

Q'wemtsín HEALTH SOCIETY



January
Pellkwétmin
2024

Q'wemtsin Board
and Staff wish
our communities
Tk'emlups te
Secwepemc,
Whispering Pines/
Clinton Indian Band
and the Skeetchestn
Indian Band Happy
New Year. May 2024
be filled with health
and prosperity!



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





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Pellkwétmin

January

Yi7éne te méǵcen m-kiyéyes re tmicw.
Yirí7 re m-ta7ús k s7estpénllexws re
Secwépemc te c7es7ístkteńs. Yirí7 re
m-élksenses re swétmin.

This is the month it was freezing on
the land. The Secwepemc did not go
out of their homes. They worked on
their buckskin.

QHS Office and Skeetchestn Health Centre Closure Dates:

Family Day – Mon, Feb 19th

Good Friday – Fri, Mar 29th

Easter Monday – Mon, April 1st

Victoria Day – Mon, May 20th

If you have any questions or concerns
please contact QHS at 250.314.6732

LIFE Program: January 30-31

Supporting Kamloops & Surrounding Area Cancer Patients

In partnership:

InspireHealth
Supportive Cancer Care

Kamloops Cancer
Supportive Care Society
SUPPORTING YOU

RIH
FOUNDATION



For over 25 years, InspireHealth has supported the physical, emotional, and spiritual health of cancer patients and their loved ones before, during and after treatment. All programs and services are **FREE** of charge.

InspireHealth's two-day LIFE Program provides patients with the essential foundations of health and wellbeing during cancer. Kamloops and surrounding area patients with all cancers - newly diagnosed, in treatment or post-treatment - are welcome to join.

The in-person program is led by our team of supportive care clinicians including Physicians, Counsellors, Dietitians and Exercise Physiologists.

You will learn about:

- Stress reduction
- Sleep management
- Self-care
- Nutrition
- Exercise & movement
- Lymphatic & immune support
- Healthy communication

Kamloops Area LIFE Program

- **When:** January 30-31
- **Time:** 9:30 am - 3:30 pm
(Includes lunch & refreshments)
- **Location:** The Sandman Centre (Kia Lounge)
300 Lorne Street, Kamloops BC
- **Free Registration**
- **Spaces are limited**

Partial funding for the InspireHealth Kamloops LIFE Program provided in memory of Jim Bowersock, wonderful husband, father, and grandfather.

If you or someone you know has been affected by cancer, [join us](#) for this program.

To register for **FREE**: inspirehealth.ca/kamloops or call toll-free
1.888.734.7125

Christmas Open House



Q'wemtsin Health Society hosted our annual Christmas Open House in December. We had a great turnout with many community/clients in attendance. There was food, door prizes, swag and pictures with Santa.

The day was a great success with lots of smiles and laughter, especially with Santa Clause in the house!



Q'wemtsin
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Q'wemtsin Health Society Christmas Open House





FNHA Updates to the Medical Transportation Weekly Meal Rate

The FNHBS is introducing an increase in the weekly meal rate for Clients and escorts.

On November 1, 2023, FNHBS is increasing the meal rates for stays over six nights that include an escort. Clients and their approved escort will now receive \$425 per week for meals. This represents a 50% increase from the previous combined rate of \$283 per week, which covered both the Client and the escort.

Effective November 1, 2023, meal rates will change as reflected in the table below:

Hourly rate for same-day travel over six hours	\$17.00 per person
Nightly Rate for short-term travel up to 6 nights	\$68.00 per night per person five years old and older \$29.00 per night per person under five years old
Weekly Rate for overnight trips of seven nights or more	\$283.00 per week per Client \$425.00 per week per Client and approved escort

*Note: The rate of \$425 per week is an inclusive rate for the Client and escort and applies only when the Client is an outpatient. An approved escort supporting a Client in the hospital will continue to access the weekly meal rate of \$283 per

Escorts

If you need someone to accompany you on your trip to your appointment, you may be eligible to travel with an escort. Escorts are covered under certain conditions, including if you:

- Are a minor;
- Need help with activities of daily living (e.g., dressing, eating, or bathing);
- Are undergoing a medical procedure (e.g., day surgery) or have a medical condition that means you need help to get home;
- Will face a language barrier; or
- Are travelling to give birth.

You may be asked to provide documentation from your healthcare provider to show you need an escort.

How Do I Access Coverage?

Most clients should contact their community's Patient Travel Clerk to access medical transportation benefits. If your community does not have a Patient Travel Clerk or you do not know who to contact, call Health Benefits at 1-855-550-5454.

- Submit a Medical Transportation Request Form at least 5 business days before your trip to get prior approval before travelling. You will also need to submit written confirmation of your appointment from your provider. If you do not get prior approval for your trip, or if you do not submit your request form ahead of time, you may have to reschedule your appointment or pay for your travel costs yourself and then request reimbursement.

- Your community Patient Travel Clerk will make your travel arrangements and sends you the details.
- Attend your appointment as scheduled.
- After your trip, submit a written confirmation of attendance (COA). You must provide confirmation from your provider that you attended your appointment. If you need to request reimbursement, you will need to submit your written COA with your request. Clients who do not attend their appointment may be asked to pay back the cost of their travel.

If you have any questions about your medical transportation benefits, how to access coverage, or why a claim was denied, call Health Benefits at 1-855-550-5454.

What My Plan Does Not Cover

Some types of travel are Exclusions. Exclusions cannot be covered as an exception and cannot be appealed. MT benefit Exclusions include, but are not limited to:

- Compassionate travel (e.g., travelling to visit a family member who is receiving medical treatment);
- Payment of fees for a doctor's note;
- Travel back to your community of residence if you become sick or injured while away from home;
- Travel when the medically necessary service is available in your community;
- Travel to access medical appointments located outside of Canada;
- Travel to access services that are not considered medically necessary; or
- Travel where the only purpose is to pick up items that do not need to be fitted (e.g., prescriptions, prescription glasses or contacts and some medical supplies and equipment).

You can call Health Benefits at 1-855-550-5454 to learn more about what is covered.

Appeals

When a coverage request for travel has been denied, you have the right to appeal the decision. Items and services that are Exclusions cannot be appealed. See the Appeals page for more information about the appeals process.

Client Forms

The forms below are for clients whose travel is being arranged by Health Benefits. If a Patient Travel clerk is arranging your travel, contact them for the appropriate forms.

- Medical Transportation Checklist
- Medical Transportation Request Form
- Medical Transportation Confirmation of Appointment Form
- Medical Transportation Escort Form
- Medical Transportation Confirmation of Attendance Form

If you have any questions regarding Patient Travel contact your Patient Travel Clerk or call First Nations Health Authority at 1-855-550-5454



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Skeetchestn Health Centre Christmas Open House





QHS

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January is Alzheimer Awareness Month

January is Alzheimer Awareness month. This month helps raise awareness for those people living with Dementia and what it's like in their day-to-day lives their struggles, their successes and their hopes.

Awareness is the first step to fighting stigma, reinforcing human rights and pushing for policy change, as well as other actions that can lift up Canadians living with dementia.

What is Dementia?

The term "dementia" doesn't actually refer to one, specific disease. Rather, it's an overall term for a set of symptoms that are caused by disorders affecting the brain.

What is Alzheimer disease?

Alzheimer's disease is a chronic neurodegenerative disease that destroys brain cells, causing thinking ability and memory to deteriorate over time. Alzheimer's disease is not a normal part of aging, and is irreversible

Alzheimer's disease is the most common type of dementia

Alzheimer's disease is the most common type of dementia, accounting for 60 to 80% of all cases of dementia.

However, it's not accurate to say that if a person has dementia, then they have Alzheimer's disease – or that all dementias are a form of Alzheimer's.

Know the difference between Alzheimer's disease and dementia.



Source: <https://alzheimer.ca/en/take-action/change-minds/alzheimers-awareness-month>

While the terms "Alzheimer's disease" and "dementia" are often used interchangeably, it's important to know the difference between the two.

Dementia is not one specific disease. Rather, it's an umbrella term for a set of symptoms caused by physical disorders affecting the brain.

Alzheimer's disease is the most common cause for dementia, accounting for 60-80% of all diagnoses.

Overall, know that Alzheimer's disease is a specific disease, while dementia is a general term for a group of similar diseases, of which Alzheimer's is one.

In other words, every case of Alzheimer's disease is an example of dementia, but not every type of dementia is Alzheimer's.

Symptoms

The symptoms of dementia include:

- Memory loss, both short-term and long-term,
- Difficulties with thinking, problem-solving or language that are severe enough to reduce a person's ability to perform everyday activities, and
- Changes in mood or behaviour.

The symptoms for Alzheimer's disease mostly overlap with other types of dementia, but there can be some differences.

For example:

Other dementias can focus more on certain symptoms, and less on others. In the case of frontotemporal dementia, changes in personality are more apparent in the early stage, while memory decline often doesn't arise until the later stage.

Affected areas of the brain

The differences in symptoms can be explained by the area of the brain each type of dementia affects



January is Alzheimer Awareness Month

For example:

While Alzheimer's disease generally affects most of the brain, frontotemporal dementia primarily affects the frontal and temporal lobes of the brain – the areas generally associated with personality and behaviour.

This explains why changes in personality are usually more obvious in the early stage of frontotemporal dementia than in the early stage of Alzheimer's.

Risk factors

Risk factors between different types of dementia also overlap, but there are some types that are more determined by a certain risk factor than others.

For example:

Stroke is now understood to be a common cause of vascular dementia. When a stroke occurs and the brain's blood supply is blocked or damaged, brain cells are deprived of oxygen and die, leading to dementia. Because of that, having a stroke increases the risk of getting vascular dementia.

Genetics are a pronounced risk factor for Creutzfeldt-Jakob disease, one of the rarest types of dementia. If a parent has a mutation in their human prion protein gene, the chances that they will pass down Creutzfeldt-Jakob disease is 50% for each child.

Treatments

Because of the differences in symptoms, affected areas of the brain and possible causes, a treatment that works for one type of dementia may not be effective for another type.

Source: <https://alzheimer.ca/en/take-action/change-minds/alzheimers-awareness-month>

For example:

While there are four medications available that can fight the symptoms of Alzheimer's disease, there are no known treatments to slow the progression of Creutzfeldt-Jakob disease

The 10 warning signs of dementia

Whether you're concerned for yourself or someone you care about, it's important to know the warning signs of dementia so you can ensure an early diagnosis. Here are 10 of the most common warning signs for dementia:

1. Memory changes that affect day-to-day abilities
2. Difficulty doing familiar tasks
3. Changes in language and communication
4. Disorientation in time and place
5. Impaired judgment
6. Problems with abstract thinking
7. Misplacing things
8. Changes in mood, personality and behaviour
9. Loss of initiative
10. Challenges understanding visual and spatial information

Disclaimer

Not all symptoms for each type of dementia are listed on this page—just the most common ones. They are based on signs outlined by Alzheimer's Disease International. Visit the Alzheimer's Disease International website to see these steps outlined in Spanish, Portuguese, Hindi, Chinese and other languages.

For more information or resources about Alzheimers or Dementia please visit Alzheimer Society webpage at: <https://alzheimer.ca>



Q'wemtsin
HEALTH SOCIETY

NOTICE OF ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting of the members of Qwemtsin Health Society will be held as follows:

DATE: Friday January 19, 2024

TIME: 2:00 pm to 4:00 pm

PLACE: Qwemtsin Health Society Boardroom
130 Chilcotin Road, Kamloops, BC

For the purpose of:

1. Receiving the report of the Society Auditor and reviewing the financial statements for the year ended March 31, 2023.
2. Appointment of the Society Auditor for the ensuing year.
3. Receiving the report of Directors.
4. Transacting such further and other business as may properly come before the meeting.

DATED the 5 day of January, 2024.

On behalf of the Board of Directors



National Wellness Gathering for Indian Residential School Survivors

The Assembly of First Nations (AFN) and First Peoples Wellness Circle (FPWC) are honoured to host the National Wellness Gathering for Indian Residential School Survivors on February 13-15, 2024. This gathering will take place at the Sheraton Vancouver Wall Centre in Vancouver, B.C.

The Gathering will be informative, fun, and inspirational and will include plenary, dialogue, and workshop sessions, as well as opportunities for relationship building and socializing.

During the Gathering, FPWC will be hosting workshops and providing self care sessions specifically to the RHSP workforce. Registration for these sessions will take place on day one of the Gathering. More details to follow.

Register here:

<https://afn.ca/events/national-wellness-gathering>.
Once registered, you will receive a confirmation email.

SAVE THE DATE

National Wellness Gathering for Indian Residential School Survivors

February 13-15, 2024

Sheraton Wall Centre, Vancouver BC



Join us for a gathering dedicated to the Survivors and Thrivers of Indian Residential Schools with a focused discussion and dialogue on healing and wellness.

Please check the AFN website for updates at www.afn.ca.

**FOR MORE INFORMATION GO TO THE
AFN WEBSITE!**

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• HARM REDUCTION

Take Home Naloxone

Naloxone (also known as Narcan) is a medication called an "Opioid Antagonist" used to counter the effects of Opioid overdose, for example Fentanyl, Morphine and Heroin overdose.

Naloxone can be administered either by intramuscular injection or by nasal spray; both of which are distributed by QHS, free of charge, to any community member.

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

Q'wemtsin Health Society
Lindsie Manywounds
250-314-6732
lindsie@qwemtsin.org

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



f qwemtsin.org



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QHS Food Sovereignty



Laura Kalina, QHS Food Sovereignty lead received funding from the Everyone Eats grant to develop ready-to-use curriculum materials for teachers at Sk'elep, and Skeetchestn schools based on the Secwepemc seasonal rounds.

The Lesson plan content is a collection of cultural food teachings from Elders and knowledge keepers in the Tk'emlúps, Skeetchestn, and Whispering Pines communities.

This redesigned curriculum is based on seasonal rounds, and is a monthly lesson that teachers can easily access to regular engage their students with cultural activities.

The curriculum will be piloted over the next year. Thanks to the teachers, Elders and community members for their valuable contribution to this amazing project.

If you have any questions about the QHS Food Sovereignty Group please call Laura Kalina at 250.314.6732.



“We have to keep repeating and repeating the story. Without us following the old ways, the protocols, we’re gonna suffer.” - Terry Denault



PROUDLY CELEBRATING 23 YEARS!

April 1st, 2024 we Celebrate 23 years of dedicated service to our wonderful communities and clients of Whispering Pines/Clinton Indian Band, Skeetchestn Indian Band and Tk'emlups te Secwepemc. We couldn't have done this without you. Looking forward to another 23 years!

Kukwstsétsemc!



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FNHA-Cervical Self-Screening test for Cervical Cancer

The BC Government recently announced the launch of a new self-screening program that will help detect cervical cancer sooner.

As of January 29, eligible clients will be able to get a test kit from either a medical centre or primary care provider, or by mail. They can complete it wherever they are most comfortable, including at home, then mail it back.

The new tests can be completed through an easy self-collection process and offer more accurate results than a Pap test—the previous standard for cervical cancer screening. This will allow individuals to test less frequently than with a Pap test.

“We’re excited about this development for a number of reasons,” says Dr. Nel Wieman, Acting Chief Medical Officer, First Nations Health Authority (FNHA). “When we screen for cancer, it means we’re trying to detect cancer before there are symptoms. Early detection is key for better health outcomes.”

First Nations people in BC experience higher rates of cervical cancer than non-First Nations people as a result of inequities that can cause barriers to accessing healthcare services, including cancer screening.

For example, due to systemic racism in the health care system, many First Nations people have had negative or traumatic experiences when accessing services. This can cause reluctance or fear about going in for recommended cancer screenings or seeking treatment.

In addition, many First Nations communities are located in rural and remote areas. The lack of available services close to home means those who live in community have to travel longer distances to receive medical care. This can make accessing regular cancer screening more difficult.

“The new self-administered tests will address some of these barriers that First Nations people are facing,” says Dr. Wieman. “This is about empowering our people to have more control over their own cancer screening.”

Dr. Unjali Malhotra, Medical Director, Women’s Health, FNHA saw the benefits of the new test firsthand while leading the cervix self-screening pilot program in one First Nations community in BC.

“We saw cases of individuals who had experienced past trauma and never received a Pap test who were now completing self-screening for HPV,” says Dr. Malhotra. “Our hope is that the cervix self-screening program will improve screening rates and therefore cervical cancer health outcomes for First Nations people in BC.”

“It’s important to remember that cervical cancer can be prevented through vaccination and screening. Our ultimate goal is to eliminate cervical cancer altogether.”

The FNHA will be publishing new health resources to support cervix self-screening in the coming weeks.

For more information on cancer prevention, screening and treatment, visit fnha.ca/cancer.



Bell Let's Talk

Let's Talk! Come join us at QHS for an opportunity to connect and help reduce the stigma and isolation that surrounds mental health and substance use.

Student nurses will be present to listen, provide support and offer resources.



Mental health is health



You are not alone.



Talking about your mental health is not a weakness.

**Join the team at QHS on
January 25, 2024, from
1:00 to 3:00pm**

Hosted by TRU 2nd year
nursing students. Snacks
and beverages provided.



Bell
Let's Talk

Let's create
real change.

bell.ca/letstalk



It's okay to not be okay.



Have hope, recovery is possible.

UPCOMING EVENTS



15
February

COHI Valentines Party

QHS Dental Department will be hosting our annual COHI Valentines Party on this date. Please watch out for detailed poster.

If you have any questions or concerns please call our Dental Department and ask to speak with Crystal Chartrand or Lindsie Manywounds at QHS by calling 250.314.6732.

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April

Welcome Baby Ceremony

Tk'emlups to Secwepemc & Whispering Pines Clinton Indian Band Welcome Baby Ceremony will be held this date. Please watch for detailed poster.

If you have any questions or concerns please contact Sarah Bennett at QHS by calling 250.314.6732.

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April

Welcome Baby Ceremony

Skeetchestn Welcome Baby will be held on this date. Please watch out for a detailed poster.

If you have any questions or concerns please contact Diane Procter at QHS 250.314.6732 or the Skeetchestn Health Centre 250.373.2580.



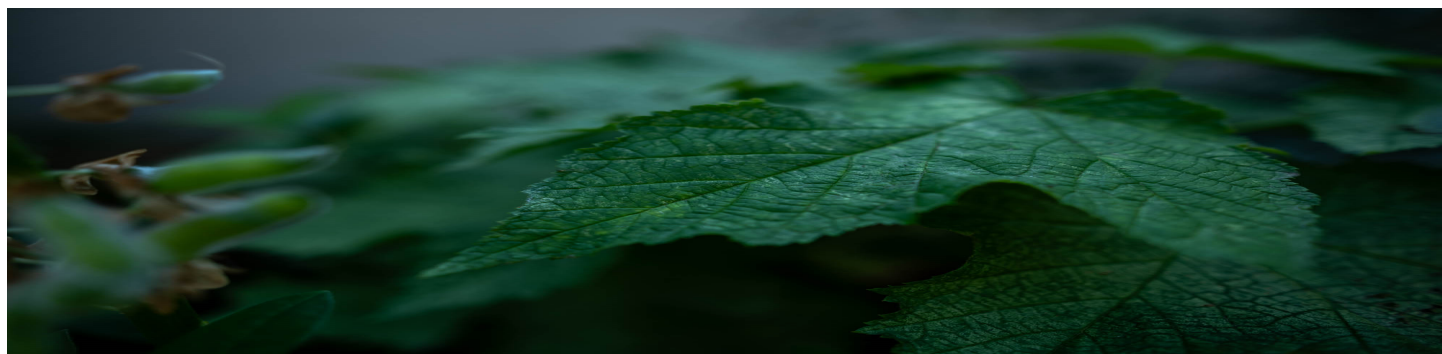
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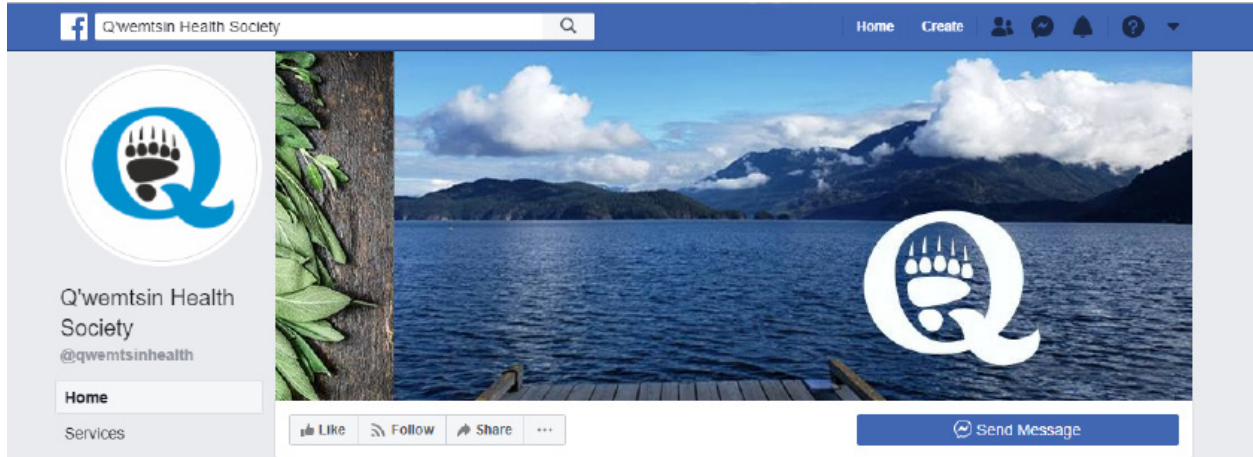
QHS STAFF DIRECTORY

EMPLOYEE	POSITION	EXT	EMAIL
Sarah Bennett	Community Health Nurse	203	sarah@qwemtsin.org
Crystal Chartrand	Dental Program Manager	208	crystal@qwemtsin.org
Lee-Anne Deneault	Reception/Office Manager	100	leeanne@qwemtsin.org
Brianna Giese	Licensed Practical Nurse	209	brianna@qwemtsin.org
Trynity Rosette	Receptionist	200	trynity@qwemtsin.org
Kathrin Jules	Health Care Assistant	226/227	kathrin@qwemtsin.org
Vinnita Lamarche	Medial Office Administrator	206	vinnita@qwemtsin.org
Christine Lessmann	Acting Home Care Manager	215	christine@qwemtsin.org
Colleen Lessmann	Health Director	201	colleen@qwemtsin.org
Lindsie Manywounds	Community Wellness Champion/COHI	217	lindsie@qwemtsin.org
Shaunasee Manywounds	Health Care Assistant	226/227	shaunasee@qwemtsin.org
Tiffany Peterson	Executive Assistant	216	tiffany@qwemtsin.org
Diane Procter	CHN/Public Health Manager	204/106	dprocter@qwemtsin.org
Lakshana Ramdhonee	Finance Officer	202	finance@qwemtsin.org
Megan Rosette	Office Manager,QHS	219	megan@qwemtsin.org
Bobbi Sasakamoose	Human Resource Manager	205	bobbi@qwemtsin.org
Evelyn Scherer	Health Care Assistant	226/227	evelyn@qwemtsin.org
Tanya Seymour	Health Care Assistant	226/227	tanya@qwemtsin.org
Tiger Sperling	Health Care Assistant	226/227	tiger @qwemtsin.org
Jennifer Wallis	Medical Office Administrator	218	jennifer@qwemtsin.org



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

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 Mental Health Intake.....	250-377-6500
Kamloops R.C.M.P. Victim Services.....	250-828-3223
Kamloops Y Emergency Services	
Y Women's Emergency Shelter.....	250-374-6162
Outreach Service	250-320-3110 (Mobile service for women and children who have experienced abuse)
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'wemtsín 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
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

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

Alano Clubs	250-376-5115
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Kamloops Walk-in Clinics

Kamloops Kinetic Energy	250-828-6637
Kamloops Urgent Care.....	250-314-2256
North Shore Health Centre.....	250-312-3288

Royal Inland Hospital

Information	250-374-5111
Emergency.....	250-314-2289

Aboriginal Patient Navigator (RIH)

Deb Donald	250-319-5420
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First Nations Health Authority

Health Benefits (Toll Free)	1-855-550-5454
Email	info@fnha.ca