

Q'wemtsín HEALTH SOCIETY



Pellctsípwenten
September
2023

National Truth and Reconciliation Day!



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



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September Pellctsípwenten (Cache Food Moon)

M-yews re spíxems ell re skécems
re Secwepemc ell m-elkwstsíllen ne
ctseptsípweñtens.

The Secwepemc hunted some more
and dried the meat and stored it in their
cache pit.

Office Closures

Q'wemtsin Health Society &
Skeetchestn Health Center will be
closed:

Date: Monday, October 2nd

Reopened: Tuesday, October 3rd for
regular business hours

In observance of National Truth &
Reconciliation Day



TRU Nursing Students at QHS

Weyt-kp my name is Tanya Sanders and I am a registered nurse and faculty member with the School of Nursing at TRU in Kamloops. I grew up in Chase, my dad was the late Bob Cherriman and my mom is Donna Brown.

After working in different parts of BC my family returned here to Kamloops 15 years ago. I am excited to be coming back to QHS this fall with a group of 6 second year nursing students. We had an opportunity to meet some of you last fall and look forward to seeing you again this year. We will be at QHS Thursdays and Fridays starting in September until the first week of December.

The students will be working with and learning from the staff here at QHS and all of you about community health nursing and the communities here with QHS. If you have any questions please contact me by email tsanders@tru.ca or come see us at the health centre. Thank you to the staff at QHS and all of you for welcoming the students and supporting their learning.



Please feel free to welcome the student nurses!

FNHA Changes to Coverage of Shingrix® Vaccine and FreeStyle® Libre 2 Glucose Monitor

The First Nations Health Authority (FNHA) is committed to continually increasing access to preventative health care services that support clients on their wellness journey.

Effective September 1, 2023, the FNHA's Shingrix® shingles vaccine coverage is available at no cost to First Nations Elders who are 60 years and older. This change is intended to make the vaccine accessible to a larger segment of the Elder population. Coverage was previously limited to those aged 65 years and older.

The Shingrix® vaccine can be prescribed by a physician or nurse practitioner, or obtained directly from the pharmacist. It requires two doses to be fully effective and may be injected by a pharmacist, community health nurse or physician.

In cases where the Shingrix® vaccine dose is being shipped, the pharmacist, client, and the healthcare professional injecting the vaccine should be aware of the storage and refrigeration requirements of the vaccine.

Requests for vaccine coverage for those under 60 years of age will be considered if submitted with supporting medical documentation from a primary care provider.

Information for healthcare providers is available on the Pacific Blue Cross website.

**If you have any questions,
please call Health Benefits at:
1-855-550-5454.**

2

Plan W covers FreeStyle® Libre 2 Flash Glucose Monitor

Effective August 1, 2023, Plan W covers a flash glucose monitor (FGM), the FreeStyle® Libre 2, in addition to the continuous glucose monitor (CGM), Dexcom G6®, for the monitoring of sugar levels for clients living with diabetes mellitus and requiring intensive insulin treatment.

This additional option is in response to clients' feedback on accessing FreeStyle® Libre 2 and increases access to technologies and medical devices that support clients on their health and wellness journey.

Both FreeStyle® Libre 2 and Dexcom G6® are glucose-monitoring devices that use sensors worn on the skin to measure sugar levels without frequent finger pricks. However, while the FreeStyle® Libre 2 requires a manual device to flash or scan the sensor to check the sugar levels, the Dexcom G6® automatically and continuously sends the sugar levels to a compatible device.

Healthcare providers can support clients in selecting the most suitable glucose monitor option based on the client's needs, lifestyle and health and wellness goals. Clients are encouraged to discuss with their healthcare providers to determine which glucose monitor system suits their needs.

The FreeStyle® Libre 2 and the Dexcom G6® are both available as Limited Coverage benefits that require Special Authority approval for coverage.

For more information about coverage for Dexcom G6®, please see the PharmCare Newsletter July 2021 edition.



Q'wemtsin
HEALTH SOCIETY

QHS Community

Health & Wellness Fair

Friday, September 22

Time: 11:00 AM - 3:00 PM

Place: 130 Chilcotin Road

**Health
Screenings &
Health
Related
Information**

Health Vendors
Food trucks
Bouncy Castles
Swag

**JOIN US AT OUR COMMUNITY
HEALTH FAIR!**

For more information
contact Lindsie at QHS 250.314.6732
or Lee-Anne at Skeetchestn Health
Center 250.373.2580

 qwemtsin.org



Reminder to all parents/caregivers in our communities. Our COHI Program will be preparing for the start of a new school year. We are very excited to go out into community! Please fill out the COHI Form and return to QHS as soon as possible.

COHI Eligibility criteria: Children 0-7 years old that are living on reserve.

Must be a band member of Tk'emlups te Scewepemc, Skeetchestn and Whispering pines/Clinton Indian band.

Children's Oral Health Initiative (COHI)
COHI Services

Fluoride Varnish

- Is applied to your child's teeth up to four times a year
- Helps prevent cavities by making the outside layer of the teeth stronger
- Can start as soon as your child has teeth
- Teeth are wiped dry and the varnish is applied with a small brush
- Fluoride varnish will not be applied if your child has an allergy to wood resins (colophony). Wood resins are found in many products such as sunscreen and chewing gum. It is not a common allergy.
- Takes only seconds to apply

Sealants

- Help protect teeth from getting cavities
- Deep pits and grooves on the top of back teeth are sealed
- Do not require freezing
- Are easy to do
- Last a long time

Temporary Fillings (ART/IST)

- Treat tooth decay in children as young as one year of age
- Don't require freezing
- Are pain free
- Are done quickly
- Keep the tooth healthy until the child is old enough to have a permanent filling
- May reduce the need for dental treatment in hospital under a general anesthetic

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

COHI provides your community with its very own dental professional – Crystal Chartrand Registered Dental Hygienist. Your community COHI Aide is Lyndsie Manywounds.

If you would like more information about our COHI Program please call QHS at 250.314.6732.



First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)
Consent Form - Child

TO BE COMPLETED BY PARENT, LEGAL GUARDIAN OR AUTHORIZED REPRESENTATIVE

Grade _____

Please print the name of the child you are consenting to receive dental services:

CHILD'S LEGAL LAST NAME _____ CHILD'S LEGAL FIRST NAME _____

DAY: _____ MONTH: _____ YEAR: 20 _____
DATE OF BIRTH _____ REGISTRATION / STATUS NUMBER (10 DIGIT NUMBER) _____

Gender: MALE FEMALE Name of Child's Dentist: _____

HEALTH HISTORY OF THE CHILD NAMED ABOVE			
Does the child have any heart problems?	YES	NO	DON'T KNOW
Does the child have any bleeding problems?	YES	NO	DON'T KNOW
Does the child have any allergies?	YES	NO	DON'T KNOW
If yes, please explain: _____			
Does the child have any other health conditions?	YES	NO	DON'T KNOW
If yes, please explain: _____			

By signing below, I _____,

- A) give my consent for the child (named above) to receive any of the following dental services as recommended by the COHI dental therapist or dental hygienist:
 - screening
 - fluoride varnish
 - dental sealants
 - instruction on healthy dental habits
 - temporary fillings (ART/IST)
- B) confirm that I have read the description of these COHI services on the reverse of this form and understand the risks and benefits:
 - YES NO
- C) give my consent for the First Nations Health Authority to collect, use and disclose information about the child for the purposes of the Children's Oral Health Initiative;
- D) give my consent for the band to release the child's registration/status number;
- E) understand that the personal information of the child is protected under the *Personal Information Protection Act of BC* and the information may only be used or disclosed within the conditions set out in that Act;
- F) understand that dental program records and data information may be used by the First Nations Health Authority for management and administration purposes only directly related to the Children's Oral Health Initiative;
- G) choose to give my consent voluntarily;
- H) understand that this consent will remain in effect while the child is participating in COHI or until it is withdrawn by a parent, legal guardian or authorized representative of the above-named child.

Parent, Legal Guardian or Authorized Representative, please print & sign your name with date & telephone number below:

LAST NAME OF PARENT, LEGAL GUARDIAN, AUTHORIZED REPRESENTATIVE / FIRST NAME OF PARENT, LEGAL GUARDIAN, AUTHORIZED REPRESENTATIVE

SIGNATURE OF PARENT, LEGAL GUARDIAN, AUTHORIZED REPRESENTATIVE

PHONE NUMBER

DATE (DAY / MONTH / YEAR)

The Naturopathic Alphabet

Submitted by: Dr. Melissa Bradwell, ND

The thing I like best about Botanical Medicine is finding beauty in things that can sometimes appear less than beautiful. Take the dandelion, *Taraxacum officinalis*, for example, a pesky weed to most but, in the world of medicine, a really effective and therapeutic herb.

Health Benefits of Dandelion Root;

- Rich in Vitamins A, C, D & B Complex
- Anti-oxident properties
- Anti-inflammatory
- Nourishes liver
- Activity against free radicals to counteract acetaminophen liver toxicity
- Mild appetite stimulant
- Lowers cholesterol
- Destroys acid in the blood
- Blood builder & purifier
- Used as treatment for anemia
- Detoxifies poisons & toxic waste in the body



Dandelion Root Herbal Tea Recipe

Recipe:

1 ounce Dandelion root, roasted and ground

1 ounce dandelion leaves and stems, roasted and ground

2/3 ounce fennel seeds

2/3 ounce peppermint leaves

Directions:

Steep mixture in 1 cup of hot water for about 10 minutes, strain and drink. The combination will help digestion, alleviate intestinal gas and stimulate bile production.



Taraxacum Officinale-Dandelion

Preparation and serving methods

Fresh greens and flower tops have been used in cooking. Generally pre-washed greens are blanched in boiling water for a minute or so and cooled immediately by plunging into cold water. Blanching reduces bitterness.

Here are some serving tips:

- Young tender shoots, raw or blanched, used in salads and sandwiches either alone or in combination with other greens like lettuce, kale, cabbage, chives, etc.
- Fresh greens may also be used in soups, stews, juices, and as cooked vegetable.
- Dried leaves as well as flower parts used to make tonic drinks and herbal dandelion teas.
- Lightly roasted and grounded roots used to make wonderfully flavorful dandelion coffee.
- Dandelion root is also used in Japanese cooking.

Medicinal uses:

- Almost all the parts of dandelion herb found place in various traditional as well in modern medicine.
- The principle compounds in the herb have laxative and diuretic functions.
- The plant parts have been used as herbal remedy for liver and gall bladder complaints.
- The herb is also a good tonic, appetite stimulant and is a good remedy for digestive complaints.
- The inside surface of the flower stems used as a soothing agent for burns and stings (for example in stinging nettle allergy)

Safety profile:

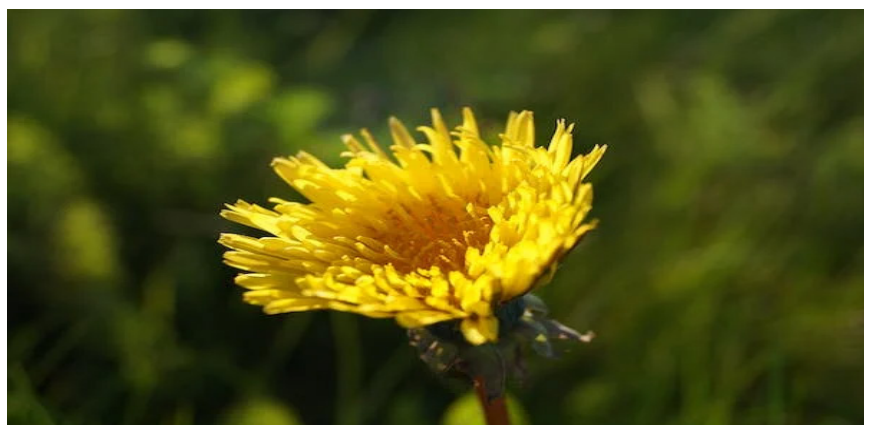
Although dandelion herb contains some bitter principles, it can be safely used in healthy individuals without any reservations. However, in patients on potassium sparing diuretic therapy, it may aggravate potassium toxicity. Dandelion herb can also induce allergic contact dermatitis in some sensitive individuals.

References:

<http://thenaturopathich herbalist.com/herbs/t-u/taraxacum-officinale-dandelion/>

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

<http://www.nutrition-and-you.com/dandelion-herb.html>





Q'wemtsin
HEALTH SOCIETY

Skeetchestn Community Health & Wellness Fair

Thursday, September 28

Time: 11:00 AM - 3:00 PM

**Place: Skeetchestn Gymnasium,
330 Main Drive**

**JOIN US AT OUR COMMUNITY
HEALTH FAIR!**

**For more information
contact Lindsie at QHS 250.314.6732
or Lee-Anne at Skeetchestn Health
Center 250.373.2580**

**Health
Screenings &
Health
Related
Information**

**Health Vendors
Catered Lunch
Bouncy Castles
Swag**

 qwemtsin.org

PRODUCED BY MSKY PRODUCTIONS

MUSIC FOR THE PEOPLE

FREE ENTRY

Donations gratefully accepted on event day

Songs of the **Margit Sky Project** with performers from the **Kamloops Symphony** and **Sage Hills Singers, Drummers & Dancers**

For the People—A Cultural Experience is a unique concert event bringing the voices, music, and artistry of Indigenous and non-Indigenous people together for an unforgettable evening. Concert is suitable for all ages.

musicforthepeople.ca



POWWOW ARBOUR
345 Powwow Trail, Kamloops, BC

SUNDAY
SEPTEMBER 17

Kweséltken
FARMER'S & ARTISAN MARKET

4:00-9:00PM

MUSIC CONCERT
for all ages

6:30-8:30PM



Part proceeds from the concert to support the good work of the **Indian Residential School Survivors Society**

COMMUNITY PARTNERS



SPONSORS



Mark Strate/
Heather Smuin
+ Family



HEALING
BETWEEN WORLDS

MEDIA SPONSORS



Food Sovereignty

in our community

Kwséltkten is the Secwépemc word for "all my relations," indicating the kinship ties between us and the world that nourishes our bodies and minds.

The Kwséltkten Project provides an opportunity for all Tk'emlúps te Secwépemc members to rekindle the kinship ties between them and the non-human works that sustains us through various on the land programming and/or services.

This brochure is a living document capturing what is happening in our community around food sovereignty. If you know of something new that is happening, please get in touch with our Community Services Department to include it.

Open to see what's happening in TteS!



what is Indigenous Food Sovereignty?

Food sovereignty refers to reclaiming the power of food and our food system. Food sovereignty is the ability of an Indigenous nation or community to control its own food system and food-producing resources free of control or limitations put on it by an outside power, such as a settler/colonizer government. Food sovereignty includes creating access to healthy food resources of one's own choice, assuming control over food production and distribution, and integrating cultural practices and values concerning diet, food production, distribution, and the entire food system.

Indigenous food sovereignty uses the traditional knowledge and wisdom of our people that they used when they were in charge of their own survival

Find the Contact List

Website



Get in Touch

Email
anne.keith@ttes.ca

Tk'emlúps te Secwépemc

Food Sovereignty



Sharing Food in the Community

1. Cultural Food Workshops

Secwépemc Child and Family Services Cultural Integration Team runs workshops on many different cultural topics, including food on Wednesday evenings. The S Indigenous Food Sovereignty team also runs food preserving workshops.



2. Community Pantry

The S Indigenous Food Sovereignty fills community pantries next to little fawn with vegetables from the garden for community members.



3. Covid Meal Hampers

Hampers provided to families and individuals that are experiencing COVID-19. The hampers include food ingredients as well as locally prepared preserves whenever possible.



4. Emergency Food Preparation

The Kwséltkten Kitchen has been utilized for processing and cooking donated food for fire evacuees at the TteS Pow Wow Arbour.



5. Food Sovereignty & Dietitian Services

O'wemtsin Health Society supports Indigenous Food Sovereignty initiatives, including a healing garden with cultural and medicinal plants, and dietitian services.



Buying Food

6. Sweláps Market

A forthcoming store that will provide a location to purchase food on reserve and connect local and Indigenous suppliers with the community.



7. Kwséltkten Market

A weekly market running in the summer for Indigenous and local farmers and artisans.



8. Market Coupon Program

CIFN and TteS Community Services offer nutrition coupons for low income individuals and families that can be redeemed at the Kwséltkten Market

Growing Food

9. Berry Walk

A commemorative garden for Le Estwéy' (the missing) that contains native and cultivated fruit and berry species and edible and medicinal plants including, choke cherry, saskatoon berry, hawthorn, aspen, current, wild gooseberries, soopolallie (Susem), blueberry, thimbleberry, elderberry, haskap, sea buckthorn, raspberry, blackberry, logan berry, strawberries (wild and cultivated) winterberry, cranberry, and lingonberry. Medicinal plants include kinkinik yarrow, lavender, goldenrod, beebalm, meadow sage and echinacea.



10. Skelep School Garden

A vegetable and herb garden that has been created in partnership between O'wemtsin Health Society, TteS Community Services and Sk'elep.



11. Community Garden

A garden near the youth centre that is being supported by the Indigenous Food Sovereignty team to grow produce for workshops, canning and distribution to the community.



12. Hot House

A hot house that is supported by the Indigenous Food Sovereignty team to enhance the growing conditions for vegetables and herbs that are distributed to the community and used in workshops.



13. Kamloopa Greenhouse

A community greenhouse space created by the TRU women in trades program, including composting outhouse and propagation tables.



Land Based Food Systems

Stewardship of land-based food systems

TteS Natural Resources manages limited hunting, fishing and trapping opportunities which help to provide protein to Elders, single parent families and others in the community. Natural resources also works to assess and protect berry and traditional food harvesting areas

Reducing risks associated with natural disaster:

The TteS emergency planning department helps to address fuel management for wildfires, and in doing so, works to restore ecosystems that provide forage for ungulates and conditions for cultural foods and medicines to grow in the forest understory.

Stewardship of forests

O'welminté Secwépemc is representing signatory Secwépemc communities in government to government negotiations around a Comprehensive Forestry Agreement. Secwépemc communities have also signed a declaration of understory within the forests of Secwépemc'ecw

Land based learning

TteS Community Services, Shuswap Nation Tribal Council, and others offer hunting camps, cultural camps and other opportunities for members to be out on the land

TRU Applied Sustainable Ranching

This program offers a micro-credential in Food Sovereignty and also courses to help you discover what the best options are for you to grow on your land.



TteS Residential Area



Chief Louis Centre Area

Q'wemtsín HEALTH SOCIETY

Annual General Meeting

Agenda

Annual General Meeting of the Q'wemtsin Health Society
November 8, 2023 at the hour of 2:00pm
130 Chilcotin Road, Kamloops BC

1. Determination of quorum (3 members present)
2. Appointment of meeting chair
3. Presentation of Financial statements for the year ended March 31, 2023, and report of Auditor - Daley LLP (see draft statements as Attached #1)
4. Appointment of Auditor for ensuring fiscal year
5. Report of Directors
6. Other business
7. Termination of meeting

If you would like more information please call QHS at 250.314.6732

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



Q'wemtsín
HEALTH SOCIETY

International FASD Day

September 9th

What is FASD?

Fetal Alcohol Spectrum Disorder (FASD) is a term used to describe a range of health and behavioural problems affecting people exposed to alcohol during pregnancy.

FASD is the leading developmental disability in Canada. It can include lifelong physical, learning and behavioural disabilities. Children, youth and adults with FASD will be affected in different ways, each with their own strengths and challenges. Common problems include learning, memory, attention, language, social skills, behaviour, hearing and vision.

How much alcohol causes FASD?

FASD is prevented by avoiding drinking any alcohol during pregnancy. There is no safe amount, safe time or safe type of alcohol to drink during pregnancy. It is not known how much alcohol it takes to cause harm. Your baby's brain and nervous system develop throughout your pregnancy.

All types of alcohol, including beer, wine, hard liquor, coolers and ciders, can harm your baby. Binge drinking, that is, drinking more than 3 standard drinks at any one time, and drinking throughout your pregnancy, are the most harmful to your baby.

The potential to harm a developing baby during pregnancy is also influenced by the following factors:

- The birthing parent's overall health and well-being
- Alcohol drinking patterns such as binge drinking and heavy drinking

- If illegal or street drugs, or medications are being used at the same time
- Genetics and many other factors

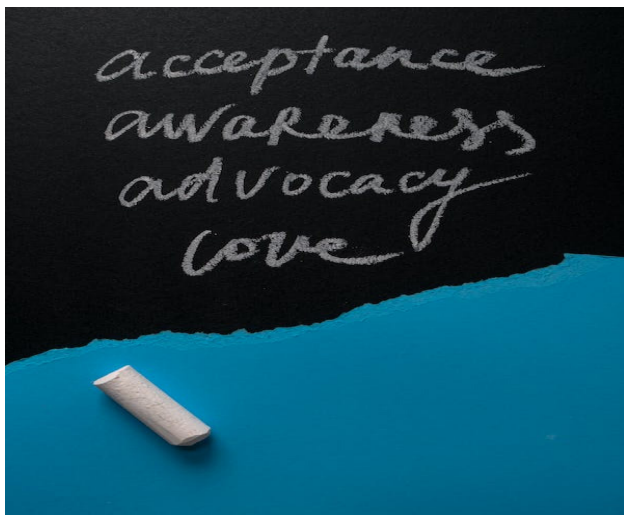
Does drinking during breast/chest feeding cause FASD?

No, drinking alcohol while breast/chest feeding or expressing human milk to feed by bottle does not cause FASD. However, your baby is exposed to a small amount of the alcohol that passes into your milk when you drink. Alcohol can also impact the taste and reduce the amount of milk available to your baby. This can affect your baby's sleep-wake pattern, your milk letdown, the amount of milk your baby takes at feeding time and your baby's behaviour.

It is best to avoid alcohol if you're breast/chest feeding, but if you want to have an occasional drink, it does not mean you need to stop nursing. Breast/chest feeding is important for the health and well-being of both lactating parents and babies. If you choose to drink alcohol while feeding your baby, it is important that you plan around it.

If you are going to have a drink, it is recommended that you feed your baby and store milk before you start drinking. How soon you can start breast/chest feeding again will depend on how many drinks you have had. Ideally, it is best to avoid breast/chest feeding for about 2 hours after drinking for each alcoholic beverage consumed. For example, if a person has 2 alcoholic drinks, they should wait at least 4 hours before breast/chest feeding.

You can pump or express as needed to relieve any discomfort from engorgement, but "pumping and dumping" milk will not lower the level of alcohol in your milk faster. Only time allows the alcohol level in the milk to drop.



September 9th is International FASD Day

When can FASD and other effects of alcohol be diagnosed?

If you are worried about your infant or child, speak to your health care provider. A referral can be made to have your child assessed by a specially trained team who can provide suggestions on how to best support them.

Recognizing FASD early can give a child with FASD the best chance to reach their full potential. Early diagnosis and support in a safe and healthy family situation may help prevent future issues such as difficulty at school, mental health or other health concerns.

Where can families and caregivers go for help?

Community resources in your regional health authority, such as child development programs, may help support families and children. Examples of available services include:

Key Workers - helps families understand FASD by providing information and connecting them to support services

Parent Support - includes mentoring, offering support groups, and FASD training for parents and grandparents

Some communities have additional support services and groups for parents / caregivers, and their children with FASD.

For more information on these and other local programs and services in your area, visit Fetal Alcohol Spectrum Disorder (FASD) at www2.gov.bc.ca/gov/content/health/managing-your-health/child-behaviour-development/special-needs/fetal-alcohol-spectrum-disorder-fasd.

For contact information to your local public health unit and to find services that are available in your area visit the HealthLink BC Services and Resources Directory at www.healthlinkbc.ca/find or call 8-1-1. When you call the public health unit, ask for a public health nurse.

Source: <https://www.healthlinkbc.ca/healthlinkbc-files/fetal-alcohol-spectrum-disorder>





World Alzhiemers Day-September 21

Dementia has physical, psychological, social and economic impacts, not only for people living with dementia, but also for their carers, families and society at large. There is often a lack of awareness and understanding of dementia, resulting in stigmatization and barriers to diagnosis and care.

Changes in mood and behaviour sometimes happen even before memory problems occur. Symptoms get worse over time. Eventually, most people with dementia will need others to help with daily activities.

Signs and symptoms:

Changes in mood and behaviour sometimes happen even before memory problems occur. Symptoms get worse over time. Eventually, most people with dementia will need others to help with daily activities.

Early signs and symptoms are:

- forgetting things or recent events
- losing or misplacing things
- getting lost when walking or driving
- being confused, even in familiar places
- losing track of time
- difficulties solving problems or making decisions
- problems following conversations or trouble finding words
- difficulties performing familiar tasks
- misjudging distances to objects visually.

Common changes in mood and behaviour include:

- feeling anxious, sad, or angry about memory loss

Dementia is a term for several diseases that affect memory, thinking, and the ability to perform daily activities. The illness gets worse over time. It mainly affects older people but not all people will get it as they age. Things that increase the risk of developing dementia include:

- age (more common in those 65 or older)
- high blood pressure (hypertension)
- high blood sugar (diabetes)
- being overweight or obese
- smoking
- drinking too much alcohol
- being physically inactive
- being socially isolated
- depression

Dementia is a syndrome that can be caused by a number of diseases which over time destroy nerve cells and damage the brain, typically leading to deterioration in cognitive function (i.e. the ability to process thought) beyond what might be expected from the usual consequences of biological ageing. While consciousness is not affected, the impairment in cognitive function is commonly accompanied, and occasionally preceded, by changes in mood, emotional control, behaviour, or motivation.



continued...

- personality changes
- inappropriate behaviour
- withdrawal from work or social activities
- being less interested in other people's emotions

Dementia affects each person in a different way, depending upon the underlying causes, other health conditions and the person's cognitive functioning before becoming ill.

Most symptoms become worse over time, while others might disappear or only occur in the later stages of dementia. As the disease progresses, the need for help with personal care increases.

People with dementia may not be able to recognize family members or friends, develop difficulties moving around, lose control over their bladder and bowels, have trouble eating and drinking and experience behaviour changes such as aggression that are distressing to the person with dementia as well as those around them.

Common forms of dementia

Dementia is caused by many different diseases or injuries that directly and indirectly damage the brain. Alzheimer disease is the most common form and may contribute to 60–70% of cases. Other forms include vascular dementia, dementia with Lewy bodies (abnormal deposits of protein inside nerve cells), and a group of diseases that contribute to frontotemporal dementia (degeneration of the frontal lobe of the brain).

Dementia may also develop after a stroke or in the context of certain infections such as HIV, as a result of harmful use of alcohol, repetitive physical injuries to the brain (known as chronic traumatic encephalopathy) or nutritional deficiencies. The boundaries between different forms of dementia are indistinct and mixed forms often co-exist.

Treatment and care

There is no cure for dementia, but a lot can be done to support both people living with the illness and those who care for them.

People with dementia can take steps to maintain their quality of life and promote their well-being by:

- being physically active
- taking part in activities and social interactions that stimulate the brain and maintain daily function.

In addition, some medications can help manage dementia symptoms:

- Cholinesterase inhibitors like donepezil are used to treat Alzheimer disease.
- NMDA receptor antagonists like memantine are used for severe Alzheimer disease and vascular dementia.
- Medicines to control blood pressure and cholesterol can prevent additional damage to the brain due to vascular dementia.
- Selective serotonin reuptake inhibitors (SSRIs) can help with severe symptoms of depression in people living with dementia if lifestyle and social changes don't work, but these should not be the first option.

If people living with dementia are at risk of hurting themselves or others, medicines like haloperidol and risperidone can help, but these should never be used as the first treatment.

Self-care

For those diagnosed with dementia, there are things that can help manage symptoms:

- Stay physically active.
- Eat healthily.
- Stop smoking and drinking alcohol.
- Get regular check-ups with your doctor.
- Write down everyday tasks and appointments to help you remember important things.
- Keep up your hobbies and do things that you enjoy.
- Try new ways to keep your mind active.
- Spend time with friends and family and engage in community life.

Plan ahead of time. Over time, it may be harder to make important decisions for yourself or your finances:

- Identify people you trust to support you in making decisions and help you communicate your choices.
- Create an advance plan to tell people what your choices and preferences are for care and support.
- Bring your ID with your address and emergency contacts when leaving the house.
- Reach out to family and friends for help.
- Talk to people you know about how they can help you.
- Join a local support group.



Counselling services on-reserve at Skeetchestn

Ricardo T. Pickering MC (Counselling Psych.), R.P., C.C.C

Starting Feb 2, 2023, every Thursday from 9:30am to 3:30pm.

You can book your appointment directly with Ricardo. He will meet with you at the Skeetchestn Health Clinic and together you'll decide if you prefer to stay indoor or go for a walk or meet somewhere you enjoy for your appointment.

Ricardo is a master clinical counsellor and EMDR therapist. He was born in Buenos Aires, Argentina where he grew up with total disregard for social classes, skin colors and political agendas. He came to Canada in 1984. After 26 years of work in the resources organizational environment he worked as a school and youth counsellor and opened a small office in Ashcroft. He has lived and worked within Canadian Aboriginal Communities for 15 years.

**TO BOOK YOUR APPOINTMENT CALL RICARDO
DIRECTLY AT 250-842-8552
Or email: dickiepickering@gmail.com**

Safe, culture-infuse counselling and psychotherapy services

Anxiety, Anger management, Assertiveness, Bereavement, Debriefing, Depression, Disability, Grief, Homesickness, Insomnia, Loneliness, (NSSI) Non-Suicidal Self-Injury), Relationship Issues, Panic attacks, Parental Separations, Substance abuse and addictions, School Counselling, Procrastination, Residential School trauma, Self-image, Self-esteem, Racism, Sex and sexuality, Stress, Suicidal ideation and prevention, and Trauma rehabilitation.





First Nations Health Authority
Health through wellness

Feeling Sick? Stay Home.

If you're feeling unwell, home is the best place to recover and feel better. You don't want to spread illness to others, whether it be at school, your place of work, or in other public venues.

Not sure if you're sick? If you're experiencing any of the following symptoms, stay home until they pass:



Coughing
or sneezing



Runny or
stuffy nose



Sore
throat



Headache



Extreme
tiredness



Fever



Chills



Muscle aches
or joint pain



Nausea
or diarrhea



Shortness
of breath

Reminder to everyone: Cold and Flu season are just around the corner. If you are feeling unwell stay home!

What I can control and what I can't

Data source: @mindfulenough | Infographic design by @agrassoblog for educational and motivational purposes

OUT OF MY CONTROL

IN MY CONTROL

The past

What happens around me

The future

My boundaries

My thoughts & actions

The goals I set

What other people think of me

The actions of others

What I give my energy to

How I speak to myself

The outcome of my efforts

The opinions of others

How I handle challenges

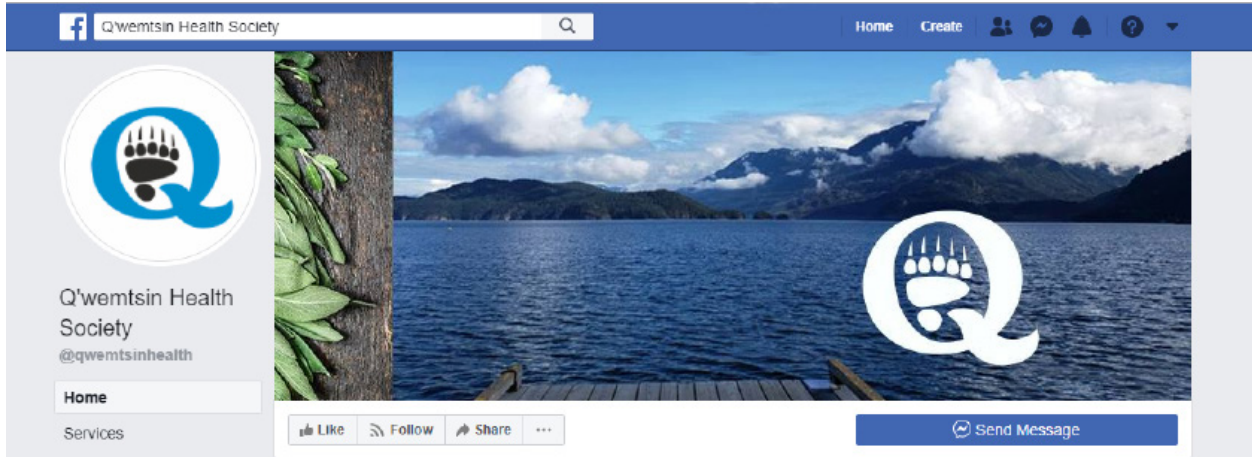
How others take care of themselves

I8

Submitted by: Colleen Lessmann

**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

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 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

