



Tkemlups te Secwépeḿc

(Kamloops Indian Band)

OFFICE OF THE CHIEF

TteS Chief and Council wanted to ensure that membership is aware of the supports that are in place during the pandemic, especially for those that have lost work. All information has been posted on the TteS website and Facebook as well.

This week, starting on April 6th you are able to apply for the **Canada Emergency Response Benefit (CERB)**. This is the main benefit offered from the federal government for up to \$2000/month for people that have lost their jobs due to the COVID-19 crisis. For more information please refer to the Canada.ca website.

BC Hydro

Since I last updated you, BC Hydro has introduced a new, targeted bill relief to provide immediate help to those most in need.

There are options for supports for both individual residential households and businesses. For more information please check the BC Hydro website.

Physical health

First Nations Health Authority has introduced a program called “Virtual Doctor of the Day” which is a call-in centre for clients currently impacted by COVID-19 who are unable to reach their primary care provider or do not have one. The virtual call centre operates 7 days a week from 8:30 to 4:30. More information is posted on the TteS website and Facebook pages.

Mental Health



It is a very stressful time for everyone. If you are feeling isolated, mentally fatigued, anxious or worried due to the impact of COVID-19, you are not alone. TteS Community Services has community supports in place. During this difficult time, we can provide you telephone and/or virtual wellness check ins. If you would like to receive virtual wellness check ins please contact TteS's Wellness Coordinator Dave Manuel at 250-372-5030 or email dave.manuel@kib.ca. We are in this together.

I also want to add heartfelt gratitude from, all of us on Council, to all the frontline workers. We have so much appreciation for FNHA, IHA, all Secwepemc Leaders, and TteS Community Services for all the supports they have put in place to ensure the health and safety of membership and that community members that are cared for with much respect and dignity.

As always, the essential services staff and Chief and Council are here to support you. Our numbers have been reposted on the Facebook and the Website in case you require information, have questions or need support.

Yecwestsútce = look after yourself

Stay home. Stay safe.

Yours truly,
Tkemlúps te Secwépemc

Kukpi7 Rosanne Casimir (Chief)
On behalf of Council