

NEWSLETTER



January
EDITION
2020



Learning Circle Advisory Team for Local Food to School at Skelep

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



Q'wemtsín
HEALTH SOCIETY

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January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		1 New Years Day	2	3
6 Naturopath NP Day Foot Care	7 Dr. Day	8 Naturopath (SIB) NP Day	9 NP Day Massage	10 Massage
13 NP Day Naturopath Foot Care	14 Dr. Day	15 Dental Day NP Day Naturopath Dietitian	16 NP Day (SIB) Massage (SIB) Diabetic Educa- tor	17 Massage (WPCIB)
20 NP Day Naturopath	21 Dr. Day	22 NP Day Naturopath (SIB)	23 NP Day (SIB) Diabetic Edu- cator (SIB)	24 Dr. Day Respiratory Day
27 NP Day Naturopath Foot Care	28 Dr. Day (SIB)	29 Dental Day NP Day Massage (SIB) Diabetic Educator	30 NP Day (SIB) Massage (SIB) Diabetic Edu- cator	31 Dr. Day Massage

Carbon Monoxide Poisoning Increases in the Winter

What is CO?

CO is an odorless, invisible gas produced when gasoline, natural gas, propane, kerosene and other fuels are not completely burned during use. Small gas engines, camp lanterns, and stoves, charcoal grills, gas ranges and furnaces also produce it. When appliances and furnaces are improperly adjusted and used poorly, dangerous amounts of CO can build up in the blood, replacing oxygen, and may cause asphyxiation (the state or process of being deprived of oxygen, which can result in unconsciousness or death; suffocation).

Recognizing CO Poisoning Symptoms

Although everyone is susceptible to CO poisoning, unborn babies, infants, the elderly, and people with respiratory problems are particularly at risk. Because it is invisible and odorless, it is important to know the symptoms of CO poisoning and to immediately seek medical help if these symptoms occur.

The most common symptoms are:

- Persistent, severe headaches and dizziness (usually affecting more than one person in an enclosed area)
- Nausea, vomiting and fatigue
- The disappearance of symptoms when individuals leave the structure

CO Prevention

CO poisoning can be prevented by the proper installation and maintenance of smoke detectors.

Here are some other tips for preventing CO poisoning:

- Have your heating system, water heater, and another gas, oil, wood or coal burning appliances serviced by a technician every year
- Install an approved CO monitor on each level of your home. Check or replace the battery when you change the time on your clocks every time change
- Inspect homes after heavy snow fall and make sure snow is removed from around exhaust stacks, vents, and fresh air intakes
- If your CO monitor alarms continuously, evacuate your home and call 911 or your local gas company. If the alarm is only intermittent, change your batteries
- Seek prompt medical attention if you suspect CO poisoning and feel dizzy, light headed or nauseated. Immediately call the **poison control center at 1 800 567 8911**
- Do not use a generator, charcoal grill, camp stove, or any other gasoline or charcoal burning device in your home, basement, or garage. Generators must be located 20 feet from an occupied structure
- Do not heat your house with a gas oven

Knowledge is the key to preventing carbon monoxide poisoning. Anyone who thinks they have CO poisoning should call poison control at the above number or call 911.

Do you have old medications at home you are no longer using?

Bring them into the Q'wemtsín Health Society and we will ensure they are properly disposed of and destroyed!

Safely disposing of old pharmaceuticals can be a daunting task, so let us do the hard work for you!

Simply bring in any old medications you or your household no longer need and we will destroy them for you keeping you and your household safe. Medications can be brought in as is—in containers, blister packs, or however you had them stored.



For more information
please call our office at
250-314-6732

Winter Safety Tips

1. Remove all snow and ice from your vehicle before driving, it is the law
2. Increase your following distance
3. Don't tailgate and don't try to pass snowplows. If you do pass a snowplow use extreme caution, the driver may not see you
4. If you skid don't break or accelerate! Remove your foot from the gas, and gently steer your car in the directions of the skid
5. Slow down before exiting the highway, ramps may have icy patches
6. Avoid cruise control in wet, icy or snow conditions to maintain control of acceleration and deceleration at all times
7. Have a safety kit easily accessible in your car
8. If your car breaks down, pull off the road as far as possible and turn your hazard lights. Stay in your car until help arrives



FIND US ON



facebook.com/qwemtsinhealth



qwemtsin.org

Give us a like on Facebook and stay in the loop of all our upcoming events, office updates as well as health related information.



Q'wemtsín
HEALTH SOCIETY

Kids Corner

Did you know?

- Gorillas have hands and feet just like humans
- Gorillas in captivity can learn how to use sign language to communicate with humans
- An adult can eat up to 50 pounds of food in a day
- Gorillas can live up to 35 years in the wild and 50 years in captivity
- Gorillas are Herbivores which means they eat plants, but sometimes they can be seen eating insects



1.zebra 2.leopard 3.giraffe 4.alligator 5.flamingo 6.gorilla 7.iguana 8.snake 9.lion 10.monkey



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?

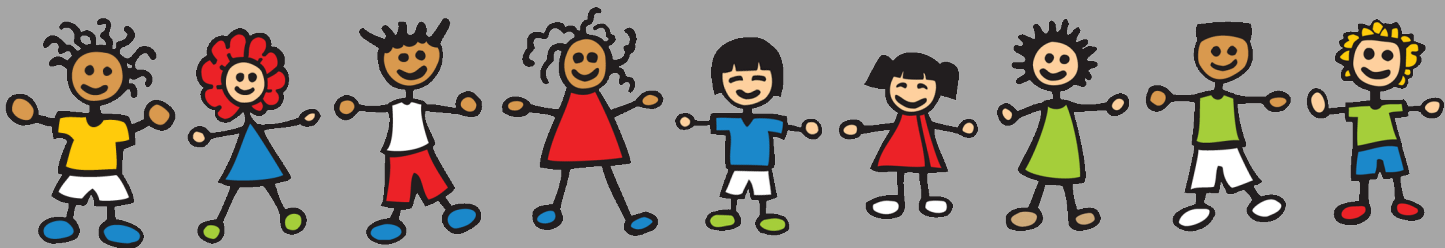
3. Do you feel that you receive an adequate amount of support from service providers?

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!





Kinetic Kidz

An 8-week program that encourages innovation in promoting healthy, active lifestyles.

Every Wednesday starting on March 4, 2020—April 22, 2020

Time: 3:00pm-5:00pm

Grades: 6-7

Where: Q'wemtsín Health Society (130 Chilcotin Road)

Agenda

- Week 1: Cooking class (March 4, 2020)
- Week 2: Exercise class (March 11, 2020)
- Week 3: Cooking class (March 18, 2020)
- Week 4: Exercise class (March 25, 2020)
- Week 5: Cooking class (April 1, 2020)
- Week 6: Exercise class (April 8, 2020)
- Week 7: Cooking class (April 15, 2020)
- Week 8: Jump 360 field trip (April 22, 2020)

For more information
and eligibility please
call Bobbi Sasakamoose
at 250-314-6732



Q'wemtsín
HEALTH SOCIETY

QHS • SERVICES



Did you Know?

Q'wemtsin Health Society offers the following services to: Tk'emlups te Secwepemc, Whispering Pines/Clinton and Skeetchestn Indian Band:

- Certified Diabetes Educator
- Dietitian
- Respiratory Therapist
- Nurse Practitioner
- Doctor Services, General Practitioner

For more information
or to book an appointment
call Qwemstin Health Society:

250.314.6732

 qwemtsin.org



Q'wemtsín
HEALTH SOCIETY

Community Member Profile

Tk'emlúps te Secwépemc

Name: Thomas C. James



Introduction

Weyt-kp xwexweytep. Thomas James ren skwest. Hello everyone. My name is Thomas James. I am a proud Tk'emlúps te Secwépemc band member of the Interior-Salish Secwépemc (Shuswap) speaking peoples of British Columbia. I am representing the Casimir/Paul/Fraser family (3 of the 13 Tk'emlúps families).

My great-grandparents are Sadie and Tommy Casimir and Joe and Susan Fraser. My grandparents are Robert (Bobby) Fraser/Harry Paul Sr. and Martha Simpson. My parents are Philomena Paul (Tk'emlúps te Secwépemc) and Jack James (Lytton Indian Band). I have two biological siblings, Cameron and Lucinda Paul, both of which were there for me throughout my educational experiences growing up, watching over me with all the decisions I

make to improve myself. I learned the most about my culture through Lucinda and her husband (Greg Ferguson).

I was born and raised in Kamloops, B.C. I moved away back in 2016 to gain a new perspective of the surrounding environment and to step out of my comfort zone. Following that, numerous opportunities opened up for me; work, schooling, traveling, etc. I lived in Kelowna, B.C. Where I attended UBCO for my Bachelor of Management and Centre for Arts and Technology for my Audio Engineering and Production Diploma, which I still have yet to complete. I recently moved back to Kamloops, September 2019, to finish off what I started with my education.

MY STORY

Currently, I am a student at Thompson Rivers University in Kamloops, where I am studying for a Bachelor of Science, majoring in Ecology & Environmental Biology and minoring in Physics. By the time I finish my undergrad is when I'll be moving to Vancouver to attend UBC for my Masters of Oceanography, hoping to become a Marine Biologist. I hope when I have finished my education, I can work in my community to preserve our environment. In the past, I have studied Marketing and Audio Engineering. Through my education experience, I hope to inspire and advocate for First Nations Youth in Post-Secondary and encourage Indigenous students to follow their passions.



Recently, I have completed the International Aboriginal Youth Internship Program (IAYI) through VIDEA, VIDEA is a Human Rights organization located in Victoria, B.C. In my internship, I learned about the three Sustainable Development Goals of; Gender Equality, Environmental Sustainability, and Good Governance. My placement was at Women for Change, a non-profit organization based on Gender Equality and Equity, which is in Lusaka, Zambia. My position within the organization was an Information & Advocacy Assistant, in that work I prepared, compiled and filed documents and reports, engaged with adults and children through various workshops, and planned and executed events. I believe from my educational journey in Canada and Internationally that I bring a unique perspective to our community that will strengthen the youth voice.



I want to extend my knowledge within the desired areas relating to Gender Equality and Climate Action, while introducing Indigenous culture, and learning from all the young leaders throughout the globe. I recently submitted a research paper to Knowledge Makers at TRU based on what I've learned throughout my internship and my culture on gender equality, climate action and indigenous peoples.

I intend to continue to protect and advocate for women and girls, not only within government policy and government circles but also to promote for women and girls within my community. With a definite purpose of bringing about empowerment, social change, justice, and transformation within, for, and by indigenous communities. Furthermore, create a practice that can educate and engage new indigenous leaders, who contest their colonization and work for social justice in their communities. Overall, having this opportunity to facilitate advocating for our Women and Girls and First Nations Youth voices would not only have a positive impact in inspiring and giving them a voice but to help strengthen my community.



OPPORTUNITY

Three of our community members (Natika Shore, Akayshia LaRue and I) were giving the opportunity to travel abroad with Videa. We were all placed in Lusaka, Zambia. This internship happening in April 2020 is different from the other Cohorts. I'll be bringing community members from my reserve to Africa. Videa is giving me the opportunity to Coordinate/Intern alongside our community members from April-June 2020. We'll be living together for the duration of the internship overseas.

I recently completed my internship, August 2019, in Lusaka, Zambia. I've learned and brought back many memories from my four months spent abroad. I have experience working overseas, so those accepted into the program, I can make this experience comfortable and support you throughout your internship. Flights, accommodation are covered by Videa and a small living allowance, weekly, enough to live on during the duration of the internship is provided. Also, Videa covers part of the cost for vaccinations. Videa will either send us to Zambia, Uganda or South Africa. I'm looking toward establishing an information session with Tk'emlúps and/or Thompson Rivers University for those that are interested.

If you have any questions, don't hesitate to Email me. (T-james1996@hotmail.com.)



Play Group

From Wednesday January 22—Wednesday January 29, 2020 there will be no play group.

Play group will start again on Wednesday February 5, 2020 at it's regular time of 10:00am—12:00pm.

If you have any questions please call our office at
250-314-6732

CANCELLED

MISSING PERSON

Richard Jules

He is described as 5'5", 95 pounds with short straight brown hair, possibly wearing a red/white winter jacket and work boots, and he may have a moustache.



If you have seen Richard or know of his whereabouts you are asked to contact **Tk'emlups Rural RCMP at 250-314-1800** or the **Kamloops RCMP at 250-828-3000**.



Dr Kelsie Sallis

Welcome Dr Kelsie Sallis to our QHS Dental Team. Kelsie is one of three Dentists we have here at QHS every other Wednesday. Kelsie just completed her Doctor of Dental Medicine degree at the University of British Columbia. Returning to Kamloops is exciting for Kelsie as it is where she grew up. Kelsie attended St. Ann's Academy and Thompson Rivers University. Dr Kelsie Sallis is excited and can't wait to practice within our community!

Resource Numbers



Q'wemtsín
HEALTH SOCIETY

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'wemtsín Health Society.....	250-314-6732
Urban Native Health Clinic.....	250-376-1991
Secwepemc Child and Family Services 300 Chilcotin 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

Summit Medical Clinic.....	250-374-9800
Kamloops Kinetic Energy.....	250-828-6637
Kamloops Urgent Care.....	250-371-4905
North Shore Health Science Centre.....	250-312-3280

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)
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