

# NEWSLETTER



NOVEMBER  
EDITION  
2020



The director general of an office representing the people of Taiwan gifted QHS with 6,000 masks and sanitizing materials. • October 9, 2020

Q'wemtsin Health Society • 250.314.6732  
130 Chilcotin Road, Kamloops BC V2H 1G3  
[qwemtsin.org](http://qwemtsin.org)



Q'wemtsín  
HEALTH SOCIETY

## IN THIS ISSUE

Staff Profile

Remembrance Day

Halloween

Skeetchestn Health  
Clinic

Indigenous Wellness  
Champions

Service Evaluation

Mask Recommendations

Swiss Cheese Model

Diabetes Month

Harm Reduction

Virtual Health and  
Wellness Fair

Mask Donation

Let's Move Studio - VIP  
Virtual Passes

Calendar

Resource Numbers

# Staff Profile

## Introducing Maintenance Technician:

### Brett Campbell



Hello! My name is Brett Campbell.

I was born in Prince George and raised in Kamloops, BC where I am a member of the Tk'emlúps Indian Band. I am currently attending Thompson Rivers University for a bachelor's degree in Natural Resource Sciences. I started school in 2014 which had 10 major events happen:

10. Malaysia Airlines Flight 370 Disappears.
9. Scotland Votes to Remain Part of the United Kingdom.
8. Eurozone Economies Falter—Again.
7. Pro-Democracy Protests Erupt in Hong Kong.
6. Narendra Modi Wins in India.
5. Negotiations on Iran's Nuclear Program Stall.
4. Oil Prices Crash.
3. Ebola Strikes West Africa.
2. ISIS Declares an Islamic Caliphate.
1. Russia Annexes Crimea and Threatens the Rest of Ukraine.

In my time off I enjoy golfing, skiing, kayaking, and camping. I am thrilled to be the Maintenance Technician for Q'wemtsín Health Society and look forward to meeting more of the community members.

Thank you,


Brett Campbell



## **Office Closure:**

In observance to  
Remembrance Day  
Q'wemtsín Health Society  
will be closed Wednesday,  
November 11<sup>th</sup>.

Regular office hours will  
resume Thursday, November  
12<sup>th</sup>.





# Halloween at QHS



Although, we missed seeing the children come into the office to trick or treat this year, staff at Q'wemtsin Health Society did their best to make the most of things. A few of our employees embraced the spirit of Halloween and wore their costumes to work for the day! We even had a special appearance from Tony the Tiger, making the day extra GRRRRREEAT!



# Skeetchestn Festival of Lights

On Thursday, October 29th the Skeetchestn Indian Band Social Development Department hosted a Festival of Lights within the community garden located at Skeetchestn Community School. Throughout the week pumpkins were delivered to children within the community, which they then carved and returned to the garden for a spooky light display!

The staff set up games for the children, provided some hearty chili and treats for visitors and invited some local vendors to display their crafts. The night was a huge success; it was absolutely wonderful to see people gathering in their Halloween costumes outdoors in a COVID-19 friendly manner!

A job well done by the Skeetchestn Social Development Department!



# Skeetchestn Health Clinic



It is with great pleasure that we announce the opening of the new Skeetchestn Health Clinic! It has been long awaited, but well worth it; the new building is beautiful and we're all very much looking forward to providing services to the community of Skeetchestn within this new and improved building!

The Skeetchestn Health Clinic will be open Monday to Thursday from 9:30 a.m. - 3:30 p.m., to book an appointment please call the office at 250-373-2580.

## Indigenous Wellness Champions



For the month of October the Indigenous Wellness Champions put together forty harm reduction kits for community distribution. The committee has begun preparation for National Addictions Awareness Week, where the committee has been planning the distribution of another one-hundred kits. Community distribution for these harm reduction kits will commence on Monday, November 23rd.



**QHS • SERVICES**



# QHS Service Evaluation

Complete a service evaluation form and have your name entered into the prize draw for a chance to win a brand new Windows laptop!!!

Submit your completed evaluation form either in person or email to [qhs@qwemtsin.org](mailto:qhs@qwemtsin.org) by 3:00 p.m. on December 4th - the door prize draw will take place at 3:30 p.m.

Please note: The door prize draw is for registered band members of TteS, SIB and WPCIB.

For more information  
or to request an evaluation form  
call Q'wemtsin Health Society:

**250-314-6732**



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



**Q'wemtsín**  
HEALTH SOCIETY

## Q'wemtsín Health Society Client Satisfaction Survey

Gender:

☐ Male ☐ Female ☐ Two-Spirited ☐ Non-Binary

Age:

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

Band:

☐ TteS ☐ SIB ☐ WPCIB

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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?

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

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

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

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

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THANK YOU FOR YOUR PARTICIPATION!



## Ministry of Health Policy

### Mask Use in Health Care Facilities During the COVID-19 Pandemic

#### Policy Objective

- This Policy protects patients, clients, clinicians, health care workers, non-clinical staff and the public by outlining provincial expectations for the use of face masks in all health care facilities, programs and services, including community physician offices and outpatient clinics during the COVID-19 pandemic.

#### Definitions

- **Medical mask:** A medical grade face mask that meets ASTM International and ISO (or equivalent) performance requirements for bacterial filtration efficiency, particulate filtration efficiency, fluid resistance, pressure differential, flame spread, skin sensitivity and cytotoxic testing.
- **Must:** A mandatory requirement based on BC Ministry of Health directive.
- **Non-clinical staff:** All staff that are not providing clinical care including, but not limited to, administrative and office staff, facilities staff, contracted staff and volunteers.

#### Guiding Considerations

1. Masking guidance should be based on current evidence about the known mechanisms of COVID-19 transmission. Specifically, COVID-19 is spread by liquid droplets that come from the mouth and nose when a person coughs, sneezes, and sometimes, when a person talks.
2. Personal Protective Equipment (PPE), including masks, are one part of the hierarchy of infection prevention and exposure control measures for communicable diseases. As such, PPE are supplemental to, and not replacements for other measures on the hierarchy. These other measures include, but are not limited to:
  - a. population-level measures (crowd limits, closures, quarantine/isolation, contact tracing),
  - b. environmental measures (physical distancing, physical barriers, cleaning and disinfection),
  - c. administrative measures (changes in work practices, decreased density), and
  - d. personal measures (staying home when sick, hand hygiene).



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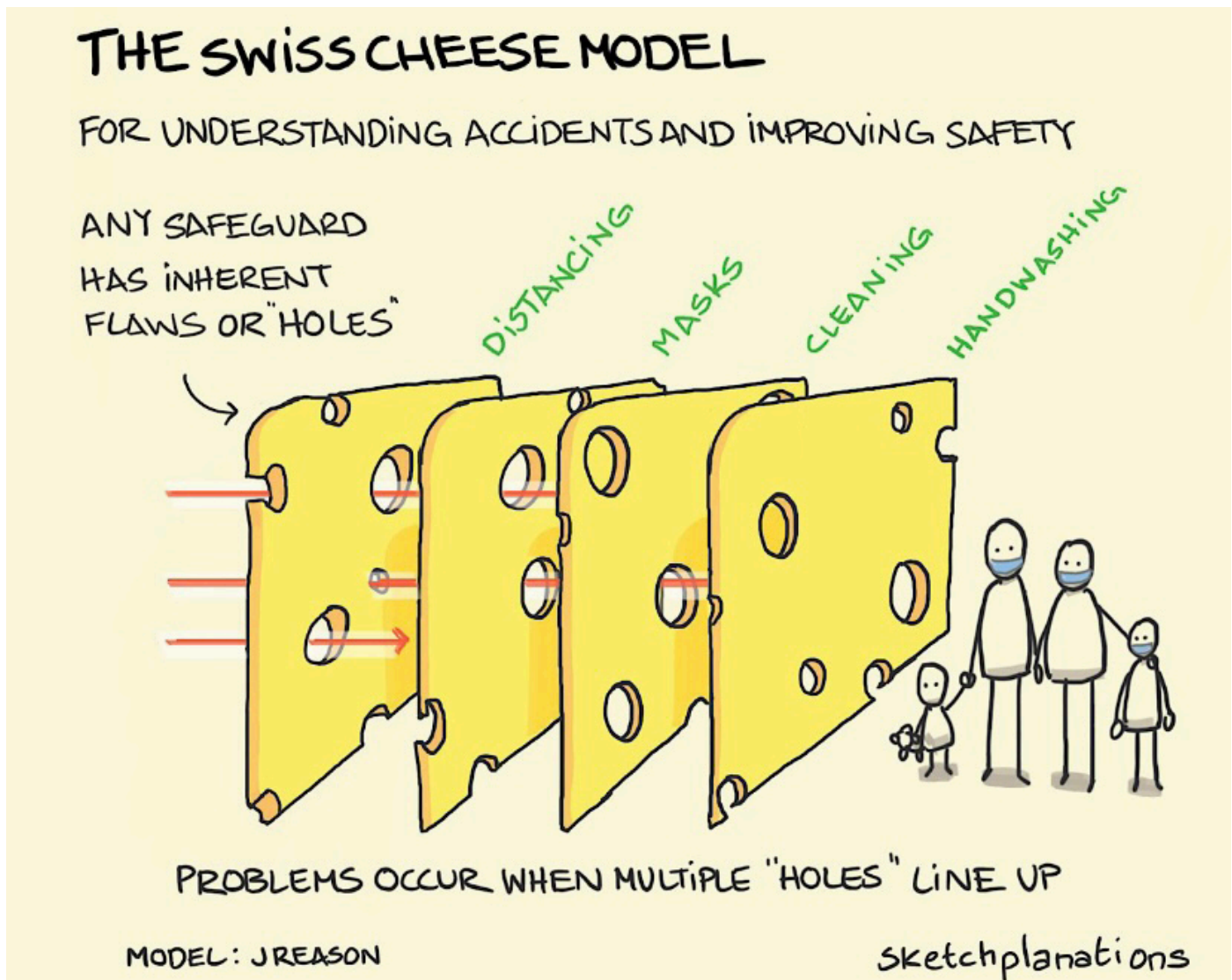
**Q'wemtsín**  
HEALTH SOCIETY

# NOTICE

**Please be advised when entering the clinic it is mandatory that all clients and visitors wear a mask and are screened by clinic personnel prior to entry. If you see a line up at our entrance please wait in your vehicle and call our office at 250 314 6732 to let us know you have arrived and we will call you back when it is clear to enter the clinic.**

**Thank you for your patience and keeping your community safe and healthy.**

# The Swiss Cheese Model



The "Swiss Cheese Model" uses slices of cheese to visualize how interventions work together. Each intervention — including physical distancing, mask-wearing, hand washing and disinfecting — is depicted as an imperfect barrier to virus transmission by the holes in the cheese.

When multiple effective, but imperfect, interventions are combined like a stack of Swiss cheese slices, some of the holes in the cheese are covered and virus transmission is decreased or even stopped. Some viruses might get through a couple of holes, but the odds are low that holes in every slice would line up and allow the virus to slip through the entire stack.

This is why it is recommended that everyone adhere to all of the safety guidelines set out by the Provincial Health Officer, Bonnie Henry; social distancing, masks, cleaning and handwashing are all small but simple ways we can keep ourselves and one another safe!





**LET'S END DIABETES TOGETHER** | **DIABETES AWARENESS MONTH**

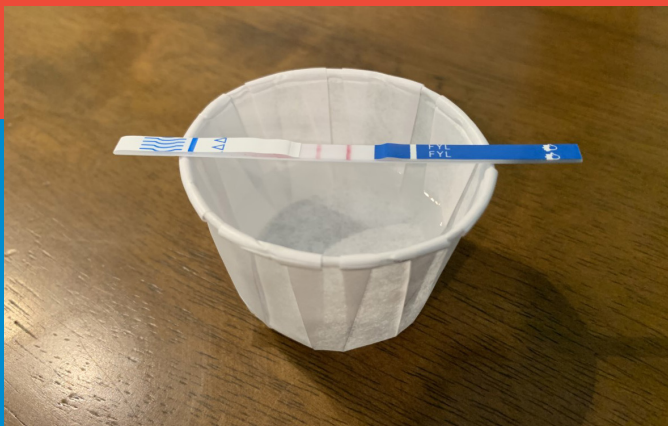


## Harm Reduction

- All health authorities in BC have seen an increase in overdose cases since the start of the COVID-19 Pandemic. This is due to the increased drug toxicity and more people using alone.
- Deaths have been increasing since March 2020 following enforcements in response to the COVID-19 pandemic.
- As of June 2020, illicit drug overdose deaths are at an all-time high.
- BC recorded 914 overdose deaths between January and July 2020.
- Death rates tend to be higher in males than females, although regional differences exist. Mortality due to accidental illicit drug overdose is highest in males aged 19-59.

# Fentanyl Test Strip Program

Q'wemtsin Health Society is now offering Fentanyl testing strips to member communities. If you're interested in learning more about the operation of Fentanyl testing strips and receiving some to use at your own discretion, please contact Bobbi Sasakamoose at 250-314-6732 or [bobbi@qwemtsin.org](mailto:bobbi@qwemtsin.org)



 [qwemtsin.org](https://www.qwemtsin.org)



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HEALTH SOCIETY

# Take Home Naloxone

Naloxone (also known as Narcan) is a medication called an “Opioid Antagonist” used to counter the effects of Opioid overdose, for example Fentanyl, Morphine and Heroin overdose.

Naloxone can be administered either by intramuscular injection or by nasal spray. Take Home Naloxone Kits which include the intramuscular injection can be accessed by any individual, free of charge. Naloxone nasal spray can be accessed by any individual obtaining First Nations Status, free of charge.

If you're interested in receiving either of these products please contact either Diane Procter or Bobbi Sasakamoose at your local Health Clinic.

Q'wemtsin Health Society  
Bobbi Sasakamoose  
250-314-6732  
bobbi@qwemtsin.org

Skeetchestn Health Clinic  
Diane Procter  
250-373-2580  
dprocter@qwemtsin.org





**QHS • SERVICES**



## Q'wemtsin Health Society Virtual Health and Wellness Fair

QHS is now hosting a Virtual Health and Wellness Fair! Tear out the passport on the following pages and then follow us on Facebook to play along. Each business day a new health or wellness related video will be uploaded, watch it and answer the daily question on your passport. Then drop off your completed passport at QHS between November 30th - December 4th to be entered into the door prize draws! Join in the fun anytime throughout the month of November, you will simply have to go back and review the videos that were posted to Facebook prior to your start date!

For more information call  
Q'wemtsin Health Society:

**250-314-6732**



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



**Q'wemtsín**  
HEALTH SOCIETY

# Q'WEMTSÍN HEALTH SOCIETY VIRTUAL HEALTH AND WELLNESS FAIR PASSPORT



In order to follow along with the QHS Virtual Health and Wellness Fair the first thing that you need to do is follow us on Facebook. To do this, login to Facebook, search Q'wemtsín Health Society and 'like' our page!

Then each business day throughout the month of November watch for the newest video to be uploaded. The questions found within this questionnaire will correlate with the daily video and the answers can be found directly within that video, so watch carefully.

Once you have answered all twenty-one questions, complete the evaluation form found on page three. Then select which prizes you'd like to have your name entered to win on page four and don't forget to provide your name and number!

Finally, once all four pages have been completely filled in, return your passport to QHS – No later than 3:00 p.m. on December 4<sup>th</sup>.

The door prize draw will take place on December 4<sup>th</sup> at 3:30 p.m. via live stream on Facebook.

***For more information contact Bobbi Sasakamoose***

***bobbi@qwemtsin.org | 250-314-6732***



Q'wemtsin Health Society  
Virtual Health and Wellness Fair – Questionnaire Passport

1. What is Gambling?

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2. Name one symptom of Diabetes:

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3. How many grams of sugar can be found within one teaspoon?

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4. Does smoking or vaping put an individual at a higher risk for contracting COVID-19?

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5. Name one item that can be found in the BC Hydro Energy Saving Kit:

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6. How long does it take to thoroughly clean your teeth when you brush them?

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7. Name one way that you can protect your brain from injury:

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8. Approximately, how many people are living with Schizophrenia in British Colombia?

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9. What is pain believed to be relative to?

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10. Name one thing a Foot Care Nurse can do for your feet:

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11. In Chinese Medicine, what is the emotion associated with the liver?

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12. Name two of the warning signs for Alzheimer's Disease:

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13. How many Secwépemc communities does the Secwépemc Health Caucus support?

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14. How many science tricks were in the Big Little Science Centre's presentation?

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15. What is the name of the intramuscular injection used to reverse an Opioid overdose?

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16. What plant was planted in abundance at the Skeetchestn Community School?

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17. What two items are accepted under the QHS Medication Return Program?

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18. What ailment is Mullein used to treat?

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19. What is another name for a Saskatoon berry?

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20. What item do you need to have when visiting the QHS Dental Clinic?

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21. How many beds does the Marjorie Willoughby Snowden Memorial Hospice have?

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Q'wemtsin Health Society  
Virtual Health and Wellness Fair – Evaluation Form

Gender:

☐ Male ☐ Female ☐ Two-Spirited ☐ Non-Binary

Age:

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

Band:

☐ TteS ☐ SIB ☐ WPCIB

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1. How did you feel about the QHS Virtual Health and Wellness Fair?

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2. Did you find the daily presentations informative?

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3. Would you participate in another Virtual Health and Wellness Fair?

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4. Do you have any suggestions for next year?

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Q'wemtsin Health Society  
Virtual Health and Wellness Fair – Door Prize Selection!

Due to COVID-19 QHS cannot invite people into the office to view the door prizes ahead of time. Therefore, we ask that you pre-choose which items you would like to have your name entered in to win. Once you have answered all twenty-one questions in the questionnaire and fully completed the evaluation form you qualify for ten door prize entries!

In the list below identify how many tickets you would like to have entered per item. You can put them all in for one item or split them up between your favourites, but remember you only get ten entries.

Name of Participant:

Phone Number:

- \_\_\_\_\_ Date night theatre rental for two at the Paramount Theatre
- \_\_\_\_\_ EXIT Escape Room pass for four
- \_\_\_\_\_ Family one-month all access pass to Tournament Capital Centre
- \_\_\_\_\_ Family season pass to Kamloops Wildlife Park
- \_\_\_\_\_ \$100 Gift Card to White Spot
- \_\_\_\_\_ Family photoshoot
- \_\_\_\_\_ Two-hour private rental for five at the Cliffside Climbing Gym
- \_\_\_\_\_ Two adult day-lift passes to Harper Mountain
- \_\_\_\_\_ Big Chief Smoker
- \_\_\_\_\_ Canning Package
- \_\_\_\_\_ Fishing Package
- \_\_\_\_\_ Camping Package
- \_\_\_\_\_ iPad



# Mask Donation



On Friday, October 9th the director general of an office representing the people of Taiwan gifted Q'wemtsin Health Society with 6,000 masks and sanitizing materials. Taiwan has donated more than 55 million masks to countries all over the world since the beginning of the pandemic. Additionally, Taiwan has been a leader in combatting the COVID-19 pandemic, with only 527 cases out of a population of about 23 million; these low numbers are attributed to the use of masks. For those working in healthcare within our communities, masks are considered one of the greatest defenses against the virus.

"The mask is the most important tool we have right now. These gifts are going to stop the spread in our communities, or at least slow it down. They're going to protect us and probably save lots of lives."

- Colleen Lessmann, QHS Health Director

# Let's Move Studio - VIP Virtual Passes

Let's Move Studio in conjunction with Q'wemtsin Health Society is proud to present:

LIVE Streaming yoga, dance and fitness classes!

With over 25 classes each week there is something for everyone!

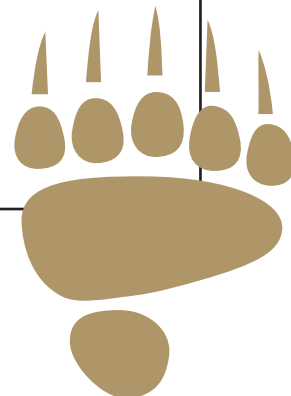
Five month passes FREE for ALL community members!

To register contact Bobbi Sasakamoose at 250-314-6732 or apply online at:

<http://eepurl.com/hiv215>

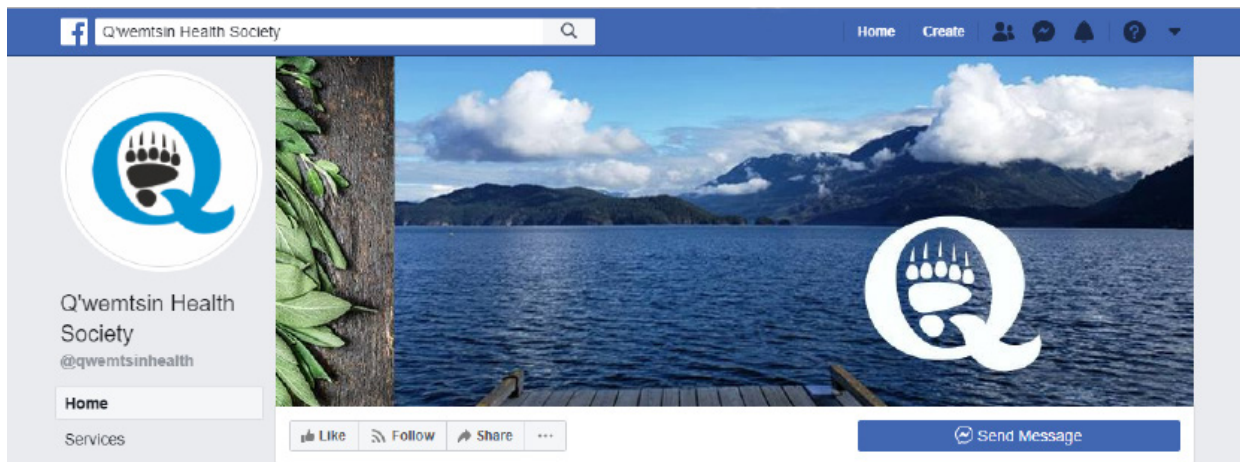
## November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 NP @ QHS Massage @ QHS	3 Dr. Shirley @ QHS	4 NP @ QHS Naturopath @ QHS Dietitian @ QHS MHC @ QHS	5 NP @ SIB Diabetic Ed. @ QHS MHC @ QHS	6 Dr. Shirley @ QHS MHC @ QHS
9 NP @ QHS Massage @ QHS Foot Care @ QHS	10 Dr. Shirley @ QHS Foot Care @ SIB	11 Office Closed Remembrance Day	12 NP @ SIB Diabetic Ed. @ QHS MHC @ QHS	13 Dr. Shirley @ QHS MHC @ QHS
16 NP @ QHS Massage @ QHS Foot Care @ QHS	17 Dr. Shirley @ QHS	18 Dental Day NP @ QHS Naturopath @ QHS Dietitian @ QHS MHC @ QHS	19 NP @ SIB Diabetic Ed. @ QHS MHC @ QHS	20 Dr. Shirley @ QHS MHC @ QHS
23 NP @ QHS Massage @ QHS Foot Care @ QHS	24 Dr. Shirley @ QHS	25 Dental Day NP @ QHS Naturopath @ SIB Dietitian @ QHS MHC @ QHS	26 NP @ SIB Diabetic Ed. @ QHS MHC @ QHS	27 Dr. Shirley @ QHS MHC @ QHS
30 NP @ QHS Massage @ QHS Foot Care @ QHS				





Find us “Qwemtsin Health Society” on Facebook. This is where you will see current events, workshops, reminders and photos of recent fun activities with youth and in the 3 communities.



Visit our Qwemtsin Health Society website

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



[Home](#) [About Us](#) [Programs](#) [What's New](#) [Events & Calendar](#) [Resources](#) [Feedback](#) [Contacts](#) [↓](#)

## mission



Advancing holistic health by providing programs, services, and education

## vision



Healthy Secwepemc individuals, families and communities

# 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
HealthLinkBC.....	811

## 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.....	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.....	250-374-4634
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
Kamloops Urgent Primary Care & Learning.....	250-314-2256

## 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)

