

NEWSLETTER



OCTOBER
EDITION
2020



Sun Ridge Contracting shown with TteS Kukpi7 and QHS staff as an expression of gratitude for a generous donation • September 2020

Q'wemtsin Health Society • 250.314.6732
130 Chilcotin Road, Kamloops BC V2H 1G3
qwemtsin.org



Q'wemtsin
HEALTH SOCIETY

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Staff Profile

Introducing Receptionist/Admin Assistant: Megan Rosette



Hello! My name is Megan Rosette.

I was born in Ashcroft B.C and raised in the Clinton area. I am married to Rolan Rosette and we will be celebrating 20 years together this coming year. We have six beautiful children; Haven, Trystan, Trynity, Skyden, Meikana and Ayla. We take great pride in teaching our kids their traditional ways. In our spare time, we love to hunt, fish and travel. I love working and helping people in our community.

I am excited to be a part of the Q'wemtsin Team and I look forward to meeting many new faces!

Thank you,

Megan Rosette

QHS • SERVICES



Flu Clinics

Q'wemtsin Health Society: Tuesday, October 13th from 10 a.m. - 5 p.m.

Skeetchestn Health Clinic: Wednesday, October 14th from 11 a.m. - 3 p.m.

Q'wemtsin Health Society: Thursday, October 15th from 10 a.m. - 5 p.m.

Due to COVID-19 we cannot accept walk-in clients; all flu shots will be by appointment only. To reserve your spot please call Q'wemtsin Health Society and ask to speak with one of the Medical Office Assistants.

For more information
or to book an appointment
call Q'wemtsin Health Society:

250-314-6732



qwemtsin.org



Q'wemtsín
HEALTH SOCIETY

Air Purifier Donation



Both Tk'emlups te Secwepemc Chief and Council, and Q'wemtsin Health Society would like to express our deepest gratitude to Carrie Leonard and Sun Ridge Contracting for generously donating \$12,000 to the society specifically for COVID-19 relief.

Carrie is not only a Band member, but a Band member partner, and a Band member entrepreneur whom believes strongly in giving back to her community and her Nation.

QHS used the donation to purchase six of Surgically Clean Air's medical grade air purifiers for the building, because better air quality and circulation within the building ensures that staff and members, who both provide and receive services, are in the safest environment possible during the COVID-19 pandemic.

Surgically Clean Air's medical grade purifiers use multi-stage air purifying technologies that work together to clean, purify and re-energize the indoor air. The six stage filtration system captures dust particles, pollen, volatile organic chemicals (VOCs), gases, mold, allergens, viruses, odors (like formaldehyde and smoke), bio-aerosols, and many other pollutants that are found in inside workspaces. The negative ion generator makes indoor feel more pure, clean and energized to help combat fatigue. For an air purifier to deliver its benefits throughout the indoor space it needs to move large volumes of air through its filtration system effectively without impacting those people that are closest to it or being too loud.



Community Gardens

Whispering Pines/Clinton Indian Band

The Whispering Pines/Clinton Indian Band received both donations and funding to put towards the completion of the community kitchen. The kitchen will be an integral part of the garden and Food Sovereignty plans for the entire community - from production to the table. Food preparation such as canning, preparing fish and meat, preparing medicines and other traditional practices of foods and culture will all take place at this new facility!



Sk'elep School of Excellence



The Sk'elep School of Excellence's Learning Circle Advisory Committee gathered on Thursday, September 24th to discuss plans for future TteS Food Sovereignty initiatives. The committee consists of various community stakeholders, such as council members, community members, and employees from Q'wemtsin Health Society, Sk'elep School of Excellence, Tk'emlups te Secwepemc, School District 73, Thompson Rivers University and the Kamloops Food Policy Council. If you have a passion for Indigenous Food Sovereignty and would like to be involved, please feel free to contact Bobbi Sasakamoose at 250-314-6732.

Skeetchestn Community School

Although, the school still has not opened its doors to the students, the community's Social Development department has been taking great care of the garden and food forest in the students absence. As the season starts to wrap up, things in the garden have slowed down in terms of maintenance, but every week the team goes to the garden to take care of any harvesting that needs to be done and has continued to share the produce with community members. In the next few weeks we will begin putting the garden to sleep for the winter, but keep your eyes and ears peeled because the Knowing our Roots Committee will be hosting a special outdoor event for Halloween, which will give community members a chance to see all of the team's hardwork before everything is put to sleep!





First Nations Health Authority
Health through wellness

Using Cannabis Safely during the Pandemic



A harm reduction approach will minimize the spread of COVID-19

You may be wondering how to consume cannabis safely and responsibly in the midst of a pandemic. Using cannabis the way you did before the pandemic may no longer be as safe and could even help the virus spread. Here are some harm reduction tips for using cannabis safely.

Prepare your own cannabis

For your safety, prepare for yourself the cannabis you are going to consume. Being the only person to touch the cannabis and the device you will use to consume it is critical in preventing the spread of the virus.

Avoid sharing joints, vapes, pipes and bongs

Sharing is a big part of the culture of using cannabis. Unfortunately, the virus can be spread if you share a joint, vape, pipe or bong with your friends. Not sharing with other people during the pandemic is the safest option when consuming cannabis.



If you are preparing pre-rolled joints for others:

- Wash your hands with soap and water for at least 20 seconds. If that's not possible, use an alcohol-based hand sanitizer.
- Wear a mask. Learn how to use a facemask and how to make your own [here](#).
- Use a sponge and water to seal the joint – do not lick it.
- Put the pre-rolled joints into plastic bags – this will reduce handling and limit the spread of the virus.



If you are receiving pre-rolled joints from someone:

- Try to keep your physical distance (2 metres) during the exchange.
- Consider waiting 72 hours before smoking (so that the virus becomes inactive).
- Wash your hands before and after smoking the pre-rolled joints.

Avoid smoking and vaping cannabis

Smoking and vaping may increase your risk of developing severe COVID-19 symptoms. This is a good time to try consuming cannabis in a way that does not affect your lungs. You could use edibles and tinctures instead.

Buy Cannabis from Licensed Producers and Retailers

- Licensed cannabis producers and retailers are following guidelines for handling and packaging cannabis products that minimize human contact with the substance, reducing the chances that the virus has contaminated the cannabis products.
- You can order cannabis online for delivery to your home or it may be available for pick-up at your local cannabis dispensary.
- During the pandemic, cannabis retailers are allowed to be open but they may have reduced hours and will likely only allow a limited number of people into stores at one time due to physical distancing protocols.

Staff Garden Projects







Trick-or-treating can be done safely by following these tips:

1. Respect homes by staying away if the lights are out.
2. Keep to your local neighbourhood this year.
3. Avoid trick-or-treating in busy areas or indoors (in places like malls) since there may not be enough space to distance. Indoor spaces may require a non-medical mask or face covering.
4. Trick-or-treat in a small social group, stick to six people.
5. Leave space between you and other groups to reduce crowding on stairs and sidewalks.
6. Wash your hands before you go out, when you get home, and before eating treats.
7. Keep hand sanitizer with you if eating treats on the go.
8. You don't need to clean every treat. You should instead wash your hands after handling treats and not touch your face.

Most importantly, **STAY HOME** if you're feeling unwell!



Get creative handing out treats:

1. Use tongs, a baking sheet or make a candy slide to give more space when handing out candy.
2. Plan to hand out individual treats instead of offering a shared bowl.
3. Only hand out sealed, pre-packaged treats.
4. Wear a non-medical mask that covers your nose and mouth when handing out treats.
5. Be more outside, than inside.
6. If you can, stand outside your door to hand out treats. Then kids won't need to touch the door or doorbell.
7. If you're unable to sit outside to hand out treats, clean and disinfect doorbells and knobs, handrails, and any other high touch surface often during the evening
8. If you are decorating, avoid props that can cause coughing, such as smoke machines.
9. Help make trick-or-treating more accessible to everyone by handing out treats from the bottom of your stairs or at your curb-side

Do not hand out candy if you're unwell, instead turn your porch light off!



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



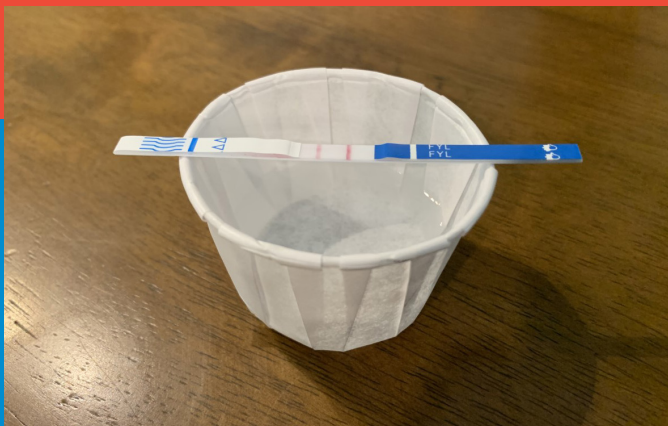
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Q'wemtsín
HEALTH SOCIETY

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



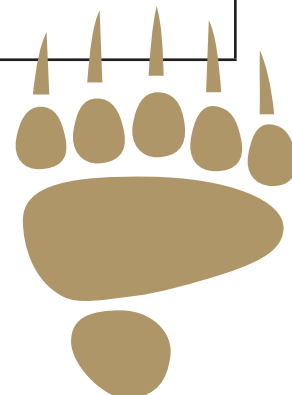
 [qwemtsin.org](https://www.qwemtsin.org)



Q'wemtsín
HEALTH SOCIETY

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1 NP@SIB	2 Dr. Shirley @QHS
5 NP@ QHS Foot Care @ QHS	6 Dr. Shirley @ QHS	7 NP@ QHS Naturopath @ QHS	8 NP@ SIB Flu Clinic @ WPCIB	9 Dr. Shirley @ QHS
12 Office Closed Thanksgiving	13 Flu Clinic @ QHS Dr. Shirley @ QHS	14 NP @ QHS Flu Clinic @ SIB Naturopath @ QHS	15 NP @ SIB Flu Clinic @ QHS	16 Dr. Shirley @ QHS
19 Foot Care @ QHS	20 Dr. Shirley @ QHS	21 Naturopath @ QHS	22 NP @ SIB	23 Dr. Shirley @ QHS
26 NP@ QHS Foot Care @ QHS	27 Dr. Shirley @ QHS	28 Naturopath @ SIB	29	30





Mandy Groce '10

ministry-to-children.com

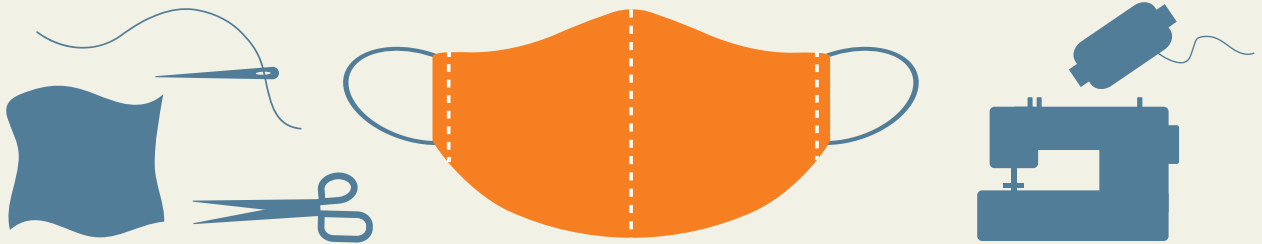


First Nations Health Authority
Health through wellness

Homemade Face Masks



Should you be wearing a mask when you leave home?



Non-medical (homemade) masks are one tool that can be used by First Nations community members and the general public during the COVID-19 pandemic. Homemade masks are recommended for use in situations where you cannot physically distance yourself from others, like at the grocery store.

Physical distancing, hand washing and staying home when you are sick are all more effective and more important than wearing a mask. But face masks can play an important role when physical distancing is difficult to maintain.

What You Need to Know

- Homemade masks can provide some protection to others around you when physical distancing is difficult to maintain, like when you're inside grocery stores or on public transit.
- Some people with COVID-19 can spread the virus before they develop symptoms. Therefore, wearing a mask helps to keep those around you safe, even if you have no symptoms or only mild symptoms.
- Homemade masks have not been proven to protect the person wearing the mask.
- Everyone needs to follow good mask etiquette to benefit from wearing a mask. This includes:
 - Washing hands before putting on and taking off the mask,
 - Never touching or adjusting the mask without immediately cleaning your hands after,
 - Not re-using a mask once you have put it on and not sharing your mask,
 - Not touching your face mask while using it,
 - Ensuring your mask fits well, and
 - Storing used masks safely until they can be properly washed.

NOTE: non-medical masks alone will not prevent the spread of COVID-19. Everyone must adhere to good hygiene and public health measures, including frequent hand washing and physical distancing.



WASHING AND DISPOSING OF YOUR FACE MASK

Face masks can become contaminated on the outside or when touched by your hands. When wearing a mask, take the following precautions to protect yourself:

- Change a cloth mask for a fresh one as soon as it gets damp or soiled.
- Put masks directly into the washing machine or a bag that can be emptied into the washing machine and then disposed of.
- Cloth face masks can be laundered with other items using a hot cycle and then dried thoroughly.
- Non-medical face masks that cannot be washed should be discarded and replaced as soon as they get damp, soiled or crumpled.
- Dispose of masks properly in a lined garbage bin.

WHAT SHOULD I LOOK FOR IN A HOME-MADE MASK?

- Four layers of fabric are recommended. If you hold the mask up to a window, no light should pass through it.
- Ensure that the face mask fits tightly around the nose and mouth. Material that allows droplets to pass through will not work.

NON-MEDICAL FACE MASKS SHOULD NOT BE PLACED ON:

- Children under the age of two,
- Anyone who has trouble breathing, or
- Anyone who is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

RESOURCES

Learn more about making homemade masks [here](#)

Learn more about face masks [here](#)

Learn more about COVID-19 prevention and risks [here](#)

[Share](#)

For more information and resources, visit www.fnha.ca/coronavirus

REVISED MAY 14, 2020.

QHS • SERVICES



Q'wemtsin Health Society Virtual Health and Wellness Fair

In lieu of our Annual Health and Wellness Fair, QHS will be hosting a Virtual Health and Wellness Fair! Contact us to get your passport ahead of time and then follow us on Facebook for the month of November to follow 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!

For more information or
to request a passport call
Q'wemtsin Health Society:

250-314-6732

 qwemtsin.org



Q'wemtsín
HEALTH SOCIETY

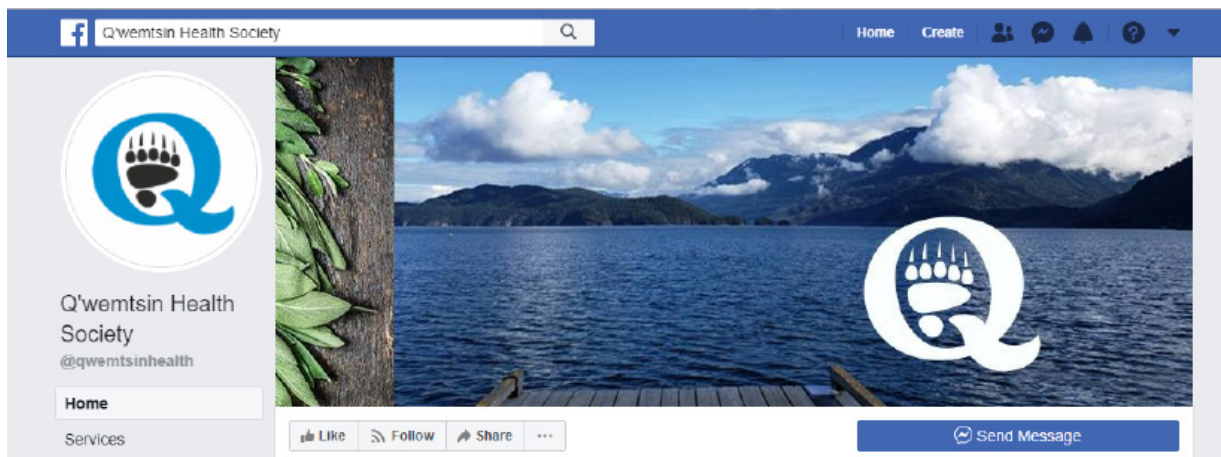
Orange Shirt Day



On Wednesday, September 30th, QHS employees wore their orange shirts to honour all of the Indian Residential School system survivors and the lives of those that did not make it home.



Find us “Q'wemtsin 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 Q'wemtsin
Health Society website

qwemtsin.org

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.....	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.....	250-374-4634
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)

