

# NEWSLETTER

DECEMBER  
2019  
EDITION



Food to School Learning Circle SIB November 13th

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



Q'wemtsín  
HEALTH SOCIETY

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# December 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 NP at qhs Foot care at qhs	3 Dr. Day at qhs	4 Dental Day NP at qhs Naturopath at qhs Dietitian at qhs	5 NP at sib Meaghan at sib Diala at qhs	6 Dr. Day at qhs Meaghan at qhs	7
8	9 NP at qhs Naturopath at qhs Foot care at qhs/ wpcib	10 Dr. Day at qhs	11 Dental Day NP at qhs Dietitian at qhs Naturopath at sib	12 NP at sib Meaghan at qhs Kaden at sib	13 Dr. Day at qhs Meaghan at wpcib Kaden at qhs	14
15	16 NP at qhs Naturopath at qhs Foot care at qhs	17 Dr. Day at sib	18 Dental Day NP at qhs Naturopath at wpcib Dietitian at qhs	19 NP at qhs Meaghan at sib Diala at qhs	20 Dr. Day at qhs Meaghan at qhs Open House qhs	21
22	23 O	24 F	25 F	26 I	27 C	28 E
29	30 C	31 L	1 O	2 S	3 E	4 D

Diabetic Educator—Diala  
Respiratory Therapy—Kaden  
Nurse Practitioner—NP

Craniosacral Therapy—Meaghan

Weytk,

I hope this message finds everyone in good spirits. Christmas is already here again and it's such a wonderful time to connect and be with family. Connection and being together is so important for our health and well being.

It has been another busy year here at QHS. The Board of Directors signed a new five year agreement in March of this year and using the community health plan as a guide we have added new programs and services to meet the needs of our communities. We have added a Dietitian, Certified Diabetic Educator, and a Respiratory Therapist to our team of health care providers. These allied services are available to assist clients with managing chronic diseases and improving health outcomes.

Also, we increased the GP time to two days per week and welcomed a new NP that is here at QHS four days per week. Both the GP and NP provide primary health care services for band members both on and off reserve that do not have a family GP.

Our mission is to advance holistic health by providing programs, services, and education and we are always working toward our vision of "Healthy Secwépemc Individuals, Families, and Communities". We welcome your suggestions and comments as it helps us evaluate our work so we can make improvements or changes. We want to ensure that we are delivering the best services and programs we can in order to meet your needs.

Our Christmas Open House will be on Friday, December 20<sup>th</sup> starting at 11:00 a.m. Please come by for refreshments and a visit.

On behalf of all of us here at QHS we wish everyone a very Merry Christmas and a Happy and Healthy 2020!!

Colleen Lessmann  
Health Director





You're invited To  
Skeetchestn  
Health Clinic  
Open House

Join us for our Christmas open house.  
Light refreshments and snacks provided.

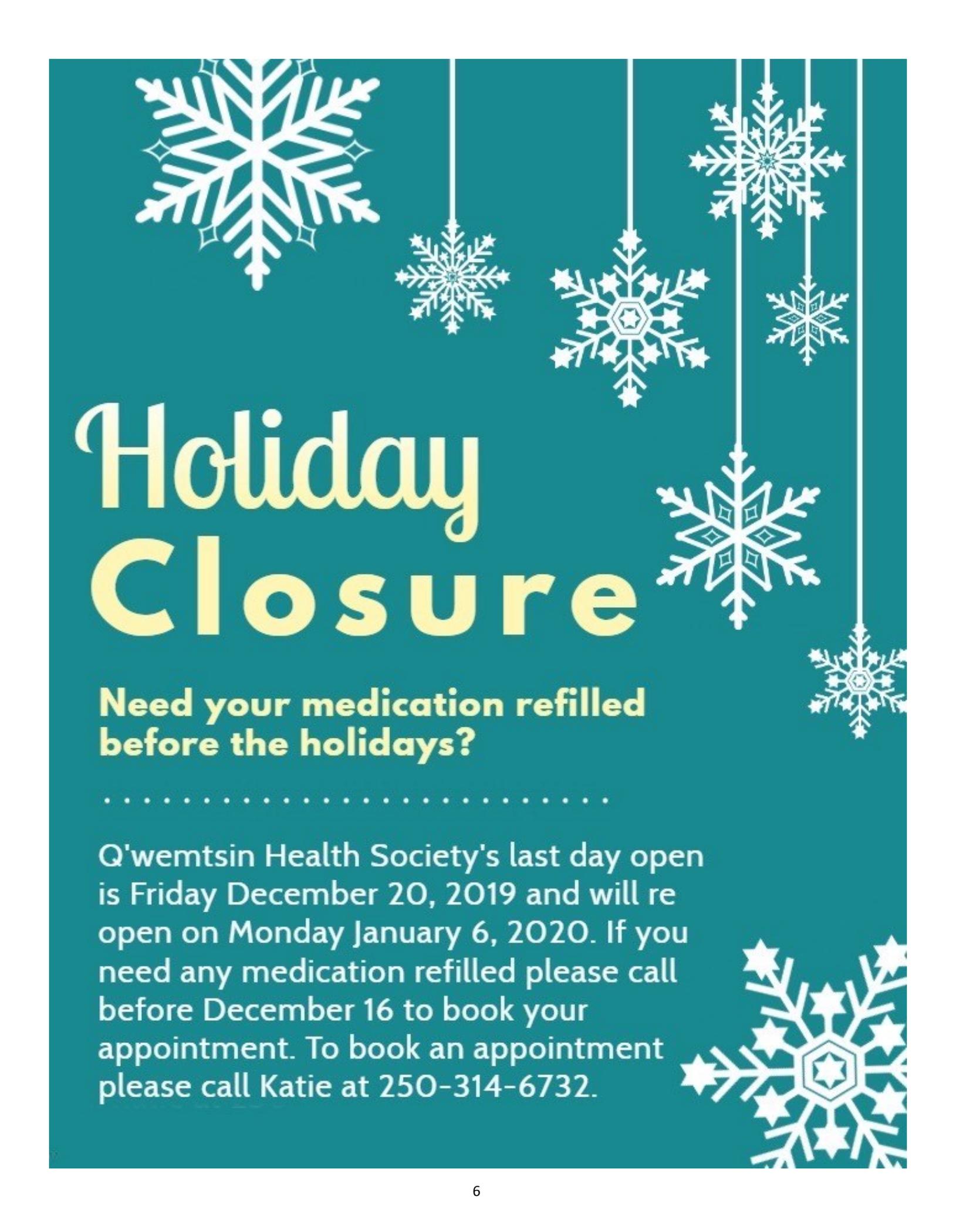
TUESDAY DECEMBER 10 2019  
11:00am - 2:00pm

For more information please call our  
office at 250-314-6732 or send us an  
email [qhs@qwemtsin.org](mailto:qhs@qwemtsin.org)



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# Holiday Closure

**Need your medication refilled  
before the holidays?**

.....

Q'wemtsin Health Society's last day open is Friday December 20, 2019 and will re open on Monday January 6, 2020. If you need any medication refilled please call before December 16 to book your appointment. To book an appointment please call Katie at 250-314-6732.

## Kamloops Medical Walk in Clinics

### **Kamloops Urgent Care Clinic**

(Behind Superstore)

#4—910 Columbia St. W

Phone: 250-371-4905

Open Monday—Friday 9:00am to 5:00pm

Saturday—Sunday 9:00am to 1:00pm

### **Kinetic Energy**

#207—450 Landsdowne St

Phone: 250-828-6637

Monday—Friday 7:45am to 5:00pm

### **Urgent Primary Care Clinic (RIH)**

Unit #102—311 Columbia St

Monday—Sunday 10:00am to 10:00pm

Phone: 250-314-2256

(Only takes phone call appointments, no walk ins).

If you have a medical emergency please go to the Royal Inland Hospital or dial 911.



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# Life Labs

Did you know you can now “Check in” and save your spot at life labs right from your phone! Here’s how you do it:

1. Download and launch the app from your smartphone (LifeLabs).



2. Tap the location you want to visit.

3. Enter the following information:

- Preferred name
- Phone number
- Email (optional)

4. Tap “Check In”

5. Verify confirmation page and select “Done”

**Wait where you want**  
with *Save My Spot!*  
Powered by Net Check In™

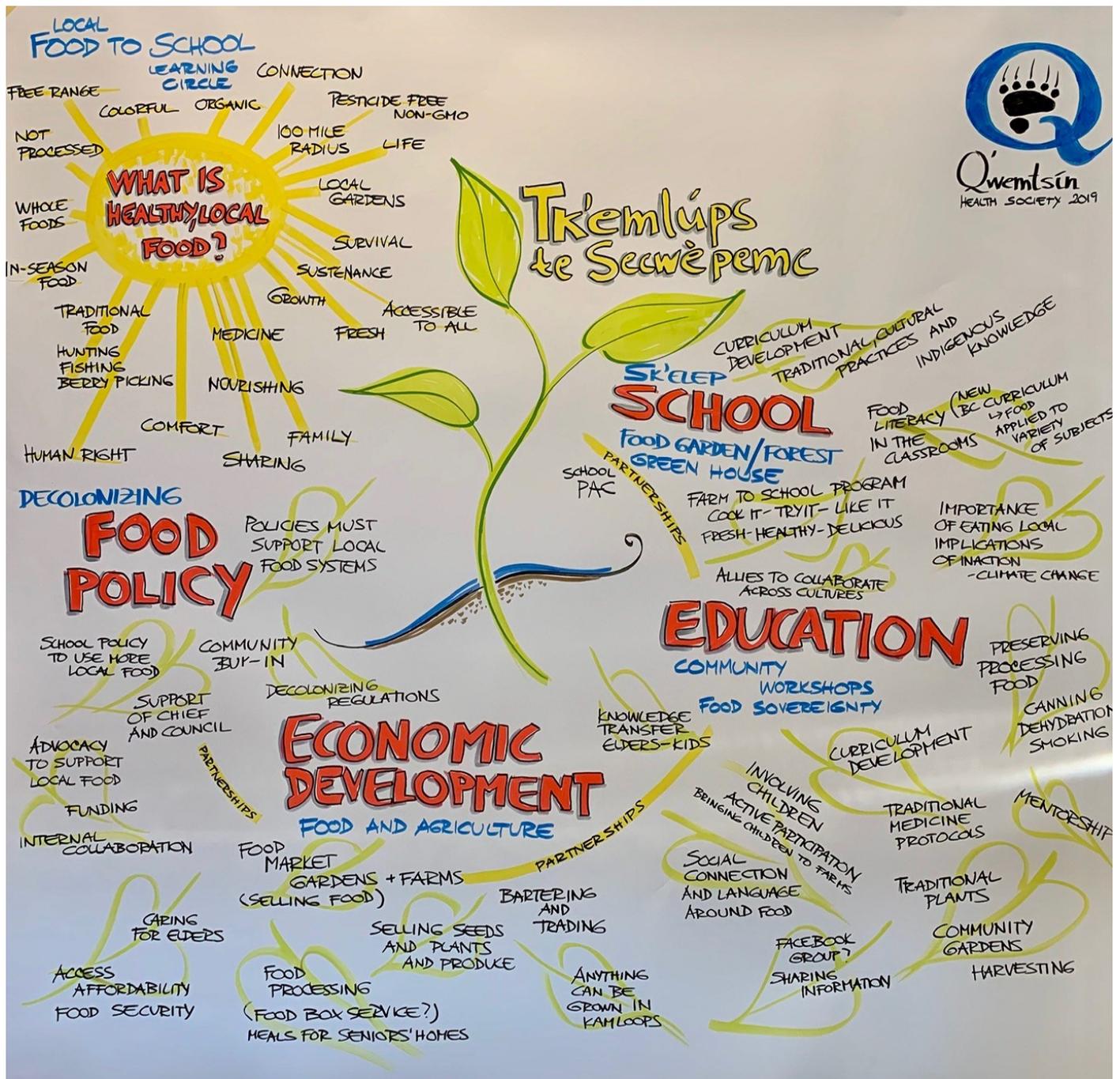
**Check in**  
online

**Wait**  
where you want

**Go**  
when ready

Available on the App Store | ANDROID APP ON Google Play

The advertisement features a background image of a smiling woman in a lab coat holding a smartphone. The text is overlaid on the right side. At the bottom, there are icons for a location pin, a clock, and a play button, each corresponding to the 'Check in', 'Wait', and 'Go' steps respectively. The App Store and Google Play logos are also present at the bottom left.



The Learning Circles at Tk'emlúps te Secwépemc and Skeetchestn that took place on November 12th and 13th were a great success. Over 25 participants attended each circle and brainstormed how to make “healthy, traditional and sustainable food” more available to students and community members. A graphic jam at each session created a vision as each community moves forward. Plans are underway to establish a steering committee in each community to move the goals forward. For more information or to get involved please contact Bobbi Sasakamoose, Community Wellness Champion or Laura Kalina, Dietitian/Food Sovereignty Lead at 250-314-6732.



# CHRISTMAS CLOSURE

DECEMBER 20, 2019 - January 6th, 2019

Q'wemtsin Health Society will close on Friday December 20th at 2:00pm and reopen on Monday January 6th 2020 at 8:30am.

If you have a medical emergency please go to Royal Inland Hospital or dial 911.

# Holiday yule log

## **Ingredients:**

1 cup all purpose flour  
1/4 teaspoon salt  
5 egg yolks  
2 tablespoons dry or cream sherry  
1 cup granulated sugar  
5 egg whites  
1/4 teaspoon cream of tarter  
Powdered sugar  
Coffee Cream Filling  
Rich Chocolate Frosting

## **Method:**

Grease and lightly flour a 15x10x1 inch jelly-roll pan; set aside. Stir together flour and salt in a small bowl. Beat egg yolks and sherry in a large bowl on high speed until thick and lemon colored. Gradually add 1/2 cup of the sugar, beating until sugar is almost dissolved. Beat egg whites and cream of tarter in a large bowl on medium speed until soft peaks form (tips curl). Gradually add remaining sugar, 2 tablespoons at a time, beating on medium speed until stiff peaks form (tips stand straight). Fold 1 cup of egg white mixture into egg yolk mixture. Fold egg yolk mixture into remaining egg white mixture. Fold in flour mixture; spread in the prepared pan. Bake in a 375 ° oven for 12 to 15 minutes or until top springs back. Immediately loosen the cake from pan. Invert cake onto a towel sprinkled with powdered sugar. Roll up warm cake and towel jelly-roll style, starting from a short side. Cool on a wire rack. Gently unroll cake. Spread Coffee Cream Filling onto cake to within 1 inch of edges. Roll up cake without towel, jelly-roll style starting from one of the short sides. Cut a 2 inch slice from one end of the cake. Place slice at side of log to form a branch. Frost with Rich Chocolate Frosting.

Using the tines of a fork, score the cake to resemble tree bark. Makes 10 servings.

## **Coffee Cream Filling:**

Beat one cup whipping cream, 1/4 cup sifted powdered sugar, and 1 1/2 teaspoons instant coffee crystals in a mixing bowl until soft peaks form. Makes 2 cups.

## **Rich Chocolate Frosting:**

Heat and stir 2 ounces unsweetened chocolate and 2 tablespoons margarine or butter in a saucepan until the chocolate melts. Remove from heat and stir in 2 cups sifted powdered sugar, 1/2 teaspoons vanilla, and 2 to 3 tablespoons milk to make frosting. Makes 1 1/4 cups.



# Winter Safety Tips

Keep your drive way and side walks clear: When it snows, clear your driveway and walkways of snow and ice. This prevents people from slipping injuries.

Use the fire place with care: Whether you have a natural or gas fire place, it is a source of heat and potential danger. Keep pets and kids away. Always make sure the fire is out before leaving the house or going to bed.

Holiday plants and pets don't mix: Keep your pets away from Poinsettias, Holly, Mistletoe and real christmas trees. They can be toxic for pets.

Be diligent with home security: Unfortunately, the holiday season sees an increase in break-ins. It's important to always lock your doors, windows and make a note of strangers in your neighborhood.

# Pacific Blue Cross: How to activate your Member Profile

## Did you know?

You do not have to activate your Member Profile to claim your benefits. Simply show your Status Card to dental, vision, and medical supplies and equipment providers.

If you are already covered by a **group benefits plan** administered by Pacific Blue Cross, instead of activation a FNHA profile, sign in and activate your Member Profile using your group plan's policy and ID number.

You should be able to see both your group plan and FNHA Policy 40000 in your profile.

**Follow the same steps to activate your child's Member Profile.**

If your child is too young to activate a Member Profile, create a profile by entering your child's:

**Status Number**

**First and last name**

**Birthdate**

Enter your email address as the contact. A child under 18 months will appear in your member profile as a dependent.

## What is your member profile?

As a client of FNHA, you automatically get a Pacific Blue Cross Member Profile as part of our Health Benefits Program. Your Profile is unique to you. Your Status Number doubles as your Pacific Blue Cross Member ID.

You can sign in to your Member Profile anytime to:

- Look up your dental, vision and medical supplies and equipment benefits.
- Keep track of how much you've claimed for each benefit
- Submit claims online
- Set up direct deposit payments to your bank account
- Print or email a copy of your Pacific Blue Cross Member ID card
- Find vision care providers who offer direct billing

## Getting started

Go to [pac.bluecross.ca/fnhaclient](http://pac.bluecross.ca/fnhaclient) and click **I want to register for access to my Member Profile:**

## How to activate your profile

Enter your Status Card Number. Click continue.

Then, type in your:

- First and last name on your Status Card
- Contact email address
- Birthdate

PACIFIC BLUE CROSS

## Register for your Member Profile

Please enter your Status Card Number.

You can find your Status Card Number on your Status Card.

Status Card Number \*

CANCEL CONTINUE

Question	Answer	Hint
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

**Next choose 3 security questions and answers.** Pacific Blue Cross will ask these to confirm your identity if you forget your password. Choose a hint for each one, in case you need help to remember the answer.

Check the first box if you want to subscribe to the Pacific Blue Cross Member newsletter (optional). If you leave this box blank, you will still receive important emails about your account and claims confirmation.

Click on the second box **I accept the user agreement and privacy policy** (required).

Click on the blue button **Register for Caresnet.**

By checking this box, I consent to receive emails about healthy service, savings and coverage from Pacific Blue Cross. These emails are sent out to Pacific Blue Cross Members and include valuable savings along with information on Pacific Blue Cross benefits, insurance offerings, health information and our community initiatives. You can withdraw your consent and unsubscribe at any time.

I accept the [User Agreement](#) and [Privacy Policy](#).

If you see the bow below, congratulations! You've now activated your Member Profile.



## Register for your Member Profile

You have successfully registered for CARESnet access.

A temporary password has been emailed to you. You must use this temporary password the first time you sign in to CARESnet.

Please close this window and sign into CARESnet when you receive your temporary password.

## Next step: create your personal password

### Check your email account.

- You should see an email from Pacific Blue Cross with the subject line **Activate your Member Profile**.
- Click on the temporary password link to go to the Pacific Blue Cross member sign-in page
- Type in your Status Card number and click **Login** button to choose your new password.



## Login

[Back →](#)

Status Card / ID Number

Password



### Update your password

New password must be between 8 to 255 characters long and must not contain the following characters: <, >.

#### Let's update your password

Enter your current password

Enter your new password

Enter your new password again

[LOG IN WITH YOUR NEW PASSWORD](#)

Click **Log in with your new password**.

**Congratulations on activating your Member Profile.**

**Click the account menu and follow the steps to print your ID card or sign up for direct deposit.**



### Did you know?

You can also activate your Member Profile on the Pacific Blue Cross mobile app at [pac.bluecross.ca/mobile](http://pac.bluecross.ca/mobile)

### Choose a strong password

Your new password:

- Must be between 8 and 225 characters long
- Can include any combination numbers EXCEPT the following: <, > .

# FIND US ON



[facebook.com/qwemtsinhealth](https://facebook.com/qwemtsinhealth)

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[qwemtsin.org](http://qwemtsin.org)

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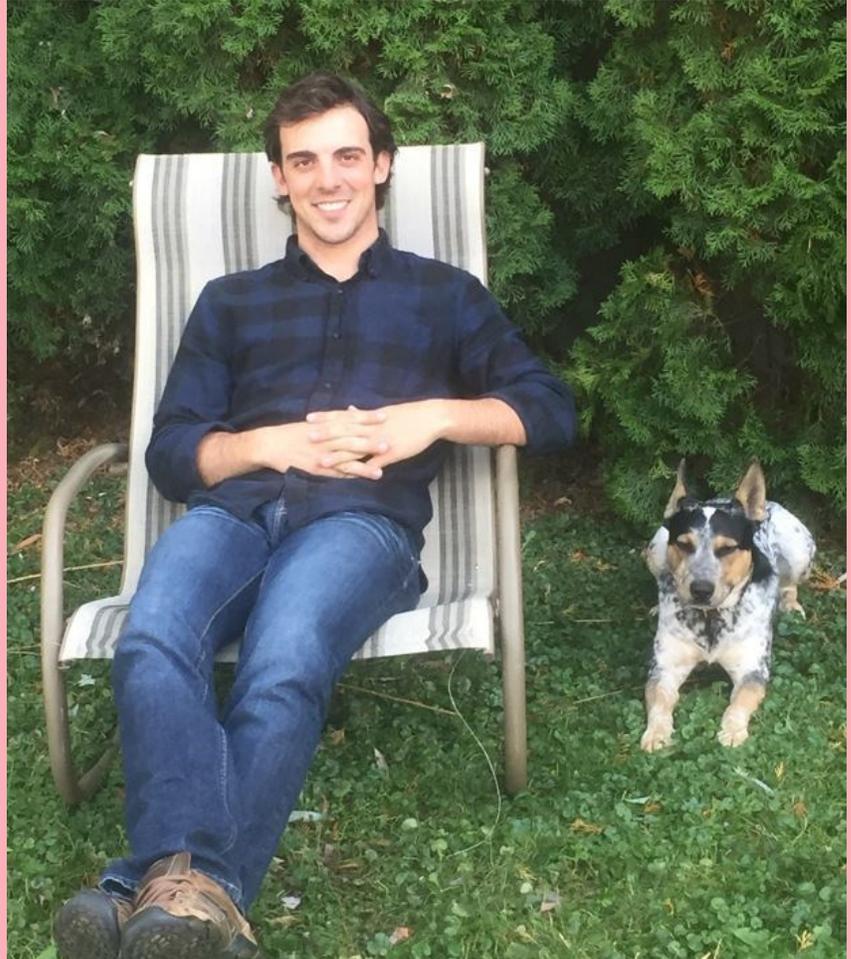
Give us a like on Facebook and stay in the loop of all our upcoming events, office updates as well as health related information.



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My name is Kaden Romain I'm a born and raised in Kamloops BC boy. From a young age I always had an interest in medicine and health care so after high school graduation I attended TRU and graduated from the Respiratory Therapy Program. During that time I have spent hours working at hospitals across BC such as Kelowna General, Vancouver General, BC Women's and Children's and St. Paul's Hospital. As a Respiratory Therapist I assist the medical team with things to do with breathing.



From the emergency room and "Code Blue's", to ventilation in the ICU, to education and lung testing. Wherever there is breathing there's usually a Respiratory Therapist there. Here at Q'wemtsin I focus on lung testing or "Spirometry" to show me how well a patient's lungs or breathing muscles are working. We cover patient's medications and how to properly take them as well as respiratory education. These Spirometry tests are relatively quick and easy and can be an early detection system for medical conditions such as Asthma and COPD. When I'm not working you can find me spending time with my family and friends. I spend as much time in the outdoors as possible either hunting, fishing or hiking with my dog!



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# Holiday Closure

**FRIDAY 20th DECEMBER 2019 - TUESDAY 7th JANUARY 2020**

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Skeetchestn Health Clinic will be closed on Friday December 20th and will re open on Tuesday January 7th for regular office hours. If you have an emergency please call 911 or go to the Royal Inland Hospital.



# NATUROPATH

**Acupuncture:** For relief of conditions such as acute and chronic pain, stress, anxiety & insomnia.

**Vitamin injections:** Myer's push- intravenous (IV) push containing vitamins and minerals to boost and support the immune system, aid in the body's response to stress and improve any deficiencies. These pushes contain a mix of Vitamin C, B-complex, Calcium, Magnesium and some trace minerals (no iron).

**Vitamin B12:** Administered as part of the above mentioned Myer's push or on its own intramuscular (IM) with folate.

**Dietary support:** 'Let food be thy medicine' Identification of food sensitivities (testing available at an extra fee to the patient), supervised gastrointestinal and liver cleanses and anti-inflammatory support.

Dr. Bradwell is at QHS Monday's & Wednesdays. SIB two Wednesday's a month & WPCIB the last Wednesday of the month from 9:30am-11:30am.



**Q'wemtsín**  
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# Q'wemtsin Health Society's Open House

**FRIDAY, 20TH DECEMBER**

Please join us for our annual open house.  
Light snacks and refreshments provided.  
For more information please call our  
office at 250-314-6732.

**11:00am - 2:00pm**

**130 Chilcotin Road Kamloops, BC**

## Did you know?

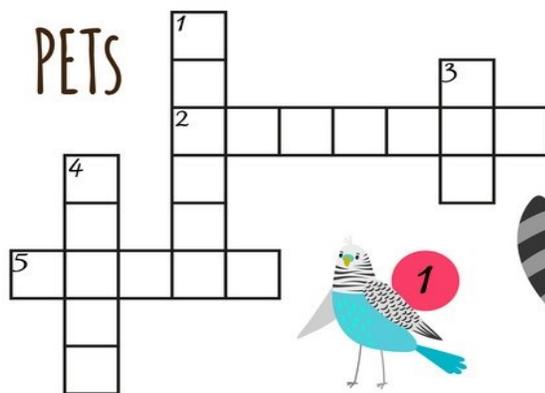
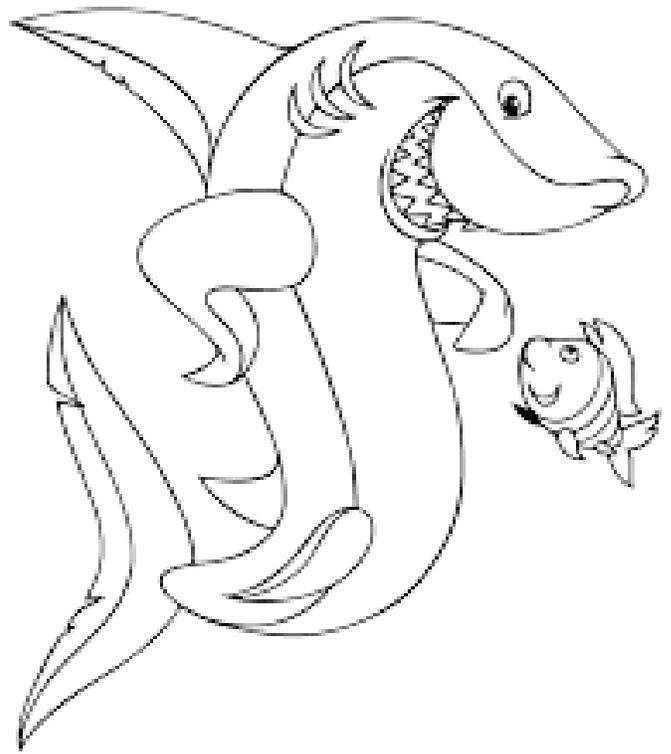
Sharks do not have bones!

Sharks live in every ocean on the planet.

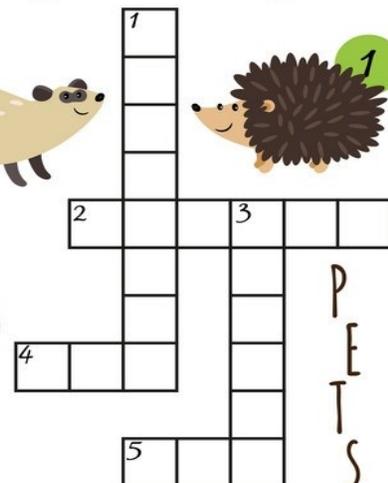
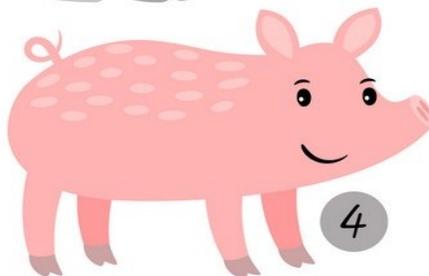
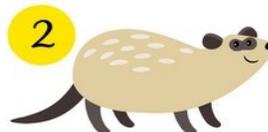
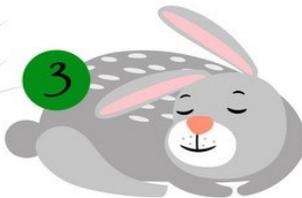
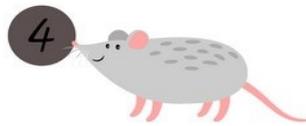
Sharks have the largest brain of any fish.

There are over 400 different species of sharks

Shark skin feels like sandpaper.



1.parrot 2.raccoon 3.dog 4.mouse 5.turtle



# Play Group

10:00am—12:00pm every Wednesday

For families with young children between the  
ages 0-5, to connect with other parents and  
children,

Can discuss health related information for chil-  
dren

Light snacks provided.

For more information  
please contact  
Sarah Bennett at  
250-314-6732



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# Diabetes and Foot Care

## Why is foot care important?

There are a variety of reasons, if you have diabetes, nerve damage, circulation problems, and infections can lead to serious foot problems. However, you can take precautions to maintain healthy feet. Managing your diabetes and maintaining a healthy lifestyle helps keep your feet healthy. This should include:

- regular medical exams, including foot checks at every visit and checking your ABCs (A1c, blood pressure, and cholesterol)
- monitoring your blood sugar daily
- regular exercise
- eating a balanced diet rich in fruits and vegetables

You can help prevent serious foot problems by following a good foot care regimen.

If you're interested in our Foot Care program and want to know more about our eligibility criteria please call DeAnne Campbell at 250-314-6732



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# Resource Numbers

## Emergency Assistance

Ambulance/Fire/Police.....	911
Children's Hotline.....	310-1234
Kids Helpline.....	1-800-668-6868
Interior Crisis Line Network..... (depression, poverty, abuse, homelessness, suicide)	1-888-353-2273
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..... (Mobile service for women and children who have experienced abuse)	250-320-3110
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.....	<a href="mailto:info@fnha.ca">info@fnha.ca</a>

## RCMP

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

## 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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