

NEWSLETTER



MARCH
EDITION
2020



Q'wemtsin Health Society • 250-314-6732
130 Chilcotin Road, Kamloops BC V2H 1G3



Q'wemtsín
HEALTH SOCIETY

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March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NP at qhs Naturopath at qhs Foot care at qhs	3 Dr. at qhs Foot care at sib	4 Naturopath at sib Craniosacral at qhs	5 NP at sib Resp. Therapy sib Craniosacral at qhs Diabetic Ed. at qhs	6 Dr. at qhs Resp. Therapy at qhs Craniosacral at wpcib
9 NP at qhs Naturopath at qhs Foot care at qhs	10 Dr. at sib	11 Naturopath at qhs Dental Day	12 NP at sib Craniosacral at sib Diabetic Ed. at sib	13 Dr. at qhs Craniosacral at qhs
16 Naturopath at qhs Foot care at qhs	17 Dr. at qhs	18 NP at qhs Naturopath at sib	19 NP at sib Craniosacral at qhs Diabetic Ed. at qhs	20 Dr. at qhs Craniosacral at qhs
23 NP at qhs Foot care at qhs	24 Dr. at qhs	25 NP at qhs Naturopath at qhs Dental Day Diabetic Conference	26 Diabetic Conference	27 Dr. at qhs Diabetic Conference
30 NP at qhs Naturopath at qhs	31 Dr. at qhs			



Did you know?

tseLxmem-stetN



ROASTED CINNAMON TURMERIC SQUASH

Ingredients: 1 acorn squash, 1 tablespoon of olive oil, 1 tsp of cinnamon powder, 1 tsp of Turmeric

Directions: Cut squash in half lengthwise and clean out seeds and pulp. Slice the squash into ½ inch thick slices.

Baste each slice of squash with olive oil, add them to a parchment lined baking sheet, and sprinkle with turmeric and cinnamon powder.

Bake for 45 minutes, or until tender and lightly roasted.

Mini Egg frittatas

1 zucchini, diced, 1 small onion diced, 1 red bell pepper diced, 1 yellow bell pepper diced, 8-10 eggs, lightly beaten, 2 tbsp chives, finely chopped, 1 cup Parmesan cheese, grated (optional), salt and pepper to taste, olive oil

Directions: Preheat oven to 350°F. Line the individual cups of a muffin pan with parchment paper. In a large 10-inch skillet, heat olive oil over medium high heat. Sauté the diced zucchini, onion and red and yellow bell peppers for about 5 minutes until slightly softened. Season with salt and pepper.

Divide the sautéed vegetables among the muffin cups. In a bowl, whisk to gather the eggs and season with salt and pepper. Stir in the chopped chives. Pour the egg mixture over the vegetables in the muffin pan. Stir the ingredients to combine. Sprinkle the tops with Parmesan cheese. Bake in the oven for 10-12 minutes until the eggs are completely set. Serve warm or cold with whole grain toast.

You may adapt this recipe by using a variety of different vegetables.

Make ahead of time and freeze for quick breakfast.

Or as an easy supper served with those yummy roasted squash for a low Glycemic Index starch option.

DIABETES



Diala Toulany

Certified Diabetes

Educator



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Diabetic Conference

Come and meet the team!!!

Wednesday, March 25 - Friday, March 27, 2020
At Quaaout Lodge & Spa at Talking Rock Golf Course

Diabetic band members from TteS, SIB and WPCIB are eligible for registration. Each registrant may register one support person to share their double occupancy room.

All accommodations and meals are included.



Keynote speaker:
Art Napoleon from
Moosemeat & Marmalade
and Dr. Art Hister

Informative breakout
sessions
Light activities
Traditional medicines
Door prizes!!!

Spots are limited, so please RSVP,
ASAP

If you have any question or are
wishing to register please call
(250) 314-6732

Last day to register is February 28th
at 4pm



Q'wemtsín
HEALTH SOCIETY

Q'wemtsín Health Society Privacy Survey

1. Are you satisfied with how your privacy is handled at our clinic?

2. Would you share your opinion with us regarding placing a privacy enclosure (plexiglass barrier) at our front desk?

3. In order to protect your privacy we are proposing to place a solid door leading down our clinic's main hallway. What are your thoughts on this?

4. Do you have any changes or recommendations for improving your privacy at Q'wemtsín Health Society?

THANK YOU FOR YOUR FEED





Mammogram Day

Skeetchestn Health Clinic

Tuesday,
April 28 | 10:00 AM – 3:00PM

To register please call Sarin at
250-314-6732 or the Skeetchestn
health clinic 250-373-2580



14.0 QHS Privacy Policy – Client Handout

This document outlines how we protect the privacy of your personal information and medical record. Everyone working for QHS is required to adhere to the protections described in this document. If you have any questions regarding our privacy practices, please contact the QHS Health Director or Human Resources department.

1. Collection, Use and Disclosure of Personal Information

What personal information do we collect?

We collect the following personal information:

Identification and Contact information (i.e.: name, address, date of birth, Personal Health Number, and emergency contact information),

Health information (i.e.: symptoms, diagnosis, medical history, test results, reports and treatment, record of prescriptions that is required for your care.)

Limits on collection

We collect only the information that is required to provide you with care, to administrate the care that is provided, and to communicate with you. We do not collect any other information, or allow information to be used for other purposes, without your express (i.e.: verbal or written) consent – except where authorized to do so by law.

When and to whom do we disclose personal information?

Implied consent for provision of care: By virtue of seeking care from us, your consent is implied (i.e.: assumed) for your information to be used by this office to provide you with care, and to share with other providers who are involved in your care.

Relevant health information is shared with other providers involved in your care. These other providers may include, but is not limited to, other physicians and specialists, pharmacists, lab technicians, nutritionists, naturopaths, physiotherapists and occupational therapists. Only the information that is required to provide you with care will be shared.

Disclosures authorized or required by law: There are limited situations where we are legally required to disclose your personal information without your consent. These situations include, but are not limited to, reporting infectious diseases and reporting fitness to drive, or as is required by a court order.

Disclosures to all other parties: Your express consent is required before we will disclose your information to third parties for any purpose other than to provide you with care or unless we are authorized to do so by law. Examples of disclosures to other parties requiring your express consent include, but are not limited to, provision of your medical information to insurance companies or to a third party that is performing an independent medical examination.

If you wish your personal information to be provided to third parties such as insurance companies, you must complete the *Authorization to Release Health Care Information* form and hand it to the QHS Receptionist.

Can you withdraw consent?

You can withdraw your consent to have your information shared with other health care providers or other parties at any time, except where the disclosure is authorized or required by law. Withdrawal of consent must be provided in writing and directed to the QHS Health Director. However, please discuss withdrawing your consent with your physician or nurse involved in your treatment first.

2. Accessing Your Personal Information

How do you access the personal information held by QHS?

You have the right to request access to the personal information we have on record about you. If you request a copy of your personal information and there are no limitations on providing it to you, we will provide it to you at a reasonable cost. To request a copy of your personal information, please complete the *Authorization to Release Health Care Information Form* and submit it to the QHS Receptionist.

Limitations on access

In limited circumstances, as authorized or required by privacy laws, we may not be able to provide you with all of the information that you request. For example, we may not provide you with copies of a record if it would reveal personal information about another person, or if it would create a significant risk to you or another person.

What if you feel your record is not accurate?

We make every effort to ensure that all of your information is recorded accurately. If you believe that there is an inaccuracy in your record, please direct your concern in writing to the QHS Health Director.

3. Protecting and Retaining Your Personal Information

How secure is your information?

Safeguards are in place to protect the security of your information. These safeguards include a combination of physical, technological and administrative security measures that are appropriate to the sensitivity of the information. These safeguards are aimed at protecting personal information against loss or theft, as well as unauthorized access, disclosure, copying, use, modification, or destruction.

How long do we keep information?

We retain client records as required or authorized by law and professional regulations.

How do we dispose of information when it is no longer required?

When information is no longer required, it is destroyed in a secure manner, according to set procedures that govern the storage and destruction of personal information.

4. Complaints Process

If you believe that QHS has not replied to your access request or has not handled your personal information in a reasonable manner, please set out your concerns in writing to the QHS Health Director.



QHS Client Satisfaction Survey Raffle!

All clients who are band members are invited to fill out a satisfaction survey in order to enter a raffle draw for a new Smart TV!

Please fill out a form at our clinic in Kamloops, Skeetchestn or email us your survey once completed!

1 entry per person

Email: qhs@qwemtsin.org

The draw will take place on Tuesday March 31, 2020 at 4:00pm.

Thank you and good luck!



Q'wemtsín Health Society Client Satisfaction Survey

Gender:

☐ Male ☐ Female ☐ Other

Age:

☐ 18 years or less ☐ 19-44 years ☐ 45-65 years ☐ 65+ years

Band:

☐ TteS ☐ SIB ☐ WPCIB

What services are you accessing at Q'wemtsín Health Society?

☐ Pre/Post Natal Program ☐ Home and Community Care ☐ Mental Wellness
☐ Primary Health Care ☐ Public Health Services ☐ Dental Clinic
☐ Diabetes Program ☐ Massage Therapy ☐ Naturopath
☐ Respiratory Therapy ☐ Children's Oral Health Initiative (COHI)

1. Are you satisfied with the services that you receive through these programs?

2. Do you feel these programs provide you with the tools and knowledge to maintain a healthy lifestyle?

3. Do you feel that you receive an adequate amount of support from service providers?

4. Do the services meet your expectations? Why or why not?

5. What changes or recommendations would you suggest for the next year?

THANK YOU FOR YOUR PARTICIPATION!



Revised: January 8, 2020

What Can I Do to Stop the Spread of Germs?

Wash your hands. Wash your hands often with soap and water for at least 20 seconds. It is best to dry your hands with a paper towel and throw it away after use. If you can't wash your hands, use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth with unwashed hands.

Cover your coughs and sneezes. When you feel a cough or sneeze coming on, cover your mouth and nose with a tissue. Don't have a tissue? Cough or sneeze into your upper sleeve or elbow, not your hands. Wash your hands right away after you sneeze, cough or touch used tissues or masks. Throw used tissues into a lined trash can in your room and tie up that trash bag before adding it with other household waste.

General cleaning. Clean surfaces that are touched often (e.g., counters, table-tops, doorknobs, toilets, sinks, taps, etc.) as often as needed. Apply firm pressure to surfaces while cleaning. Water and detergent (e.g., liquid dishwashing soap) or common household cleaning wipes should be used.

Avoid sharing household items if you are sick. Do not share dishes, cups, eating utensils, towels, bedding, or other shared belongings. Wash them with soap and water. Don't share your toothbrush and replace after being sick.

Flush the toilet with the lid down and always wash your hands after going to the bathroom. Some germs may be present in poop (stool or feces). Always wash your hands with soap and water after using the toilet.

Wear a face mask. When you are sick, wearing a face mask (surgical or procedure mask) may help to stop the spread of germs from you to others. Wear a face mask when you are in the same room with other people and when you get medical care.



Screen time for children

How to establish healthy screen times habits at home.

Children are exposed to more screens than ever before, including television, computers, tablets, gaming consoles and smart phones. While these tools may offer benefits for learning and exploration, too much screen time can lead to poor social skills and poor social attachments to parents and peers.

Why should I limit my child's screen time?

Time spent in front of a screen can limit your child's participation in other activities, such as interacting with family and friends, playing outdoors, creating or reading.

Too much screen time also increases your child's risk of becoming:

- Over weight
- Sleep deprived
- Less school-ready
- Inattentive, aggressive and unable to self-soothe



What is the right amount of screen time for my child?

The Canadian Paediatric Society recommends:

- For children under two years old, screen time is NOT recommended
- For children two to five years old limit screen time to less than one hour a day
- For children older than five limit screen time to less than two hours a day

How do I establish healthy screen habits at home?

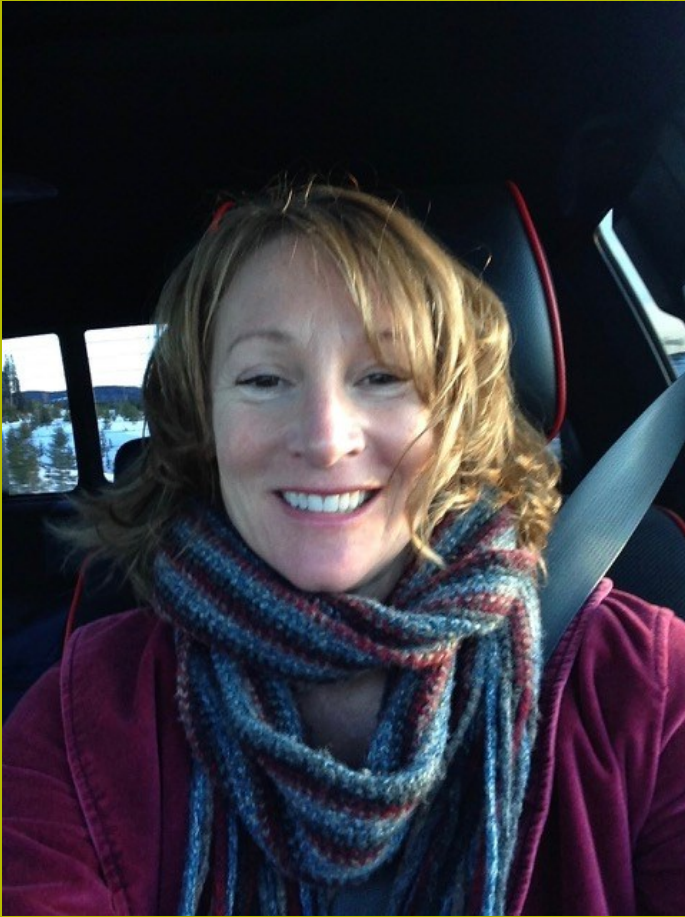
Try to establish screen time limits and appropriate habits early in childhood, as it will be easier than setting them later when children have established patterns and routines. Ensure that everyone in your family understands and shares the same understanding of acceptable limits and content. Some tips:

- Be a good role model with your own screen time
- Avoid using screens an hour before bedtime
- Set limits on after school screen time. For example one TV program and then outside to play
- Choose activities such as playing outdoors, reading or crafting over screens



Tracy Davison

Mental Health Clinician



Tracy was born and raised in Nova Scotia and has Mi'kmaq ancestry from this region. She has lived in our territory for the last 26 years raising her two now adult children. Tracy received her Masters in Counselling at UBC and has a degree from TRU in Social Work. Tracy also completed the Psych Honors program focusing her study on the effects of Nature on Cognitive Function and Emotion Regulation. This focus was due to her love of nature and our traditional belief system that we need to maintain our connection to nature in order to be healthy. Since receiving her Masters, Tracy spent 3 years in the Chilcotin and Merritt areas working with Aboriginal Delegated Agencies as a Child and Youth Mental Health

Clinician. Tracy came back to Kamloops where she worked at IHA as an Aboriginal Specific Mental Health and Substance Use Clinician for 2 years. Tracy has worked in this field for 20 years in total, and is very happy to now have reached her goal of working in this territory that she calls home, doing her work that she has focused over 8 years of university studies on. Her practice looks through an Indigenous lens that takes into account how the last 400 years of colonization has effected our People right down to the cellular level. Tracy believes that we are exceptionally strong people who have managed to survive in a hostile environment and that our ancestors are with us celebrating their sacrifices in seeing our continued determination to survive and thrive no matter what we are faced with. Tracy would like to thank the People of this Territory for having made her feel so welcome all these years, and for the honor to now be working here at Qwemtsin!

St. Patrick's Day Word Search

L	L	Y	K	C	U	L	C	M	Q	P	H	B	S	R
F	E	R	R	N	P	F	E	O	T	S	O	N	M	J
N	P	G	O	C	Z	Q	L	X	I	V	A	N	Y	L
C	E	K	E	N	H	H	T	R	Y	K	V	Y	S	W
K	W	E	Q	N	K	M	I	C	E	Y	Q	S	B	N
E	C	R	R	S	D	W	C	S	E	G	G	R	K	N
D	D	O	Q	G	O	F	C	I	I	W	G	A	Z	V
X	S	J	R	B	N	K	M	F	P	N	O	B	K	I
S	U	D	N	M	S	W	U	Z	M	B	J	U	C	J
U	Q	I	N	U	A	H	C	E	R	P	E	L	I	<u>I</u>
E	A	G	O	L	D	H	F	H	A	X	O	H	R	G
R	I	X	M	N	Z	A	S	A	H	K	Y	T	T	O
I	R	E	L	A	N	D	P	L	C	B	V	B	A	L
D	P	Z	I	S	J	N	D	C	C	W	A	A	P	U
N	Y	A	X	F	E	M	H	Z	K	S	D	E	V	J

CELTIC
CHARM
GOLD
GREEN
IRELAND
IRISH
JIG
LEGEND

LEPRECHAUN
LUCKY
PATRICK
POT
RAINBOW
SHAMROCK
SNAKES



5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your doctor, nurse, or pharmacist.

1. CHANGES?

Have any medications been added, stopped or changed, and why?

2. CONTINUE?

What medications do I need to keep taking, and why?

3. PROPER USE?

How do I take my medications, and for how long?

4. MONITOR?

How will I know if my medication is working, and what side effects do I watch for?

5. FOLLOW-UP?

Do I need any tests and when do I book my next visit?



Keep your medication record up to date.

Remember to include:

- ✓ drug allergies
- ✓ vitamins and minerals
- ✓ herbal/natural products
- ✓ all medications including non-prescription products

Ask your doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.

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Visit safemedicationuse.ca for more information.



SafeMedicationUse.ca





Interior Health
Every person matters

**ARE YOU A PERSON WHO HAS LIVED EXPERIENCE WITH
SUBSTANCE USE? SHARE YOUR PERSPECTIVE.**

JOIN THE INTERIOR HEALTH PEER ADVISORY GROUP

Membership is flexible — take part when it makes sense for you.

You will be invited to take part in different projects and share your voice as the expert of your experience. We will send you information about different projects as they come up over time. You can choose to take part in the ones that are meaningful to you and your experience and say no to the rest.

The more diverse the Group, the more we can learn from each other.

We welcome experience with drugs and/or alcohol in the present and the past. We welcome all lifestyles, backgrounds, gender identities, cultures, ethnicities and ages 19+.

**Interested? Email, phone or text Alison Kyte at
Alison.Kyte@interiorhealth.ca or 250-801-0958.**



HAVE YOUR VOICE HEARD!

PEER ENGAGEMENT & INCLUSION FRAMEWORK

Share your thoughts on a draft document about why and how Peers can be engaged and employed in Interior Health Substance Use Services. As a group, we will review and discuss the framework, principles for peer inclusion, operational considerations, and opportunities for Peer engagement and employment.

THURSDAY, MARCH 5, 2020
9 – 11 A.M.

We are looking for people who:

- Have lived experience with substance use (past or present)
- Can attend the meeting on March 5, 9-11 a.m. in person at Interior Health offices in Kelowna or Kamloops, or by phone (teleconference)
- Want to take part in a detailed review of an Interior Health document and provide feedback in the meeting.

Interested? Email, phone or text Alison Kyte at Alison.Kyte@interiorhealth.ca or 250-801-0958. An honorarium of \$25 per hour will be provided.



Resource Numbers



Emergency Assistance

Ambulance/Fire/Police.....	911
Children's Hotline.....	310-1234
Kids Helpline.....	1-800-668-6868
Interior Crisis Line Network.....	1-888-353-2273
(depression, poverty, abuse, homelessness, suicide)	
Kamloops Urgent Response Team.....	250-377-0088
Kamloops Mental Health Intake.....	250-377-6500
Kamloops Street Services.....	250-314-9771
Kamloops R.C.M.P. Victim Services.....	250-828-3223
Kamloops Y Emergency Services	
Y Women's Emergency Shelter.....	250-374-6162
Children Who Witness Abuse.....	250-376-7800
Outreach Service.....	250-320-3110
(Mobile service for women and children who have experienced abuse)	
Native Court Worker.....	778-375-3289

Aboriginal Services

Q'wemtsin Health Society.....	250-314-6732
Urban Native Health Clinic.....	250-376-1991
Secwepemc Child and Family Services.....	300 Chilcotin Road
Road.....	250-314-9669
285 Seymour Street.....	250-461-7237
Toll Free number.....	1-866-314-9669
Interior Indian Friendship Society.....	250-376-1296
White Buffalo Aboriginal & Metis Society.....	250-554-1176
Secwepemc Cultural Education Society.....	778-471-5789
Native Youth Awareness Centre.....	250-376-1617
Aboriginal Training & Employment Centre.....	250-554-4556
Kamloops Native Housing Society	250-374-7643
Secwepemc HUB.....	250-571-1000
Shuswap Training & Employment Program.....	778-471-8201

First Nations Health Authority

Health Benefits (Toll Free).....	1-800-550-5454
Phone.....	1-604-693-6500
Toll Free.....	1-866-913-0033
Email.....	info@fnha.ca

RCMP

Tk'emlúps Detachment.....	250-314-1800
Kamloops City Detachment.....	250-828-3000
(Complaints General inquiries)	
Downtown Community Policing.....	250-851-9213
North Shore Community Policing.....	250-376-5099
Southeast District.....	250-828-3111
TRU Law Legal Clinic.....	778-471-8490
(Free Legal Advice)	

Addictions

Narcotics Anonymous.....	1-800-414-0296
Al-Anon/Alcoholics Anonymous.....	250-374-2456
Phoenix Centre.....	250-374-4684
Raven Program.....	250-374-4634
Sage Health Centre.....	250-374-6551
Smokers Health Line.....	1-877-455-2233
Alcohol & Drug Information & Referral Services.....	1-800-663-1441

Kamloops Walk-in Clinics

Urgent Primary Care Clinic.....	250-314-2256
Kamloops Kinetic Energy.....	250-828-6637
Kamloops Urgent Care.....	250-371-4905

Royal Inland Hospital

Information.....	250-374-5111
Admitting.....	250-314-2450
Emergency.....	250-314-2289

Aboriginal Patient Navigator (RIH)

Deb Donald.....	250-314-2100 (ext. 3109)
Cassie Michelle.....	250-314-2100 (ext. 3109)



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