

Weytk!

January 2023



HAPPY NEW YEAR  
2023

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



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# January Pelkqwétmin (Hide Tanning Moon)

Yi7éne te méǵcen m-kiyéyes re tmicw. Yirí7 re m-ta7ús k s7estpénllexws re Secwépemc te c7es7ístkteñs. Yirí7 re m-élksenses re swétmin.

This is the month it was freezing on the land. The Secwepemc did not go out of their homes. They worked on their buckskin.



Women were responsible for tanning the hide. A solution to soften the hide was made from deer brain and bones. The deer skin is stretched over a frame made from seasoned fir trees.

The final process in tanning is smoking the hides over a pit. Juniper sticks were used for tanning hides.

Source: [http://secwepemc.sd73.bc.ca/sec\\_village/sec\\_hides.html](http://secwepemc.sd73.bc.ca/sec_village/sec_hides.html)



# Secwepemc Prayer

*Kukstéc-kuc Tqelt Kukpi7 te skectec-kuc te tmicws-kuc.*

We thank you Creator for giving us this beautiful earth.

*Yucwminte xwexweyt te stem ne7elye ne tmicw.*

Take care of everything on this earth.

*Yucwminte r qelmucw, r mesmescen, r spipyuy'e, r sewellkwe, ell re stsillens-kuc.*

Take care of the people, the animals, the birds, the water and our food.

*Knucwete kuc es yegwyegwt.s-kuc.*

Help us to be strong.

*Kukstéc-kuc Tqelt Kukpi7 te skectec-kuc te xwexweyt te stem.*

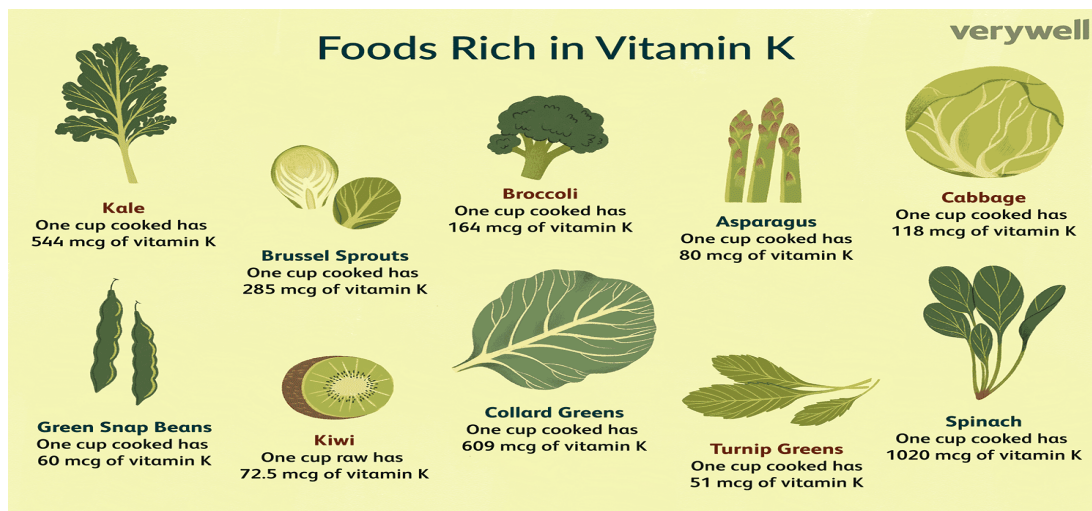
We thank you Creator for giving us everything that we need.

# The Naturopathic Alphabet

Submitted by: Dr. Melissa Bradwell, ND

Vitamin K is a fat-soluble vitamin that is most well-known for the important role it plays in blood clotting. However, vitamin K is also absolutely essential to building strong bones, preventing heart disease, and crucial part of other bodily processes. In fact, vitamin K is sometimes referred to as “the forgotten vitamin” because its major benefits are often overlooked.

Recent evidence suggests vitamin K is an important adjunct to vitamin D, and if you are deficient in one, neither works optimally in your body. As we already talked about earlier in these articles, vitamin D is a key player in your overall health.



## Potential Health Problems associated with Vitamin K Deficiency

### Arterial calcification, cardiovascular disease and varicose veins

Vitamin K2 helps to prevent hardening of the arteries. Research suggests vitamin K2 may help to keep calcium out of your artery linings and other body tissues, where it can cause damage. The latest studies show that vitamin K2, rather than K1, in concert with vitamin D, is what helps prevents calcification in your coronary arteries, thereby preventing cardiovascular disease.

### Osteoporosis and tooth decay

The absolute best way to achieve healthy bones is a diet rich in fresh, raw whole foods that maximizes natural minerals so your body has the raw materials it needs to construct strong bones. Vitamin K2 is one of the most important nutritional interventions for improving your bone density. It serves as the biological “glue” that helps plug calcium and other important minerals into your bone matrix.

### Cancers- prostate, liver, lung and leukemia

A number of studies have shown that vitamins K1 and K2 are effective against cancer by slowing the growth of lung cancer cells, stabilizing and improving liver function in patients with liver cancer (hepatocellular carcinoma) and protection against prostate cancer.

### Other beneficial effects of vitamin K include:

- Vitamin K2 deficiency may be a contributing factor to Alzheimer’s disease, and vitamin K2 supplementation may help in preventing it.
- Vitamin K2 improves insulin sensitivity; people who get the most vitamin K2 from their foods are about 20 percent less likely to develop type 2 diabetes.
- Topical vitamin K may help to reduce bruising.
- Vitamin K may have antioxidant properties.

### Three Types of Vitamin K—Which is Best?

The three types of vitamin K are the following:

1. Vitamin K1, or phylloquinone, is found naturally in plants, especially green vegetables; K1 goes directly to your liver and helps you maintain healthy blood clotting.
2. Vitamin K2, also called menaquinone, is made by the bacteria that line your gastrointestinal tract; K2 goes straight to your blood vessel walls, bones, and tissues other than your liver.
3. Vitamin K3, or menadione, is a synthetic form which is less recommended.

The vitamin K I recommend for supplementation is vitamin K2, which is natural and not toxic. Vitamin K2, which is made in your body and also produced by fermented foods, is a superior form of vitamin K. Increasing your K2 by consuming more fermented foods is the most desirable way to increase your levels.

### Where do I get Vitamin K2?

Fermented foods, such as natto, typically have the highest concentration of vitamin K found in the human diet and can provide several milligrams of vitamin K2 on a daily basis. This level far exceeds the amount found in dark green vegetables. Unfortunately, most Americans do not eat many fermented foods. Adding traditionally fermented foods to your diet is a must, and although not widely known, the health benefits of these foods are tremendous.

#### References:

- <http://articles.mercola.com/sites/articles/archive/2004/03/24/vitamin-k-part-two.aspx>
- Rheaume-Bleue, Kate: Vitamin K2 and the Calcium Paradox: How a Little-Known Vitamin Could Save Your Life, 2011.

Precise K2 values for foods are difficult to find. However, this table lists a few sources for comparison. Other foods high in K2 include raw dairy products such as hard and soft cheeses, raw butter, and kefir, and sauerkraut. Please note that the K2 content of pasteurized dairy and products from confined animal feeding operations, which include most commercial sources, are NOT high in K2 and should be avoided. Only grass fed animals (not grain fed) will develop naturally high K2 levels.

Food	Vitamin K2
Natto 3.5 ounces	1,000 mcg
Whole egg mayonnaise	197 mcg
Miso	10-30 mcg
Lamb or Duck 1 cup	6 mcg
Beef liver 1 cup	5 mcg
Dark meat Turkey 1 cup	5 mcg
Chicken liver 1 cup	3 mcg

### How Much Vitamin K2 do I Need?

The recommended dose is between 45mcg and 185mcg/day. If you don’t obtain this through diet, the next best thing is a high-quality K2 supplement. Remember, you must always take your vitamin K supplement with fat since it is fat-soluble and won’t be absorbed without it. Caution is advised on the higher doses if you take anticoagulants.

### Who Should NOT Take Vitamin K?

If you are pregnant or nursing, you should avoid vitamin K2 supplementation higher than the RDA (65 mcg) unless specifically recommended and monitored by your physician. If you have experienced stroke, cardiac arrest, or are prone to blood clotting, you should not take vitamin K2 without first consulting your physician.





Q'wemtsin  
HEALTH SOCIETY

# Community Open House

Q'wemtsin Health Society Hosted a Community Christmas Open House right before Christmas Break. Community members and staff came together to build Gingerbread Teepee houses. Fun was had by all on this day!





# Q'wemtsín

HEALTH SOCIETY

## A list of Primary Care Services

### **Urgent Primary Care and Learning Center**

- Contact number: 250-314-2256 – phones turn on at 10 am daily
- Open 10 am – 10 pm
- Must phone to make an appointment, no walk-in's
- 311 Columbia Street

### **Kinetic Energy Medical Clinic**

- <https://www.kamloopskineticenergy.com/medical-doctor>
- Contact number: 250-828-6637
- Patient Registration begins at 7 am, Monday to Friday. Must phone and leave a message to be added to the daybook for that day-No Walk-Ins
- Will start with a Phone Call appointment and may include a face-to-face appointment if needed
- Able to fill out Driver's Medical Forms

### **Kipp-Mallery iMedicine Services-Landmark Location**

- Contact number: 250-425-0025 ext 4
- Monday to Friday, 9:00 am-12:00 pm
- Walk-In's welcome, or phone to book an appointment
- 207-755 McGill Road
- Virtual or telephone appointments

### **Northshore Pharmacy and Care Clinic**

- Contact number: 250-376-9991
- <https://northshorepharmacy.ca/>
- Monday to Saturday, 9:00 am-5:30 pm, Sunday and Holidays 9:00 am-10:00 am
- Virtual appointments in the pharmacy -must be willing to switch to using their pharmacist



# Q'wemtsin

## HEALTH SOCIETY

### A list of Primary Care Services

#### Kleo's Pharmacy

- Contact number: 778-765-1444
- Walk in Medical Clinic available in the pharmacy, access to Virtual Doctor
- 90b-1967 Trans Canada Hwy E

#### Ashcroft Urgent and Primary Care Centre

- Located in the Ashcroft Community Health Centre - 700 Ash-Cache Creek Hwy
- Contact number: 250-453-2211
- Open 7 days a week, 8:00 am – 8:00 pm

#### FNHA Doctor of the Day

- Contact number: 1-855-344-3800
- 7 days a week, 8:30 am-4:30 pm
- All First Nations and their families
- <https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day>

#### TIA Virtual Health Clinic

- Tiahealth.com
- Virtual or Telephone appointments



#### Virtual Physicians at Health Link

- Call 811
- HealthLink BC virtual physicians are available to 8-1-1 callers after assessment by one of our registered nurses. If the nurse determines that further medical assessment by a doctor would help you get the best advice on when and where you should seek care, they may refer you to your family doctor or nurse practitioner, a health provider in your community or one of our virtual physicians.

#### Rocket Doctor

- Virtual Services
- Book online:  
-<https://rocketdoctor.ca/online-doctor-bc/>
- Available 24 hours a day, 7 days a week

#### Walk In Virtual Clinics

- Virtual Services
- Book online:  
• <https://www.walkinvirtualclinics.com/online-doctor-british-columbia>
- Able to provide Doctor's note for work
- Appointments available same or next day

#### VivaCare Telehealth

- Monday to Friday, 8:00 am-9:00 pm, Saturday to Sunday
- Book online: <https://vivacare.ca/telehealth-online-doctor/>
- Virtual or telehealth appointments available





What are your New year Resolutions for 2023? I am sure everyone has a goal or something they would like to accomplish. The most common resolution is to lose weight and exercise more. This is great but more often than not, people eventually stop or feel so much pressure they lose sight and quit. Here is a list of small but attainable New Years Resolutions. These are mostly based on self-care:

- Commit to at least one act of self-care each day
- Surround yourself with loving and accepting community
- Create positive routines in your life that nourish you
- Declutter your life in physical and emotional ways
- Make sure that your life supports your mental health
- Unfollow or unfriend people/pages that bring you down
- Learn to rest and take breaks
- Spend more time in nature to ground yourself
- Spend more time with family!



Whatever your New Years Resolutions are just make sure that you are kind and easy on yourself. For example, instead of saying "I want to lose 10 pounds" say "I show my body the love and respect everyday in what I feed myself and how I treat myself". Positive intention works wonders!

When you are so focused on your resolutions and goals dont forget to slow down and enjoy the journey, because after all, the journey is what it's all about. Last but not least, dont forget to ask yourself while you're on your journey completing your goals and resolutions; What do I want to experience this year and how do i want to experience it?

**HAPPY NEW YEAR ALL!!!**

# Let's Talk by Bell

## January 25, 2023



### What is "Let's Talk" by bell?

It's a campaign created to raise awareness and combat stigma that surrounds mental health.

### Anti-stigma of Mental Health Issues

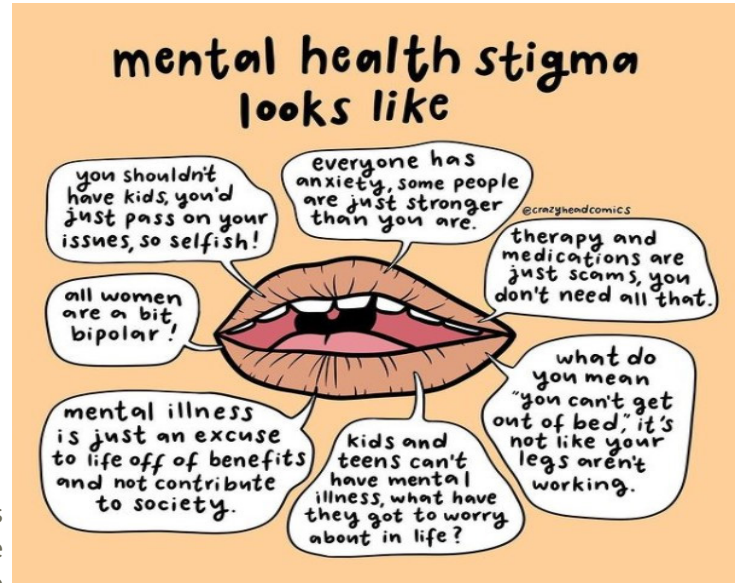
One of the biggest obstacles for anyone struggling with mental illness is overcoming the stigma that is attached to it. Talking is an important first step towards creating lasting change.

Talking helps reduce the stigma around mental health, promotes awareness and understanding so everyone can get the help they need. Let's create a safe space for people to talk, so we can help combat stigma that surrounds mental health.

### 5 ways to end stigma around mental health

Helping to end the stigma around mental health illness can help people seek the help they need and create positive change. One of the biggest hurdles for anyone suffering from mental illness is overcoming the stigma of having a problem and asking for help. Here are 5 simple ways to help end the stigma that keeps too many who struggle with mental illness from seeking the help they need:

1. Language matters: the words you use can make a difference.
2. Educate yourself: knowing the facts and myths about mental illness can be a great way to help end the stigma.
3. Be kind: simple acts of kindness can help open up the conversation and let someone know you are there for them.
4. Listen and ask: being a good listener and asking how you can help can be the first step in recovery.
5. Mental illness touches us all in a way, directly or through a friend, family member or colleague. Most people with mental health issues can and do recover, just by talking about it.



If you are in crisis please call 911 or go to your local Hospital.

Here are few resouce numbers for our area:

- Interior Health Crisis Line: 1-888-353-2273
- First Nations & Aboriginal Specific Crisis Line available 24/7:
- Toll Free 1-800-588-871  
Youth Line 1-250-723-2040  
Adult Line 1-250-723-4050
- British Columbia Crisis Center: 1-800-784-2433
- Canadian Mental Health BC Division 1-800-555-2283
- Kids Help Phone: 1-800-668-6868
- Helpline for children in BC 310-1234 or text686868



First Nations Health Authority  
Health through wellness

# Respiratory Virus Season: Making Healthy Decisions

Protecting yourself and others is important when respiratory viruses are circulating.

## Keep yourself and others safe



get vaccinated



wash hands



stay home when sick



use masks

## How to recover at home



rest



water



healthy diet



fever medication

## Some may get sicker than others



babies



pregnant women



elders



medical conditions

## Contact a health care provider if:



difficulty breathing



chest pain



signs of dehydration



worsening symptoms

If you or a loved one are at greater risk of severe illness due to age or health condition, talk with a health care provider about a possible treatment plan. If you don't have a health care provider you can access the First Nations Virtual Doctor of the Day at 1-855-344-3800 seven days a week from 8:30 a.m. to 4:30 p.m.

# BODY POSITIVE

## A NWAC Fact Sheet For Parents and Caregivers of Indigenous Youth



**AS A PARENT OR CAREGIVER,** it's important to keep in mind that our children hear and see the way we view our own bodies. From this, they learn how to view their own bodies. They also learn from their other interactions with friends and other communities.

Many of us are overly critical of our bodies and make less than kind comments about ourselves, often without even noticing. Just as we should avoid doing this in general, it's especially important not to do this in front of our children and youth. We should also avoid commenting on our children's bodies. Instead, we should speak about ourselves and our bodies in positive ways—say that we would want our kids to speak about themselves and their bodies. Many Indigenous communities have teachings about how sacred our bodies are. This is the kind of messaging we should be modeling for our children.

Everyone has their own insecurities about their body, and social media and society have added to these insecurities. Remember that people come in different shapes, sizes, and colors, and that it's never ok to comment on the way someone looks.

Taking pride in your body is an important part of self-growth, self-love, and self-worth. We are more than how we appear. We are made up of different pieces that make us a unique person. This is especially important during times when body and minds may be going through many changes.

### AVOID SAYING THINGS LIKE:

- I look bad today.
- I look too big / I look too small.
- Using words like skinny and fit.
- I hate this or that about my body.
- I wish I looked like that person.
- I could never wear that.
- I shouldn't eat this.

### INSTEAD, USE BODY-POSITIVE STATEMENTS:

- My body is allowed to change.
- I am so much more than my appearance.
- My body makes me unique.
- I am not a size or weight; I am a person.
- My body is strong.
- My body can rest; my body can move.
- My body takes care of me.



### AS A TEAM:

Communicate by having conversations about self-confidence and self-worth and how this does not come from appearance. Understand that people have lots of different kinds of insecurities that may affect how they see themselves and how they interact with other people. Encourage conversations as a way to normalize insecurities and differences, as well as self-expression and individuality. Model positive reinforcement and use kind words when talking about our bodies and insecurities.

### “WOMEN ARE LIFE-GIVERS,

but women are not going to be life-givers without men. So, that's a balance in life. Our Two-Spirit people bring that balance again, of masculine and femininity. Our lives are not about our sexuality or even our gender identity; it's about us being a human being; it's about us following those teachings that our ancestors put in place for us, those teachings of kindness and respect, truth, honesty, humility, love, wisdom, about living these ways of life. Trying to look at each other as a valuable portion of a community; what gifts does that person have to bring to the table, so that we can become a very rich table, right?”

(Elder Laura Waters-Curdie, 2022)



Check out [www.stbil.nwac.ca](http://www.stbil.nwac.ca) for additional fact sheets and more!

Native Women's Association of Canada  
Association des femmes autochtones du Canada



Funding for this document is provided by Indigenous Services Canada. The opinions expressed in this document are those of the authors and do not necessarily reflect the official view of Indigenous Services Canada.

# DO YOU NEED TO SEE A NURSE? OPEN TO ALL!

## WHEN

Tuesday's & Thursday's  
9:00am to 11:00am

## WHERE

Tuesday-Rosethorn  
(250 Victoria Street West)

Thursday-The Seed  
(181 Victoria Street West)

## AVAILABLE SERVICES

Home Health Care-Wound  
Care

Public Health Street Nurses

MHSU OAT Nurses

## HOME

### HEALTH

Wound Care supports

## STREET NURSES

Birth Control support

STI supports

Immunizations

## OAT NURSES

Opioid Agonist  
Therapy

MHSU Support

Harm Reduction

Education

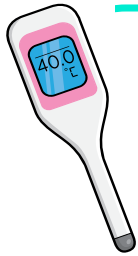


# Information for families and caregivers on children's fever and pain medication

## WHAT TO DO WHEN YOUR CHILD HAS A FEVER

Community and hospital pharmacies all over Canada are working with manufacturers, distributors, federal, provincial, and territorial governments, and others to address the current supply challenges affecting pediatric formulations of fever and pain medication.

This tip sheet was developed in collaboration with health-care providers to offer guidance on when and how to use these products, and when you should speak with a health-care professional for advice.



### WHAT IS A FEVER?

- A fever is a rise in body temperature above normal range.
- It is usually a sign that the body is fighting an infection.
- A fever itself is generally harmless and possibly even helpful.
- Fevers don't always need to be treated.
- To learn more, please see "[Fever and temperature-taking](#)" from the Canadian Paediatric Society.



Your trusted health-care provider can help decide if taking medicine is recommended.

Method	Normal temperature range
Rectum	36.6°C to 37.9°C (97.9°F to 100.2°F)
Mouth	35.5°C to 37.5°C (95.9°F to 99.5°F)
Armpit	36.5°C to 37.5°C (97.8°F to 99.5°F)
Ear	35.8°C to 37.9°C (96.4°F to 100.2°F)



### HOW CAN I HELP A CHILD WITH A FEVER AND/OR PAIN?

When a child is sick, one of the main goals is to relieve discomfort and promote rest. Treating a fever does not impact the length of time you are sick.



You may use **acetaminophen** or **ibuprofen** when an infant or child is in pain or is uncomfortable because of a fever.



### WHAT IS THE DIFFERENCE BETWEEN THESE DRUGS?

**Acetaminophen** and **ibuprofen** both help to manage fever and pain, but they work in the body differently.

**Ibuprofen** will also help to reduce swelling, bruising, redness and pain/tenderness related to these symptoms following an injury.











Canadian Pharmacists Association  
Association des pharmaciens du Canada



# How much acetaminophen to give your child





If you do not have infant or children's acetaminophen, you can give your child part of an adult dose. How much you give for each dose depends on your child's weight.

- Use this chart for giving regular acetaminophen to **children 3 months of age and older**.
- To find your child's dose, first weigh your child.
- You can give a dose **every 4 to 6 hours**.
- **Do not give more than 5 times in 24 hours**.
- Use **regular release** acetaminophen.
  - **Do not** use "extended release" acetaminophen, such as Tylenol Arthritis® or other brands.
  - **Do not** give medicines where acetaminophen is mixed with other medicines, such as Tylenol Cold® or other brands.

Your child's weight in kilograms (kg) [or pounds (lb)]	Regular Strength 325 mg tablet	Extra Strength 500 mg tablet
5.5 to 8.3 kg [12.1 to 18.3 lb]	¼ tablet = 81.25 mg 	
8.4 to 12.5 kg [18.4 to 27.5 lb]		¼ tablet = 125 mg 
10.9 to 16.2 kg [24.0 to 35.6 lb]	½ tablet = 162.5 mg 	
16.2 to 24.3 kg [35.6 to 53.5 lb]	¾ tablet = 243.75 mg 	
16.7 to 25.0 kg [36.7 to 55.0 lb]		½ tablet = 250 mg 
21.7 to 32.5 kg [47.7 to 71.5 lb]	1 tablet = 325 mg 	
25 to 37.5 kg [55.0 to 82.5 lb]		¾ tablet = 375 mg 
33.3 to 50.0 kg [73.3 to 110.0 lb]		1 tablet = 500 mg 

Your child's correct dose is 10 to 15 mg of medicine for every kilogram your child weighs

## How to give this medicine

1. Use round tablets. They are easier to cut. *Do not* use caplets. 
2. Cut the tablet using a pill splitter or knife. 
3. Crush the tablet. 
4. Mix the medicine with a *small amount* of water, juice, jam, syrup, or pureed food. 

**Questions?** Ask your community pharmacist. After hours, call 8-1-1 to ask a pharmacist at HealthLinkBC.

# Did you know that QHS has a Nutrition Program?

Nutrition education is available for Tk'emlups te Secwepemc, Whispering Pines and Skeetchestn Indian Band members who reside on or off reserve.

## Services Provided By:

Certified Nutrition Educator who is a Registered Dietitian.

## Services Provided

- General Health and Wellness
- Healthy cooking made easy
- Traditional Foods
- Nutrition to boost your energy
- Healthy Weights (weight loss and weight gain)
- Cardiovascular disease, high cholesterol and high blood pressure
- Type 2 diabetes and other blood sugar concerns
- Low Iron and anemia
- Gastrointestinal issues (irritable bowel syndrome, Crohn's and Colitis)
- Vegetarian and Vegan nutrition
- Food allergies or intolerance's, including Celiac Disease and lactose intolerance
- Osteoporosis or low bone density
- Pregnancy and infant nutrition
- Family nutrition and meal planning
- Pediatric nutrition for such things as picky eating and growth concerns



## Dietitian

With our dietitian learn how to incorporate foods that maximize your protection against the progression of diabetes, develop a personalized meal plan, get hands-on experience in the kitchen, and discover a love for good food.

If you would like more information about our Nutrition Program please call QHS at 250.3146732.





# Skeetchestn Health Center Christmas Open House

Skeetchestn Community Health Center Hosted a Christmas Open House on December 15th. We had a great turnout, community enjoyed food, laughter and fun!!!



# Q'wemtsin Health Society Coloring Contest



**For members of TteS, SIB and WP/Clinton Indian Bands.** In honor of Family Day, we are hosting a coloring contest. We are asking children from our three communities to draw a fun memory that they had with their family or friends in 2022. It could be anything from camping, to swimming or a fun family trip. Entries can be emailed or dropped off at either QHS or the Skeetchestn Health Center.

The winner will win a Family Pass to the Kamloops Wildlife Park!!!

**Contest  
Deadline:  
Monday, Feb  
17th @ 4PM**

For more information please call  
QHS at 250.314.6732 or Skeetchestn  
Health Clinic at 250.373.2580

Please email to:  
[lindsie@qwemtsin.org](mailto:lindsie@qwemtsin.org)  
[leeanne@qwemtsin.org](mailto:leeanne@qwemtsin.org)  
or

Drop off at 130 Chilcotin Road





## Employment Opportunity – Permanent Full-Time Home and Community Care (HCC) Registered Nurse

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Q'wemtsin Health Society (QHS) is an assembly of health care professionals who believe in providing quality, client-centred care to our Secwépemc communities through the provision of holistic health services. Located at the heart of Tk'emlúps te Secwépemc our clinic acts as a one-stop health shop for community members. Over the last 21 years, becoming a pivotal agent in supporting health and wellness for the Tk'emlúps te Secwépemc, Skeetchestn Indian Band and Whispering Pines/Clinton Indian Band.

### **Purpose:**

To work in collaboration with a multidisciplinary team by performing routine nursing services such as assessments, development of care plans, and provision of personal and nursing care to clients in the home and community setting.

### **Responsibilities:**

- Assessment and referral – plans, delivers and evaluates professional nursing services in homes to individuals and/or groups
- Provides health education and treatment services to individuals, caregivers and groups to increase knowledge regarding health and to promote and enhance health status
- Coordinates home and community services with outside agencies
- Performs other related duties as required

### **Qualifications and Skills:**

- Registered Nurse with a bachelor's degree in nursing that is registered with the BCNM and licensed to practice in the Province of British Columbia
- Three to five years recent experience as a Home and Community Care Nurse
- Ability to adapt clinical and professional skills to the home and community environments
- Must be in good health and physically able to move (sit, stand, bend and lift) intermittently throughout the workday – lift, push, pull and move a minimum of 22 kilograms (50 lbs)
- Excellent verbal, written, and organizational skills
- Knowledge of Secwépemc culture is an asset, acknowledges cultural differences and supports diversity

### **Requirements:**

- Current CPR/First Aid certification for Health Care Providers
- Criminal Records Check (vulnerable sector) will be required
- Possess valid British Columbia driver's license and submit current drivers abstract

*Please forward your cover letter and resume along with three employment references to:*

Q'wemtsin Health Society  
Attn: Bobbi Saekamoose  
130 Chilcolin Rd.  
Kamloops, BC V2H 1G9  
E-mail: [bobbi@qwemtsin.org](mailto:bobbi@qwemtsin.org)

**Application Deadline: January 24, 2023 @ 4:30 p.m.**

**We thank you all for your submissions – only those who are short-listed will be contacted.**

10 January 2023

# Creamy Broccoli Cheddar Soup

## Ingredients:

- 1 Tbsp butter
- 1 medium yellow onion, finely chopped
- 1/4 cup salted butter
- 1/4 cup all-purpose flour
- 2 cups chicken broth
- 2 cups half and half
- 12 oz fresh broccoli (I use a 12 oz bag of florets), roughly chopped
- 2 carrots, peeled and chopped
- 1/2 tsp kosher salt
- 1/4 tsp paprika
- 1/4 tsp garlic powder
- 1/4 tsp dry mustard (can substitute with about 1/2 tsp regular mustard)
- 1/4 tsp black pepper
- 2 cups cheddar cheese

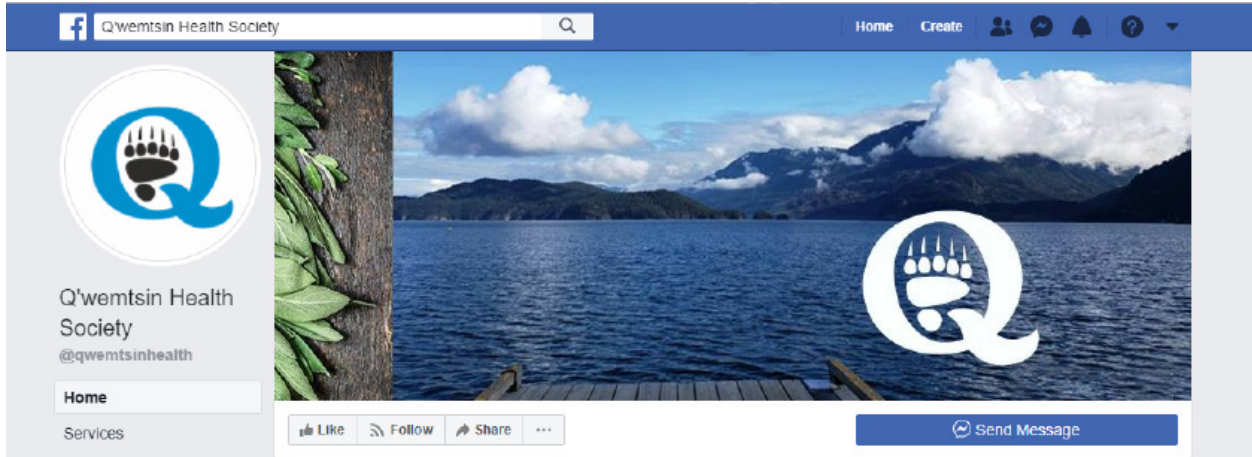


## Instructions:

1. Add 1 Tbsp butter to dutch oven and heat over MED heat. Add chopped onion and saute until onions are soft and translucent, about 2-3 minutes. Add 1/4 cup butter to dutch oven, still over MED heat. When melted, add flour and whisk together. Cook mixture about 1 minute, whisking often.
2. Slowly pour in about a cup of chicken broth, whisking as you pour. Continue with remaining chicken broth and half and half, pouring slowly and whisking as you pour.
3. Let broth/half and half mixture cook for a minute or two, whisking often, making sure no flour lumps remain.
4. Add broccoli and carrots and stir to combine. Add paprika, garlic powder, dry mustard, salt and pepper, stir. Reduce heat to LOW/MED LOW and simmer about 10-15 minutes or until thickened and broccoli/carrots are fork tender. If soup gets too thick for your liking, add a splash of chicken broth or half and half to loosen it up.
5. Blend soup until desired texture is reached, using either immersion blender or by transferring soup to traditional blender.
6. Add grated cheddar cheese a handful at a time, stirring to melt the cheese into the soup after each handful. Taste soup and season with additional salt and pepper if needed.
7. Serve hot with additional black pepper and shredded cheese on top if desired.

**f Find us on  
Facebook**

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)



**mission**



Advancing holistic health by providing programs, services, and education

**vision**



Healthy Secwepemc individuals, families and communities

# 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
First Nations and Aboriginal Specific Crisis Line. Available 24/7.	
Toll Free.....	1-800-588-8717
Youth Line.....	250-723-2040
Adult Line.....	250-723-4050
BC Poisen Control.....	1-800-567-8911

## Aboriginal Services

Q'wemtsin Health Society.....	250-314-6732
Urban Native Health Clinic.....	250-376-1991
Secwepemc Child and Family Services	
153 Kootenay Way.....	250-314-9669
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

## 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)
Cellphone.....	250-319-5420

## 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>

