

Q'wemtsín HEALTH SOCIETY



Pestémlik
July
2023



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



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July Pestémlik (Getting Ripe Moon)

M-tqwelqwéltés xwexweyt re speqpeq:
xeteqs re Tqitqe, Sxúsem, stseqwém,
ell, m-yews re Wenéx ell Sesép.
Yirí7 re sqwléwems re Secwépemc.

All the berries got ripe: first the
Strawberries, Soapberries, River Saskatoons
then the Huckleberries and the Blueberries.
The Secwepemc picked berries.



Elder's Meditation of the Day

“Today, what is important for us is to realize that the old sacred ways are correct, and that if we do not follow them we will be lost and without a guide.”

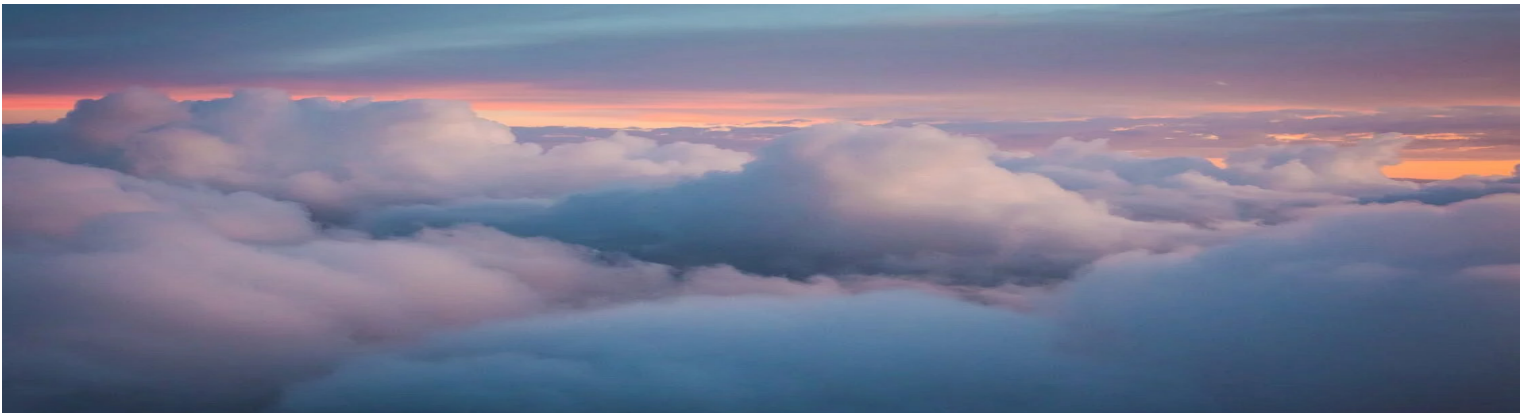
-- Thomas Yellowtail, CROW

A long time ago the Creator gave to the people all the knowledge on how we should live and conduct ourselves. The Native people have been influenced by outside “tribes” who don’t know about the Sacred Way.

Our Elders still know about the old sacred ways. We need to consult and talk to them before it’s too late. Every family needs to seriously evaluate whether they are living according to the old knowledge.

If we are fault finding, putting one another down, being selfish, being violent to our spouses or children, if we are cheating and being dishonest, then we are not living the old Sacred Way. The old way is about respect, love, forgiveness and sharing.

Great Spirt, today, teach me the old Sacred Way you taught my ancestors.



World Hepatitis Day

July 28



WHAT IS VIRAL HEPATITIS

Hepatitis is an inflammation of the liver, most commonly caused by a viral infection. There are five main hepatitis viruses, referred to as types A, B, C, D and E. These five types are of greatest concern because of the burden of illness and death they cause and the potential for outbreaks and epidemic spread.

What makes hepatitis a global health problem

Every 30 seconds, someone dies from a viral hepatitis related illness. However, with the existing prevention, testing and treatment services that are available every hepatitis related death is preventable.

Hepatitis can affect anyone, but it has a disproportionate affect on the people and communities most underserved by health systems.

The ABCDE of Viral Hepatitis

| | How it spreads | Prevention | Treatment |
|---|--|---|--|
| Hepatitis A Virus HA_v |  From contaminated food and water | -Improved hygiene -Vaccination |  No available treatment |
| Hepatitis B Virus HB_v |  Contact with infected body fluids | -Blood screening -Improved hygiene -Vaccination |  Nucleos(t)ide analogs pegylated interferon |
| Hepatitis C Virus HC_v |  Intravenous drug use Not sterilised medical | -Blood screening -Sterile needles for drug injections -Sanitary healthcare settings |  Direct-acting antiviral agents (with or without pegylated-interferon) |
| Hepatitis D Virus HD_v |  spread through contact with infected blood and through unsafe injections or transfusions. | -Blood screening -Sterile needles for drug injections |  Chronic hepatitis D can be treated with interferon |
| Hepatitis E Virus HE_v |  spread through blood-to-blood contact, unsafe sex and during childbirth | -Improved hygiene -Food sanitation -Practice safe sex |  Chronic hepatitis E benefit from using ribavirin, an antiviral drug |

9/10 people living with Hepatitis are unaware of their diagnosis.

It is best to consult a physician or have a laboratory testing done!

KWSÉLTKTEN

Farmers & Artisans Market

 www.cfdcofcifn.com
 kwseltkten@cfcofcifn.com
 250-214-2436



Come down for Opening Day!
Free Hotdogs and Drink
Live Music - Jeremy Kneeshaw
Door Prizes

Sundays
June 25 to
September 17, 2023
8:30 am to 1:30 pm

- traditional foods and medicines
- authentic and hand crafted products
- fresh, seasonal fruits and vegetables
- meat and dairy products

Kamloops Powwow Arbour
345 Powwow Trail
Kamloops, BC

JOIN US!





Skeetchestn Preschool/ Kindergarten Wellness Day





We hosted our annual QHS
Preschool/Kindergarten
Wellness Day at the Skeetchestn
Health Center. We had Dental
checks, Hearing Screenings,
Speech Therapy. We even had
Uncle Chris the Clown on site as
our guest of honor. It was a day
of fun, food and health!!!
We look forward to seeing
everyone next year!



The Naturopathic Alphabet

Submitted by: Dr. Melissa Bradwell, ND



Riboflavin (Vitamin B2) is another type of B vitamin. It is water soluble, which means it is not stored in the body. You must replenish the vitamin in your body every day.

Riboflavin works with the other B vitamins and is important for body growth and red blood cell production and helps in releasing energy from carbohydrates.

Where can I get Vitamin B2?

The following foods provide riboflavin in the diet:

- Dairy products
- Eggs
- Green leafy vegetables
- Lean meats
- Legumes
- Milk
- Nuts

Breads and cereals are often fortified with riboflavin, which means the vitamin has been added to the food. Because riboflavin is destroyed by exposure to light, foods with riboflavin should not be stored in glass containers that are exposed to light.

Symptoms of too much or too little Vitamin B2:

Deficiency of riboflavin is not common because this vitamin is plentiful in the food supply. In times of stress or illness, levels may decrease and present with the following symptoms:

- Anemia
- Mouth or lip sores
- Skin disorders- acne
- Sore throat
- Swelling of mucus membranes
- Muscle cramping

For preventative health and wellness, Vitamin B2 is also being used to:

- increase energy levels
- boost immune function
- maintain healthy hair, skin, mucous membranes, and nails
- slowing aging
- boost athletic performance
- promote healthy reproductive function
- treat and prevent canker sores
- reduce memory loss, including Alzheimer's disease
- treat ulcers, burns
- alcoholism, liver disease

Because riboflavin is a water-soluble vitamin, leftover amounts leave the body through the urine. There is no known poisoning from riboflavin.

How much Vitamin B2 should I take?

How much of each vitamin you need depends on your age and gender. Other factors, such as pregnancy and illnesses, are also important. Women who are pregnant or breast-feeding need

If you would like more information out our Naturopathic Program please call QHS at 250.314.6732 or call the Skeetchestn Health Center at 250.373.2580.



STARTS
JUNE
2023

REGENERATIVE AGRICULTURE

Many of us have lost our traditional ways around food. Food Sovereignty and our ability to take control over our food, is so important to make sure our children do not lose the traditions of the past. We are hoping this course will build capacity in our communities because we have always known that Food is Medicine.
—Elder

FOOD SOVEREIGNTY MICRO-CREDENTIAL

- A **3 week course delivered remotely** through video conference in Sept/Oct, with 3 additional weeks of practicum during the summer of 2023.
- Are you interested in learning skills to **improve access to locally grown food** and develop a food Sovereignty work plan for your community.
- This course will give you the skills to build a Food Sovereignty program using the community development approach. You will learn about hosting a **learning circle**, explore the various successful **food action projects, develop a proposal, work plan, secure funding** while understanding the importance of partnerships and communications.
- In addition to all the community planning, students will develop **practical skills in vegetable and greenhouse production** using regenerative agriculture principles.
- This course will make you marketable as there is an **rising demand for Food Sovereignty workers** in communities.



Check it out!

For more information contact
Gillian Watt, Program Coordinator
gwatt@tru.ca or call 250 319 2367



tru.ca/ranching

Starting in September 2023 this course will be taught at Skeetchestn, Ttes and Simpc by Tiffany Hunko, Fred Fortier and Laura Kalina, from QHS.

This is a pilot course and the first seat will be subsidized so we are hoping a few folks will apply from our communities. It will be opened up to the whole province so register asap so that you get a seat. This is a fantastic opportunity to build food sovereignty programs in our communities.

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Contact Laura@qwemtsin.org for more information.



Preschool/ Kindergarten Health and Wellness Day at QHS

QHS hosted our Preschool/Kindergarten Health and Wellness Day for TteS and Whispering Pines/Clinton Indian Band in June. This was open to everyone in community. We had neighboring Daycares come and join in on the fun.

Food, bouncy castles, hearing screening, dental checks and tons of fun. We are looking forward to next years event. Thanks to all who came out!!!



Primary Care Services

Below is a list of Primary Care Providers throughout Kamloops and surrounding area, this list was put together by our front desk staff at QHS.

Urgent Primary Care and Learning Centre

Phone: 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>

Phone: 250-828-6637

Patient Registration begins at 7 am Monday – 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

Phone: 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

Phone: 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

Kleo's Pharmacy

Phone: 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

Phone: 250-453-2211

Open 7 days a week, 8:00 am – 8:00 pm

FNHA Dr of the Day – 1-855-344-3800

Phone: 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 – Friday 8:00 am – 9:00 pm, Saturday – Sunday

Book online: <https://vivacare.ca/telehealth-online-doctor/>

Virtual or telehealth appointments available



Optometrist List

| Name | Address | Telephone | Client Cost | FNHA | Insurance | Additional Comments |
|---------------------------|--|--------------|---|--|------------|------------------------------------|
| Optiks International | 331 Victoria St, Kamloops | 250-851-8992 | 5-\$30 if contacts are needed | Glasses every 2 years, covered up to \$275.00, Exam is fully covered. | Blue Cross | May increase cost within the year. |
| Spec Savers | 1320 Trans-Canada Highway (Aberdeen Mall) | 778-330-3968 | \$29.00 only if needed contacts | Glasses every 2 years, covered up to \$275.00, Exam is fully covered. | Blue Cross | Bring Care Card, and Status Card |
| Kamloops Family Vision | 613 Lansdowne St | 250-374-8755 | \$5-30 | Exam covered up to \$100.00, glasses covered up to \$275.00, every 2 years | Blue Cross | Bring Care Card, and Status Card |
| Optiks Optometry | 331 Victoria St, Kamloops | 250-828-0252 | \$5-30 | Exam covered up to \$100.00, glasses covered up to \$275.00 every 2 years | Blue Cross | Bring Care Card, and Status Card |
| Thompson Rivers Family | 700 Tranquille Rd, Kamloops | 250-376-1985 | Anything that isn't covered by FNHA or Blue Cross | Exam covered up to \$100.00, glasses covered up to \$275.00, every 2 years | Blue Cross | Bring Care Card, and Status Card |
| Dr. Gerry Optometrist | 360 Seymour, Kamloops | 250-374-2464 | \$35 (doesn't apply to seniors) | Exam covered up to \$100.00, glasses covered up to \$275.00, every 2 years | Blue Cross | Bring Care Card, and Status Card |
| Iris Optometrists & Optic | 1180 Columbia St, Kamloops | 250-372-7180 | \$37.00 | Exam covered up to \$100.00, glasses covered up to \$275.00, every 2 years | Blue Cross | only covers WPB, TTeS, SIB |
| Nicola Eye Care | 286- St. Paul St, Kamloops | 250-374-2441 | | Exam covered up to \$100.00, glasses covered up to \$275.00 every 2 years | Blue Cross | Bring Care Card, and Status Card |
| Summit Eye Care | 1315 Optometrist, Kamloops | 250-828-1554 | 25.00 depending on MSP coverage | Exam covered up to \$100.00, glasses covered up to \$275.00, every 2 years | Blue Cross | Bring Care Card, and Status Card |
| Ebata | 910 Columbia St, Kamloops | 250-377-8875 | | Exam covered up to \$100.00, glasses covered up to \$275.00, every 2 years | Blue Cross | |
| Kamloops Vision Therapy | 1210 Battle St, Kamloops | 236-425-4494 | 5-\$35 | Exam covered up to \$100.00, glasses covered up to \$275.00, every 2 years | Blue Cross | |

Updated June 15, 2023

Registered Massage Therapist

| | | |
|-------------------------------------|------------------------------|--------------|
| Alive & Well Massage Therapy Clinic | 790 Seymour St | 250-374-6325 |
| Holistic Physical Therapy | 205-635 Victoria St | 250-374-4383 |
| Back to Health Centre | 42-700 Tranquil Road | 250-554-3446 |
| Body Healthy Massage Therapy Clinic | 614 Battle St | 778-220-2225 |
| Downtown Massage Therapy Clinic | 775 Seymour St | 250-372-3863 |
| Hillside Health | 105-1150 Hillside Drive | 20-372-3226 |
| Kamloops Therapeutic Massage | 204-180 Seymour St | 250-372-5654 |
| Maximum Health Massage Therapy | 6-665 Tranquile Road | 778-470-5758 |
| North Beach Massage Therapy | 301 Royal Ave | 250-554-1097 |
| Optimal Health Therapeutic Massage | 101-1120 8 th st | 250-554-1097 |
| Total Health Clinic | 735 Victoria St | 250-374-9700 |
| Twin Valley Wellness Clinic | 332D Victoria St | 250-374-6396 |
| Valleyview Massage Clinic | 2144 Valleyview Drive | 250-374-6396 |
| Westsyde Massage Therapy | 3771 Overlander Dr | 250-579-8008 |
| Kamloops Active Health | 865 Seymour St | 250-372-8856 |
| Physiotherapist | | |
| Dimensional Massage Therapy | 111 Oriole Rd | 250-851-5121 |
| Halston Place Physio | 107-1295 12 th St | 250-376-2563 |
| Joint Effort Physio | 11-1390 Hillside Drive | 250-434-0788 |
| Kamloops Physio & Sports Injury | 1-683 Seymour St | 250-314-0788 |
| Sage Sports Physio | 200-910 McGill Rd | 250-374-2800 |
| Thompson Rivers Physio | 6-1315 Summit Drive | 250-374-2800 |

Eye Examinations

| | | |
|------------------------------|---------------------------|--------------|
| Optik International | 331 Victora St | 250-851-8992 |
| Spec Savers | 1320 TCHW (Aberdeen Mall) | 778-330-3968 |
| Kamloops Family Vision | 613 Lansdowne St | 250-374-8755 |
| Optiks Optometry | 331 Victoria St | 250-828-0252 |
| Thompson Rivers Family | 700 Tranquille Rd | 250-376-1985 |
| Dr.Gerry Optometrist | 360 Seymour St | 250-376-1985 |
| Iris Optometrist and Optical | 1180 Columbia St | 250-372-7180 |
| Nicola Eye Care | 286 St.Paul | 250-374-2441 |
| Summit Eye Care | 1315 Summit Drive | 250-828-1554 |
| Ebata | 910 Columbia St | 250-377-8875 |
| Kamloops Vision Therapy | 1210 Battle St | 236-425-4494 |
| | | |



Harm Reduction

What is harm reduction?

Harm Reduction focuses on keeping people safe while in active use or when participating in high risk behaviours. Treating people with respect improves health outcomes and can someone life. Stigma can make people feel judged and alone, this can prevent those in active addiction from accessing health care services. This is why we believe all people should be treated with dignity and respect.

The Q'wemtsin Health Society Harm Reduction Program is geared toward promoting a healthy lifestyle and reducing the stigma associated with Substance Use Disorders to any First Nations person or community member from Tk'emlúps te Secwépemc, Skeetchestn or Whispering Pines/ Clinton Indian Band.

Services:

- Education on Drug overdose and the use of Naloxone
- Distribution of Take Home Naloxone Kits
- Distribution of Take Home Naloxone Nasal Spray
- Distribution of Fentanyl Test Strips
- Education on safe disposal of used needles and syringes
- Community needle/Syringe Clean-up and Hotline
- Promotion of healthy living

If you would like more information about our Harm Reduction Program please call QHS at 250.314.37432

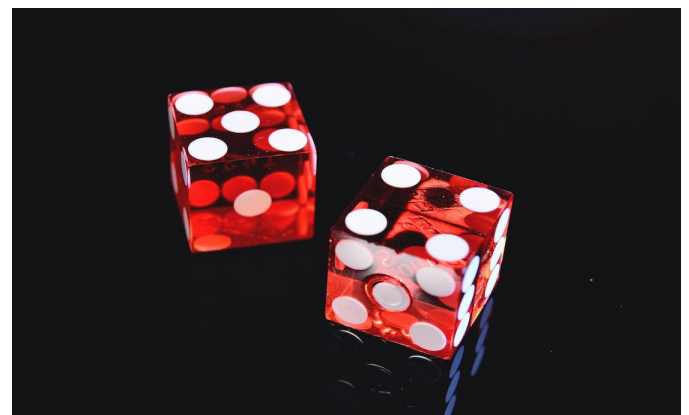


Q'wemtsin Health Society Mens Night



QHS hosted our annual Mens Night at the Dunes in Kamloops. It was a great night filled with good food and good company. The men had an educational presentation from Tk'emlups RCMP Drug Specialist and learned how to use Naloxone Kits.

They also enjoyed card games afterwards. This was a great night for the men in our communities to connect with one another and share some laughter and jokes. All three communities were represented.

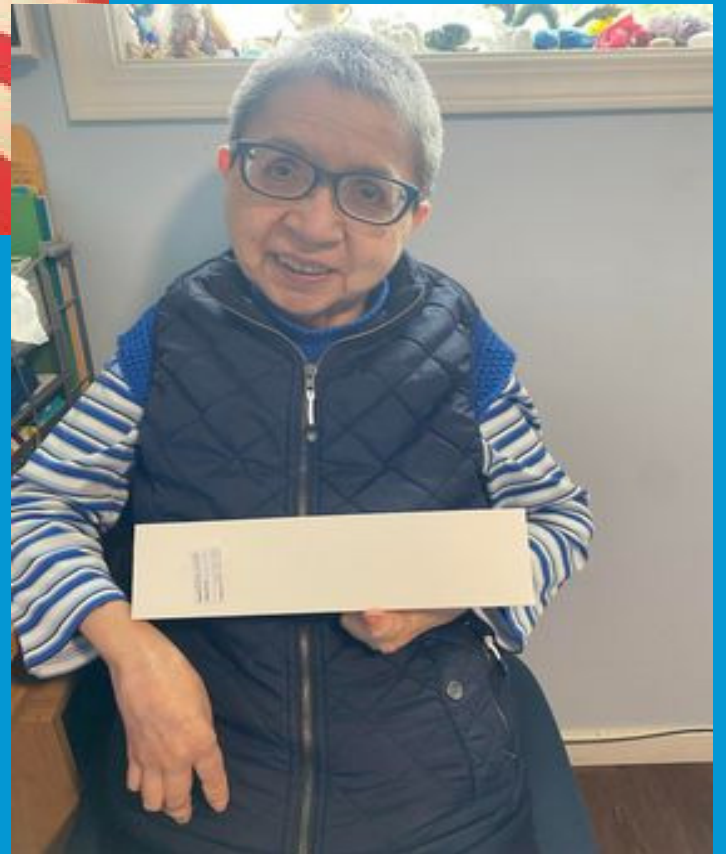




WINNER!
WINNER!
WINNER!

**CONGRATULATIONS
TO ELDER EDITH OF
Tk'emlups te Secwepemc.
She won the Apple
Watch!!**

Thank you to everyone that participated in our QHS 5-year evaluation. We have these evaluations to see if we are on track with our goals and objectives; as well as to help us better understand our client and community needs.



**QHS Client
Satisfaction
Draw WINNER!**



Q'wemtsín
HEALTH SOCIETY

What is Craniosacral Therapy?



Biodynamic Craniosacral Therapy is a style of massage therapy that isn't really like spa massage at all.

Clients are typically fully clothed, and the contact involves long holds in particular areas of the body specific to the issue that the client presents with.

BCST is effective for all kinds of pain and trauma because it very safely and gently accesses the body's own ability to heal itself. It is very relaxing to receive, and can help with issues ranging from indigestion and infertility to headaches and back pain.

Based originally in osteopathy, BCST has become an internationally recognized approach to pain, trauma, and dysregulation in the body. The ultimate goal in BCST is to help the client access their own internal resources and come to a positive understanding and appreciation of their own health, strength, and wellness.

Q'wemtsin Health Society has a Craniosacral Therapist that comes to both QHS and Skeetchestn Health Center once a week. If you would like more information on what she does please call QHS at 250.314.6732 or Skeetchestn Health Center at 250.373.2580.

Know the Signs



Heat Exhaustion

Faint or Dizzy
Excessive Sweating
Rapid Weak Pulse
Nausea or Vomitting
Cool Pale Clammy Skin
Muscle Cramps

Treatment

- Have them lay down in a cool shaded or air conditioned area
- Drink water if individual is conscious
- Use caution when individual stands up, apply cool colth or cold compress

Heat Stroke

Throbbing Headache
May Lose Consciousness
Rapid Strong Pulse
Nausea or Vomitting
Body Temperature Above
103
Red, Hot, Dry Skin
No Sweating

Treatment

Dial 9-1-1

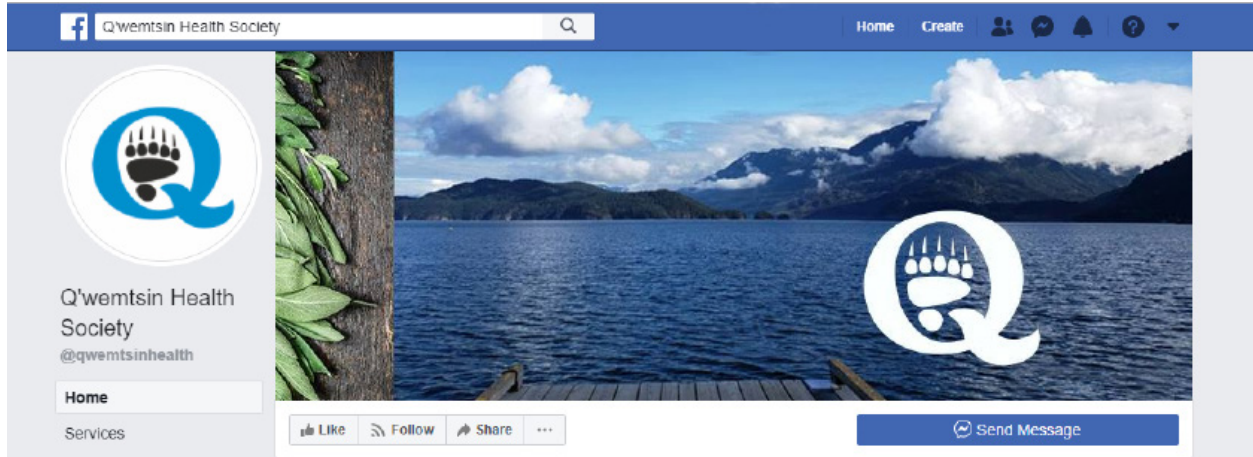
Cool individual by any means.
Place in a cool area, wrap in wet towel or sponge with cool water

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**Keep Hydrated and Drink
Plenty of Water!**

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



mission



Advancing holistic health
by providing programs,
services, and education

vision



Healthy Secwepemc
individuals, families
and communities

19

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..... | info@fnha.ca |

