

# Weytk!

## Pelltsekúlcwten

# APRIL 2023



Photo credit: Sandra Verhoeff

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



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# April Pelltsekúlcwten (Longer Daylight Moon)

Yi7éne te mé'gcen ri7 wes re tsímtes re swucwt, yem ell ne sqeltús.  
Re qelmúcw, m-píxmes te tši7 ne sqeltús, ell m-ell7é7llq te  
Tšwéwye, Qwléwe ell Tsetšelq.



During this month, all of the snow melted, even in the mountains (at mid elevations). The people hunted for deer in the mountains, and dug Yellow Buttercups, Wild Onions, and Balsamroot.



Laura and Diala at the FNHA Dietitians Gathering showing off their Devil's club bracelet they made.





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 5-year Evaluation Community Engagement Sessions



## **Whispering Pines/Clinton Indian Band**

Date: Tuesday, April 25th

Time: 11:00am

Place: Annex Building

## **Tk'emlups te Secwepemc**

Date: Tuesday, April 25th

Time: 5:00pm

Place: Delta Hotel, 540 Victoria Street

## **Skeetchestn Indian Band**

Date: Wednesday, April 26th

Time: 5:00pm

Place: Skeetchestn Gymnasium



Please join us for some great discussion, dinner, door prizes and a chance to win an ipad or Apple Watch!

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

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



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





In honor of National Oral Health Month, QHS celebrates National Dental Hygienists the week of April 4th to 10th. We celebrate our very own Dental Hygienist, Crystal. She is very instrumental in connecting with community, the operation of our Dental Department and the COHI Program at Q'wemtsin Health Society. Thank you for all you do!!!!



Q'wemtsin Health Society Dental Clinic offers basic dental services, which include:

- Dental examinations
- Digital X-rays (diagnostic imaging)
- Restorations (fillings)
- Extractions
- Preventative dentistry
- Periodontal maintenance (cleanings)

To access the Dental Clinic you must be a Band Member of, Skeetchestn, Tk'emlups te Secwepemc, or Whispering Pines/Clinton bands, and living on or off reserve.

**If you would like to book an appointment  
please call QHS at 250.314.6732**

### Children's Oral Health Initiative (COHI)

Oral health education for children, parents, caregivers and expectant mothers:

- Dental screening
- Fluoride applications
- Sealant applications

Can be seen delivering service at: Q'wemtsin Health Society, Schools, Daycares/Nurseries, Health Fairs, Baby Circles, Family Circles, Community Events and Homes

Promoting healthy teeth and gums to contribute to overall good health

Cavities can be prevented; therefore helping children avoiding pain and infection allowing for a better opportunity to learn and thrive

Goal is by using simple oral health care preventative practices to reduce or eliminate dental disease and hospitalization.



# HOW YOUR ORAL HEALTH AFFECTS YOUR OVERALL HEALTH



A healthy mouth  
is essential for a  
healthy body.

More than **90%** of all systemic diseases have some oral symptoms.



Saliva is one of your body's defenders against bacteria and viruses.

Infection can enter the bloodstream through the mouth.



**Poor oral health** has been linked to cardiovascular disease, respiratory infections, immune system disorders, low birth weight in babies, and other serious health issues.

Sources: Academy of General Dentistry, Colgate®, Mayo Clinic, Men's Journal.



# Alcohol Poisoning and Mixing Substances by FNHA

- Carry a naloxone kit! Alcohol is a depressant, when mixed with opioids the risk of respiratory depression increases. Follow the SAVE ME steps!
- If someone falls asleep while drinking, place them in the recovery position and ensure there is nothing in their mouth! This will decrease the risk of choking if the individual throws up.
- Call 911 if you think someone has alcohol poisoning. Symptoms include, vomiting, clammy skin, slowed breathing, pale and/or cold skin, seizures & confusion.

**SAVE ME** Stimulate Airway Ventilate Evaluate Muscular Injection Evaluate

## Consuming Alcohol & Harm Reduction

- Plan a safe ride home before you begin drinking alcohol, talk to your friends about how you will get home, make a plan.
- Eat before you go out, or eat during! This will slow alcohol absorption, reducing the risk of alcohol poisoning.
- Stay hydrated! Drink water in between drinks and fill a water bottle for the morning before you go to sleep.



## Support

**Tsow-Tun-Le-Lum Society (cultural support and counselling):** 1-888-403-3123

**Indian Residential School Survivors Society:** 1-800-721-0066 or 604-985-4464

**Drug & Alcohol Information Referral Line:** 1-800-663-1441

**KUU-US Crisis Line Society:** Adults and Elders at 250-723-4050 | Children and Youth at 250-723-2040 | Toll-Free at 1-800-588-8717

**For more information contact:**

[sadie.bedard@fnha.ca](mailto:sadie.bedard@fnha.ca)

**(250)-417-4390**



**This month's topics:** Reducing harms associated with alcohol use, effects on mixing alcohol and substances.

Use the chart to see how substances interact when mixing them. Mixing substances can increase the chance of negative health risks including: Toxic drug poisoning, injury, violence, difficulty breathing, damage to the organs and death. Always take caution when using substances, carry a naloxone kit and remember the SAVE ME steps!

	Alcohol	MDMA	GHB	Psilocybin (mushrooms)	Cannabis	Cocaine	Opioids	Meth	Ketamine	LSD	Benzodiazepines
Alcohol	No Interaction	Low Risk	Use Caution	Low Risk	Low Risk	Unsafe	Use Caution	Low Risk	Use Caution	Low Risk	Use Caution
MDMA	Unsafe	No Interaction	Low Risk	Low Risk	Low Risk	Low Risk	Low Risk	Low Risk	Low Risk	Low Risk	Low Risk
GHB	Use Caution	Low Risk	No Interaction	Low Risk	Low Risk	Low Risk	Use Caution	Low Risk	Use Caution	Low Risk	Use Caution
Psilocybin (Mushrooms)	Low Risk	Low Risk	Low Risk	No Interaction	Unsafe	Low Risk	Low Risk	Low Risk	Low Risk	Low Risk	Low Risk
Cannabis	Low Risk	Low Risk	Low Risk	Unsafe	No Interaction	Low Risk	Low Risk	Low Risk	Low Risk	Unsafe	Low Risk
Cocaine	Unsafe	Low Risk	Low Risk	Unsafe	Unsafe	No Interaction	Use Caution	Low Risk	Low Risk	Unsafe	Low Risk
Opioids	Use Caution	Low Risk	Low Risk	Low Risk	Low Risk	Use Caution	No Interaction	Use Caution	Use Caution	Low Risk	Use Caution
Meth	Unsafe	Low Risk	Low Risk	Low Risk	Unsafe	Low Risk	Low Risk	No Interaction	Low Risk	Unsafe	Use Caution
Ketamine	Use Caution	Low Risk	Use Caution	Low Risk	Low Risk	Unsafe	Use Caution	Low Risk	No Interaction	Low Risk	Low Risk
LSD	Low Risk	Low Risk	Use Caution	Low Risk	Unsafe	Low Risk	Low Risk	Unsafe	Low Risk	No Interaction	Low Risk
Benzodiazepines	Use Caution	Low Risk	Use Caution	Low Risk	Low Risk	Low Risk	Use Caution	Low Risk	Low Risk	Low Risk	No Interaction

Drug combinations. (2021, February 10). *TripSit wiki*, . [https://wiki.tripsit.me/index.php?title=Drug\\_combinations&oldid=5862](https://wiki.tripsit.me/index.php?title=Drug_combinations&oldid=5862).

No Interaction



Low Risk



Use Caution



Unsafe



Dangerous



If you are struggling  
please reach out for help.  
You are not alone.

# The Naturopathic Alphabet

Submitted by Melissa Bradwell, ND

## Omega 3, 6, 9

### What is the difference between 'good' and 'bad' fats?

To understand good and bad fats, you first need to know the different categories and some information about each of them.

	Effect on Body	Some Sources
Monounsaturated fats	<ul style="list-style-type: none"><li>• Reduces LDL levels (bad cholesterol)</li><li>• Increases HDL (good cholesterol)</li><li>• Decreases risk of heart disease/diabetes</li></ul>	Olive oil, avocados, nuts, and nut butters
Polyunsaturated fats		Flaxseed and fish (salmon, mackerel, sardines)
Saturated fats	<ul style="list-style-type: none"><li>• Increases risk of heart disease</li><li>• Increases LDL cholesterol</li></ul>	High fat meats, cheese, lard, ice cream
Trans fats		fried foods, processed/ packaged foods

### Fats and your Cholesterol

When I ask people about their cholesterol levels, I'm often faced with a look of shock when I tell them there are actually two types of cholesterol. 'Good' or HDL cholesterol that carries cholesterol from artery walls and delivers it to the liver for disposal and 'bad' or LDL cholesterol that accumulates in and potentially clogs artery walls. Achieving an optimal ratio between the two is ideal. Omega 3 Fatty acids (such as fish or flaxseed oil), along with other sources of 'good' fats help to increase the 'good' cholesterol, which not only improves the cholesterol ratio in the body but also works as a protective agent against numerous diseases and health concerns.

### Cholesterol and Hormones

Hormones are made from cholesterol so when we concentrate on a low-fat, no-fat diet, there is often not enough 'good' cholesterol to make hormones, which causes a disruption in hormone synthesis. Ensuring optimal levels of cholesterol can help to treat conditions caused by hormone imbalance in both men and women (PMS, infertility, menopause, low testosterone).

In pre-menopausal women, cholesterol levels may actually increase as the body's natural response to declining hormone levels and attempting to make more.

### Omega-3 Fatty Acids

This polyunsaturated fat, as we know, is highly beneficial for prevention and reduction of depression symptoms, protection against memory loss, reducing the risk of cardiovascular disease, reducing inflammation and supporting a healthy pregnancy. This essential fatty acid is essential for good health, but your body can't make it and therefore, needs to be obtained through food. The best sources are fatty fish such as salmon, herring, mackerel, anchovies, or sardines, or high-quality cold-water fish oil supplements. A dietary intake of two servings per week or 1-2g per day of total omega 3's is recommended.



Name	Omega-3	Omega-6	Omega-9
<b>Known As</b>	Polyunsaturated	Polyunsaturated	Monosaturated
<b>Dietary Source</b>	Oils: canola, flax, soybean Nuts: walnuts Fish: oily fishes (herring, mackerel, salmon, trout, tuna) Other: algae, Omega-3 eggs	Oils: canola, corn, olive, peanut, safflower, soybean, sunflower  Nuts: almonds, cashews, hazelnuts, peanuts, pecans, pistachios, walnuts  Other: eggs  Heart health, cholesterol	Oils: canola, olive, peanut, safflower, sunflower  Nuts: almonds, cashews, peanuts, pecans, pistachios, walnuts  Other: avocados, eggs, poultry  Heart health, cholesterol, blood sugar control
<b>Positive Health Effects</b>	Brain Development, heart health, cholesterol, cognition, mood		

OIL	OMEGA-3	OMEGA-6
SAFFLOWER	0%	75%
SUNFLOWER	0%	65%
CORN	0%	54%
COTTONSEED	0%	50%
SESAME	0%	42%
PEANUT	0%	32%
SOYBEAN	7%	51%
CANOLA	9%	20%
WALNUT	10%	52%
FLAXSEED	57%	14%
FISH	100%	0%

### Dietary Tips

Increase good, unsaturated fats in your diet. Fat gives food its flavor so most non-fat, low-fat foods are often replaced with sugar, refined carbohydrates and calories. Be heart smart and still maintain your waistline with these tips:

- Cook with olive oil. Use olive oil for stovetop cooking, rather than butter or margarine
- Make better butter. Whisk together ½ lb of butter with 1/2 cup of olive oil and place in an airtight container in the fridge. Will remain soft and perfectly spreadable.
- Eat more avocados. Try them in sandwiches (instead of mayo), salads or make guacamole.
- Reach for the nuts. High in protein and good fats. Opt for the unroasted kind as you'll lose some oils in the roasting process.
- Snack on olives. Olives are high in healthy monounsaturated fats and make for a low-calorie snack when eaten on their own.
- Dress your own salad. Commercial salad dressings are often high in saturated fat or made with damaging trans-fat oils. Create your own healthy dressings with high-quality, cold-pressed olive oil, flaxseed oil, or sesame oil as the base.

# QHS Open House



On March 31st QHS hosted an open house for our communities of Tk'emlups te Secwepemc, Whispering Pines/Clinton Indian Band and the Skeetchestn Indian Band.

The Open House was to honor and celebrate the 22 years that we have been providing programs and services to our clients and community. We also had an unveiling of a beautiful bench that was made for our late founding members Sandra Seymour and Rick Jules. It was a heartfelt day surrounded by clients and community.









# Welcome Baby Ceremony



Q'wemtsin Health Society Invites you and your family to our Welcome Baby Ceremony for the Skeetchestn Community.

It's a time of love and celebration as we introduce and welcome your little one to family and community. For babies born between January 1, 2022 to March 31, 2023.

Please RSVP at Skeetchestn Health Center, by Monday, May 1, 2023.

**Date:**

Wednesday, May 3

**Time:**

5:00PM

**Place:**

Skeetchestn  
Gymnasium

**Call Skeetchestn Health  
Center at: 250.373.2580**

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



**Q'wemtsín**  
HEALTH SOCIETY

# 5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your doctor, nurse, or pharmacist.

## 1. CHANGES?

Have any medications been added, stopped or changed, and why?

## 2. CONTINUE?

What medications do I need to keep taking, and why?

## 3. PROPER USE?

How do I take my medications, and for how long?

## 4. MONITOR?

How will I know if my medication is working, and what side effects do I watch for?

## 5. FOLLOW-UP?

Do I need any tests and when do I book my next visit?



Keep your medication record up to date.

Remember to include:

- ✓ drug allergies
- ✓ vitamins and minerals
- ✓ herbal/natural products
- ✓ all medications including non-prescription products

Ask your doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.

Visit [safemedicationuse.ca](https://safemedicationuse.ca) for more information.



# Everyone-Eats-Anti-Racism QHS Food Sovereignty



For thousands of years, local Indigenous peoples have studied and conserved fragile ecosystems worldwide. The arrival of settlers to the Secwepemcúlecw territory caused devastating disruptions to traditional Indigenous knowledge. Through the processes of colonization and colonialism, many individuals have become disconnected to their food system and the land that supports it (Dennis & Robin, 2020; Grey & Patel, 2015).

Industrial and conventional food systems offer modern-day conveniences that can greatly influence food choices. Indigenous well being is maintained through access to fresh, healthy, traditional foods. (Dennis & Robin, 2020). The Everyone Eats Anti-Racism workshop series is a collaborative community food security initiative between Everyone Eats, the Kamloops Food Policy Council, Thompson Rivers University, School District 73, and Q'wemtsin Health Society.



Chef Chizu presenting to students

The project seeks to explore opportunities in the community to rebuild healthy relationships with the local food system. Another objective is to introduce children from a young age to the concept of food literacy while they are especially impressionable (Kelly & Nash, 2021).

Kindergarten to grade 8 students at Sk'elep School of Excellence and Skeetchestn Community School will have the opportunity to engage with a local chef who will lead students through a cultural cooking class.

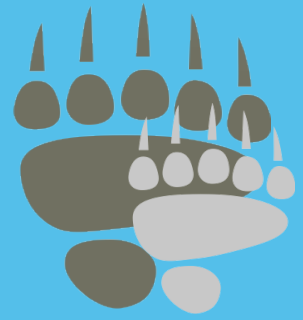
This will provide them with the opportunity to engage in an immersive, cross-cultural learning experience. Intercultural learning encourages students' understanding of their own culture and others as well (Caetro & Machado, 2020). This project seeks to increase community inclusivity, food literacy, and health, in the Kamloops and surrounding communities.

Please watch out for our upcoming multicultural cooking classes. These classes are for students of Sk'elep School of Excellence or Skeetchesten Community School. The classes will consist of experiential learning about food from cultures around the world by working with a Chef cooking authentic cuisine. For more information contact Laura Kalina at QHS.





# Welcome Baby Ceremony



Q'wemtsin Health Society Invites you and your family to our Welcome Baby Ceremony for the Tk'emlups te Secwepemc Community.

It's a time of love and celebration as we introduce and welcome your little one to family and community. For babies born between January 1, 2022 to March 31, 2023.

Please RSVP at Q'wemtsin Health Society, by Wednesday, April 5, 2023.

**Date:**

Thursday, April  
20th

**Time:**

5:00PM

**Place:**

Moccasin Square  
Gardens

**Call QHS at:**

**250.314.6732**

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



**Q'wemtsín**  
HEALTH SOCIETY











First Nations Health Authority  
Health through wellness

# Decriminalization: The Facts

## What you need to know

Beginning on Jan. 31, 2023, **possession of small amounts of certain illegal drugs will be decriminalized** in British Columbia. There is a lot of misinformation about what drug decriminalization is and what it isn't. Here are some facts.

### What is Decriminalization?

 <b>18+</b> Applies to adults 18+	 Includes opioids (heroin and fentanyl), cocaine (powder or crack), methamphetamine (meth) and MDMA (ecstasy)	 <b>NO</b> arrests or seizures for personal possession under the threshold
 Police will provide resource cards with information on supports and will make voluntary referrals	 2.5g cumulative threshold with police discretion above	 <b>NO</b> fines, tickets or other administrative sanctions
 Culturally safe approaches for Indigenous Peoples, including First Nations living in rural/remote areas	 Robust police training and monitoring and evaluation framework	 <b>NO</b> mandatory treatment or diversion

### What WILL decriminalization do?

- ✓ Reduce stigma, shame and fear. People who are using drugs need support and not judgment.
- ✓ Decriminalization will allow people to be more open about their use and help to ensure they are connected and cared for. This care and connection can support open conversations on options for healing.
- ✓ Reduce the risk of toxic drug poisoning and save lives and relationships.
- ✓ There will be continued engagement with communities about how decriminalization will be implemented at home.

- ✓ Make substance use and the toxic drug crisis a public health issue and not a criminal one. This means there will be no criminal record with the associated stigma and legal issues it creates when trying to establish a future life.



### What WON'T decriminalization do?

- ✗ Enable substance use – without decriminalization people will still use but in an unsafe and unsupported way.
- ✗ Legalize substances – trafficking and producing stays illegal.
- ✗ Override First Nations self-determination – Nations will still be able to decide what works for them on their own land.

Visit our Decriminalization  
Q&A to learn more

[www.fnha.ca/harmreduction](http://www.fnha.ca/harmreduction)





First Nations Health Authority  
Health through wellness

# Decriminalization: The Facts

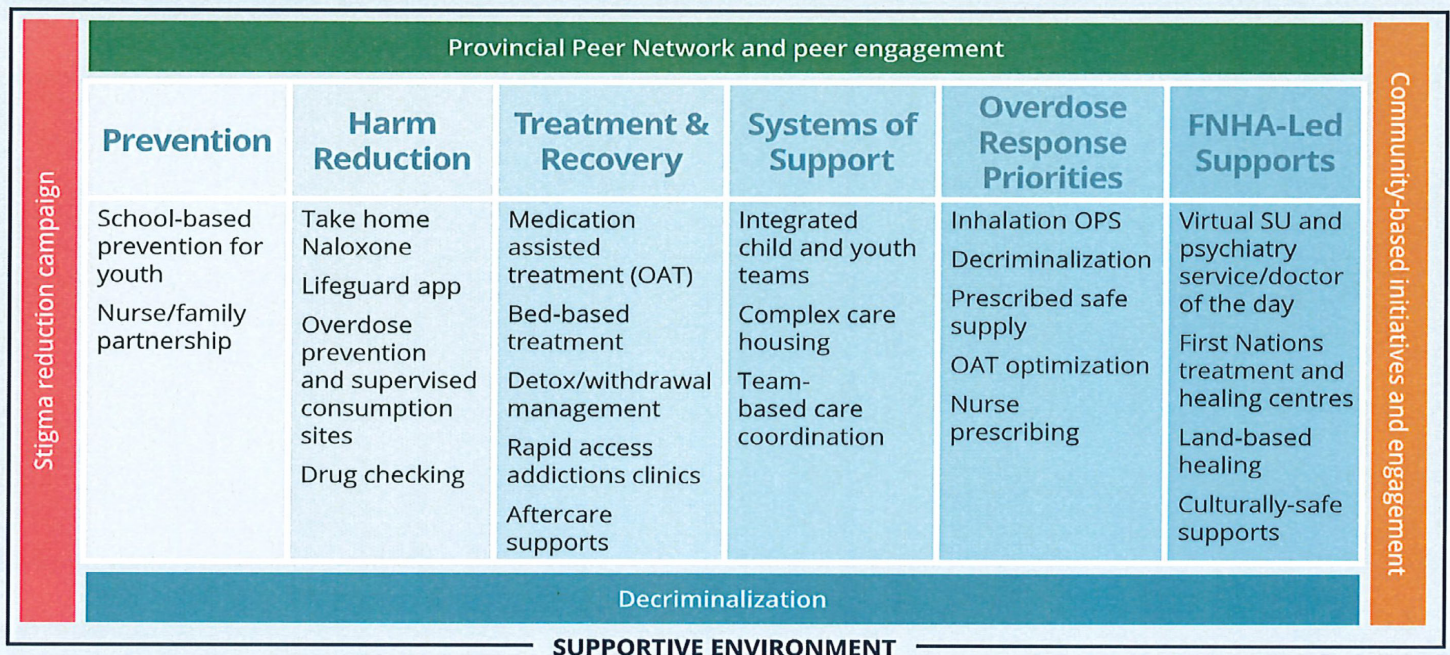
## What you need to know

### How will decriminalization help?

Decriminalization alone won't solve the toxic drug crisis, but together with harm reduction strategies, treatment and recovery options, overdose prevention, community-based initiatives, and systems of support, decriminalization will help save lives and relationships.

**Decriminalization is an important part of a larger response to the toxic drug crisis.**

### Building a System of Care: Our initiatives span the continuum



### Decriminalization is for and by people who use substances

The BC government consulted with people who use drugs, their advocates and their loved ones to understand their needs and concerns because they are the people most impacted by the toxic drug crisis. Decriminalization didn't come into effect because of government-to-government engagement at any level.

### How is the FNHA addressing the toxic drug crisis?

The FNHA's framework for action for addressing the toxic drug crisis is to support people on their healing journeys, create an accessible range of treatment options, keep people safer while using, and prevent people who experience drug poisoning from dying.

Visit our Decriminalization Q&A to learn more

[www.fnha.ca/harmreduction](http://www.fnha.ca/harmreduction)





## Q'wemtsín HEALTH SOCIETY

B.C. will be offering a spring booster dose to people most at risk of severe illness 6 months after their last COVID-19 vaccine. Personalized invitations will be sent out in the coming weeks.

### **People who should get a spring booster include:**

People in long-term care or waiting for admission.

Older adults and elders:

80 years and older

70 years and older and Indigenous

Adults (18+) who are moderately to severely immunocompromised.

In addition, people who have NOT had COVID-19 and are 60 years and older, or 50 years and older and Indigenous can consider getting a spring booster. If you are in this age group and have already had COVID-19, you may not need another booster yet.

### **How will you know if you've had COVID-19?**

If you have ever had a positive COVID-19 test (PCR or rapid antigen test at home)

If you ever had symptoms of COVID-19 while a household contact tested positive

If you are unsure if you want a spring 2023 booster, talk to a health care provider or call 1-833-838-2323.

If you are not listed above and you received a booster during the fall of 2022, you still have good protection against severe illness.

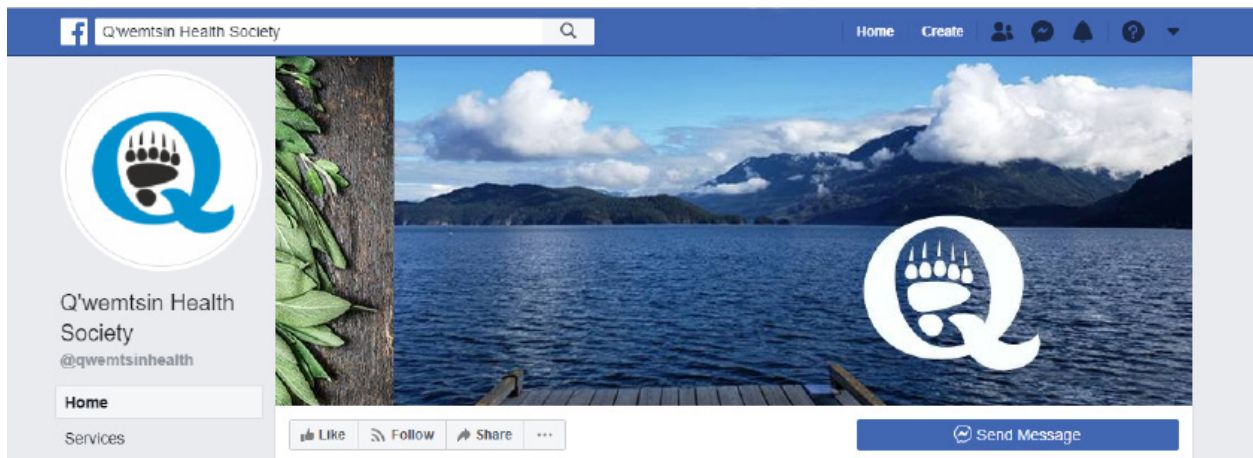
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/covid-19-vaccine/getting-a-vaccine>

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QHS will be offering COVID-19 Spring Boosters please watch out for up-coming dates!



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 .....	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
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.....	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.....	250-374-4684
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>

