



STÓ:LŌ BULLETIN

JANUARY 2024

REMINDER: If you see any suspicious activity, please contact **Allegiance Security** at either **604-701-1692 OR 604-392-1692** and please state which property (Coqualeetza or St. Mary's) you are reporting from. If you believe it to be an emergency, please call 911.

A MESSAGE FROM THE OFFICE OF THE EXECUTIVE DIRECTOR (OED)

Hopefully staff had a chance to rejuvenate their bodies and minds after the holiday festivities and were able to enjoy time with family and friends. Many individual staff Christmas events were held over December to assist in the Christmas spirit such as Christmas door decorating, attending a Christmas movie, luncheons, and breakfast gatherings. The SSA All-staff luncheon held off site at The'i:tseliya - SAY building was well attended with the Board of Directors presenting staff in attendance their Years of Service ribbons.



The Office of the Executive Director are working on;

- The 2024-25 Budget & Workplan preparations, and department/programs have been working to finalize drafts for review and final approval at the SSA Board of Directors meeting in March.
- Continuing the work with ISC on receiving funding for a building Assessment for the St. Mary's site and to discuss options on the future of the building.



As we head into the month of January, please remain prepared for winter weather. Being ready will help eliminate the stress that comes with the unpredictable changes we will see over these next couple of months.

COVID-19 PROTOCOLS

SSA continues to reinforce in-place preventative measures. Variants of COVID-19 spread the same as the original COVID-19 so the measures already in place continue to be effective at reducing the spread. Please be diligent in doing your part to help reduce the spread which include doing your daily health check, staying home when feeling sick, using available space to spread out and respect personal space, wearing masks if required, cleaning hands, and disinfecting work surfaces regularly. If you are feeling ill or test positive for COVID-19, notify your supervisor, and stay home.

XYÓLHMET YE SYÉWIQWÉH (Taking Care of Our Children) – [Community Update](#) Investigating Unmarked Graves at Multiple Sites Associated with Three Former Residential Schools in S'ólh Téméxw

Stó:lō Nation Chiefs' Council (SNCC), under the leadership of Chief David Jimmie, President of the SNCC, has launched a broad-based and inclusive initiative to investigate potential unmarked graves and missing children related to three of the former Residential School sites within S'ólh Téméxw: the former St. Mary's, Coqualeetza, and All Hallows institutions in Mission, Chilliwack, and Yale. The project team will carry out archival, oral historical, and on-site remote sensing work in search of identifiable unmarked graves. We are also working with local Stó:lō First Nations including Sqwá, Sq'ewqéyl, and Ch'íyáqtel regarding unmarked burials known to have been relocated to each of their cemeteries from the Coqualeetza Grounds. For more about this work, please visit www.stolonation.bc.ca/residential-school-project-information





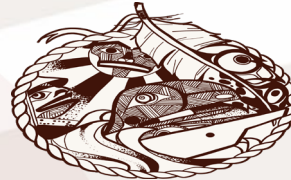
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SASET CDP Outreach Schedule



Mémiyelhtel Program



STÓ:LŌ ABORIGINAL SKILLS AND EMPLOYMENT (SASET)

UPCOMING SASET Training Program

- [Driver for Hire](#) - Get trained, get paid! Contact SASET
- [Call for Proposals](#) - Targeted Wage Subsidy-Application deadline, January 19, 2024
- [Traffic Control Person Training](#) - January 11 & 12, 2024 at Cheam First Nation
- [First Aid Level 3 Training](#) - January 29 to February 9, 2024 at SASET
- [Employment Prep Training](#) - January 22 to February 1, 2024 at SASET
- [Chainsaw Safety Training](#) - March 5 & 6, 2024 at SASET
- [Job Fair](#) - February 29, 2024 at S.A.Y Health & Community Centre



SSA MEMORANDUM – INCOME ASSISTANCE DEPARTMENT (SASET Client Memo)

This is a friendly reminder that you will need to continue to submit your monthly renewals and Monthly Employment Action Plan (EAP). You can arrange a meeting with a SASET Counsellor by calling 604-858-3691 or emailing info@saset.ca. Next EAPs are due to be submitted to the SASET office by [JANUARY 30, 2024](#) along with your monthly renewal. Please see letter regarding inflation relief benefits.



To view the full income assistance client memos:

[Employment Action Plan](#)

[Food Allowance Memo](#)

STÓ:LŌ GIFT SHOP

Online shopping is available 24/7 with in-store pickup!
Storefront open Monday through Friday 9:00am – 4:00pm.



STÓ:LŌ COMMUNITY FUTURES

How to start a small business. Please see link to register:

<https://outlook.office365.com/owa/calendar/TestingpageforSCFWebsite@stolonation.bc.ca/bookings/>





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STÓ:LŌ HEALTH SERVICES

STÓ:LŌ DENTAL OFFICE

Happy New Year! January 19th from 1:00- 4:00pm we will have another walk-in clinic. Please register at noon in person.

Please welcome our new Dental Hygienist, Nubia, who will be in every second Friday. Nubia comes with years of experience and also works at Vedder Dental Clinic. She has been a wonderful addition, relieving time for our regular hygienist, Ashley to have some family days 2x monthly.



STÓ:LŌ MAMMOGRAM CLINIC

February 23, 2024 from 10:30am - 4:00pm
SSA Health Services Building 7-7201 Vedder Road



STÓ:LŌ ACUPUNCTURE

Dr. Karen Smith, Dr. TCM, R.AC, offers appointments on Monday's, 9:00am – 4:00pm at Building 7 for the month of January.

Book NOW! Jane App: [Book an appointment with Dr. Smith here](#): or 604-824-3200.



STÓ:LŌ PHYSIOTHERAPY

Charise Conkin offers appointments Tuesdays at The'it'seliya Building and Fridays at Stó:lō Health Building. [Book an appointment with Charise Conkin here](#): or call 604-824-2681.



STÓ:LŌ COUNSELLING

[Book an appointment with Bel Bhushan here](#): or call 604-824-3200



CASCADE THERAPY

Massage Therapy & Chiropractor
S.A.Y Health Building- 8256 Chilliwack River Road
Call to book your appointment: 604-792-0158



A:LMELHAWTXW: Early Education Centre

Head Start, Tuesday & Thursday 9:00am – 12:00pm
Please call for more information, 604-824-6505



ABORIGINAL FAMILY PLACE – JANUARY 2024 Calendar

Sq'ep'ip awtxw "A Place to Gather"

This is just a reminder that we are currently only offering visits by appointment. Please call at least a day in advance to schedule your visit. If you are feeling unwell, please reschedule.





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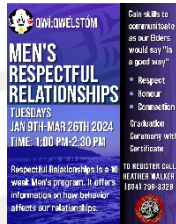
MINDFUL DRUMMING

Monday's (excluding holidays) 12:00– 3:00pm

Location will either be at Metis House or Portable 1A, call to inquire: 604-828-2459



QWIQWELSTOM Upcoming Programs



TRADITIONAL WELLNESS

Muriel Victor, Traditional Wellness Mentor, will be hosting a workshop on January 29 titled: Body System Maintenance at the Primary Care Centre in the Shxw'éyelhawxt Sacred Space Room.



YOGA WEDNESDAYS WITH INNER VISION YOGA

Every Wednesday, 11:30am - 12:30pm SSA staff are welcome to attend FREE yoga sessions on campus in Building 2C portable with instructors from Inner Vision Yoga, supported by the Stó:lō Research and Research Management Centre.

TELUS HEALTH – Employee and Family Assistance Program

EAP newsletter, click on TELUS Health icon.

[Employee and Family Assistance Program](#) (EFAP) helps employees address personal and workplace day-to-day problems, such as caregiving, life planning, financial advice, legal advice, health management services, short-term counseling services, 24/7 Services Centre, and many more. Please visit www.workhealthlife.com for more information on the services available under your EAP program.



SSA GROUP BENEFITS PLAN

MENTAL HEALTH NAVIGATOR

The Best Doctors Mental Health Navigator program offers you a discreet and confidential way to seek mental health support. If you or an eligible family member struggle with feelings such as depression, stress, or anxiety, contact Best Doctors. Supported every step of the way by your personal Mental Health Navigator and expert health professionals including psychiatrists and psychologists, we provide an assessment of your diagnosis and recommend an appropriate treatment plan, from the comfort of your home via phone or video conference. Your Mental Health Navigator will also provide you support along your journey through the complex mental health care system. Please see the [MHN Employee Flyer](#) for more information.





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Christmas at SSA





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CERTIFICATE OF INDIAN STATUS CARD AND ASSISTANCE WITH THE APPLICATION FOR THE SECURE CERTIFICATE OF INDIAN STATUS CARD

Building 8A, 1st Floor, 2nd door

BY APPOINTMENT ONLY. Tuesday, Wednesday, and Thursday from 9:00 am – 3:30 pm

Email June.jimmie@stolonation.bc.ca or call 604-824-3268 or 604-824-3266 to book

Building 8A – North Side Entrance | Registry is on the Main Floor, 2nd door

PROTOCOLS FOR THE APPOINTMENT

- Give yourself enough travel time
- Arrive on time
- No walk-ins

CERTIFICATE OF INDIAN STATUS CARD

- Two pieces of valid ID, one with a photo
- Bring your own 1"x1" picture

ASSISTANCE WITH APPLYING FOR SECURE CERTIFICATE OF INDIAN STATUS CARD

- One valid picture ID
- Two recent passport photos

Valid Identification is required for applying for Status Cards, Registration, & other Personal Information Updates.

ISC is **no longer accepting expired ID** for registration, status card issuance, or for requests to update personal information in the Indian Register. All ID must be valid, that is, not expired.

Since provincial and territorial authorities that issue ID (such as health care cards and driver's licenses) across Canada have reopened, applicants with expired ID are encouraged to obtain valid ID as soon as possible.

For more information on the ID, requirements to apply for registration, and the status card, visit [What is considered valid acceptable identification.](#)

Bands that will be issued Certificate of Indian Status Cards and assistance with the Secure Certificate of Indian Status Cards

Aitchelitz First Nation	(558)	Shxw'ow'hamel First Nation	(587)
Kwaw Kwaw Apilt First Nation	(580)	Skawahlook First Nation	(582)
Matsqui First Nation	(565)	Soowahlie First Nation	(572)
Popkum First Nation	(585)	Sumas First Nation	(578)





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STÓ:LŌ WORKPLACE INCIDENT REPORTS

A friendly reminder to All Staff:

If a workplace Incident occurs, please follow the link to follow the procedure on how to report an incident:

[Workplace Incident Report Form](#)

ANNOUNCEMENT TO ALL STAFF:

For meeting-room bookings, staff are encouraged to **book meeting rooms in the building they have an office in**. For bookings, please contact the following:

- Building 7 Boardrooms – [Sheradon Roberts](#) / [Heather Walker](#) / [Lauralee Campbell](#)
- Building 8B (SGH) Small and large Boardrooms will be closed until further notice. [Abby Duncan](#) / [Kelly Willmets](#)
- Building 10 Floor 1-[Abby Duncan](#) / [Kelly Willmets](#)
- Building 10 Floor 2 – [Tracey Joe](#) / [Tara Green](#)
- Building 10 Floor 3 - [Nancy Wasikowski](#)
- Longhouse Bookings -[Naomi Henry](#) (604) 824-2436

New VPN (Virtual Private Network) will make using your work laptop at home a similar experience to being at the office. Contact Garret MacAskill for information or assistance.

FRIENDLY REMINDERS FROM FINANCE AND OPERATIONS

- To Request new or changes to existing access cards, please complete the online Access Form at: www.stolonation.bc.ca/access
- Cell Phones and Landlines! Contact Brianna Nakagawa for all things related to cellphones and landlines.
- **To review current operational policies and other general information, please go to N:\Info.**
- Reminder for all staff to submit any announcements/invitations to [Michelle Van Tongeren](#) for the monthly bulletin and to refrain from sending "all-staff" emails.
- Staff are reminded to avoid publishing phone numbers – work or personal – on Facebook or any other social media. Recently SSA experienced harassing phone calls from someone who obtained a staff's cell number – as well as their relative's numbers - on Facebook.





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STÓ:LŌ SERVICE AGENCY

VISION

A healthier, stronger, brighter future for all communities.

MISSION

We empower, support, and contribute to the health and well-being of all people by providing leadership and delivering a broad range of quality services.

VALUES

We strive to act in accordance with our seven core values at all times.

Honesty	We communicate internally and externally with clarity, honesty, and openness.
Accountability	We accept responsibility for our decisions and actions and answer to our partners openly and transparently.
Pride	We feel and demonstrate pride in our actions and accomplishments.
Professionalism	We act professionally as an outward reflection of our internal values.
Integrity	We do our best work, hold ourselves to the highest standards of conduct and act in the interest of our communities and partners.
Empathy	We work to understand and relate to the feelings, experiences, and situations of others and are non-judgemental.
Respect	We respect others' ideas, experiences, and ways of thinking and treat all people as equals.

