



Pauquachin First Nation Newsletter

July 12, 2019



Update on 5 Committees

All meetings are from 5pm – 6:30pm to be held at the Administration building

Community Safety Committee – *met* on July 4

Membership Committee – *met* on July 8

Education Committee – *met* on July 10 – next meetings are July 22 and 29

Housing Committee – meeting is on July 15

Health and Social Services Committee – meeting is on July 16



Pauquachin Day – mark your calendar

Thursday, August 1st

More details to follow

Membership Clerk – Darlene Henry

I have finally received status cards, I will be contacting members to make appointments as I only do status cards on Friday afternoons. I do have a running list of 25 and have received 20 cards.

Wapikoni's mobile

is a travelling educational and audio-visual creation and music studio dedicated to indigenous youth, they will be coming to Pauquachin First Nation

WHEN

Summer 2019

July 30, 2019—August 27, 2019

WHERE

Pauquachin First Nation
outside Community Hall

IN ADDITION • a local coordinator and an assistant—filmmaker from the community will be hired to assist the field team and participants in their work

[HTTPS://WIMEO.COM/202993835](https://wimeo.com/202993835)

ALLOWED 20 PARTICIPANTS

ARTISTIC CREATION

Self Expression

PERSONAL GROWTH

Social transformation

HEALING OF PARTICIPANTS

Community engagement

IF YOU HAVE ANY QUESTIONS OR INTERESTED IN SIGNING UP PLEASE CONTACT:

Karen White

Community Outreach
Worker

250-656-0191 ext. 110

karen@pauquachin.com

HEALTH DEPARTMENT:

COMMUNITY LUNCHEONS:

There will be NO community luncheons over the summer. They will start again in September.

GOOD FOOD BOX:

There will be NO Good Food Boxes until September,11,2019

MASSAGE WITH SONIA PAUL:

Mon. July 15/19

Please sign up with reception

HAIRCUTS WITH SARAH:

Wed. July 17,2019

Please sign up with Reception

FOOT CARE WITH JACQUI PAUL:

July 18,2019

IF you CANNOT make your appointment it is very HELPFUL if you cancel in advance.

We still have to pay although you do NOT show.

ACUPUNCTURE:

July 23,2019

11:05 am & 11:35 am appointments available

Please call MaryAnn Daniels to book appointment.

MEDICAL DRIVES:

Are for households with NO vehicle. It is very helpful if we have 24 hours advance notice.

With the exception of an EMERGENCY.

Housing News - Submitted by Deanna Underwood – Housing Manager

Renovation Requests

Submit your **WRITTEN** request to the Housing Department. All requests will flow through the Housing Committee and recommendations made to Chief & Council who hold final authority. Direction will be given to the Housing Department to initiate the application process based on Funder timelines and/or Home Owner eligibilities.

Your renovation must be updated annually to ensure we have the most current information on file...please remember to update as of April 1st each fiscal year.

As of this date – the renovation request file sits “empty”!

Currently, Pauquachin has Five renovation applications waiting to be funded from Indigenous Services Canada, hope to hear the outcome soon!

Unfortunately, CMHC will NOT be accepting RRAP applications this year, this is the 3rd year in a row that funds are being redirected elsewhere – where the need is greatest.

Home Maintenance

- If you reside in a home with an active mortgage (CMHC) or in a permanent rental unit, please contact Deanna at 778-351-292 EXT 207 to report maintenance/repair requests.
- If you live in a home that is **PRIVATELY** owned, no rent being paid or no mortgage, and the home needs **MINOR** repairs and/or emergencies, contact Susan Miller – Administrator. 778-351-2920 EXT 201.

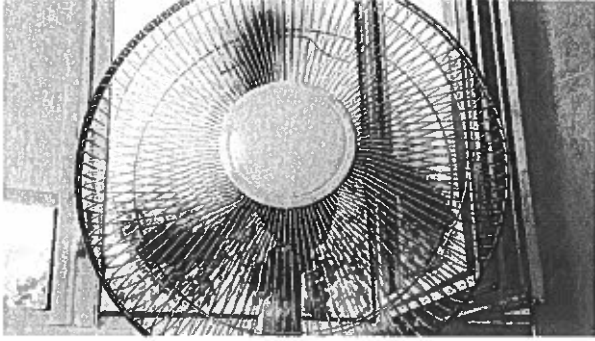
RENTAL ARREARS/REPAYMENT AGREEMENTS

The Housing Department mails out monthly rental statements and attached to those have been draft arrears/repayment agreements and/or meeting requests. To avoid consequences, please make sure to contact the Housing Department to discuss your particular details. Arrears hurts the entire community!

READY TO RENT

The Housing Department has scheduled another round of Ready to Rent starting in September! Please see the attached flyer for details.

Please keep in mind that when applying for vacant rental units within Pauquachin Nation, having the Ready to Rent certificate gives you added points on your housing application and increases your score!



Hydro hacks: Low-cost ways to beat the heat

Before you shell out for an air conditioner to keep cool this summer, consider other ways to stay comfortable that won't rack up your electricity bill.

Air conditioning alternatives can be just as effective at a fraction of the cost

Summer is pretty much here and although we're excited to get outside and enjoy the beautiful weather, the last thing you want to do is come home to a sweltering house. Running an air conditioner full blast will help keep your house temperatures low, but it will definitely increase your hydro bill.

There are simple changes you can make that will help keep your home a comfortable temperature. Get yourself a few ice packs and a fan, and you're on your way to enjoying a cool and cost-effective summer.

Throw some shade (on your windows)

The best way to keep your home cool is to prevent summer heat getting trapped inside your home. Window coverings can cut down on solar gain by as much as 65%. Keep the blinds/curtains closed when you're not home OR from mid-morning to late evening.

On really hot days, resist the temptation to leave your windows open all day. Wait until the temperature outside is cooler than inside. When the sun goes down, let that summer breeze flow through your home!

Using fans, the right way

Fans are a great option to help cool your home and can be much less expensive than air conditioners. Placing a fan next to your window at night will help bring in the cool evening air. If you're lucky enough to have a ceiling fan, make sure you set it to rotate **counter-clockwise** to generate a downward cooling breeze.

To maximize the cooling effect of your fan, fill a mixing bowl with ice and place it in front of your fan to achieve the extra-chill.

Take the cooking outside

When it comes to cooking this summer, cook outside if you can. Your oven is a large appliance that generates a lot of heat. Get inspired by some oven free dishes or BBQ. If you need to cook inside use smaller appliances; crock pots and toaster ovens generate considerably less heat in the kitchen.

Ditch the incandescent lights, and unplug

If you are still holding on to your incandescent bulbs, let your comfort be your motivation. Incandescent bulbs produce about 2% light and 98% heat. Switching out incandescent bulbs with LEDs will not only help lower energy costs, it will also reduce excess heat produced in your home.

Speaking of excess heat, go ahead and unplug all those unnecessary appliances and unused electronics. Everything you plug into a socket produces heat and that stand by power amounts to about 10% of your energy costs every year. Two for one savings!

Time to hang dry your laundry

It's best to avoid any appliance or task that is going to increase the temperature in your home. Take advantage of the warm weather and hang dry your laundry outside. If that's not an option for you, try using a clothing rack indoors. Avoid taking hot showers and opt for a cooler shower and run your bathroom fan to extract excess moisture.

Be power smart about air conditioning

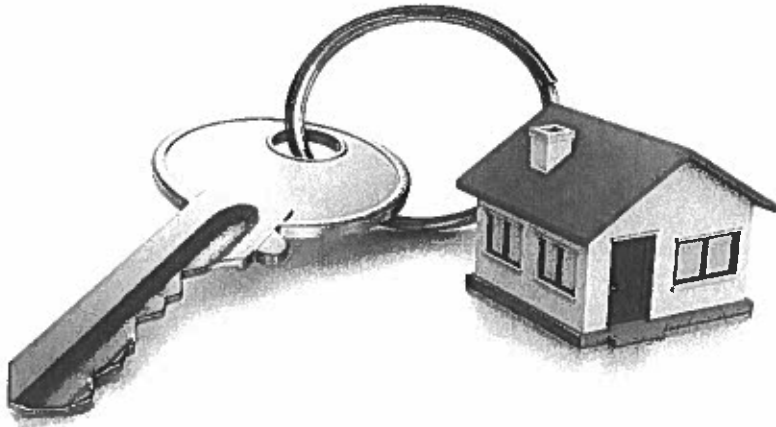
If you have it in your home, air conditioning is typically the biggest drain on our energy bills in the summer. While cutting cooling costs delivers big savings, it's easier said than done on a scorcher of a day. So, if you've already taken the plunge and installed a unit, rather than tell you to get rid of it, here are some suggestions:

- Keep your air conditioner set at 25 degrees Celsius, not cooler, to optimize the balance between savings and comfort.
- Consider using a fan to help promote better air circulation.
- Close off doors to rooms that aren't being used and keep the cooling contained to the areas that need it.

Making simple changes can dramatically reduce the temperature in your home and keep you cool and comfortable this summer.

Better yet! See you at the beach!





FREE!

RENTHSMART CERTIFICATE COURSE

(4 SESSIONS)

Through the *RentSmart Certificate* Course, you will learn:

- How to apply for housing
- Your rights and responsibilities as a tenant
- How to improve your chances for getting the housing you need
- How to communicate effectively with your landlord, and
- Learn how to improve your rental references

At the completion of the course you will receive a certificate which lets landlords know you are serious about being a tenant and is recognized by BC Housing.



TIME:

5:30 – 8:30pm

DATES:

Tues. Sept. 3rd

Tues. Sept. 10th

Tues. Sept. 17th

Tues. Sept. 24th

LOCATION:

9010 West Saanich Road

TO REGISTER CALL:

Deanna Underwood
Housing Manager
Pauquachin Nation

PH: 778-351-2920 EXT 207

**Bus tickets
and food
provided**



First Nations Health Authority
Health through wellness

YOUR NEW FIRST NATIONS HEALTH BENEFITS PROGRAM: Dental, Vision and Medical Supplies & Equipment (MS&E)







The First Nations Health Authority (FNHA) engaged with First Nations communities and health care providers across the province to learn how we can improve dental, vision and MS&E benefits to support the wellness journey of First Nations people in BC.

YOUR NEW PLAN launching Sept. 16, 2019

FNHA has partnered with non-profit, BC-based health benefits organization Pacific Blue Cross to administer dental, vision and MS&E benefits.



PLAN HIGHLIGHTS

-  Higher limits and no pre-approval needed for routine eye exams and eyewear
-  Dental fee guide in line with BC industry standards
-  Faster pre-approval decisions for MS&E, vision and dental special needs
-  Pay-direct claims at most dental offices and participating optical stores
-  Online and mobile app claims
-  Reimbursement in as little as 48 hours for claims paid out of pocket
-  Ability to check your coverage and limits online 24/7

Questions? Your local FNHA Health Benefits Community Relations Representative would be happy to help you.



FRASER SALISH REGION

James Delorme
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778-684-1886



INTERIOR REGION

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NORTHERN REGION

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VANCOUVER COASTAL REGION

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604-693-6588



VANCOUVER ISLAND REGION

Candy-Lea Chickite
Candy-Lea.Chickite@fnha.ca
250-830-7346

The FNHA provides other benefits to meet health needs not covered by provincial or third-party health insurance. These include medical transportation, mental health support, and pharmacy benefits through BC PharmaCare Plan W.

Learn more about your FNHA benefits at: www.fnha.ca/benefits

ENGAGE WITH US ON SOCIAL MEDIA OR CALL US AT:



• 1.855.550.5454



WE LISTENED TO: COMMUNITIES



WE SPOKE WITH: HEALTH CARE PROVIDERS

51

Focus groups across all 5 regions, and a Health Directors survey

17

of health care provider group interviews conducted — dental, vision, MS&E, pharmacy

98

Communities represented in focus groups

60

of provider colleges & associations who received information on our commitment to promoting cultural safety and humility

3000+

lines of feedback collected

23

of health regulatory bodies that signed the FNHA Declaration of Commitment on Cultural Safety and Humility

WHAT WE HEARD: TOP COMMUNITY FEEDBACK

#1

enhance coverage, frequency and flexibility

#2

improve provider service, education and cultural safety

#3

better communication and engagement

#4

faster and easier pre-approval process

"Things will move at the speed of trust."

—Skidegate Focus Group

"Providers are not willing to direct bill as it takes too long, is complicated, and slow."

—Ktunaxa Focus Group

"There needs to be better communication on what is covered, what isn't covered and the timeframe for payment or reimbursement."

—Musqueam Focus Group

"Some dentists won't see clients because of the amount of paperwork and because they won't get the rate they normally charge."

—Cowichan Tribes Focus Group

"Some concerns were expressed about being able to access quality eye exams and eyeglasses."

—Skawahlook Focus Group

First Nations Health Authority Now Covering the Shingrix® Shingles Vaccine

The First Nations Health Authority (FNHA) is now providing reimbursement for the Shingrix® shingles vaccine, making it the first health jurisdiction in the country to do so.

Effective immediately, First Nations Health Benefits will accept client reimbursement requests (get the [FNHA reimbursement form here](#)) for vaccinations with the Shingrix® vaccine received on or after Oct. 1, 2018 by First Nations clients age 65 to 69.

Shingles – the common name for herpes zoster – is a painful blistering rash caused by a re-activation of the varicella-zoster virus. The pain of shingles can persist for weeks, months, or even longer after the rash has healed. Shingles can occur in anyone who has had chickenpox, however it is more common – and more likely to cause complications and long term effects– in older people.

"Shingles can be extremely painful and it is preventable. When it happens, treatment requires immediate medical care and antiviral drugs. Many First Nations clients live in remote areas where it's difficult to get this quick treatment," said Dr. Evan Adams, the FNHA's Chief Medical Officer. "We also know that there are cultural safety issues with some of our Elders that impede them from seeking the urgent response this condition requires."

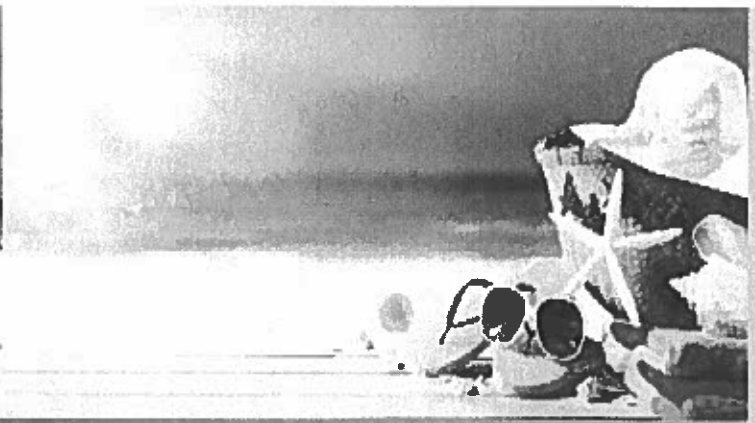
Dr. Adams said that the FNHA has had ongoing conversations with Chiefs, Health Directors and other First Nations health leaders and the request for coverage of a shingles vaccine has been an important and recurring part of these discussions in order to protect the health of Elders.

"We are pleased we can respond to this feedback now that there is a vaccine that has a high rate of effectiveness," he said. "Shingrix® has a 90 per cent effectiveness rate."

The vaccine may be administered by a pharmacist, community health nurse or physician. It requires two doses to be fully effective. The 65 to 69-year-old age group was selected for the benefit coverage because the vaccine has a high impact on this age group. People in this age group are more likely to get shingles and to have higher rates of hospitalization from it. Requests for coverage of the vaccine for those outside the 65 to 69-year-old age group will be considered if submitted with medical documentation from a primary care provider to support the request.

Clients with any questions about this or any other aspect of the coverage are encouraged to contact First Nations Health Benefits at 1-855-550-5454.





**RENEWALS MUST BE RECEIVED IN ORDER TO RECEIVE A
CHEQUE**

EMPLOYABLE CLIENTS MUST COMPLETE JOB SEARCH FORM
(SOCIAL DEVELOPMENT POLICY AND PROCEDURES 4.2)

Thursday
JULY 25



Next Income Assistance Cheque Issue Day

In the Health Building at 9:00 am.

Please submit your completed renewal and job search to reception by
FRIDAY, JULY 19.

***Direct Deposit is coming. Please ensure you provide your
information to the Social Development Office***

COMING SOON! NEW PROGRAMS FOR EMPLOYABLE CLIENTS

Heather Gibbs is the temporary Social Development Worker

STAFF CONTACT LIST

Health Building: (250) 656-0191
 Website: www.pauquachin.com

Fax # (250) 656-6134

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Steven Bob	Maintenance		steven@pauquachin.com
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Heather Gibbs	Social Development	102	socdev@pauquachin.com
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