future medical appointment that can be assisted by the patient travel program.

If a gas voucher was used for your mileage, please return the receipt to have the remainder amount reimbursed if not all was used.

Merry Christmas to all
Please have a safe holiday
Happy New Year 2021 🎉

From Nicole Napoleon



Podiatrist in the Community

Dr. Ray Bolen, Doctor of Podiatry

Next visit – February 05 2021

For an appointment – Please call the office and speak with or leave a message for Nicole Napoleon (250) 256-4118 ext.236 to set up an appointment.

Please call ahead to have your time slot set aside



ST'ÁT'IMC OUTREACH HEALTH SERVICES

Lillooet Tribal Council
PO Box: 1420 • 650 Industrial Place • Lillooet, BC V0K 1V0
Tel: (250) 256-7530
www.statimchealth.net

Open 8am – 5pm
Monday – Friday
Closed noon – 1pm
& Statutory Holidays
Fax: (250) 256-7535

Xaxli'p / Xwisten / Tsal'alh / T'it'q'et / Ts'kw'aylaxw / Sekw'e'l'was

The St'át'imc Outreach Health Services office will be closed from December 21, 2020 to January 2, 2021.

This schedule is intended to provide the Health Leads with a good level of assurance that should there be an urgent or emergency situation within community during the Holiday office closure days that the Health Leads may reach out to our Mental Health workers as identified below. The schedule information is for Health Leads only. Feel free to share the crisis line numbers on the next page.

Thank you for your great work as we all look forward to a healthy, safe and worry free break.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21 Ricardo 9-9 Cole 6-6	22 Ellie 8-4 Janice 8-12	23 Ellie 8-4 Matilda 8-12	24 Ellie 8-4	25 <i>Christmas Day</i> Ricardo 9-9	26 <i>Boxing Day</i>
27	28 Cole 6-6	29 Ellie 8-4 Cole 6-6 Janice 8-12	30 Ricardo 9-9 Matilda 6:30-10 Sharing Circle	31 Ellie 8-4 Cole 6-6	Jan 1, 2021 <i>New Year's Day</i> Cole 6-6	Jan 2 Cole 6-6

Ricardo Pickering: (250) 842-8552 or rpickering@statimchealth.net

Cole Levitt: (778) 220-1410

Ellie Madeley: (778) 209-8552 or youthclinician@statimchealth.net



Matilda Brown: mbrown@statimchealth.net



Janice Knighton: healthadmin@staimchealth.net

Need to See a Doctor?



Call the First Nations Virtual Doctor of the Day
service at 1.855.344.3800

With a computer, phone or tablet connected to wi-fi

STEP 1	STEP 2
 <p>Call 1.855.344.3800 to talk to a Medical Office Assistant and book your appointment. You will receive an email to confirm your appointment.</p>	<div>    </div> <p>Computer or Laptop</p> <p>When it is time for your appointment, click on the Zoom video conference link in the email to launch the Zoom app.</p> <div>     </div> <p>Smart Phone or Tablet</p> <p>Download the Zoom app from the App Store or Play Store. When it is time for your appointment, click on the Zoom video conference link in the email to launch the Zoom app.</p>

Helpful Zoom tips	<div>  <p>If the doctor can't hear you, unmute your microphone in the Zoom app.</p> </div> <div>  <p>Use a headset or earpods to remove echoes and protect your privacy.</p> </div>
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Over the telephone (no wi-fi connection)

STEP 1	STEP 2
 <p>Call 1.855.344.3800 to book your appointment. Let your Medical Office Assistant know that you need to make a telephone appointment.</p>	 <p>The doctor will call you when it is time for your appointment</p>

Hours are from 8:30 a.m. to 4:30 p.m., 7 days per week.



Shhhh...the bugs are sleeping

Special insect agents lie waiting to attack invasive plants

Invasive plants have natural bug enemies and many are fast “asleep” at this time of the year. These bugs are officially called biocontrol and they are one of the “tools” we have in the fight against invasive plant infestations. Before these insects are approved for release, they go through years, sometimes decades, of trials to ensure they don’t attack other plants. BC has a very active biocontrol program and the LRISS region has biocontrol agents on a number of invasive plants: Knapweeds, Toadflax, Hound’s tongue & Canada thistle. There are 2 agents featured below. In the knapweed root on the left, 2 root-feeding weevils can be seen. The larvae of the weevils attack the root and the adults emerge in May feeding on the leaves. The root damage decreases the plant size and shoots. The agent on Dalmatian Toadflax in the right photo below is a stem boring weevil. It attacks the stem and leaves. The larvae mine the stem decreasing water and nutrients available to the plant. Adults also feed on the leaves. Both of these insects can also reduce seed production. Information about these agents and others can be found on the BC Government website: [Biological Control Agents & Host Plants](#).





North St'at'imc COVID-19 Testing

Have you been experiencing the following symptoms?

Mild Symptoms:

- ✓ Low-grade fever
- ✓ Cough
- ✓ Malaise (overall discomfort)
- ✓ Muscle aches
- ✓ Runny Nose
- ✓ Nasal congestion
- ✓ Loss of sense of smell
- ✓ Painful swallowing
- ✓ Loss of appetite
- ✓ Fatigue
- ✓ Sore throat
- ✓ Nausea, vomiting, and/or diarrhea

Severe Symptoms:

- ✓ *Fever
- ✓ *Shortness of breath
- ✓ *Difficulty breathing
- ✓ *Chest pain

**If you are having any of these severe symptoms please go to your nearest emergency department*

If you are experiencing any of these symptoms you are eligible for COVID-19 screening and/or testing

Contact: 250-256-1381 OR 250-256-7017 to book an appointment

ELDER ABUSE

What is it?

Elder abuse is violence or any other type of harm because of older age. It can be carried out by those who are close to older people, such as family and caregivers, or by social structures and institutions.

“My son persuaded me to sell my house to repay his debt...I agreed and now I’m left homeless.”
Woman, 70, Kyrgyzstan



1 in 6 older women and men worldwide experience abuse.

4%
reported

Despite this, elder abuse remains invisible. Only 4% of elder abuse is reported.

Types of elder abuse



Physical

Hitting, shoving, inappropriate use of drugs, restraints or confinement.



Emotional

Intimidation, humiliation, routine blaming, repeatedly ignoring the wishes of an older person or isolating them from friends or activities.



Sexual

Sexual harassment, sexual activity without informed consent, forcing an older person to watch sexual acts or to undress.



Neglect

Intentional or unintentional denial of food, water, shelter, clothing, assistance with daily living tasks and any other essential needs.



Financial

Using an older person's money or property, or making financial decisions, without their informed consent.

Elder abuse.
See it.
Expose it.



First Nations Health Authority
Health through wellness

Are You Trying To Stop Smoking Or Vaping?

READ THESE QUIT TIPS!

So you've decided to quit. Congratulations!

Now you might be worried about finding the strength to honour your decision to be smoke- and vape-free. You're not alone. Remember that the strength is already inside you – and don't be afraid to ask for help along the way.

Here are some tips to help guide you and give you strength on your wellness journey.

ASK THE CREATOR FOR STRENGTH

Did you know that many First Nations cultures teach that tobacco was put on earth as a way to connect with the Creator? Instead of smoking, use that tobacco in ceremony to ask the Creator to help guide you on your wellness journey. You can offer tobacco to the earth or burn it in ceremony.

DRINK MEDICINAL TEAS

A variety of plants that grow wild around us can actually help with healing when used in a tea. Plants such as mint and licorice root are good examples. Many traditional teas can help to cleanse your lungs and give you a calm feeling when you are going through the discomfort of withdrawal symptoms. Many knowledge keepers are happy to share their wisdom on medicinal plants and may be able to suggest which ones would be best for you.

DRINK WATER

Nothing is more cleansing than pure water. Any time you feel a craving coming on, try drinking a whole glass of water to purify and cleanse your body. Water can help eliminate cravings.

DO A TRADITIONAL CRAFT OR ACTIVITY

A wonderful way to connect to culture is to take part in one of the many traditional crafts and activities -from beading and painting to drumming and dancing. Not only will it help keep your hands busy, you will connect more with your culture and learn new skills.

WALK IN NATURE

The forests and waters are very healing. Simply taking a walk along a river or among the trees can help uplift you and help you feel calm and connected to the Creator.

DO A SWEAT

Participate in a sweat lodge ceremony. Sweats are healing for the heart, mind, body, and spirit. As well, you will feel more connected to the Creator which will help give you the strength you need on your wellness journey.

BE KIND TO YOURSELF

Change is not easy and everyone's journey is different. Practice self-love and feel proud of yourself – even if it's for simply reading this list of tips – because it means you have taken the first step toward staying smoke- and vape-free.

DID YOU KNOW? It takes on average only 3-5 minutes to get over a craving. Doing any of the above tips will help you delay smoking or vaping long enough for that craving feeling to go away.

Quit Tips for Smoking and Vaping

**Be kind to
Yourself**



**Drink
Water**



**Do a
Sweat**



**Drink
Medicinal
Teas**



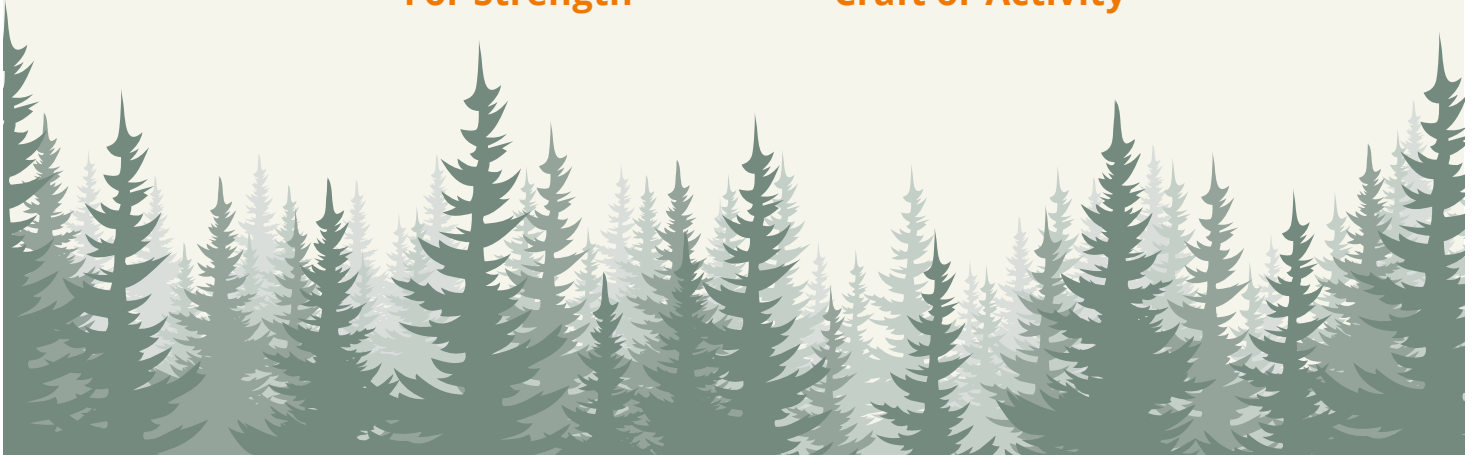
**Walk in
Nature**



**Ask the Creator
For Strength**



**Do a Traditional
Craft or Activity**





First Nations Health Authority
Health through wellness

FEWER FACES, WIDE-OPEN SPACES

A GUIDE TO GATHERINGS AND EVENTS DURING COVID-19

The FNHA acknowledges the significance of sweat lodges, potlatches and other cultural and spiritual gatherings to our health and wellness, as well as the trauma caused by past banning of these activities.

Even so, now is not the time to hold or participate in group activities. Following are some risks associated with sweat lodges and potlatches, as well as some alternatives.

RISKS



Going into a sweat lodge during COVID-19 would mean being in too-close physical contact and possibly breathing in the droplets in each other's breath.



Even gatherings of fewer than 50 people require an assessment of risk – especially if the event will entail travel and people sharing accommodations.

ALTERNATIVES



Getting outside and spending time on the land and water (think “fewer faces, wide-open spaces”) is one of the most powerful ways to nurture health and wellness.



Connect to the Creator through prayer and focusing on your hopes for our future generations.



Consider holding smaller events for now, with the larger event at a later date (when it's safer to gather again).



If you are holding a smaller event, consider having bag lunches rather than shared meals, ensuring there are opportunities to wash and/or sanitize hands, and to practise physical distancing.



Modify any ceremonies and cultural practices with public health recommendations, or conduct them just with the family you live with/your “bubble.” Your bubble should always be the same five or six people – those in your household for example – and they should not be in other bubbles with other people!

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

HOW FAMILIES CAN TAKE CARE OF EACH OTHER'S MENTAL HEALTH DURING A SECOND LOCKDOWN

 @BELIEVEPHQ

TIME AND SPACE



Make sure you are giving each other time and space to relax

DAILY CHORES



Support and help each other with daily chores around the house

TEAMWORK



Work as a team and make decisions together so that everyone feels involved

PHYSICAL HEALTH



Encourage everyone to take care of their physical health. Make sure everyone is getting enough sleep and eating a well balanced diet

EXERCISE

Support and encourage each other to stay active and exercise.

POSITIVE RELATIONSHIPS



Encourage each other to maintain positive relationships by staying in regular touch with friends and family

TALKING



Encourage each other to talk about mental health. If you notice someone is struggling ask how you can help

CHECKING IN



Check in with each other on a regular basis - "how are you feeling today? is there anything I can do to help you?"

KINDNESS



Be kind and caring towards each other. Listen to each other and be understanding

LEARNING EXPERIENCES



Identify key learning experiences from the previous lockdown and identify some things you did previously that were helpful

SELF CARE



Identify some activities you can all do individually and as a family that will provide you with a sense of pleasure, achievement and relaxation

HELPFUL BEHAVIOURS



Encourage each other to identify helpful behaviours that you can engage in individually or as a family that will help reduce any stress, anxiety or worry



Health and Social Services Department

Hello Community Members

The Health and Social Services Department will be closed for the holidays from: noon on December 24th and reopening January 4th.

**For medical emergency, you are encourage to phone
Ambulance at (250) 256-7111 or 9-1-1 on your Cell Phones
The Lillooet Hospital, 24 Hour Emergency number (250) 256-4233.**

Mental health and wellness

You are encourage to utilize the Urgent or Crisis Line Phone Numbers, information sheet provided in the Newsletters or on our Website at <http://www.titqet.org/administration/health/>

During the break, Juanita Jacob, Wellness Coordinator can be accessible by leaving a message on her work voicemail (250)256 -4118 ext. 242. She is able to access her voicemail from her computer at home. Or you may text her work cell phone at (250) 256-9410, and she will respond as soon as possible once she is in cell phone range.

In case of an **“emergency”** related to Home and Community Care or Medical Travel; he please call Janice at (778) 209-0414.

Lindy Watkinson, RN Home Health Nurse has made some Interior Health arrangements for T’it’q’et Home and Community Care clients that will require their services over the holiday break.

Reminder: Medical Travel could be reimbursed with proper documentation and receipts, talk to Nicole before hand on what those documents are.

Pacific Blue Cross – First Nations Health Authority Client Line 1-855-550-5454, you will need your Status Card number when you call in.

Merry Christmas and Happy New Year from the Health & Social Services Department.

COVID-19 SCAMS

Indigenous Services Canada has become aware of a number of scams that are targeting Canadians.

Scammers are contacting individuals to inform them they have tested positive for COVID-19.

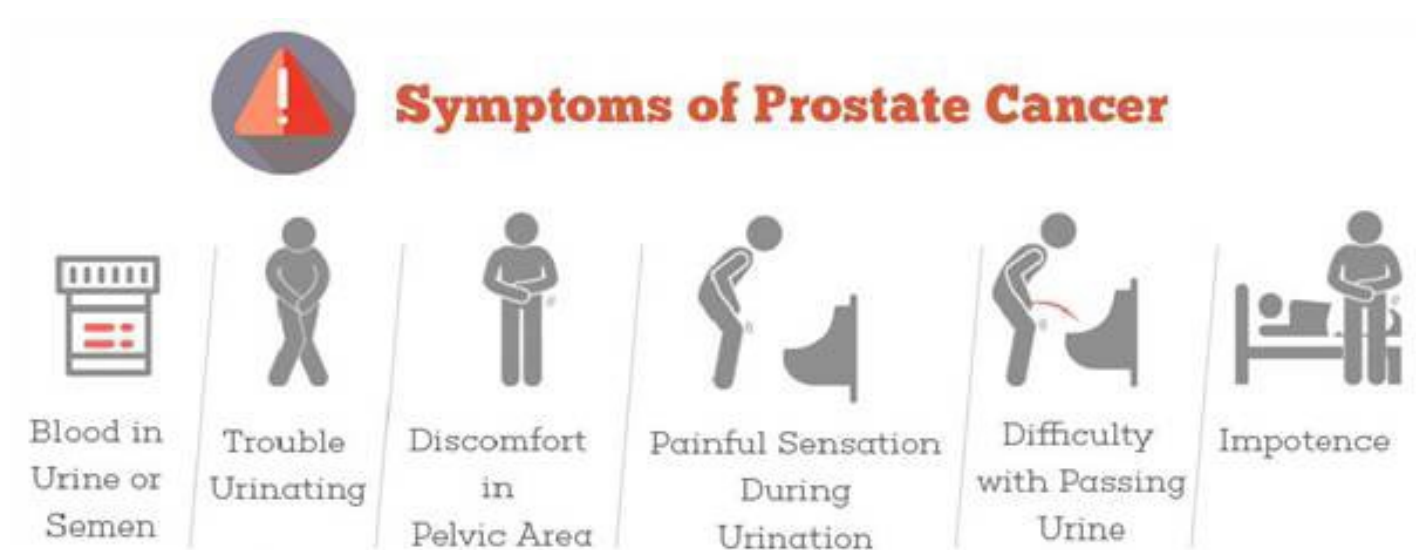
Upon notification, the caller requests personal information from the would be victim, including their social insurance number. Callers may also try to use high pressure tactics in the hope of convincing individuals to sending them money. Please note, health officials do not request any type of financial information.

Please be aware of these scams, and, if targeted, please share this information with the Canadian Anti-Fraud Centre at 1-888-495-8501 or report the caller through the Fraud Reporting System <https://www.antifraudcentre-centreantifraude.ca/report-signalez-eng.htm>.

SOCIAL INSURANCE NUMBER

If individuals are looking to apply for a Social Insurance Number (SIN) they can do so online or by calling 1-866-274-6627.

Agents are available Monday to Friday, 8:30 a.m. to 4:30 p.m. Canadian Local Time, except on statutory holidays.





First Nations Health Authority
Health through wellness

FIRST NATIONS HEALTH BENEFITS

Medical Transportation

First Nations Health Benefits (Health Benefits) provides medical transportation (MT) benefits to support clients accessing medically necessary health services not available in their community of residence. Eligible clients may be provided with funding for meals, accommodation, and transportation as required.

What is covered?

Transportation to access medically necessary health services, which may include:

- ✓ Medical services insured through the BC Medical Services Plan (MSP)
- ✓ Publicly-funded diagnostic tests and preventive screening programs
- ✓ Services covered by First Nations Health Benefits (e.g., dental, vision, etc.)
- ✓ Traditional healers
- ✓ Treatment at the nearest appropriate facility in BC funded by or referred to by the National Native Alcohol and Drug Abuse Program (NNADAP)

Health Benefits may provide funding for accommodation, meals, and travel based on the following rates:

- Mileage rate for personal vehicles: 23¢/km
- Accommodation in private homes: \$30 per night, up to a max of \$100 per week
- Meals:
 - \$10 for same-day trips
 - \$25 per night for trips up to six nights for clients under nine years old
 - \$48 per night for trips up to six night for clients nine years and older
 - \$163 per week for trips seven nights or more, inclusive of escorts

Coverage may be available for clients to travel with an escort in cases where the client:

- Is a minor
- Requires assistance with activities of daily living such as dressing, eating, or bathing
- Is undergoing a medical procedure (e.g., day surgery) or has a medical condition that will result in the client requiring assistance
- Will receive instructions on specific and essential home medical or nursing procedures that cannot be given to the client only
- Faces a language barrier
- Is travelling to give birth, including travel to be near medical care while awaiting childbirth (prenatal confinement)

Health Benefits covers the most economical and efficient means of transportation, taking into account the urgency of the situation and the medical condition being addressed. Some types of travel not listed as a benefit may be covered on an exceptional basis. Please note that not all medical travel is covered. For a full description of the MT benefit, including benefit exclusions, please visit www.fnha.ca/benefits/medical-transportation.

Clients living on-reserve should contact their health centre about booking MT travel.

Documentation

Clients requesting MT coverage must provide the following documentation before travel can be arranged:

- A referral from a general practitioner or family doctor
- Confirmation of an upcoming appointment from the health provider or facility

For eligible, pre-approved MT trips, clients must provide confirmation of attendance (COA) from the health provider or facility after their appointment. Travel expenses will not be reimbursed without a written COA.

Immediate Crisis, Mental Health, and Substance Use Support

If you require immediate assistance call 911

- **KUU-US: toll free** 1-800-588-8717
- **Indian Residential School Survivors Society** 1-604-985-4465/toll-free: 1-800-721-0066
- **Tsow-Tun Le Lum Society:** 1-250-268-2463
- **Hope for Wellness Helpline:** 1-855-242-3310
- **Interior Health Crisis Line** 1888-353-2273
- **First Nations and Aboriginal Specific Crisis Line available 24/7**
Toll Free 1-800-588-8717
Youth Line 1-250-723-2040
Adult Line 1-250-723-4050
- **British Columbia Crisis Center** 1-800-784-2433
- **Canadian Mental Health BC Division** 1-800-555-8222

Addictions and Substance Misuse Supports

- Adults Help Line 1-800-663-1441
- Mental Health Substance Use Interior Health 1-888-353-2283

Family / Domestic Violence

- **VictimLinkBC: 1-800-563-0808** (24 Hours) B.C. and Yukon
- **Domestic Violence Help Line 1-800-563-0808** (24 Hour)
- **Kids Help Phone** 1-800-668-6868
- **Helpline for Children in BC:** 310-1234 or text [686868](tel:686868)
- **Seniors Abuse and Information Line (SAIL)** 604-437-1940 | Toll free 1-866-437-1940 - Available 8am to 8pm daily (except holidays)

Youth and Children Mental Health and Wellness Supports:

- **Foundry Youth Mental Health Support:** 1-833-308-6379
Youthspace.ca Access emotional support, resources, and crisis response, volunteers are available on Youthspace Chat every night from 6pm - 12 midnight (Pacific Time) foundrybc.ca/get-support/virtual
- **Youth in BC online Chat:** 1-604-872-3311

PFLAG Canada 1.888.530.6777

Helps all Canadians with issues of sexual orientation, gender identity and gender expression, supports, educates and provides resources to all individuals with questions or concerns, 24 hours a day, 7 days a week

inquiries@pflagcanada.ca www.pflagcanada.ca

FNHA Mental Health and Substance Use Support Resources

FNHA Health Benefits- Mental Health Service 1-855- 550-5454

- For a List of First Nation Health Authority Mental Health and Substance Use/ service providers in your area use link below: <https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use>
- FNH Benefits service provider information: <https://www.fnha.ca/benefits/contact-health-benefits>
- Mental health service providers information: <https://www.fnha.ca/benefits/mental-health>

FNHA Doctor of the Day Clients call 1-855-344-3800

<https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day>

- You can access Mental Health support and referrals through the doctor of the day to FNHA First Nations Virtual Addictions and Psychiatry

FNHA First Nations Virtual Substance Use and Psychiatry Service

<https://www.fnha.ca/what-we-do/ehealth/virtual-substance-use-and-psychiatry-service>

- You can be referred into the program through community health and wellness workers, addictions counsellors, mental health clinicians or counsellors, and medical practitioners.
- You can access Mental Health support and referrals through the doctor of the day to FNHA First Nations Virtual Addictions and Psychiatry

FNHA Traditional Wellness Support Resources:

The Interior Region Nations are rich with Knowledge Keepers to support your Traditional Wellness, should you be unable to connect with a Traditional Wellness resource in your Nation or community please feel free to reach out to:

- FNHA Interior Region Mental Health and Wellness Team Manager
Duanna Johnston Virgo at Phone: 1-250-319-9657 Email: Duanna.Johnston-Virgo@fnha.ca

Or

- FNHA Interior Region Addiction Specialist
Debra Robbins at Phone: 1-778-694-4548 Email: debra.robbs@fnha.ca

FNHA Health Benefits Transportation for Self- Isolation Call 1-888-305-1505

seven days a week from 8:30 a.m. to 4:30 p.m. Health Benefits Isolation Support team is available to support your self-isolation travel needs



<https://www.fnha.ca/benefits/health-benefits-news/covid-19-guide-to-medical-transportation-benefits-for-self-isolation>

Interior Health Mental Health and Substance Centers in Interior Region:

Our Interior Region Partnership continues with Interior Health to has provided the below lists of resources and links to support for Mental Health and Substance use programs.

List of Mental health and Substance Use Center

<https://www.interiorhealth.ca/YourCare/MentalHealthSubstanceUse/Pages/default.asp>

		MENTAL HEALTH AND SUBSTANCE USE CENTRES			
City	MHSU Centre	Address	Phone / Toll Free	Fax	
100 Mile House, BC	100 Mile Mental Health & Substance Use	555 Cedar Ave. S	250-395-7676	250-395-7675	
Ashcroft, BC	Ashcroft Mental Health & Substance Use	700 Ash-Cache Creek Hwy	250-453-1940	250-453-1952	
Barriere, BC	Yellowhead Community Services Society-Barriere	4936 Barriere Town Rd.	250-672-9773	250-672-9709	
Castlegar, BC	Castlegar Mental Health & Substance Use	707 - 10th Street	250-304-1846	250-304-1240	
Chase, BC	Chase Mental Health & Substance Use	825 Thompson Ave.	250-679-1400	250-679-5329	
Clearwater, BC	Yellowhead Community Services Society-Clearwater	612 Park Dr.	250-674-2600	250-674-2676	
Clinton, BC	Clinton Mental Health & Substance Use	1500 Cariboo Hwy	250-453-1940	250-453-1952	
Cranbrook, BC	Cranbrook Mental Health & Substance Use	20 - 23rd Ave. S	250-420-2210 / 1-888-426-7566	250-420-2279	
Creston, BC	Creston Mental Health & Substance Use	243 - 16 Ave. N	250-428-8734	250-428-8956	
Golden, BC	Golden Mental Health & Substance Use	835 - 9th Ave. S	250-344-3015	250-344-2817	
Grand Forks, BC	Boundary Mental Health & Substance Use	7441 - 2nd Street	250-442-0330	250-442-0334	
Invermere, BC	Invermere Mental Health & Substance Use	850 - 10th Ave.	250-342-2363	250-342-2374	
Kamloops, BC	Kamloops Mental Health & Substance Use	235 Lansdowne St.	250-377-6500	250-377-6502	
Kamloops, BC	King Street Centre	126 King St.	250-376-7855	250-554-1740	
Kaslo, BC	Kaslo Mental Health & Substance Use	673 A Ave.	250-353-2291	250-353-2738	
Kelowna, BC	Kelowna Mental Health & Substance Use	505 Doyle Ave.	250-469-7070	250-868-7791	
Keremeos, BC	Keremeos Mental Health & Substance Use	700 - 3rd Street	250-499-3029 / 1-800-663-7867	250-499-3027	
Kimberley, BC	Kimberley Mental Health & Substance Use	260 - 4th Ave.	250-427-2215	250-427-7389	
Lillooet, BC	Lillooet Mental Health & Substance Use	951 Murray St.	250-256-4233 / 1-855-656-4233	250-256-1332	
Logan Lake, BC	Logan Lake Mental Health & Substance Use	5 Beryl Dr.	250-523-9414, x 23	250-523-6869	
Lytton, BC	Lytton Mental Health & Substance Use	533 Main St.	250-455-2216	250-455-2644	
Merritt, BC	Merritt Mental Health & Substance Use	3451 Voght St.	250-378-3401	250-378-3411	
Nakusp, BC	Nakusp Mental Health & Substance Use	97 - 1st Ave. NE	250-265-5253	250-265-5250	
Nelson, BC	Nelson Mental Health & Substance Use	333 Victoria St.	250-505-7248	250-505-7246	
Osoyoos, BC	Osoyoos Mental Health & Substance Use	4816 - 89th St.	250-495-6433	250-495-5142	
Penticton, BC	Martin Street Outreach Clinic	Unit 117 - 437 Martin St.	250-770-3696	250-492-0066	
Penticton, BC	Penticton Mental Health & Substance Use	740 Carmi Ave.	250-770-3555	250-770-3599	
Revelstoke, BC	Revelstoke Mental Health & Substance Use	1200 Newlands Rd.	250-814-2241	250-814-2242	
Salmo, BC	Salmo Mental Health & Substance Use	311 Railway Ave.	250-357-2277	250-357-2385	
Salmon Arm, BC	Salmon Arm Mental Health Services	851 - 16th St. NE	250-833-4102	250-833-4117	
Salmon Arm, BC	Salmon Arm Substance Use Services	2nd Floor - 431 Hudson Ave. NE	250-833-4103	250-803-4105	
Sparwood, BC	Sparwood Mental Health & Substance Use	570 Pine Ave.	250-425-2064 / 1-800-661-0329	250-425-2378	
Trail, BC	Trail Mental Health & Substance Use	Suite 3 - 1500 Columbia Ave.	250-364-6262	250-364-6257	
Vernon, BC	Vernon Mental Health & Substance Use	1440 - 14th Ave.	250-549-5737	250-549-6358	
Vernon, BC	Vernon Downtown Mental Health & Substance Use	3306A 32nd Ave.	250-503-3737	250-545-5788	
Williams Lake, BC	Williams Lake Mental Health & Substance Use	487 Borland St.	250-392-1483	250-392-1484	



T'it'q'et

P.O. Box 615
Lillooet, B.C.
YoKlVo

phone (250) 256 4118
fax (250) 256 4544

Notice from T'it'q'et Council

November 26, 2020

The T'it'q'et State of Emergency remains in effect. With the coming holiday season, T'it'q'et Council would like to remind members to remain vigilant by practicing physical distancing (2 meters apart), wearing masks in public places, handwashing, avoiding large gatherings, allowing no visitors in your home and staying home if you do not feel well.

T'it'q'et Administration office is closed to the public; however, if members need to meet with a staff member, please make an appointment. The stage is set up for one-to-one meetings if necessary. If you need to come into the office, please use the hand sanitizer when entering the building, wear a mask, and use hand sanitizer again when leaving the building.

T'it'q'et Council has agreed to align our prevention measures with the Provincial Health Order in effect until Dec. 7, 2020. (Council may extend to a later date)

These include;

- No social gatherings of any size with anyone other than your household or core bubble. Your core bubble may contain a partner, relative, friend or co-parent, who lives in a different household, to a maximum of two people that do not reside with you,
- Wearing masks in public indoor settings and workplaces. Masks should also be worn when providing services or visiting (within core bubble) any of our immune vulnerable residents and members.
- All non-essential travel should be avoided. This includes travel for vacation, or to visit friends or family outside of your household or core bubble, travel into and out of BC, and between regions or core bubble (ei. Travel from Interior Regions to Fraser Valley, Coast or North)
- Travel for work and medical appointments within your region is allowable but strict physical distancing measures should be practiced.

At this time, there are no confirmed cases within the T'it'q'et community. Chief Courteney will receive notice from First Nation Health Authority if a member or First Nation resident of T'it'q'et has tested positive. However, names of individuals who test positive are not provided. Active positive cases within the District of Lillooet are not provided to the public to protect the personal health information of individuals. Therefore, as individuals we must continue to practice the measures that are effective in reducing the transmission of the COVID-19 virus that were listed above. The good news is that vaccines are expected to be ready in 2021. Our People are strong and resilient. We will get through this pandemic together as a community and a Nation.

In closing, T'it'q'et Council would like to take this time to wish everyone a Merry Christmas and Happy New Year.

Eagle Spirit Counselling

Brandy Kane MSW RCSW, Ph.D Candidate

www.eaglespiritcounselling.com



Book your appointment with a registered clinical therapist.

Brandy Kane is booking counselling appointments for St'at'imc community members via online video counselling using Thera-link, or by phone. Due to the 2nd wave of the Covid outbreak, counselling sessions will be held virtually until further notice. In order to access free counselling through First Nations Health Authority, you will need to provide some basic information including your care card number and status number.

For a 15-minute consultation to see if we are a fit, call or email:
Cell number 604-728-1574 or brandy@eaglespiritcounselling.com

Attention

Re: Medical Travel

Medical Travel, I would like to remind everyone, requests are to be submitted a week in advance to ensure your travel cheque is ready in time for your appointment.

Cheques can be picked up **Wednesdays** and **Fridays** after 9am.

A photocopy or fax of your appointment/referral:

HEALTH FAX # 778-784-4070

Date, time and whose office you are going to see is required for me to submit your travel request. **It is your responsibility to provide this information to me.**

In addition, if a driver is required and/or an overnight stay is needed, *it needs to be stated on the Medical Application form.*

Please note that it is the client's responsibility to return the confirmation card to the medical clerk in order for upcoming medical to be funded

If a gas voucher is provided for an appointment, please remember to bring back the receipt so I can calculate if all funds were used in order to determine the proper reimbursement, this is your responsibility to submit the gas receipt to the medical clerk in order to receive the full reimbursement otherwise it may be considered fully paid out.

For T'it'q'et members the Top-Up rate has been adjusted and only one will be provided for coordinated family's appointments out of town, for Kamloops appointments the Top-Up is set at \$21.34, for Vancouver appointments the rate of Top-Up is \$26.88. As the medical travel, mileage adjusted from .20 cents to .23 cents back in October 2014.

May I please remind that the First Nations Health Authority does not cover client fees for exams only medical travel, accommodations, and meal allowances for the client and the medical escort if required. There is a \$10.00 meal allowance provided to all same day trips out of town

Questions or concerns, please contact me

Nicole Napoleon
T'it'q'et Medical Clerk
Medicalclerk@titqet.org
250-256-4118 ext. 241



Government
of Canada

Gouvernement
du Canada

Canada



JORDAN'S PRINCIPLE

ENSURING FIRST NATIONS CHILDREN HAVE
ACCESS TO THE SERVICES THEY NEED

Is a First Nations child you know getting the services they need?

JORDAN'S PRINCIPLE supports substantive equality for First Nations children when accessing government services, such as:

- Education
- Medical equipment
- Mental health
- Speech therapy

...and more

First Nations children living on and off reserve are eligible.

Service coordinators are available to ensure children have access to the services they need without delay.

Families are encouraged to contact us if they have questions or new information about any submitted or denied request under Jordan's Principle since 2007.

Phone **1-855-JP CHILD (1-855-572-4453)**

TTY **1-866-553-0554**

Visit **www.canada.ca/jordans-principle**





Virtual Substance Use and Psychiatry Service

A free referral-based service for First Nations people in BC and their family members. Health care providers, including the Virtual Doctor of the Day program, can refer you to this service. Available Monday to Friday. [FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)

First Nations and Inuit Hope for Wellness Health Line and On-line Counselling Services offers mental health counselling and crisis intervention to Indigenous people across Canada.

Toll Free: 1-855-242-3310

www.hopeforwellness.ca

Provincial Alcohol and Drug Information Referral Service provides free referral service to support with any kind of substance issue (alcohol or other drugs).

Toll Free: 1-800-663-1441

Lower Mainland: 604-660-9382

Foundry: health and wellness supports, services and resources for young people ages 12-24 and their caregivers. No referral or assessment required. In-person: <https://foundrybc.ca/find-a-centre/>

Virtual: <https://foundrybc.ca/virtual/>



STP: Citizens on Patrol Program

STP is considering providing training for the Citizens On Patrol Program.

If any of our members are interested in the training, please leave your name and contact information with the receptionist at (250) 256 – 4118 or email reception@titqet.org no later than January 15, 2021.

STP informed us that if there is enough interest they will make arrangements for training in the New Year after the COVID-19 restrictions are lifted.



First Nations Health Authority
Health through wellness

Appeals

When coverage for a benefit has been denied, the client, their parent or guardian, or their representative has the right to appeal the decision. This requires writing a letter of appeal that describes the situation in detail. Appeals must be submitted within 12 months from the date the benefit was denied.

Clients must include the following information in their letter of appeal:

- The condition for which the benefit is being registered;
- The diagnosis and prognosis, including what alternatives have been tried;
- Relevant diagnostic test results (e.g., dental x-rays); and
- Justification for the proposed treatment and any additional supporting information.

There are two levels of appeal available to Health Benefits clients. If an appeal is denied and there is new information that could support it, clients may escalate the appeal and ask for another review within 30 days of the appeal being denied. All appeal materials should be clearly marked “APPEALS – CONFIDENTIAL.”

Please call Health Benefits at **1-855-550-5454** if you have any inquiries regarding appeals.

Mail all Appeals to:

FNHA Health Benefits Program
540 - 757 West Hastings Street
Vancouver, BC V6C 1A1

Orthodontics Appeals

In addition to the letter of appeal and supporting documentation, orthodontic appeals should include the following information provided by the orthodontist or dentist:

- Orthodontic Summary Form, with HLD Index results;
- Diagnostic test results, including:
 - o Cephalometric radiographs with associated scale for calibration;
 - o Frontal and profile photographs;
 - o Intra-oral photographs depicting the right, left, and anterior occlusal relationships;
 - o Panoramic radiographs; and
 - o Diagnostic orthodontic models.
- Treatment plan, estimated duration of active and retention phases of treatment, and an outline of billable costs; and
- Signature of parent or guardian, including their Band name and status number.



First Nations Health Authority
Health through wellness

COVID-19 Guide to Medical Transportation Benefits for Self-Isolation

Apr 30, 2020

The Health Benefits Isolation Support team is available to support your self-isolation travel needs seven days a week from 8:30 a.m. to 4:30 p.m. Call 1-888-305-1505.

At any time, if you have severe symptoms such as difficulty breathing, chest pain, or are losing consciousness, call 9-1-1.

If you find yourself with self-isolation needs or concerns due to COVID-19, the First Nations Health Authority (FNHA) can support you. The FNHA is following the provincial criteria for self-isolation set by the [BC Centre for Disease Control](#).

Individuals may be eligible for isolation support if they are unable to obtain their own accommodations and:

- are returning to Canada from international travel including the United States;
- are confirmed as having COVID-19 or have been in contact with a confirmed case of COVID-19;
- are returning to community from a high-risk location or environment including work camps/care facilities/communities experiencing an outbreak;
- belong to vulnerable population groups identified below that would have difficulties self-isolating due to issues around transportation, food delivery, medical requirements, or where COVID-19 is present in the community;
- have symptoms of COVID-19 but no confirmed testing; or
- have a positive COVID-19 test and live more than 2 hours from a hospital.

Vulnerable population groups include:

- Elders (60+);
- those with pre-existing chronic conditions (such as cancer, HIV/AIDS, diabetes, asthma, renal disease, heart disease);
- individuals with compromised immune systems due to disease and/or due to treatment (treatment of cancer or organ transplantation, with their associated increasing range of chronic illnesses and inflammatory conditions);
- young children (under 5 years of age) and infants; and
- pregnant women

The FNHA Health Benefits Isolation Support team can help you with accommodation, travel and meals if you need to self-isolate. If you think you are eligible, or have any self-isolation transportation questions, please call 1-888-305-1505.

For general information about COVID-19, please visit www.fnha.ca.

Services Not Covered by the Medical Services Plan (MSP)

MSP does not provide coverage for the following:

- services that are deemed to be not medically required, such as cosmetic surgery;
- dental services, except as outlined under benefits;
- routine eye examinations for persons 19 to 64 years of age;
- eyeglasses, hearing aids, and other equipment or appliances;
- prescription drugs (see PharmaCare);
- acupuncture, chiropractic, massage therapy, naturopathy, physical therapy and non-surgical podiatry services (except for MSP beneficiaries receiving supplementary benefits);
- preventive services and screening tests not supported by evidence of medical effectiveness (for example, routine annual "complete" physical examinations, whole body CT scans, prostate specific antigen (PSA) tests);
- services of counsellors or psychologists;
- medical examinations, certificates or tests required for:
 - driving a motor vehicle
 - employment
 - life insurance
 - school or university
 - recreational and sporting activities
 - immigration purposes

Note: The Ministry of Health provides funding through regional Health Authorities for hospital programs, mental health and addictions services, and residential/assisted living. For information about ambulance services, see B.C. Ambulance Service. For information about assistance with prescription drug costs, go to PharmaCare.

Extra Billing

Extra billing involves charging an MSP beneficiary or their representative for a benefit covered by MSP, or for any matter related to the rendering of a medical necessary benefit, unless otherwise permitted by the *Medicare Protection Act* or by the Medical Services Commission. Benefits covered by MSP are charged directly to MSP. More information can be found on "Additional Fees and Charges" page:

- [Additional Fees and Charges](#)

Steps to become a Family Foster Care Provider



Rosalinde Narcisse,
Family Find Worker
Kanukwa7staliha Family
Services (KFS)

Tel. (250) 256-7525
Cell: (250) 256-8633
Email:
rnarcisse@kanukwa7staliha.org

Here are some things to consider for yourself and your family before you take the next steps to become a caregiver for a child who may need a place for temporary care or permanent place.

- In good physical and emotional health to cope with the added stress of taking care of a child placed in your care.
- Financially stable without the foster care payment as there will be times when there are no children placed in your home or children will be moved unexpectedly and payments will end.
- Be willing to attend mandatory training as there is a 'pre-service training' to help prepare prospective childcare provider for the challenges of taking care of a child placed in your care.
- A child may live with you for an unknown period of time, help that child grow and be able to let that child go on short notice.
- Work with the social workers and other professionals and work cooperatively with them even if there may not always agree on what is best for the child.
- Be a family that uses positive parenting techniques and no physical discipline with the child placed in your care.

The steps after filling out an Intake form, Criminal record check, Consent to Collect Information and Prior Contact check:

- Answer some questions, as a Social Worker will visit the home.
- Be willing to work with Kanukwa7staliha Family Services (KFS), the child's family & community representative, and MCFD Social Worker
- If the references, criminal record check, medical report & assessment interview are satisfactory, the home is approved then a Family Care Home contract will be signed.
- Based on discussions and assessment regarding your abilities, the Social Worker will talk with you about specific children who may be appropriate for you and take into account your preferences.



Xaxli'p / Xwisten / Tsal'alh / T'it'q'et / Ts'kw'aylaxw / Sekw'el'was



ST'ÁT'IMC OUTREACH HEALTH SERVICES

LILLOOET TRIBAL COUNCIL

PO Box 1420 | 650 Industrial Place | Lillooet, BC V0K 1V0

Phone:(250) 256-7530 | **Fax:** (250) 256-7535

statimhealth.net

HOURS OF OPERATION

Monday – Friday

8am – 5pm (closed for lunch from Noon–1pm)

Closed on Statutory Holidays

URGENT or CRISIS LINE PHONE NUMBERS

Mental Health and Addiction Services:

Lillooet Hospital and Health Centre, 951 Murray Street, Lillooet, BC

- Health Centre, Intake and Urgent Response, Monday to Friday, 8:30–4:30pm, 250-256-1343
- **Lillooet Hospital, 24 Hour Emergency, 250-256-4233**

Ministry of Children & Family Development, 514 Main St., Monday-Friday, 9:00-4:00, 250-256-2710

Crisis and Health Lines – Toll Free:

- Kuu-us Crisis Line, Provincial Aboriginal Crisis Line 24/7.....1-800-588-8717
- Native Youth Crisis Hotline, 24/7, Canada & USA.....1-877-209-1266
- Interior Crisis Line.....1-888-353-2273
- Crisis Intervention & Suicide Prevention, 24/7.....1-800-784-2433
- Adult & Youth Distress Line.....1-866-661-3311
- Alcohol & Drug options for treatment.....1-800-663-1441
- Kids Help Line, for children & youth,24/7, phone..... 1-800-668-6868
or by text, CONNECT 686868
- BC Nurses Line, Health questions.....811
- Indian Residential School Crisis Line, 24/7.....1-866-925-4419
- VictimLINK, 24 Hour help & Information.....1-800-563-0808
- Kamloops Sexual Assault Counselling Centre.....250-372-0179
or ksacc@ksacc.ca
- Women's Emergency Shelter.....250-455-2284
or toll free 1-800-318-4455
- BC COVID 19 Mental health Network..... bccovidtherapists@gmail.com
With name contact info and availability for free online appointment

Emergency – Call 911 in service area

or

Stl'atl'imx Tribal Police – 250-256-7767

RCMP – 250-256-4244

Ambulance – 250-256-7111

Cultural Wellness/ A & D/ Mental Health Supports

Lillooet Friendship Center: Working at office & by phone, online		
Victim Services	Violet Dunn (working in office) Stop the Violence/ SAFE Home Program	250-256-4146 stv@lfcs.ca
Addictions & Mental Health	<ul style="list-style-type: none"> Carol Camille Riley Aleck 	Cell #'s <ul style="list-style-type: none"> 250-256-4146 250-256-9336
Cultural Wellness	Riley Aleck – Counselling Support	Cell: 250-256-3086
Shelter Support & Food Bank	Everett Tom	Cell: 250-256-1574 Office: 250-256-4146
PEACE (CWWA) Prevention, Education, Advocacy, Counseling, Empowerment for children and youth experiencing violence.	Karen Kauffman	250-256-4146 karen@lfcs.ca
EYSC Engaging Youth for Stronger Communities	Gail Kreiser-Leech: Job Coach	250-256-8893 eysccoach@lfcs.ca
Private Practitioners:		
Eagle Spirit Counselling	Brandi Kane MSW, RCSW	604-728-1574 brandy@eaglespiritcounselling.com
	Yolanda Hall MSW, RCSW Private Clinician/ Counsellor Lillooet (Mondays and some Tuesday afternoon)	1 (866) 414-2300 yjhall@telus.net
Askom Counselling	Joanne Warren SSW, BA, MLIS, MACP, RCC	Office: 250-256-4906 Toll Free: 1 (866) 884-5990 counsellor@askomcounselling.org
Interior Health, Lillooet Hospital and Health Centre		250-256-4233
Mental Health & Substance Use Monday–Friday 8:30am–4:30pm Clinician 1 on site/1 working remotely. Both are available M-F	AJ – 250-256-1319 Allanah – 250-256-1343 Currently offering phone and Zoom app'ts to existing clients. In-person app'ts are on case-by-case. New intakes being screened via phone on a priority basis. Crisis response to Lillooet ED in person. Mandate: Moderate to Severe Mental Illnesses, including psychiatry referrals to Kamloops. Substance Use services, including referrals to treatment centers.	OAT Clinic (Phone app'ts only) 250-256-1345

St'at'imc Health Outreach: Working in Shifts & from Home, phone & online 250-256-7530		
Cultural Support	Darrell Bob	<u>Cell:</u> 250-256-3086
Day Treatment Manager	Christian Ahrenkiel	<u>Office:</u> 250-256-7530 <u>Cell:</u> 250-256-3625 daytreatmentmgr@statimchealth.net
Adult Mental Health Clinician	Ricardo Pickering	rpickering@statimchealth.net
Addictions Supports	Matilda Brown	<u>Office:</u> 250-256-7530 Ext. 209 mbrown@statimchealth.net
Mental Outreach Health Clinician	Cole Levitt	<u>Cell:</u> 778-220-1410 clevitt@statimchealth.net
Youth Clinician	Ellie Madeley	778-209-8552 youthclinician@statimchealth.net
Peer Supports	Rocker Brady	rbrady@statimchealth.net
T'i'tq'et Health: Working from Home, phone & online		
Community Wellness Counselling & Addictions Supports	Juanita Jacob	<u>Office:</u> 250-256-4118 250-256-9410 wellnesscoordinator@titqet.org
Sekw'el'was Health & Wellness: Working from Home, phone & online		
Mental Health & Addictions Support	Andrea Lebourdais	<u>Office:</u> 250-256-4136 Ext: 216
Counselling Supports for Community members		<u>Office:</u> 250-256-4136 <u>Cell:</u> 250-267-3389 mp.levitt@outlook.com
Xaxlip Health & Wellness: Working In Office		
Cultural Wellness, Addictions & Mental Health	Linda McDonald	250-256-4800 mentalhealth@xaxlip.ca

Xwisten Health & Wellness: Phasing Out of Office to Work at Home		
Mental Health & Addictions Counselling Support	Gary Dunn	250-256-7423 communitywellness@xwisten.ca
Cultural Wellness	Andrew Tom	250-256-7423
Ts'kw'aylaxw Health & Wellness: Working from Office 250-256-4204		
Health Admin.	Shannon McDonald	250-256-1459
	Stella Aleck	250-256-4204 culturalwellness@ts'kw'aylaxw.ca
Shalalth Rose Casper Health: Working from Home		
Contracted Support from SOHS Addictions counselling support	Matilda Brown	250-259-8232 mbrown@statimchealth.net
Kanukwa7staliha Family Services: Working from Home, phone and online		
CYMH Clinician	Sean O'Donaghey	<u>Office:</u> 250-256-7525 <u>Cell:</u> 604-722-1453



https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home.aspx

Administrative/Clerical Support Assistant**Positions Available: 6**

Status:	Full-time (37.5 hrs/wk) Casual	Job Location:	Edmonds 11
		Region:	Lower Mainland

We're BC Hydro and we have a big job to do.

Keeping the lights on for over 4 million people across the province takes a lot of talented people doing many different jobs. From working deep in a generating station, atop a power pole, or behind a desk, whatever it is that makes you tick we offer challenging careers to help you reach your potential.

We're investing more than \$2 billion per year in major capital infrastructure projects to help meet the growing demand for safe, reliable power. We're upgrading transmission lines, building new substations, and investing in our hydroelectric generation facilities.

We aim to provide meaningful and challenging work, opportunities for growth and a healthy work/life balance. We've been recognized for excellence and been named one of B.C.'s Top Employers and one of Canada's Best Diversity Employers for four years in a row.

It's our vision to be the most trusted, innovative utility company in North America by being smart about power in all we do.

JOB DESCRIPTION**Duties:**

- * Prepares and processes a variety of documents (such as reports, presentations, graphs, tables, etc.) using word processing, spreadsheet, database, graphics, desktop publishing and other applications. Reviews and verifies the accuracy of information; identifies discrepancies and follows up with appropriate parties to clarify, confirm or correct information
- * Provides a range of administrative, clerical and business support services such as: reviewing and processing invoices, contracts and/or material requests and employee expense claims; making travel arrangements; maintaining and updating inventory lists, databases and document management/record systems; updating building access for staff; establishing filing systems; and ordering and maintaining office supplies, clothing/uniforms and equipment as required
- * Responds to inquiries from internal or external parties or refers to others as appropriate. May be required to maintain manager's email and calendar by: responding to emails as appropriate or referring to others as appropriate; prioritizing items requiring manager's attention; and scheduling and/or rescheduling appointments
- * Provides expertise and guidance in administrative processes, policies and procedures to staff
- * Enters and tracks time, expense claims and task assignments by reviewing data to ensure correct application of Collective Agreement provisions and corrects any discrepancies. Maintains, tracks and schedules safety and other training records in various systems. Produces various time, expense and training reports for management to review
- * Sets up, monitors and reconciles data using project management, contract/cost management and/or maintenance systems. Refers data discrepancies to appropriate manager for review
- * Performs duties of a minor nature related to the above duties that do not affect the rating of the job.

Qualifications:

- * High school graduation
- * Two (2) years of demonstrated experience in an administrative role with demonstrated experience using Microsoft applications (such as Word, Outlook, Excel, PowerPoint)
- * Office Administration Certificate or Diploma considered an asset.

ADDITIONAL INFORMATION

**This position is affiliated with the Movement of United Professionals union (MoveUP/COPE).
<http://moveuptogether.ca>**

* These roles will be managed under MOU #85 F of the MoveUP collective agreement. Employees hired will be deployed to support the short-term temporary needs of the business in headquarters within the lower mainland on assignments that generally range from a couple of weeks to a few months.

* Works in normal office environments in multiple locations across the Lower Mainland.

* Please note you must be able to travel to all the BC Hydro work locations within the Lower Mainland, some of these locations are not accessible by public transportation.

* BC Hydro is looking to fill multiple positions on an as needed basis.

We're always looking for exceptional people to bring new ideas, fresh thinking and the motivation to help shape the electricity system in B.C. It's an exciting time to be a part of our team as we invest in our system and prepare to meet the challenges of tomorrow.

Our values guide our work. Want to join us?

We are safe.

We are here for our customers.

We are one team.

We act with integrity.

We respect our province.

We are forward thinking.

BC Hydro is an equal opportunity employer.

HOW TO APPLY

Don't forget to update your Candidate Profile with your current resume and copies of your certifications. If applicable, include your Trades Qualification. This will ensure we have all the necessary information to assess your application without any delays.

Click on the Apply button in order to complete the steps to apply for this job.

Date Posted: 2020-12-02

Closing Date: 2021-06-04

January 2021 Horoscopes



Capricorn (Dec 22–Jan 19)

Honestly, Capricorn season 2020 will be the best you've had in years. Saturn, the planet of blockages and restrictions, was in your sign during Capricorn season 2017, 2018, and 2019, totally raining on your parade. Now that Saturn's in Aquarius, you can actually have a fun time for your birthday! It's all about you now, so whatever it is you want—that cool job, a new relationship, etc.—you can go out and get it! This is the start of a new year-long cycle for you, Cap, so anything you start now will be important in the future. Get to it!

Taurus (Apr 20–May 20)

Capricorn season finds you feeling optimistic and curious about the world around you. If you're a student, this is the best time of year to study so you get straight As. If you're thinking about going back to school, now is the time to start applying to different universities. If school ain't your thing, you're still able to expand your mind over the next month by researching your next vacation (for when it's safe to take one), encountering people from totally different walks of life, or just binging all the Netflix docs you can handle!

Cancer (Jun 21–Jul 22)

You're paying attention to your "B" relationships right now—aka the connection you share with your bestie, your boo, your business partners, and people you're beefing with. You're determined to make these 'ships (except the ones with your enemies, that is) as strong, stable, and secure as possible. Capricorn's no-nonsense vibes are helping you to be a little less emotionally invested in your relationships, so you're able to look at them objectively and see what is and isn't working. That means you can build upon the good things, figure out how to solve any problems, and end up with a better situation all-around.

Aries (Mar 21–Apr 19)

Aries, you're totally embodying the Capricorn stereotype of clocking in and securing your bag. You're spending extra hours at the office, and all of your higher-ups are watching, so good work now = tons of upwards mobility in the near future. If your current job is trash and your professional goals are in a different field, this is a great time to start applying to positions you actually want, too!

Gemini (May 21–June 20)

The past few years have had a ton of cosmic action in the sign of Capricorn, and it's all been activating your chart's zone of intimacy. You've spent a ton of time learning the value of commitment, and this is the final lap before all of this intense Capricorn energy finally leaves you alone! You're taking your relationships very seriously right now. You might turn your boo into your fiancée, DTR with someone you've been seeing for a while, or make a clean break with your (soon-to-be) ex.

Leo (Jun 23–Aug 22)

Capricorn season's influence is turning on your chart's sixth house, which governs work and your day-to-day routine, so you can expect a slam-packed schedule and basically zero free time! Even if you're not working, there are still tons of chores and errands to take care of. The sixth house also rules health, so any bad habits are taking a toll. Capricorn season is pushing you to be accountable for your wellness (both physical and mental), so now is the time to reorganize your life. Set healthy habits now, and they'll last for a long, long time!

Virgo (Aug 23–Sept 22)

Since Capricorn is an earth sign, just like you, the next month's astro-weather feels pretty great! Your love life is heating up, you're flirting with aaaaall the hotties, and you're experiencing more romance than you have been in a long, long, long, long time. Is your love life magically going to be perfect? Hell no! Capricorn season wants you to work towards the relationship your dreams, which means you have to be the one sliding into people's DMs and making the first move. This month, you're learning that you're in charge.

Libra (Sept 23–Oct 20)

Over the next month, you're meant to look inward and reconnect with your past. You're one of the most social signs, but Capricorn season's vibes are making you feel super introverted. This transit is all about making sure the foundations in your life—your family, your closest friends, your home—are as strong and secure as possible. For you, Capricorn season is a time for reflection and planning. You're taking a long trip down memory lane, celebrating the good experiences, and moving on from the bad ones. Once Aquarius season starts in a month, you'll be ready to step back into the world and thrive as the best version of yourself!

Scorpio (Oct 23–Nov 21)

Capricorn season's vibes are hitting your chart's zone of communication, so you're receiving (and sending) loads of texts, emails, DMs, etc. all month long. If you want to expand your social circle a little, Scorpio, it's easier than ever to meet new friends now—yes, even virtually. If you're trying to find a new boo, your Tinder DMs are starting to overflow. If you have a big job interview coming up, you're gonna ace it with Capricorn season's help. If you want something, you're able to pick the perfect words to get what you want. If there are any important messages to send or conversations that need to take place, now's the time!

Sagittarius (Nov 22–Dec 21)

Your financial situation is your number-one focus this month, Sagittarius. You're being urged to take a look at your spending and saving habits. This does not mean that there are any financial crises happening, JSYK, it's that just a good time to examine your budget (or actually make one). If you're not happy with your finances, Capricorn season's industrious vibes are helping you to kick ass at work (or maybe even start a side hustle). If you play your cards right, you could earn some extra cash.

Aquarius (Jan 20–Feb 18)

This whole entire month is sort of meh for you, Aquarius. Your chart's twelfth house, which governs isolation and the completion of cycles, is being activated, so try to take plenty of me-time to rest. Relationships and projects from the past are coming back around, giving you the opportunity to either pick things back up, or get rid of them once and for all. This is a pretty emotional month, TBH. You're being encouraged to let go of any baggage you've accumulated over the past year so that when Aquarius season rolls around, you can celebrate your b-day feeling better than ever!

Pisces (Feb 19–Mar 20)

Your social life is buzzing this month, even if it's all on Zoom/text/FaceTime/Slack/etc.. If you're not satisfied with your friend group, you can put Capricorn season's practical, hard working vibes to good use. All you have to do is ask yourself: What kinds of people do you want to add to your crew? Does anyone need to get kicked to the curb? What can you do to work on creating the best friend group that you can? Figure it out, get to work, and start making some magic happen with your social life!

February 2021 Newsletter Submission Deadline

Friday, January 22nd at Noon

*anything submitted outside of this date will not be included in the newsletter.
The deadline is shortened due to the office closing over the holidays.*

Want to submit to the newsletter? Please email us at
reception@titqet.org

(PDF or Word documents are preferred)



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