

Q'wemtsín HEALTH SOCIETY



Pesllwélsten  
October  
2023

Happy Halloween!



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



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# OCTOBER

## Pesllwélsten

### (Fall Moon)

M-yews re spíxems ell re skécems cú7tsem, ell  
m-yews re sképems. M-yews re stscellcws ne  
c7es7ístkteñs ell ne ctsípweñtens.

Again they hunted and dried meat, then they  
began to tan hides to make buckskin. They fixed  
up their winter homes and cache pits.

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# Happy Halloween!

We wish our communities a safe and happy  
Halloween!





# Respiratory Season

Respiratory viruses increase in the fall and winter. This year, several respiratory viruses are circulating at the same time, including:

- COVID-19
- flu (influenza)
- respiratory syncytial virus (RSV)

**It's important to:**

- get your annual flu shot
- stay up to date with your COVID-19 vaccinations
- stay home when sick
- wear a mask in public indoor settings
- improve indoor ventilation when possible by opening a window or door
- clean your hands often
- avoid touching your face with unclean hands
- cover your coughs and sneezes with a tissue or the bend of your arm



# QHS Food Sovereignty Group



Q'wemtsin Health Society hosted the first class of students from the TRU Food, Sovereignty, Micro credential course. We had two students from each of our communities that we provide programs and services too!!



If you would like more information about the QHS Food Sovereignty Group please feel free to contact Laura Kalina by calling QHS at 250.314.6732.



Q'wemtsin Health Society hosted our annual Health Fair on September 20th. QHS had a great turnout with clients, community members, Sk'elep School of Excellence students and staff were also in attendance. We had various health organizations through out Kamloops attending as well, each health vendor shared their resources and health information with community and clients.





Q'wemtsin  
HEALTH SOCIETY

# QHS Health & Wellness Fair





## The Naturopathic Alphabet

Submitted by: Dr. Melissa Bradwell, ND

Difficulty sleeping and anxiety are two symptoms that can greatly interfere with one's quality of life. Insomnia is defined by the perception or complaint of inadequate or poor-quality sleep due to a number of factors, such as difficulty falling asleep, waking up frequently during the night with difficulty returning to sleep, waking up too early in the morning, or unrefreshing sleep. People with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks).

In naturopathic medicine, one herb that is commonly used to address both conditions is Valerian, *Valeriana officinalis*. Used widely and available in many forms such as liquid tinctures, capsules and tea, this herb is very effective at providing a safe, natural solution to both nervous tension and insomnia.

### Some Common Uses:

- Anxiety
- Painful menstruation
- Improving sleep quality
- Improving circulation
- Lack of concentration
- Migraines
- Nervous tension
- Stress

# V-Valerian



### Notes about Safety:

- A course of treatment should not exceed 3 months.
- It should not be used by patients with liver problems.
- It should not be taken in conjunction with sleep-inducing medication or alcohol.
- It should not be used by women who are pregnant or nursing.

Please discuss with healthcare provider before using Valerian. Some side effects can include headaches, dizziness, skin itching and rashes and changes in bowel habits. Some morning grogginess can occur in higher doses.

### References:

<http://ods.od.nih.gov/factsheets/Valerian-HealthProfessional/>

<http://www.herbwisdom.com/herb-valerian.html>



# Skeetchestn Health & Wellness Fair

Skeetchestn Health & Wellness Fair was a success. We had clients and community in attendance all throughout the day. We had various vendors engaging with community about their resources and what their organizations have to offer for health related services or information. The health fair was a fun and fabulous day of connecting!



**We look forward to  
having everyone back  
next year!!**







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# Mask Mandate in Health Care Settings

As of October 3, 2023, medical masks will be required at all times for healthcare workers, volunteers, visitors, contractors in healthcare service settings.

For example in:

areas where health care/services are provided  
communal spaces, like waiting rooms

We encourage our clients and communities to practice good hand hygiene. We also encourage you to stay home if you are sick or unwell. If you have any questions please call QHS at 250.314.6732



# What is Plan W?

## First Nations Health Benefits Plan

You must be enrolled with FNHA to be covered by **Plan W**. You can call FNHA to enrol, FNHA will confirm your eligibility for Plan W.

**You are eligible for coverage under Plan W if you:**

- Have active Medical Service Plan (MSP) coverage. To enrol in MSP call FNHA.
- Are a registered Indian Under the Indian Act, or are a child under 2 years who has at least one parent who is a registered Indian under the Indian Act.

**Some individuals do not qualify for Plan W because they have coverage through other agreements with Canada. These include:**

- A treaty and land claims agreement under the Constitution Act, 1982 (Canada) (unless that treaty and land claims agreement has been identified by the provincial Minister of Health as not resulting in ineligibility), or
- A written contribution arrangement between a First Nations organization and a government or province of Canada under which the government provides funding, and which has been identified by the provincial Minister of Health as resulting in ineligibility for enrolment

Your pharmacist submits your prescription claim online, and your BC PharmaCare coverage is applied immediately.

### Medical Supplies & Equipment

PharmaCare helps pay for the following medical supplies and equipment for all eligible beneficiaries:

- Blood glucose test strips (annual quantity limits apply)
- Needles and syringes for diabetics who inject insulin
- Insulin for diabetics who need it
- Ostomy supplies for patients who have undergone ostomy surgery and need an external pouch

**Some supplies and equipment are covered only under specific medical conditions. Your prescriber must submit a Special Authority request for the following items to be fully covered under Plan W:**

- Insulin pumps for diabetic patients who need insulin
- Insulin pump supplies for diabetic patients with an insulin pump
- Continuous/flash glucose monitors

# Plan W continued.....

## First Nations Health Benefits

For Plan W only, PharmaCare also helps pay for over-the-counter supplies at their retail price up to a certain maximum, with no dispensing fee:

- Lancets
- Blood and urine ketone strips
- Alcohol wipes/pads
- Inhaler spacers
- Needles and syringes (not restricted to those for insulin injection)
- Intrauterine devices (IUDs)

Medical supplies and equipment benefits that need prior authorization from the FNHA are administered by Pacific Blue Cross. See the list of FNHA MS&E benefits.

### Over-the-counter drugs

To be eligible for coverage for many over-the counter (OTC) drugs, you will need:

- A prescription from your physician, nurse practitioner or midwife  
OR
- A recommendation from your pharmacist

For all covered OTCs, your pharmacist must submit a claim to PharmaCare at the time of purchase.

### How to access OTC medications covered by Plan W

You can get a medication from the Plan W OTC list in two ways:

- A prescription from a doctor or nurse practitioner, or
- A recommendation from a pharmacist

### How to get a prescription

1. Talk to your doctor or nurse practitioner about your health condition
2. They may write you a prescription for an OTC medication covered by Plan W
3. Fill the prescription at your local pharmacy at no cost

Source: <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/who-we-cover/first-nations-health-authority-clients#OTC>



## How to get a pharmacist recommendation (no prescription required)

1. Talk to your pharmacist about your health condition
2. The pharmacist assesses if a safe and effective OTC therapy can treat your condition
3. Pharmacist recommends a Plan W OTC
4. Pharmacist completes the OTC Recommendation Form
5. The pharmacist dispenses the OTC item to you at no cost
6. The pharmacist asks you to sign the recommendation form to confirm that:
  - they gave you an OTC medication and
  - they provided the information you need for your wellness

## If the pharmacist can't recommend an OTC

Sometimes a pharmacist is not able to recommend an OTC medication covered by Plan W. This could be because the side effects of an OTC item may outweigh the potential benefits, or your symptoms may require longer-term treatment, or a prescription or non-pharmaceutical treatment would be better.

In this case, the pharmacist can discuss your options and may refer you to your prescriber, clinic or hospital for further assessment.

As with all medications, it's important to ask the pharmacist about what to expect from an OTC treatment and when to follow-up with the pharmacist or another healthcare provider.

Medications and devices purchased in other provinces

PharmaCare is B.C.'s provincial drug program, so Plan W cannot automatically cover drug purchases made outside the province. We recommend you get the maximum amount of medication under the PharmaCare Travel Supply Policy before you leave B.C.

If you must purchase medication in another province, you will need to send an Out-of-Province Claim (PDF, 91.7KB) to PharmaCare with your original pharmacy receipt.

Don't have the original pharmacy receipt? You can request an official duplicate from the pharmacy. Note that till receipts or photocopies cannot be accepted.

Pharmacies along the border: Some pharmacies located on the B.C. border are enrolled in BC PharmaCare. Although these border pharmacies cannot submit your claim for immediate online adjudication, they can submit a paper claim to PharmaCare on your behalf. Please check with the pharmacy before you fill your prescription.

Over-the-counter (OTC) medications and devices: Whether you purchase an OTC medication or a device at a B.C. pharmacy or an out-of-province pharmacy, it must be processed as a prescription. For out-of-province purchases, this means you will need an official prescription receipt that you can submit to PharmaCare for reimbursement.

[First Nations Health Authority \(FNHA\)](#)

[Contact FNHA to enrol in MSP or if you have questions about your coverage.](#)

**Call Toll-Free: 1-855-550-5454**

**Email: [HealthBenefits@fnha.ca](mailto:HealthBenefits@fnha.ca)**

**Web: <https://www.fnha.ca/benefits>**



# List of Counsellors in Kamloops

## FNHA 2023

Here is an updated list of Counsellors prepared by FNHA. In the Kamloops area for 2023.

MARIAN ANDERBERG	RSW	YES	(250) 851 - 5155	Accepting new clients immediately	NO	WOMAN
NICOLE BEFURT	RCC	YES	(250) 319 -8596	Accepting new clients immediately	UNSPECIFIED	WOMAN
ROBBYN BENNETT	RCC	YES	(778) 779 -7376	Waitlist less than 1 month	NO	WOMAN
SHERRY BEZANSON	RCC	YES	(250) 514 -1570	UNKNOWN	UNSPECIFIED	WOMAN
SHAWNA CALHOUN	CCC	YES	(778) 257 -4092	Waitlist less than 1 month	NO	WOMAN
ANDREA CAMPBELL	RCC; RSW	YES	(250) 554 -4747	Accepting new clients immediately	YES	WOMAN
JENNIFER CANE	RSW	YES	(250) 314 -0298	UNKNOWN	UNSPECIFIED	WOMAN
JOYCE CLARKE	CCC	YES	(250) 320 -1905	Accepting new clients immediately	YES	WOMAN
JEFF CONNERS	RSW	YES	(250) 819 -0316	UNKNOWN	UNSPECIFIED	MAN
CATHERINE CURRELL	Psychologist	YES	(604) 788 -7288	UNKNOWN	UNSPECIFIED	WOMAN
KYM DALEY	RCC	YES	(236) 852 -1431	Accepting new clients immediately	NO	WOMAN
ANGELA DAVIS	RCC	YES	(778) 990 -6232	Accepting new clients immediately	YES	WOMAN
ROBERT DOLSON	RCC	YES	(250) 319 -0101	Accepting new clients immediately	NO	MAN
MARILEE DRANEY	RSW	YES	(778) 257 -2433	Accepting new clients immediately	YES	WOMAN
CHRISTINE ELLIOTT	RSW	YES	(705) 208 -8977	Waitlist less than 1 month	NO	WOMAN
ROBIN ENGEN -JOHNSON	RCC	YES	(778) 586 -5348	Accepting new clients immediately	NO	WOMAN
CHIDUZIE EZEDEBEGO	RCC; RSW	YES	(250) 614 -8113	Waitlist less than 1 month	NO	MAN
LEANNE EZEDEBEGO	RCC	YES	(250) 314 -0377	UNKNOWN	NO	WOMAN
VICKI FARNELL	RCC	YES	(250) 318 -9553	Waitlist less than 1 month	NO	WOMAN
JOAN FLETCHER	RSW	YES	(250) 828 -2698	Waitlist less than 1 month	YES	WOMAN
DAVE FREEZE	RCC	YES	(250) 318 -1099	Accepting new clients immediately	NO	MAN
JENNIFER FRIEND	RSW	YES	(250) 828 -2698	Waitlist more than 2 months	NO	WOMAN
KIM GEOGHEGAN	CCC	YES	(250) 571 -4048	Accepting new clients immediately	NO	WOMAN
JEFF GOODRICH	RCC	YES	(250) 640 -6487	Waitlist less than 1 month	NO	MAN
ALEXIS GOSSELIN	RCC	YES	(250) 666 -0039	Accepting new clients immediately	NO	WOMAN
HILDA GREEN	CCC	NO	(250) 299 -1617	Waitlist less than 1 month	YES	WOMAN

# List of Counsellors in Kamloops

## FNHA 2023

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KELSEY GRIMM	RCC	YES	(778) 860 -3120	Accepting new clients immediately	NO	WOMAN
PETE GRINBERG	RCC	YES	(250) 318 -9455	Accepting new clients immediately	NO	MAN
KATHERINE GULLEY	CCC; RCC	YES	(250) 819 -2989	Accepting new clients immediately	NO	WOMAN
SIERRA HAW	RCC	YES	(250) 819 -6333	Waitlist 1 - 2 months	NO	WOMAN
JAMIE HOLLOWAY	RSW	YES	(250) 293 -6492	Waitlist less than 1 month	UNSPECIFIED	PREFER NOT TO SAY
ADELE HUCULAK	RCC	YES	(250) 554 -4747	Waitlist 1 - 2 months	NO	WOMAN
DARREN JONES	RCC	YES	(250) 819 -3336	Waitlist less than 1 month	NO	MAN
PATRICIA JUERGENSEN	CCC; RSW	YES	(778) 860 -3120	Waitlist 1 - 2 months	NO	WOMAN
FRAN KIOKA	RCC	YES	(250) 318 -8701	Waitlist more than 2 months	NO	WOMAN
ASHLEIGH KNIGHT	RCC	YES	(877) 325 -7484	UNKNOWN	UNSPECIFIED	PREFER NOT TO SAY
LOLINA KOOPMANS	RCC	YES	(604) 312 -4371	UNKNOWN	UNSPECIFIED	PREFER NOT TO SAY
ISABELLA KREIS	RSW	YES	(250) 305 -7692	UNKNOWN	UNSPECIFIED	WOMAN
BETTY LAPEYRE	RCC	YES	(250) 320 -4877	Accepting new clients immediately	NO	WOMAN
COLE LEVITT	CCC	YES	(778) 220 -1410	Waitlist 1 - 2 months	NO	MAN
JOLENE LINDSEY	RSW	YES	(250) 554 -4747	Waitlist less than 1 month	NO	WOMAN
RANDINE MARIONA -FLO	RSW	YES	(778) 360 -2605	Accepting new clients immediately	YES	WOMAN
NADINE MATHEWS	RSW	YES	(250) 314 -0298	Waitlist 1 - 2 months	NO	WOMAN
SUZANNE McCABE	RSW	YES	(250) 318 -6268	Waitlist less than 1 month	NO	WOMAN
MATT McLEAN	RCC	YES	(250) 320 -0846	UNKNOWN	NO	MAN
ADAM MOILLIET	RSW	YES	(236) 597 -7800	UNKNOWN	NO	MAN
MARK MOODY	RSW	YES	(250) 889 -5278	Accepting new clients immediately	UNSPECIFIED	MAN
SHERRY MOORE	RSW	YES	(788) 765 -4282	Accepting new clients immediately	NO	WOMAN
CRYSTAL MUNEGATTO	RSW	YES	(250) 819 -0234	Accepting new clients immediately	NO	WOMAN
RISSA NEUFELD	CCC; RCC	YES	(844) 472 -5473	Waitlist less than 1 month	NO	WOMAN
RACHAEL PASEMKO	RSW	YES	(250) 828 -2698	Waitlist less than 1 month	NO	WOMAN
JASON PETERSON	RCC	YES	(250) 571 -9825	UNKNOWN	NO	MAN
KATHERINE PETERSON	RCC	YES	(778) 489 -5630	Waitlist 1 - 2 months	NO	WOMAN

# List of Counsellors in Kamloops

## FNHA 2023



Here is an updated list of Counsellors prepared by FNHA. In the Kamloops area for 2023.

SUSAN PETERSON	RSW	YES	(250) 319 -5317	Accepting new clients immediately	NO	WOMAN
ANITA PRATT	CCC	YES	(250) 571 -4605	Waitlist less than 1 month	NO	WOMAN
BOBBIE RASMUSSEN -ME	RSW	YES	(250) 879 -2244	Waitlist more than 2 months	NO	WOMAN
BARRY REITER	CCC	YES	(250) 319 -7775	Waitlist less than 1 month	NO	MAN
EMILY ROULEAU	RCC	YES	(250) 819 -2380	Waitlist 1 - 2 months	NO	WOMAN
SANDIP SADHRA	RCC	YES	(778) 257 -0480	Accepting new clients immediately	NO	MAN
REBECCA SANFORD	RSW	YES	(250) 574 -7664	Accepting new clients immediately	NO	WOMAN
LORI SEELEY	RSW	YES	(778) 220 -7707	Accepting new clients immediately	NO	WOMAN
NARINDER SEROWN	RCC	NO	(250) 682 -1074	UNKNOWN	NO	PREFER NOT TO SAY
USMAN SHARIF	RCC	YES	(778) 220 -2361	Accepting new clients immediately	NO	MAN
FERNE STRAIN	RSW	YES	(778) 220 -6788	Accepting new clients immediately	YES	WOMAN
SHARON TODD	RSW	YES	(250) 320 -8615	Waitlist 1 - 2 months	YES	WOMAN
MAGDALENA TORNYAI	CCC;RCC	YES	(250) 554 -6663	UNKNOWN	UNSPECIFIED	WOMAN
ALEXA TYLER	RCSW	YES	(250) 819 -0212	Accepting new clients immediately	NO	WOMAN
MEGAN UMPHRESS	RSW	YES	(778) 257 -4253	Waitlist more than 2 months	NO	WOMAN
CHRISTA VAN ZYL	RCC	YES	(250) 320 -2747	Accepting new clients immediately	NO	WOMAN
KIMBERLY VANDEPEAR	RCC	YES	(778) 586 -5348	Accepting new clients immediately	NO	WOMAN
CHARLOTTE VOSSEL	RCC	YES	(778) 299 -2532	UNKNOWN	UNSPECIFIED	WOMAN
PATRICK WELCH	Psychologist	YES	(778) 586 -6414	Waitlist more than 2 months	NO	MAN
PATRICIA WHITE	CCC	YES	(833) 630 -2010	Accepting new clients immediately	NO	WOMAN
CHERYL WHITEHEAD	RCSW	YES	(250) 819 -2738	Accepting new clients immediately	NO	WOMAN
MARY WIDMER	RSW	YES	(250) 376 -1594	Accepting new clients immediately	NO	WOMAN
SARAH WIDMER	RSW	YES	(250) 554 -4747	Accepting new clients immediately	NO	WOMAN
VIVIANE WINGERAK	RCC	YES	(250) 314 -0298	UNKNOWN	UNSPECIFIED	WOMAN
URSZULA ZAWADZKA	RCC	YES	(250) 377 -5433	Waitlist less than 1 month	NO	WOMAN





## What is breast cancer?

Breast cancer starts in the cells of the breast. A cancerous (malignant) tumour is a group of cancer cells that can grow into and destroy nearby tissue. It can also spread (metastasize) to other parts of the body.

Cells in the breast sometimes change and no longer grow or behave normally. These changes may lead to non-cancerous (benign) breast conditions such as atypical hyperplasia and cysts. They can also lead to non-cancerous tumours such as intraductal papillomas.

But in some cases, changes to breast cells can cause breast cancer. Most often, breast cancer starts in cells that line the ducts, which are the tubes that carry milk from the glands to the nipple. This type of breast cancer is called ductal carcinoma. Cancer can also start in the cells of the lobules, which are the groups of glands that make milk. This type of cancer is called lobular carcinoma. Both ductal carcinoma and lobular carcinoma can be in situ, which means that the cancer is still where it started and has not grown into surrounding tissues. They can also be invasive, which means they have grown into surrounding tissues.

Less common types of breast cancer can also develop. These include inflammatory breast cancer, Paget disease of the breast and triple negative breast cancer. Rare types of breast cancer include non-Hodgkin lymphoma and soft tissue sarcoma.

## Risks for breast cancer

A risk factor is something that increases the risk of developing cancer. It could be a behaviour, substance or condition. Most cancers are the result of many risk factors. But sometimes breast cancer develops in women who don't have any of the risk factors described below.

Most breast cancers occur in women. The main reason women develop breast cancer is because their breast cells are exposed to the female hormones estrogen and progesterone. These hormones, especially estrogen, are linked with breast cancer and encourage the growth of some breast cancers.

Breast cancer is more common in high-income, developed countries such as Canada, the United States and some European countries. The risk of developing breast cancer increases with age. Breast cancer mostly occurs in women between 50 and 69 years of age.



## Signs and symptoms of breast cancer

Breast cancer may not cause any signs or symptoms in its early stages. Signs and symptoms often appear when the tumour grows large enough to be felt as a lump in the breast or when the cancer spreads to surrounding tissues and organs. Other health conditions can cause the same symptoms as breast cancer.

The most common symptom of ductal carcinoma is a firm or hard lump that feels very different from the rest of the breast. It may feel like it is attached to the skin or the surrounding breast tissue. The lump doesn't get smaller or come and go with your period. It may be tender, but it's usually not painful. (Pain is more often a symptom of a non-cancerous condition).

Lobular carcinoma often does not form a lump. It feels more like the tissue in the breast is getting thicker or harder.

## Other symptoms of ductal and lobular breast cancer include:

- a lump in the armpit (called the axilla)
- changes in the shape or size of the breast
- changes to the nipple, such as a nipple that suddenly starts to point inward (called an inverted nipple)
- discharge that comes out of the nipple without squeezing it or that has blood in it

Late signs and symptoms occur as the cancer grows larger or spreads to other parts of the body, including other organs. Late symptoms of breast cancer include:

- bone pain
- weight loss
- nausea
- loss of appetite
- jaundice
- cough
- shortness of breath
- cough
- headache
- double vision
- muscle weakness

## Recommendations for getting tested.

**Ages 40 to 49: Regular mammograms are not recommended.**

**Ages 50 to 74: Regular mammograms (every 2 to 3 years) are recommended.**

**Age 75 and older: You may want to talk to your doctor about whether you need breast cancer screening.**

**You can also call BC Breast Cancer Screening here in Kamloops at:  
250.828.4916**





## Employment Opportunity Receptionist, Temporary Full Time

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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 22 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.

**Term:**

18-months

**Purpose:**

To work in collaboration with a multidisciplinary team by performing routine procedures necessary for the successful day-to-day operations of a fast-paced medical clinic

**Responsibilities:**

- Maintain a professional presence at the front desk at all times, greet clients upon arrival, sign them in and obtain any further necessary data as directed
- Answer and forward incoming phone calls
- Scheduling and confirming client appointments
- Ensures reception and waiting area is sanitized, tidy and presentable
- Performs administrative tasks, such as distributing mail and deliveries, updating calendars, maintaining office supplies and inventory of stock
- Performs other clerical reception duties such as filing, photocopying, postings for the website and other social media platforms
- Provides additional administrative support as required

**Qualifications and Skills:**

- Minimum of one (1) year reception/administrative experience in an office or clinic setting
- Ability to use a high degree of tact, diplomacy, and confidentiality
- Demonstrated proficiency in Word and other similar Microsoft applications
- Excellent communication, organizational and problem-solving skills
- Medical receptionist and electronic medical records experience would be an asset
- Ability to handle a fast-paced environment and prioritize tasks based on importance
- Knowledge of Secwépemc culture is an asset, acknowledges cultural differences and supports diversity

**Additional Requirements:**

- Possess valid British Columbia driver's license and submit current drivers abstract
- Criminal Records check with Vulnerable Sector screening will be required

Please forward your cover letter, resume, and employment references to:

Q'wemtsin Health Society  
**Attn: Bobbi Sasakamoose**  
130 Chilcotin Road  
Kamloops, BC V2H 1G3  
E-mail: [bobbi@qwemtsin.org](mailto:bobbi@qwemtsin.org)

The deadline for this posting is: October 20, 2023

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

# Broccoli Cheddar Soup

Soup season is upon us. Here is a yummy soup recipe to try on a cool day.

## Ingredients:

- 1 tablespoon butter
- ½ onion, chopped
- ¼ cup melted butter
- ¼ cup flour
- 2 cups milk
- 2 cups chicken stock
- 1 ½ cups coarsely chopped broccoli florets
- 1 cup matchstick-cut carrots
- 1 stalk celery, thinly sliced
- 2 ½ cups shredded sharp Cheddar cheese
- salt and ground black pepper to taste



## Directions:

Melt 1 tablespoon butter in a skillet over medium-high heat. Add onion; cook and stir until tender and translucent, about 5 minutes. Set aside.

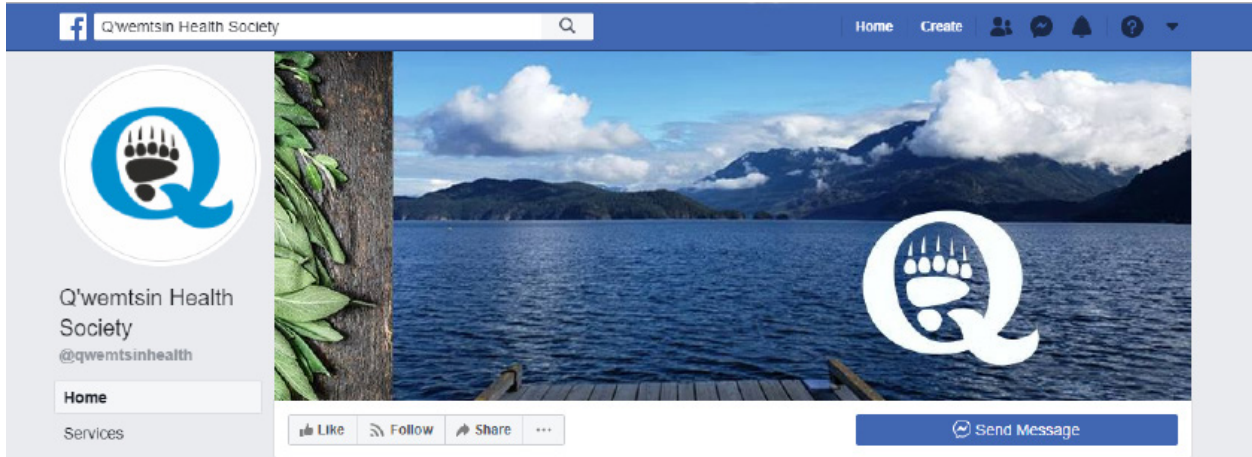
Whisk 1/4 cup melted butter and flour together in a large saucepan over medium-low heat. Continue to whisk and cook, adding 1 to 2 tablespoons of milk if necessary to keep the flour from burning, 3 to 4 minutes.

Gradually add milk while whisking constantly; stir in chicken stock and bring to a simmer. Cook until mixture is thickened, about 20 minutes. Add broccoli, carrots, celery, and sautéed onion; simmer until all the vegetables are tender, about 15 minutes.

Stir in Cheddar cheese until melted; season with salt and pepper to taste before serving.

 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

19

# Resource Numbers



**Q'wemtsin**  
HEALTH SOCIETY

## 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 Poison 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>

