

# Snuneymuxw News

Informing the people of the Snuneymuxw First Nation about issues that matter

## Message from Chief Mike Wyse

March 20, 2020

Good day Snuneymuxw,

While COVID-19 is continuing to evolve on a daily basis, our people always come together to support one another during times of need. Our way of life is a source of strength and empowerment for us all.

Over the next couple of weeks, I will issue regular communications with you so that we continue to keep each other up-to-date on current public health orders, government action and measures put in place to protect our community.

Council has endorsed the Snuneymuxw Health Plan for Pandemic Preparedness, Response and Emergency, a policy to guide our Nation through this pandemic. We have established a Coordinated Task Force comprised of health senior staff and leadership who monitor the pandemic, coordinate action with local and provincial health and emergency officials, and report and advise Council.

We are also working diligently to access funding from various sources including Indigenous Services Canada, the Thlap'Qwum Trust, and First Nations health authorities. We want to access all resource support so that we can better serve you and provide essential needs.

Take care, be safe and practice the protective measures advised by the health authorities.

Respectfully,



Chief Mike Wyse

Snuneymuxw First Nation, 668 Centre St., Nanaimo, B.C. V9R 4Z4  
Tel: 250-740-2300, 1-888-636-8789 [news@snuneymuxw.ca](mailto:news@snuneymuxw.ca)

Due to the COVID - 19 virus and the recommended social distancing in the community, the Snuneymuxw First nation offices and Buildings are closed until further notice.

The closure will continue to be assessed by the Snuneymuxw elected leadership on a weekly basis.

**Updates are being made daily on the Snuneymuxw First nation Facebook page and at [www.Snuneymuxw.ca](http://www.Snuneymuxw.ca).**

Thank you for your continued patience during this time.

### **Emergency Contacts**

Health ( <i>Community Care, Nursing, Patient Travel, Crisis Counseling</i> )	Regan Seward Chris Leischner	250-616-3582 250-710-3624
Social Development ( <i>Family Emergencies</i> )	Karen Wyse	250-816-2977
Maintenance ( <i>Roads, Water &amp; Garbage</i> )	Rodney Wesley	250-755-9569
Housing	Ashley Williams	250-619-0137
Youth Centre/Education QQS School	Nancy Seward	250-751-9409
Culture/Elders	Nancy Seward	250-751-9409
Fisheries/Wildlife	Chris Good	250-716-6004
RCMP	General Duty	250-754-2345
Emergency	RCMP	911



**MEDICAL  
CARE**

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**During office closure  
if you need to book  
an appointment with  
the Doctor, please  
contact Christina at  
the number below**

 **250-740-2345**





**If you require a  
nurse contact**

**Connie Paul**

**@ 250-713-9937  
or**

**Cheryl Mooney**

**@ 250-668-2644**

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Clouds above head?

**You are not alone, we are here for you**

**Contact us and ask for help**

**If you need to talk to a counsellor contact  
Brett Nadrozny at (250) 714-9993 or  
Ann Seaweed at (250) 802-7122**

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### **Tuytaxun General Store**

The store will now be closed as of Friday, March 20 until March 31, 2020. This will be reassessed after this date and further information will be made available.

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### **Tribal Journeys**

The Chief and Council will be having a meeting next week, after March 23, to decide on Snuneymuxw First Nation's Tribal Journey's hosting.

They will advise the Nation of their decision as soon as it is reached. Thank you for your patience.





## **Experiencing Anxiety During This Time**

It's normal and human to feel anxious right now. COVID-19 presents a risk to human health and the way we live – your brain and your body are responding to that risk like they're supposed to! It's what's sometimes called the “fight-or-flight” response – your body knows you might not be safe and it's gearing you up to respond.

Unfortunately, that ‘fight-or-flight’ response doesn't have anywhere to go right now – we're not yet able to fight the virus and we have to respond to it not by fleeing but by staying at home. That means your brain has geared you up for battle, filling your tank with energy and adrenaline, and you've got nowhere to put it. Not being able to control so many things all at once causes distress. It's natural and understandable.

### **What can I do?**

Connecting with others is so important for our wellbeing and helps to make us feel safer, less stressed and less anxious. We can support each other to get through this.

Some ideas to connect include: writing emails that share a favourite memory, playing online video games with friends, having video catch-ups with friends and family, calling friends and Elders who are in self-isolation, and reaching out to neighbours (by phone, Instagram, or Facebook) to ensure everyone has what they need to get through.

You might also think about uploading videos to share with your community about how you are keeping healthy!

### **Limit the Amount of News you Follow**

Pick one source you trust (we recommend FNHA or CDC) and check it ONCE per day. If you want to keep checking in with news coverage, take notice of how it makes you feel and set time limits or restrict your news sources to just one or two if you need to.

### **Learn Something New!**

Staying curious and engaging with the world around you is a great way to uplift your wellbeing. Pick a question you've always wondered about and take some time to look it up.

Call your parents or grandparents and ask them questions about life when they were growing up. Research more about your Indian name or family tree. Look up stories, myths and legends from different cultures.