

Subject: COVID-19 Updates - February 12, 2021
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From: Ernie Baatz
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Be Calm, Be Kind, Be Safe

Please continue to follow all the basic safeguards that are required to keep people safe and healthy:

- Stay home if you feel sick – Call 811 for further directions.
- Wash your hands regularly
- Keep your distance – at least two metres or six feet from people outside your bubble
- Wear a mask on transit, in stores, in all indoor public spaces.
- Keep your social bubble small – But stay connected with friends and family. Phone, video chat, go for a walk outside – it is so important to keep in touch.

Provincial Health Guidelines and Restrictions

The health measures announced in December have been extended for another month from their February 5, 2021 expiry date. The public health orders are summarized in this graphic:



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BC Family Day Activities

BC Family Day is a provincial statutory holiday. British Columbians celebrate Family Day on the third Monday of February. In 2021, Family Day falls on Monday, February 15th.

BC Family Day gives families the opportunity to spend time with their loved ones.

The B.C. government is funding free virtual and in person Family Day activities throughout the

province over the Family Day weekend. This makes sure celebrations are accessible for everyone.

For more information on activities:

- [At Parks and Recreation centres](#)
- [At Museums and Cultural centres](#)
- [At the Royal BC Museum](#)
- [At the Chinese Canadian Museum](#)

Due to COVID-19, provincial restrictions are in place. Please follow public health guidance when participating in Family Day activities.

[Learn more about provincial restrictions.](#)



CLBC Update for Individuals & Families



Welcome to the February 12 edition of CLBC's Update for Individuals and Families. As a reminder, you can find all Updates (including past editions) [posted on our website here](#). You can also check out CLBC's [Facebook page here](#) and [Twitter page here](#). If you know of anyone who would like to receive future Updates, please share [the link to our sign up page](#) with them. If you have a specific question, or feedback about this update, you can send an email to CLBCInfo@gov.bc.ca.

CLBC and Government News

Province-wide restrictions extended indefinitely

B.C. Provincial Health Officer (PHO) Dr. Bonnie Henry has extended the province-wide restrictions on all events and social gatherings to significantly reduce COVID-19 transmission related to social interactions and travel. The order will be kept in place until further notice based on direction from the PHO.

British Columbians should also avoid all non-essential travel at this time. Stay local and travel only when needed. If you need to travel, follow the same public health guidance you use at home to prevent COVID-19. For up to date information about travel during COVID-19, [visit the B.C. Government website here](#).

As a reminder, the best place to get up-to-date information about COVID restrictions and orders from the Provincial Health Officer [is on the BC Government website here](#).

Province-wide restrictions



Next teleconference for individuals and families takes place February 16

The next monthly teleconference for individuals and families with Dr. Daniele Behn Smith, Deputy Provincial Health Officer, and Ross Chilton, CLBC CEO, is scheduled for Tuesday, February 16, from 1:05 p.m to 2:00 p.m. (PST). Details about how to join the call can be found [in the email invitation here](#) as well as [on the teleconference webpage here](#).



Immunize BC answers frequently asked vaccine questions

Do you have questions about the COVID-19 vaccine?

[Check out the Immunize BC's website here](#) for answers to frequently asked questions including: How will I know when I can get the vaccine? Where will I have to go? Can I make an appointment now? Is there a waiting list?

Pain or fear associated with vaccinations can cause stress and anxiety for many adults, causing some to delay or avoid them all together. Immunize BC also offers [helpful tips and tricks to manage fear of needles here](#).

Remember that you can find information about B.C.'s immunization plan at the web site for the BC Centre for Disease Control. Here is their [COVID-19 Vaccination at a Glance web page](#).

Staying Connected and Supported

Calendar for Connection posts new events for people with diverse abilities

Remember to visit the new [Calendar for Connection, hosted on the Family Support Institute website here](#), for fun and inclusive opportunities to connect with others during COVID-19. Upcoming events and activities include:

- [Neighbourhood Explorer](#) on February 15 from 3:30 p.m to 4:30 p.m

- [Book Club with Katelyn](#) on February 16 from 12:30 p.m. to 1:30 p.m.
- [Creative People On-Line](#) on February 20 from 3:00 p.m to 4:00 p.m.
- [BC People First's Annual Conference](#) from February 25 to 26

Tools for planning and decision-making

The COVID-19 pandemic has highlighted the importance of planning, including planning for who you want to help with important health decisions. Here are two important planning resources available to you now:

- [It's Your Choice - Personal Planning Tools](#) - This guide was created by the [Public Guardian and Trustee of BC](#) . It describes the options available for people who need support to make important life decisions, and for planning who will help them with future decision-making.
- [MyBooklet BC](#) – This free online planning tool can be used by individuals and families to create their own personalized information booklet to store and share important information including strengths, gifts, goals and wishes for the future. Join one of the upcoming sessions to learn more about how to use MyBooklet BC (click each link for full session and registration details):
 - [Tuesday, February 16 from 6:30 p.m. to 8:00 p.m.](#)
 - [Thursday, February 18 from 10:30 a.m. to 12:00 p.m.](#)

If you have any questions about myBooklet BC or these sessions, please contact Lydia Kang at lkang@fsibc.com or 604-862-6807.

FSIBC LEARNING EXPLORATIONS 2021
SUPPORTING YOUR JOURNEY

myBooklet BC

with Lydia Kang and
Reneé Morven

**Tuesday,
February 16
6:30 - 8:00pm**

PLAN Institute's blog on intentional connection

COVID has impacted all of our routines and many of the people we used to see are now

off limits. But we still need to connect, and we still need each other.

[PLAN Institute](#) has come up with a few ideas you can intentionally act on to stay connected with others. [Check these out in their recently published blog here.](#)

Mental health and cultural supports

As the COVID-19 pandemic continues, mental health and the need for support is more important than ever. The First Nations Health Authority (FNHA) has put together a document outlining Aboriginal-specific supports throughout the province.

[Click here to find the support](#) you, or someone you know, may need at this time.

COVID-19 Business Support Fund for Métis entrepreneurs

New grants for Métis entrepreneurs in B.C. are available through the COVID-19 Business Support Fund, provided through a partnership between the Metis Financial Corporation BC (MFCBC), [Indigenous Services Canada](#) and [Métis Nation British Columbia \(MNBC\)](#). [You can learn more about the fund here.](#)

These grant programs are aimed at providing financial relief to allow Métis businesses to remain operating until the B.C. COVID-19 Economic Recovery Plan is fully implemented in 2021. The new grant programs are also aimed at supporting Métis businesses that may not have qualified for financial relief programs initiated earlier in the pandemic. The programs cover microbusinesses, small, medium, new, and community-owned businesses.



For more information, please visit mfcbc.ca, call 1-833-399-3926, or contact MFCBC by email at admin@mfcbc.ca.

Indigenous Canada - free online course

Interested in learning more about Indigenous history in Canada and contemporary issues while you are at home? [Check out this free online course to expand your learning.](#)

Indigenous Canada is a 12-lesson Massive Open Online Course (MOOC) from the Faculty of Native Studies at the University of Alberta. From an Indigenous perspective, this course explores key issues facing Indigenous peoples today, highlighting national and local Indigenous-settler relations.

Updated Support and Connection Toolkit highlights resources and activities

In each edition of this Update, we share an updated version of the Support and Connection Toolkit which gathers links to resources and activities into one document for easy access. [See the most updated toolkit here.](#)

Self Advocate Corner

Self advocates leading connection during COVID-19

As we shared in our last edition of the update, [five self advocacy groups from around B.C. have received grants from CLBC](#) to help people with diverse abilities stay strong and connected during COVID-19. These groups will organize online events, programs, workshops and other safe activities and connection opportunities for people with diverse abilities across B.C.

Here are a few of the upcoming activities planned, and you can also check out [the Calendar for Connection](#) to find more that are taking place:

- ***Arts and Crafts***

Join Self Advocates of the Rockies to get creative by decorating rocks with graphics and positive messages. You'll need a rock as well as felt pens, markers, paint, acrylic nail polish, glitter, glue or whatever you have on hand. The activity takes place February 18 from 2:00 p.m. to 3:00 p.m.

MST (1:00 p.m. to 2:00 p.m. PST) and the link to join is: meet.google.com/ckw-uwhg-aad

- ***Extra, Extra - Talk About It with Susan and Kim***

Join Kim and Susan from Self Advocates of the Rockies to talk about current affairs each month. This event takes place alternating Fridays every month. The next event takes place February 19 from 4:00 p.m. to 5:00 p.m. MST (3:00 p.m. to 4:00 p.m. PST) and the link to join is: meet.google.com/ihk-knvr-muy

- ***Weekly virtual programs***



Olivia Douglas Community Services offers weekly virtual groups around five main topics: LGBTQ+, Sharing Resources, Mental Health Peer Support, Technology Support, and a Place for Meeting New People. [Find more information, including schedules and links to register, here.](#)

Stories of Hope and Encouragement

Celebrating Family Day and Valentine's Day during COVID-19

Family Day takes place this year on Monday, February 15. Falling right on the heels of Valentine's Day, this holiday celebrates the importance of families and family life to people and their communities. While it is important to follow the current orders from the Public Health Officer (see above) here are some great ideas about what you can do safely.



The B.C. government is funding free virtual and in-person Family Day activities throughout the province over the Family Day weekend. This makes sure celebrations are accessible for everyone. For more information on activities, [visit the BC Government website here.](#)

Family can mean something different to every person, but we can all agree that families, whether chosen or related by biology, are very important. Although COVID-19 protocols mean family gatherings should not be any bigger than your household, we are interested in hearing how you and yours plan to celebrate over the Family Day / Valentine's Day weekend this year.

We would love to hear your creative ways of having fun and enjoying the day. To start the ball rolling, the CLBC Update editorial contributors are sharing a few ways they are working within current restrictions to have fun this weekend: "We are going to have chocolate fondue together"; "We are planning on going snowshoeing together, and getting McDonald's take-out on the way home" ; "We are going to make heart-shaped pizzas together."

If you would like to share pictures and a description of your family enjoying time together, please send them to Brianne.Samson@gov.bc.ca.

Random Acts of Kindness Day

Scientific evidence shows us the positive effects of doing kind acts for others, as well as

receiving or even witnessing kindness. Even the smallest act of kindness can change a life.

February 17 is Random Acts of Kindness Day, celebrating kindness and the important role it plays in our lives. Visit the [Random Acts of Kindness website here](#) and find [kindness stories](#), [kindness ideas](#) and the [2021 printable Kindness Calendar](#).

What will your random act of kindness be?

Ernie Baatz

Executive Director

Spectrum Society for Community Living

Express yourself. Build your network. Find your voice.

www.spectrumsociety.org

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