

Q'wemtsín HEALTH SOCIETY



Pellcwéw'lemten  
May  
2023

**Happy Mothers Day  
to all the matriarcs  
of our families and  
communities.**

**Wishing Mothers love  
and laughter each and  
every day!**

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



## IN THIS ISSUE

Mobile Mammogram Day

Health Regulations for wearing  
Masks

Happy Birthday to Skeetchestn  
Elder

Respiratory Therapy

Ladies Day

TteS Welcome Baby Ceremony

QHS Preschool/Kindergarten  
Wellness Day

Men's Night

Take Home Naloxone Kit

Skeetchestn Preschool/  
Kindergarten Wellness Day

Red Dress Day

QHS Survey Collection  
Contest

QHS Questionnaire

Naturopathic Alphabet

Pictures of our Community  
Engagement Sessions

QHS Resource Numbers

# May Pellcwéwlemten (Lake Fishing Moon)

Yi7éne te méǵcen m-yews re s7e7llqs te Skwenkwínem ell te Tsétselq re Secwépemc, ell m-ti7ǵwélqwmes. M-yews re snesnés te t7íweltk e syéwems tek ximísell.

This is the month the Secwepemc dug the Mountain Potatoes and the Balsam Root and scraped the cambium from the trees. Then they would go up the mountains and dip net for the big trout.

**Q'wemtsin Health Society and the Skeetchestn Health Center will be closed for Strategic Staff Planning.**

**Closed: Wednesday, May 10th**

**Reopened: Thursday, May 11th**

**If you have any questions of concerns please call QHS at 250.314.6732**



Q'wemtsin • SERVICES  
HEALTH SOCIETY



# Mobile Mammogram Day

The Mobile Mammogram bus will be at Q'wemtsin Health Society and the Skeetchestn Health Center on the following dates:

- QHS Tuesday, April 11th, 2023-CANCELLED
- Skeetchestn Health Center Thursday, May 25th

If you would like to book an appointment please call Q'wemtsin Health Society at 250.314.6732 or Skeetchestn Health Center at 250.373.2580

## Early detection saves lives!



To register you must  
be age 40+



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## Q'wemtsin Health Society

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As of April 6/23, it is no longer mandatory to wear medical mask in a health care setting.

Masks are available for anyone who chooses to wear one during their visit.

To protect our staff and clients, anyone exhibiting signs of, or symptoms of respiratory illness is still required to wear a mask while in QHS and the Skeetchestn Health Center.

If you have any concerns please contact QHS at 250.314.6732

# Happy 99th Birthday to Skeetchestn Elder Cecelia Peters!



From the QHS Board and Staff!



## **Did you know that QHS offers Respiratory Therapy to our communities?**

The Respiratory Program at Q'wemtsín Health Society focuses on early diagnosis of respiratory conditions as well as patient education for disease prevention. Community members with pre-existing lung conditions, smoking histories or anyone exposed to environmental air pollutants (Household or Work related) may benefit from pulmonary testing.

A Respiratory Therapist can conduct a Spirometry test to see how efficiently a patient's lungs and muscles of ventilation are working as well as seeing if certain medications benefit the patient or improve lung function. From there patients can be diagnosed, referred for more specific tests or further education can be provided. The education covered can help patients deal with chronic respiratory conditions, prevent respiratory illness, educate patients about their current respiratory medications as well as smoking cessation.

If you would like to book an appointment or would like more information please call QHS at 250.314.6732.

**QHS** • SPECIAL EVENT



## QHS LADIES DAY

Friday, May 19, 2023

10:00-3:30 p.m.

Join us for a day of health & wellness! We will have a catered lunch + special guest speaker (TBA). There will be an Artisans Market and Health Resource Booths, Wellness Activities + Swag & Door Prizes!

Where: Coast Hotel, (Ballroom)  
1250 Rogers Way, Kamloops B.C.

For more information  
or to arrange a ride,  
call Q'wemtsin Health  
Society:

**250-314-6732**



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



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# TteS Baby Welcome Ceremony







# Preschool/ Kindergarten WELLNESS DAY

We would love for you to join us!

- Dental Checks
- Hearing Screening with Audiologist
- Fun Activities
- Lunch Provided

**May 31**

For children age 3-5

Wednesday • 10:00am–2pm  
Q'wemtsin Health Society  
130 Chilcotin Road  
For more info call  
250.314.6732



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**Q'wemtsín**  
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**QHS** • SPECIAL EVENT



# QHS MENS NIGHT

Friday, June 16, 2023

5:00 p.m. at The Dunes

652 Dunes Dr (Westside)

Enjoy a catered dinner & presentation  
with an RCMP Drug Specialist.

Naloxone Training

Poker Tournament

Swag Bags

Door Prizes:

BBQ, Smoker, Battery Jumper + More!

For more information  
or to arrange a ride,  
call Q'wemtsin Health  
Society:

**250-314-6732**



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



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• HARM REDUCTION

# 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; both of which are distributed by QHS, free of charge, to any community member.

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

**Q'wemtsin Health Society**  
**Tim Clark**  
**250-314-6732**  
**tim@qwemtsin.org**

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



qwemtsin.org



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# Skeetchestn- Preschool/ Kindergarten WELLNESS DAY

We would love for you to join us!

- Dental Checks
- Hearing Screening with Audiologist
- Outdoor Activities
- Lunch Provided

**May 30**

Tuesday • 11:30am–2pm  
Skeetchestn Health Clinic  
7116 Big Sky Road

For more info call  
250.373.2580

For children age 3-5



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



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HEALTH SOCIETY

# RED DRESS DAY

Honoring and remembering our Stolen Sisters

## May 5th

**Indigenous Women  
are 12 times more  
likely to be murdered  
or missing than any  
other women in  
Canada.**



In British Columbia, BC, so many indigenous woman have been murdered or gone missing that in 2010 the province struck a Missing Women Commission Inquiry. Its 2012 report, Forsaken, found that “approximately 33 per cent (33%) of BC’s murdered or missing women were Indigenous, despite making up approximately three per cent (3%) of the province’s total population.”

For more information about Canada’s Missing and Murdered Indigenous Women and Girls (MMIWG), click on these links:

- National Inquiry into Missing and Murdered Indigenous Women and Girls: <https://www.mmiwg-ffada.ca/final-report/>
- Films and documentaries: <https://www.kairosCanada.org/missing-murdered-indigenous-women-girls/films>
- Adaawk (A-Dow-ick) is a powerful and moving documentary that gives a glimpse into the lives of loved ones who are missing or murdered along the Highway of Tears.
- The REDress Project: <https://www.jaimeblackartist.com/exhibitions/>

**“To all First Nations women and girls. All of you. You are beautiful. You are loved. You are resilient. May you be free from pain and suffering. May you be safe. May you love yourself. May you be healthy. May you feel strong. May you find your roots and feel grounded, connected, supported.” – Melanie Rivers, Tiyaltelwet, Squamish First Nation**




# QHS 5-year Evaluation Survey Collection!

Please fill out a QHS 5-year evaluation form your name will be entered into a draw to win an Apple watch!!

All completed forms can be dropped off at QHS or the Skeetchestn Health Center for your chance to win!

For more information call:  
Q'wemtsin Health Society at 250.314.6732  
or call the Skeetchestn Health Center at 250.373.2580

Draw Date is  
June 30th

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



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HEALTH SOCIETY



# 5-Year Evaluation Survey



**PRATT  
CONSULTING**

## of Q'wemtsin Health Society (QHS)

*The purpose of this survey is to gather information on how Q'wemtsin Health Society is contributing to your health and how their programs and services could evolve and grow.*

*To participate you must be a member of Skeetchestn, Tk'emlups te Secwépemc or Whispering Pines / Clinton.*

*The choice to participate in the survey is up to you. All responses are confidential. Everyone who completes a survey will be entered to win an Apple watch.*

*If you have any questions or concerns about the survey, you can contact the evaluation consultant: James Pratt, 1-250-920-7826 or [james@prattconsulting.ca](mailto:james@prattconsulting.ca) (working on contract for Q'wemtsin).*

### Part 1: Basic Information

Today's date: \_\_\_\_\_

- Which community are you a member of? *(please mark one box)*  
 Tk'emlups te Secwépemc       Skeetchestn       Whispering Pines / Clinton
- What is your age group?  
 10-24       40-54       70 or older  
 25-39       55 - 69
- What gender are you?  
 male       female       other (specify if you wish): \_\_\_\_\_

### Part 2: Services Used

4. Over the past 5 years which of the following QHS services have you used? *(Please check boxes)*

Maternal/Child Health services (Circle of Life program, including pre and postnatal care)	Mental Health Counselling	
School Health Programs	Elder Meal Program (delivery)	
Dental Hygienist	Home Care Workers / Nurses	
Dentist	Respite Care	
Naturopath Doctor	Medic Aid System	
Physician	Chronic Disease Management	
Communicable Disease Control program (child and adult immunizations, flu and COVID vaccines, COVID testing)	Wound Care / Nursing Treatments / Foot Care	
Dietitian / Diabetic Educator / Food, nutrition, and cooking education sessions	Respiratory Therapy	
Nurse Practitioner	HIV / AIDS Testing and/or Services	
Harm Reduction	Craniosacral Therapy (massage)	

### Part 3: Outcomes

*Please circle a number, 1 – 5, to indicate your level of agreement with each statement below.*

When I accessed services through QHS in the past 5 years...

5. ... I received competent / capable care.

<i>agree strongly</i>	<i>agree somewhat</i>	<i>not sure</i>	<i>disagree somewhat</i>	<i>disagree strongly</i>
1	2	3	4	5

Comments:

6. ... I was treated with respect.

<i>agree strongly</i>	<i>agree somewhat</i>	<i>not sure</i>	<i>disagree somewhat</i>	<i>disagree strongly</i>
1	2	3	4	5

Comments:

7. ... I experienced cultural safety (non-judgmental, racism-free healthcare).

<i>agree strongly</i>	<i>agree somewhat</i>	<i>not sure</i>	<i>disagree somewhat</i>	<i>disagree strongly</i>
1	2	3	4	5

Comments:

8. ... I felt safe to be who I am and say what I needed to say.

<i>agree strongly</i>	<i>agree somewhat</i>	<i>not sure</i>	<i>disagree somewhat</i>	<i>disagree strongly</i>
1	2	3	4	5

Comments:

9. ... I felt heard and part of decision making about my care.

<i>agree strongly</i>	<i>agree somewhat</i>	<i>not sure</i>	<i>disagree somewhat</i>	<i>disagree strongly</i>
1	2	3	4	5

Comments:

*Please check a box for yes, no, not sure, or “not applicable” if this was already fully achieved.*

**Over the past 5 years, would you say QHS has contributed to you improving your:**

10. .... ability to eat well and have a balanced diet?  yes  no  not sure  not applicable

Comments:

11. ... ability to access local, healthy foods?  yes  no  not sure  not applicable

Comments:



12. ... physical exercise and active living?  yes  no  not sure  not applicable

Comments:

13. ... success in achieving your physical health goals?  yes  no  not sure  not applicable

Comments:

14. ... success in achieving mental and emotional health goals?  yes  no  not sure  not applicable

Comments:

15. ... success in achieving healthy community connections? *(for example, feeling good about how you're connected with your community)*  yes  no  not sure

Comments:

#### Part 4: Feedback on Q'wemtsin Health Society

16. What about QHS works well for you?

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17. If you have eligible family members not seeking services at QHS, why is that?

Lack of awareness of services offered?

Concerns about privacy?

Other reasons? *(please specify)* \_\_\_\_\_

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18. Any suggestions about how QHS could improve?

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***Thank you for doing this survey!***

# The Naturopathic Alphabet

Submitted by: Dr. Melissa Bradwell, ND

## P-Protein

Proteins are quite literally the building blocks of life. Made up in combinations of 20 different amino acids, proteins are used to make muscle, bones and even hormones. They are also one of the primary energy sources for our bodies. Proteins can be sourced from animal and plant sources and it's important to make sure your diet is balanced depending on your nutritional needs and preferences.

Each plant food has its own unique amino acid profile, from green leafy veggies to tubers, from barley to quinoa, from lentils to tofu, from macadamias to brazil nuts. By eating a variety of plant foods with 'incomplete proteins' throughout the day, we can easily get enough 'complete protein.' For lacto and ovo-lacto vegetarians, any food can be complemented by the high-quality proteins in dairy products or eggs, and it isn't at all necessary to include animal foods to get enough protein in your diet.

In vegan protein combining, there are three broad categories: legumes, grains, nuts & seeds. These can be mixed and matched to get complete protein at any meal, or throughout the day. For instance, the amino acids in legumes (beans & lentils) are balanced by those in grains, nuts and seeds, and vice versa.

Vegetables and fruits also contribute significant amounts of protein. A one cup serving of avocado, for example, has 3 grams of complete protein, and a medium potato with skin has 4 g. Vegans can easily get all the essential amino acids, through eating different combinations of grains, legumes, nuts & seeds, vegetables & fruit several times a day.

Food combining for complete protein is a natural traditional way of eating, which most human beings have eaten and thrived on for thousands of years. However, food combining for complete protein is important as our body is unable to make certain amino acids, yet they are essential for life. Thus, they are called the essential amino acids.

Because our bodies cannot manufacture these amino acids, they must be found in the diet. There are nine amino acids generally considered essential for humans. All essential amino acids can be found in vegetables, although care is needed to ensure proper levels are met in a strict vegetarian diet.

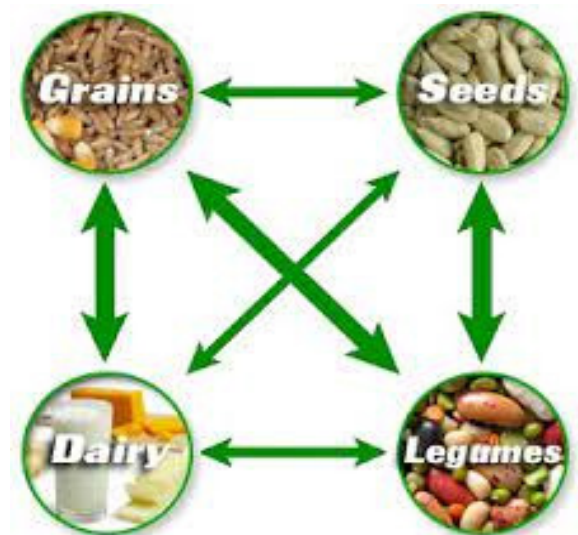


Image references:

<https://www.mindbodygreen.com/articles/lean-protein>

<https://sunshinecoastdietetics.com.au/complementary-proteins-and-how-they-work/>

[https://www.brainkart.com/article/Protein-requirements-for-various-age-and-physiological-groups\\_17413/](https://www.brainkart.com/article/Protein-requirements-for-various-age-and-physiological-groups_17413/)

## Protein Requirements:

Depending on age, gender and hormonal needs, your body requires a certain amount of protein. Needs increase in adolescence, pregnancy and in post-menopausal women. Protein builds and maintains muscle mass and muscle mass is key to longevity. Simply put, the more muscle mass you have, the less likely you are to die from a chronic disease compared to some of your peers. The baseline goal is 1g protein/kg of body weight/day but that can increase to 1.5g/kg/day in certain times.

## Tips:

Eat small meals (5-6x/day)

Eat protein with each meal. Avoid simple sugars and refined foods (baked goods, syrups, cookies, cakes). Limit corn syrup, glucose, fructose, maltitol, sorbitol, dextrose, and aspartame

Choose whole foods (legumes, fruit/veggies, grains, brown rice)

Include essential fatty acids in your diet (raw nuts, seeds, cold water fish)

Aim for 2 fruits per day – always eaten with protein or fat.

On days when protein intake comes up short, use a protein powder in a smoothie for a quick snack.

Good hunger avoiding tools to have on hand:

Nut butters – natural, unsweetened peanut, almond, pumpkin seed, mixed or cashew

Spreads/dips – Humus (plain or flavored), roasted red pepper spread, baba ganoush (eggplant), black bean

High protein whole grain breads, rice crackers, whole grain crackers, sprouted grain breads

Fruits and veggies – choose a wide variety of bright colours

Plain greek yogurt- avoid no fat options and ones with fruit/sweeteners already added

Some great snack ideas:

Apple with your favourite nut butter

High protein whole grain sprouted bread with turkey breast or chicken. Add some avocado, mustard, humus, baba ganoush or protein spread of your choice for moisture

Humus with veggies or crackers

Greek yogurt with some fresh or frozen fruit

Mixed nuts and seeds – create your own with any of the following: almonds, cashews, brazil nuts, walnuts, sunflower seeds, pumpkin seeds, and some dried fruits such as currants, cranberries, etc.

Avocado and tomato on cracker or toasted whole grain sprouted bread/rice cake with a drizzle of extra virgin olive oil, salt and pepper

1-2 hard-boiled eggs with salt and pepper

**Table 4.8** The United Nations (1985 FAO/WHO/UNU) and Institute of Medicine (2002/2005) recommendations for a safe practical protein intake for selected age groups and physiological states. Reproduced with permission from WHO

Group	Age (years)	Safe protein level (g/kg/day)	
		UNU	IOM
Infants	0.3–0.5	1.47	1.5
	0.75–1.0	1.15	1.1
Children	3–4	1.09	0.95
	9–10	0.99	0.95
Adolescent	13–14 (girls)	0.94	0.85
	13–14 (boys)	0.97	0.85
Young adults	19+	0.75	0.80
Elderly		0.75	0.80
Women: pregnant	2nd trimester	+6 g daily	~1.1
	3rd trimester	+11 g daily	~1.1
lactating	0–6 months	+16 g daily	~1.1
	6–12 months	12 g daily	~1.1

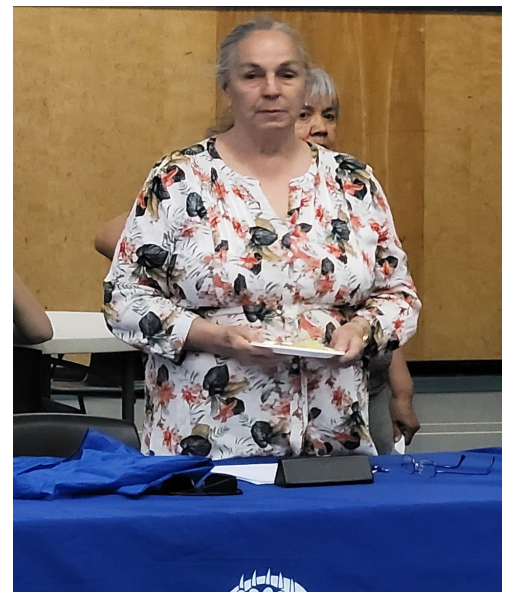
Values are for proteins such as those of quality equal to a hen's egg, cow's milk, meat, or fish.



# Q'wemtsin Health Society Community Engagement Sessions

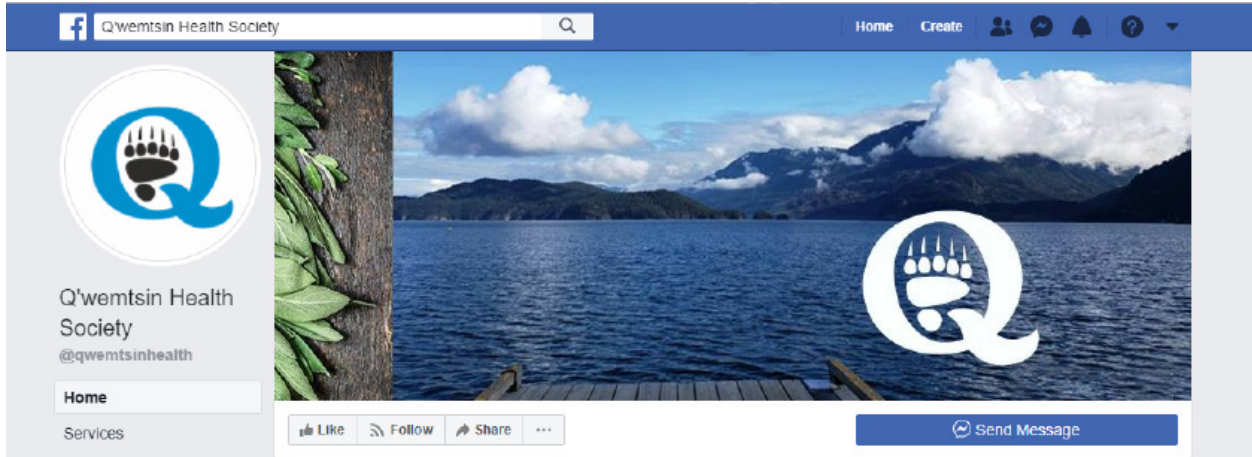
Every Five years Q'wemtsin Health Society undergoes an evaluation from our clients and communities of Whispering Pines/Clinton Indian Band, Tk'emlups te Secwepemc and Skeetchestn Indian Band. These evaluations help us better understand client and community needs.

This years evaluation was done by James Pratt Consulting. James and his team spent time in each community speaking with clients, elders. Thanks to all the members who came out!!!!



**f Find us on  
Facebook**

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 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>

