

NEWSLETTER



February
EDITION
2020



QHS staff privacy refresher training February, 6 2020

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



Q'wemtsín
HEALTH SOCIETY

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February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
				1
3 NP Day Naturopath Foot Care	4 Dr. Day	5 Dental Day NP Day Naturopath (SIB)	6 Office closed for training	7 Dr. Day
10 NP Day Naturopath Foot Care	11 Dr. Day	12 Dental Day NP Day Naturopath	13 NP Day (SIB)	14 Dr. Day
17 Office closed	18 Dr. Day	19 NP Day Diabetic Ed.	20 NP Day (SIB) Respiratory Day (SIB) Diabetic Ed.	21 Dr. Day Respiratory Day
24 NP Day Foot Care (WPCIB)	25 Dr. Day	26 Dental Day NP Day Massage	27 NP Day (SIB) Massage (SIB) Diabetic Ed.	28 Dr. Day Massage



FAMILY SUPPORT
Institute of BC
families supporting families



DO YOU HAVE A FAMILY MEMBER WITH A DISABILITY?

The Family Support Institute (FSI) has volunteer Resource Parents (RPs) who support by:

- Providing emotional support
- Guiding you to community resources
- Attending meetings with you; taking notes; debriefing afterwards
- Mentoring and coaching on advocacy and more
- Providing training opportunities
- Sharing successes, celebrating families and more!

Come learn more about FSI's model of support, their projects or even how to become a Resource Parent yourself!

Snacks and refreshments will be provided.

FSI SUPPORTS AND SERVICES ARE FREE TO ANY FAMILY.

JOIN US!

THURSDAY 02.20.2020

6:30 -8:00 PM

Children's Therapy &
Family Resource Centre
801 McGill Road
Kamloops BC

RSVP **Tracey Beckett** at
(Text) 250 864-1509
tbeckett@fsibc.com

Presentation supported by:



FAMILY SUPPORT
Institute of BC
families supporting families

Toll Free: 1 800 441 5403
Email: fsi@fsibc.com
www.familysupportbc.com

Family Support Institute of BC (FSI) is a provincial not-for-profit society committed to supporting families who have a family member with a disability.

FSI is unique in Canada and the only grass roots family to family organization that has a broad volunteer base.

FSI SUPPORTS AND SERVICES ARE FREE TO ANY FAMILY.



COHI VALENTINE'S DAY PARTY

Come down to Q'wemtsin Health Society where the dental team is putting on a Valentine's Day gathering for the kids and their families

Crafts, Games & Prizes

Snacks

Oral Health Information

**CHILDREN'S ORAL
HEALTH
INITIATIVE**



FEBRUARY 13 2020

11:00AM – 6:00PM

130 CHILCOTIN RD

QHS Dental Clinic

Q'wemtsín Health Society offers basic dental services for First Nations from one of the three bands: Skeetchestn, Tk'emlúps te Secwépemc or Whispering pines/Clinton Indian Band.

These basic dental services include the following:

- Dental Examinations
- Digital X-rays (diagnostic imaging)
- Restorations (fillings)
- Extractions
- Preventative density
- Periodontal maintenance (cleaning)

If you would like to book an appointment; have questions about your dental health or children's dental health, feel free to drop by our office or give us a call.

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



Q'wemtsín
HEALTH SOCIETY

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

On Wednesday, February 26th



We wear PINK!

Anti-Bullying Day is a day when people wear mainly a pink shirt to symbolize a stand against bullying, an idea that originated in Canada!



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

Drug testing sites provided by Interior Health

Drug checking is now offered by a variety of harm reduction service providers across the region. Drug checking is offered by appointment as well as drop-ins at some locations. Call ahead to find out more about services in your community.

Cranbrook - ANKORS

209 16th Ave North

250-426-3383

Living Positive Resource Centre

255 Lawrence Avenue

778-753-5830

Kamloops (North Shore) - ASK Wellness

433 Tranquille Road

778-257-1292

Kamloops - Ask Wellness Crossroads

569 Seymour Street

250-851-0899 ext.155

Merritt - ASK Wellness

2196 Quilchena Ave

250-315-0098

Nelson - ANKORS

101 Baker St

250-505-5506

South Okanagan - South Okanagan Women in Need Society (SOWINS)

SOWINS Mobile Outreach - serves Penticton, OK Falls, Oliver, Osoyoos, Keremeos, Princeton, and Summerland.

250-809-7054

Vernon - Cammy LaFleur Street Outreach Program

2800 33 St. (downstairs access)

250-545-3572



Q'wemtsín
HEALTH SOCIETY

Office Closure

QHS will be closed on Monday, February 17th in observance to Family Day and will re-open on Tuesday, February 18th at our regular office hours of 8:30 am.

If you need medical assistance please go to the Royal Inland Hospital or dial 911



Q'wemtsín
HEALTH SOCIETY

Kids Corner

Did you know?

- Elephants are the largest land mammals
- Elephants only eat plants, grass and fruit. They do not eat meat
- Elephants LOVE water
- Elephants can live up to 70 years old
- Elephants can drink up to 60 gallons of water each day! That's about 275 big bottles of coca cola
- Elephants love to swim, bathe and play in rivers



1.scorpion 2.camel 3.rhino 4.crocodile 5.hippo 6.cobra 7.elephant 8.parrot 9.ostrich

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

If you have a fever,
chills, body aches,
headache, cough,
sore throat, runny
nose or sneezing
 please wear a mask
 or stay home until
 you are better!



To minimize your flu risk:

Wash your hands frequently or use sanitizer (it is the single most effective way of reducing the spread of infection)

DO NOT cough or sneeze into your hands. Use a tissue or sneeze/cough into your elbow

DO NOT put your fingers near your eyes, nose or mouth

Clean and disinfect frequently touched workspace surfaces

Maintain good general health (eat a balanced diet, get enough sleep, exercise in moderation)



Q'wemtsín
HEALTH SOCIETY

February is Heart Month!

Here are some tips on how to keep a healthy Heart!

Be smoke-free!! Being smoke free is one of the best things you can do for your heart! Smoking affects the vessels that supply blood to your heart and other parts of your body. It reduces the amount of oxygen in your blood and damages blood vessel walls.

Manage your blood cholesterol; cholesterol is a fatty substance carried in your blood. Your body needs cholesterol to be healthy, but an imbalance of cholesterol can lead to a heart attack or stroke.

Manage your blood pressure. Blood pressure isn't usually something you can feel. If it's too high it needs to be treated. Blood pressure that's high over a long time is one of the main risk factors for heart disease.

Manage your diabetes, its important to manage your diabetes to help prevent a heart attack or stroke. Over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart.

Be physically active, regular, moderate physical activity is great for your heart health. It's never too late to start and get the benefits.

Achieve and maintain a healthy weight. Maintaining a healthy weight can reduce the risk of heart disease and other health problems.

Enjoy a variety of nutritious foods. Eating a varied diet of healthy foods can help with your weight, blood pressure and cholesterol. Eat plenty of vegetables, fruits and wholegrains. Eat less salt! Reducing your salt intake is good for your blood pressure. Replace unhealthy fats with healthy fats.

Look after your mental health. We know that there can be a greater risk of heart disease for people who have depression, are socially isolated and do not have good social support. Having a good social life with family and friends can help.





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!



Two new depots open to allow people to donate milk for vulnerable babies

Interior health is making it easier than ever to donate human milk to help other moms and babies with the introduction of new depots in Kelowna and Kamloops.

While many breastfeeding mothers in Interior Health have donated milk through periodic milk bank drives in the community, the introduction of collection depots at the Kamloops Health Unit and the Community Health Centre in Kelowna will help more people become donors and will allow them to donate on a continuous basis.

“Two new milk depots for Kelowna and Kamloops will help infants in the very first, fragile stages of their lives, and are incredibly important for those first few days,” said Health Minister Adrian Dix. “I am proud of Interior Health for making this happen and thank the selfless donors who provide milk to meet the ever-growing demand.”

Human milk has many health-promoting properties for babies, including antibodies to fight infection and disease. Human milk is best for all babies. It is especially important for sick and very tiny babies.

“Screened and pasteurized donor human milk is often in high demand at hospitals across the province for premature or sick infants. While a mother's own milk is always the first choice, pasteurized donor human milk is extremely beneficial for at risk newborns, such as those born prematurely,” said Rob Finch, Interior Health's Maternal, Newborn, Child & Youth Network Director. “Our sincere thanks to all those who have supported milk drives in the past for your continued dedication to the provincial milk bank and the babies it serves.”

Interior Health joins the provincial network of human milk depots rounding out the number to 28 milk depots supporting the provincial Milk Bank at BC Woman's Hospital + Health Centre along with the five other B.C. health authorities. The depots provide a place to drop off raw, frozen milk, which is transported to the BC Woman's Provincial Milk Bank in Vancouver. Donors are pre-screened and the donated milk is pasteurized at the provincial milk bank distributed to hospitals throughout B.C.

“We are thrilled to have all of the health authorities support the provincial milk bank,” said Stephanie Gillespie, International Board Certified Lactation Consultant at BC Woman's. “We supply mother's milk to the most fragile babies across B.C. and with the addition of these new milk depots, mothers from the Interior can more easily donate to families in need.”

Pasteurized human milk is used at Interior Health neonatal intensive care units in Kamloops and Kelowna.

“Breast feeding Matters in Kamloops would like to extend both congratulations and gratitude for the many woman and friends/family members in the Kamloops area, including Ashcroft and Salmon Arm, who have freely given time and support through pumping and storing breast milk and travelling to provide donor milk for the smallest membe4rs of our communities,” said Joanne Juras of Breastfeeding Matters Kamloops. The Kamloops organization and OK Breastfeeding in Kelowna have shipped hundreds of liters of breastmilk over the years.

The BC Woman’s Provincial Milk Bank has been in operation for 45 years. It has helped tens of thousands of babies and children, screened more than 6,500 donors and processed 60,000 liters of milk.

New donors are always welcome to the program donors must complete the Provincial Milk Bank’s pre screening process before they can donate their milk. Screening consists f telephone interview to confirm potential donors are in good health, not taking select medications and/or supplements, and willing to undergo blood testing.

For information contact 604-875-3743 or visit bcwomens.ca and search ‘milk bank.’

Interior Health is committed to promoting health lifestyles and providing a wide range of quality healthcare services to more than 750,000 people living across B.C’s vast interior. For more information, visit www.interiorhealth.ca

BC Women’s Hospital + Health Center, a program of the Provincial Health Services Authority, is the province’s only facility dedicated to the health of women, newborns and families. It is one of the country’s busiest maternity centers, delivering more than 7,000 babies annually, and serves as the provincial resource for high-risk maternity care, as well as the most highly-specialized centre for the largest neonatal intensive care unit in B.C. More than 50,000 women are seen annually through its specialized women and family programs, which include world-class services in sexual assault care, medical genetics, HIV care, reproductive and sexual health, maternal substance dependency, osteoporosis and complex chronic diseases. For more information, visit www.bcwomans.ca



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'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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