

Q'wemtsín HEALTH SOCIETY



November
Pellc7él7ullcwteń
2023

Lest we
Forget



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



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Pellc7éll7ullcwteñ

November

Yi7éne te méǵcen
m-c7ellcw7úllcwes re
Secwépemc ne c7es7ístkteñs.

This is the month the Secwepemc
entered their winter homes.

Winter s7istk



Q'wemtsín HEALTH SOCIETY

Annual General Meeting

Agenda

Annual General Meeting of the Q'wemtsín Health Society
November 8, 2023 at the Chilcotin Room of 2:00pm
130 Chilcotin Road, Chilliwack BC

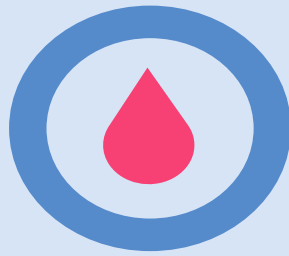
1. Determination of quorum (members present)
2. Appointment of meeting chair
3. Presentation of financial statements for the year ended March 31, 2023 and report of Auditor - Daley LLP (see draft statements as Attached #1)
4. Appointment of Auditor for ensuring fiscal year
5. Report of Directors
6. Other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



Q'wemtsin
HEALTH SOCIETY



Diabetes Drive thru Breakfast

NOVEMBER 16TH

7:30AM-9:00AM

AT Q'WEMTSIN HEALTH SOCIETY

**KNOW YOUR NUMBERS - DRIVE BY AND GET YOUR
BLOOD TESTED AND PICK UP A NUTRITIOUS
BREAKFAST!**



250-314-6732



qhs@qwemtsin.org



Qwemtsin.org



Qwemtsin Health Society:

**130 Chilcotin Road,
Kamloops BC**

A blue banner for World Diabetes Day. The background features a hexagonal pattern. In the top right corner, there are several pills and capsules in various colors (yellow, red, white, blue). In the bottom left corner, there is a purple glucometer with a digital display showing '300' and a white insulin pen with a blue cap. The text 'World Diabetes Day' is written in a large, bold, black font across the center of the banner.

World Diabetes Day

KNOW YOUR RISK, KNOW YOUR RESPONSE:

- 1 out of 10 adults worldwide have diabetes.
- Knowing your risk and what to do is important for prevention and early detection.

FACTS AND FIGURES:

- 541 million adults are at increased risk of developing type 2 diabetes.
- Almost 1 in 2 adults with diabetes remain undiagnosed, and the majority have type 2 diabetes.

PREVENTING DIABETES:

- Type 2 diabetes can be prevented with a healthy lifestyle.
- Eating healthy and increasing physical activity are some factors to consider.

Diabetes is a lifelong condition. If you have diabetes it is important to make a wellness plan that aligns with your values and supports you in the long term. Listen to your body and educate yourself about tools and resources.

LIVING WITH DIABETES:

Refer to the FNHA's resource "N.A.M.E":

Nutrition: Stress affects food choices, and food insecurity can impact your health. Access to healthy and traditional foods helps manage diabetes.

Activity: Physical activity is one of the best ways to support wellness and diabetes.

Medications: Medications are a part of diabetes management and care. Meet regularly with your healthcare provider to discuss and prevent medication complications.

Emotions: Depression and anxiety are common among people living with diabetes. Depression increases the risk for diabetes. When you don't feel physically or emotionally well, taking medications and making healthy food and activity choices can be more difficult.

RESOURCES:

Qwemtsin Health Society - Diabetes Program:

<https://qwemtsin.org/diabetes-program/>
250.314.6732

First Nations Health Authority:

<https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA-Name-the-Four-Pillars-of-Diabetes-Management.pdf>

World Diabetes Day Website:

<https://worlddiabetesday.org>



Q'wemtsín
HEALTH SOCIETY



Remembrance Day Office Closures

Q'wemtsin Health Society and the Skeetchestn Health Center will be closed in observance of Remembrance Day.

Date Closed: Monday, November 13, 2023

Reopened: Tuesday, November 14, 2023 for regular business hours

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

f qwemtsin.org





Fall Prevention Month

Seniors' Falls can be Prevented! Falls are the leading cause of injury-related deaths and hospitalizations for adults over 65 years and older. Falls are not a normal part of aging, falls are predictable and preventable.

Falls can lead to:

- Fractures (broken hip, broken ankle)
- Head injuries
- Loss of mobility and independence
- Long-term disability and reduced quality of life

A fear of falling is normal, but restricting your physical activities and movement to avoid falls can cause frailty, and increase your risk of falling.

What factors increase the risks of falls?

Health Factors:

- Frailty: Loss of muscle mass, grip strength and balance, mobility problems, slower reflexes, muscle weakness, poor balance and poor posture.
- One or more chronic and acute illnesses: e.g. osteoporosis, the effects of a stroke, Parkinson's disease, arthritis, heart disease, incontinence or acute infection
- Changes in mental alertness due to depression, delirium, interactions or side effects of medications, alcohol use, poor nutrition, dehydration or lack of sleep

Social and Economic Factors:

- Limited or lack of social support or connections, especially support and connections that are close by
- Lack of accessible, safe housing and transportation

Behavioural Factors:

- Inappropriate footwear / clothing
- Climbing ladders or using a chair in place of a stable step stool with a safety rail
- For those with frailty or mobility limitations, not using assistive mobility aids, such as walkers or canes, not using them correctly, or not properly maintaining the equipment.

Environmental Factors (Home):

- Environmental factors that increase the risk of a fall at home include tripping hazards, such as clutter and inadequate lighting.

Environmental Factors (Outdoors):

- Uneven sidewalks or pathways
- Steps without handrails or marking on the edges or building design / maintenance

How do I know if I am at risk of falling?

The best indicator of a future fall is a past fall. The more someone falls, the more likely it is that they will have a severe fall leading to injuries. Below is a “Staying Independent Checklist” to assess your risk for falls.

Please Circle “Yes” or “No” for each statement below.

Check Your Risk for Falling		Actions to Staying Independent
Yes <input type="checkbox"/>	No <input type="checkbox"/> I have fallen in the last 6 months.	Learn more on how to reduce your fall risk, as people who have fallen are more likely to fall again.
Yes <input type="checkbox"/>	No <input type="checkbox"/> I use or have been advised to use a cane or walker to get around safely.	Talk with a physiotherapist about the most appropriate walking aid for your needs.
Yes <input type="checkbox"/>	No <input type="checkbox"/> Sometimes, I feel unsteady when I am walking.	Exercise to build up your strength and improve your balance, as this is shown to reduce the risk for falls.
Yes <input type="checkbox"/>	No <input type="checkbox"/> I steady myself by holding onto furniture when walking at home.	Incorporate daily balance exercises and reduce home hazards that might cause a trip or slip.
Yes <input type="checkbox"/>	No <input type="checkbox"/> I am worried about falling.	Knowing how to prevent a fall can reduce fear and promote active living.
Yes <input type="checkbox"/>	No <input type="checkbox"/> I need to push with my hands to stand up from a chair.	Strengthening your muscles can reduce your risk of falling and being injured.
Yes <input type="checkbox"/>	No <input type="checkbox"/> I have some trouble stepping up onto a curb.	Daily exercise can help improve your strength and balance.
Yes <input type="checkbox"/>	No <input type="checkbox"/> I often have to rush to the toilet.	Talk with your doctor or incontinence specialist about solutions to decrease the need to rush to the toilet.
Yes <input type="checkbox"/>	No <input type="checkbox"/> I have lost some feeling in my feet.	Talk with your doctor or podiatrist, as numbness in the feet can cause stumbles and falls.
Yes <input type="checkbox"/>	No <input type="checkbox"/> I take medicine that sometime makes me feel light-headed or more tired than usual.	Talk with your doctor or pharmacist about medication side effects that may increase the risk of falls.
Yes <input type="checkbox"/>	No <input type="checkbox"/> I take medicine to help me sleep or improve my mood.	Talk with your doctor or pharmacist about safer alternatives for a good night’s sleep.
Yes <input type="checkbox"/>	No <input type="checkbox"/> I often feel sad or depressed.	Talk with your doctor about symptoms of depression, and help with finding positive solutions.

0
Total

Add up the number of points in parentheses for each “yes” response.
 If you scored 4 points or more, you may be at risk for falling.
 Discuss this brochure with your doctor to find ways to reduce your risk.

*The above checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Vivrette, Rubenstein, Martin, Josephson & Kramer, 2011). This brochure is adapted with the permission of J.Stevens, R.Vivrette, J.Kramer, & L. Rubenstein.



Human Papillomavirus (HPV)

First Nations Health Authority

What is HPV?

What is Human Papillomavirus (HPV)? The Human Papillomavirus (HPV), is a group of more than 100 different types of viruses. More than 40 types of HPV are spread through sexual contact. These types can infect the genital areas of people of all genders. HPV can cause genital warts and several types of cancer including: cervical, vaginal, vulvar, anal, penile, throat and mouth.

How can I prevent HPV?

The HPV vaccine works very well! HPV is a vaccine preventable disease. The Canadian Cancer Society recommends that Canadians get vaccinated to reduce their risk of HPV-related cancer. The vaccine can only prevent certain types of HPV, rather than cure it, which is why it is available for students starting in grade 6.

What are the benefits of the HPV Vaccine?

- It can prevent many common types of cancer;
- It can prevent genital warts; and
- Getting vaccinated can also protect others.

Is the vaccine safe? The HPV vaccine is very safe. More than 200 million doses of the HPV vaccine have been given safely worldwide. Over 15 years of safety monitoring show that the HPV vaccine is safe and effective.

Who should get vaccinated?

In BC, the HPV vaccination is free for:

- All children in Grade 6 (ages 11-12);
- Youth and/or adults born in 2006 or later who missed their Grade 6 vaccination;
- HIV-positive people 9-26 years of age;
- Transgender or two-spirit people 9-26 years of age; and
- Males 9 to 26 years of age who have sex with other males

If you have any questions about our Communicable Disease Control Program at Q'wemtsin Health Society please feel free to contact QHS by calling 250.314.6732. Our Community Health Nurses will be happy to answer questions you have in regards to our Program.



The Naturopathic Alphabet

Submitted by: Dr. Melissa Bradwell, ND

I remember when I first learned about this therapy. It was first year hydrotherapy and I remember thinking that this sounded like the last thing I would like to do if and when I ever got sick. However, when I did get sick, I reluctantly tried it and haven't looked back since. It is one of the most effective and easy treatments I commonly prescribe for patients of all ages.

What is it used for:

- respiratory tract infections
- congestion
- allergy symptoms
- sore throat
- headache
- sinus infection
- cold/flu

What do I need?

- 1 pair thin cotton socks
- 1 pair thick wool socks
- Cold water (ice cubes if needed)
- Warm bed/tea/slippers

Procedure:

- Get ready for bed. As soon as therapy commences, you must head straight to bed right away so make sure that you have everything done for the evening.
- Have a warm cup of tea in slippers or even better, a warm bath. You need your body to be warm at the start of this process.
- After your tea/bath and while keeping your feet warm, put cotton socks into a sink full of cold water (as cold as you can handle). Saturate and wring out excess.
- Go immediately to bed with both wet cotton socks and dry wool socks. Before getting in, put on cold, wet cotton socks and then put dry wool socks on over top.
- Crawl into the covers and settle in for the night. Read, meditate and fall asleep as usual.
- The first few minutes will feel uncomfortable and you will want to remove the socks. Push through. Once you fall asleep you won't notice it and you may even find the quality of your sleep improves.
- If you wake in the middle of the night and socks are dry, you can remove them. If you wake and they are still damp, please leave on.
- In the morning, both socks should be dry and you should notice an improvement in your symptoms.
- Repeat for 3 consecutive nights.

W-Warming Socks





The Naturopathic Alphabet

Submitted by: Dr. Melissa Bradwell, ND

Who can do this Therapy?

Warming socks is safe for adults and children. Anyone with chronic conditions or compromised immune systems should speak with a Naturopathic Physician prior to starting therapy.

It is best to start the warming socks therapy on the first day of an illness and repeat it for three nights in a row. It is most effective as part of an integrated treatment plan including rest, hydration, proper nutrition and immune-boosting botanicals or supplements.

Trouble-shooting:

W-Warming Socks

What if my socks aren't dry in the morning?

If your socks are still damp, you can try wringing out more water before putting them on. Also, make sure your dry, wool socks are thick. Ensure your feet remain under the covers all night. You can also wrap both feet in individual plastic bags at the onset of therapy to create a warmer environment by trapping in body heat.

What if one foot is dry and one isn't?

This sometimes occurs if there is a blockage in the lymphatic system. Your lymphatic system is a network of organs, lymph nodes, lymph ducts, and lymph vessels that make and move lymph from tissues to the bloodstream. This integral part of your immune system can sometimes become 'blocked' during an infection. If one sock is still damp in the morning, repeat the therapy again the following night as above.

What if my symptoms are worse the next morning?

Symptoms can occasionally feel worse or not change at all the next day leaving you wondering why you even bothered with the therapy to begin with. This is one reason we recommend repeating it for 3 nights. Each night you do this your white blood cells become stronger and better able to fight off the infection. The first night might just be enough to switch your immune system into high gear but you really need the next 2 nights to get rid of it.



If you have any questions about our Naturopath Program or to see if this Holistic alternative approach to health may benefit you or your family please feel free to call QHS at 250.314.6732 or Skeetchestn Health Center at 250.373.2580.



Employment Opportunity Licensed Practical Nurse – Permanent Full-time

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.

Purpose:

To work in collaboration with a multidisciplinary team by performing routine nursing services such as assessments, development of care plans, and provision of personal and nursing care to clients in the home and community setting.

Responsibilities:

- Assessments and referrals - plans, delivers, and evaluates professional nursing services in homes to individuals and/or groups
- Provides health education and treatment services to individuals, caregivers, and groups to increase knowledge regarding health and to promote and enhance community health status
- Coordinates home and community services with outside agencies
- The incumbent will be required to step into the role of care aides or other nurses should they be away ill or on vacation
- Performing other related activities as required

Qualifications and Skills:

- Recognized certification as a Licensed Practical Nurse
- Registered with the BCCNM and licensed to practice in the Province of British Columbia
- Three to five years recent experience as a Home and Community Care Nurse
- Ability to adapt clinical and professional skills to the home and community environments
- Must be in good health and physically able to move (sit, stand, bend and lift) intermittently throughout the workday - lift, push, pull and move a minimum of 22 kilograms (50 lb.)
- Excellent verbal, written, and organizational skills
- Knowledge of Secwépemc culture is an asset, acknowledges cultural differences and supports diversity

Requirements:

- Current CPR/First Aid certification for Health Care Providers
- Criminal Records Check (vulnerable sector) will be required
- Possess valid British Columbia driver's license and submit current drivers abstract
- Required availability would be three days per week – specific weekdays are negotiable

Please forward your cover letter and resume along with three employment references to:

Q'wemtsin Health Society
Attn: **Bobbi Sasakamoose**
130 Chilcotin Rd.
Kamloops, BC V2H 1G3
E-mail: bobbi@qwemtsin.org

Application Deadline: November 10, 2022

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





Q'wemtsin
HEALTH SOCIETY

QHS PLAY GROUP

Attention young families!

Please come join us at Q'wemtsin Health Society for a drop-in playgroup from 10:30am - 12:00pm on November 24th.

There will be food and drinks, and activities for children and families to play and learn together! We hope to see you there! If you have any questions please call the Health Center.

Call QHS at 250.314.6732

 qwemtsin.org



Q'wemtsin Health Society Food Sovereignty-Skeetchestn

A very special thank-you to each of our Food Sovereignty Coordinators from each of our communities which are; Skeetchestn, Tk'emlups te Secwepemc and Whispering Pines/Clinton Indian Band. They worked hard to make fresh fruits and vegetables available to community members!

If you would like more information about the Food Sovereignty Program call Laura Kalina, QHS Food Sovereignty Lead at 250.314.6732.



Food Sovereignty member and Skeetchestn Elder receiving his Good Food Box from the Skeetchestn Garden.

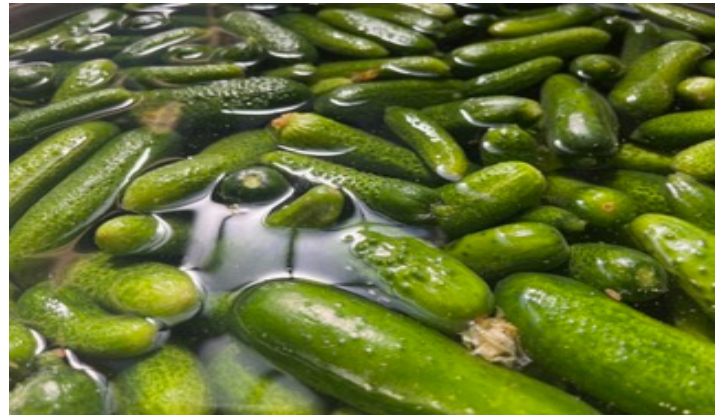


Q'wemtsin
HEALTH SOCIETY



Q'wemtsin Health Society Food Sovereignty Group-Tk'emlups te Secwepemc

The Tk'emlups Food Sovereignty group had a busy spring and summer in their garden harvesting various fruits and vegetables. They hosted canning nights with community, as well as attending events and engaging with community!

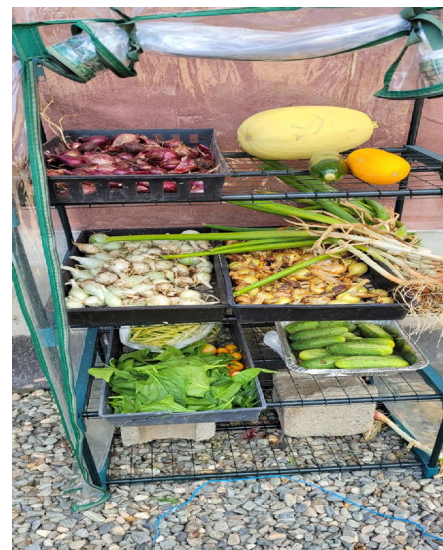




Q'wemtsin Health Society Food Sovereignty Group-Whispering Pines/Clinton Indian Band

Whispering Pines/Clinton Indian Band harvested weekly and had variety of fruits, vegetables and herbs available to everyone in community from June to October.

With the completion of the greenhouse the community will be testing some winter gardening and have everything ready for the next growing season.



NOVEMBER



Let it Grow

Did you know it's Movember?

Movember is an annual month long event which focuses on Men's health issues. This involves the growing of moustaches during the month of November. This is to raise awareness of men's health issues, such as: **Men's Suicide, Prostate Cancer, Testicular Cancer!**

Men's Suicide

Did you know that the rate of male suicide in Canada is HIGH. 3 out of 4 suicides are by men.

If you're having thoughts of suicide, or are worried about someone else, Talk Suicide is here to listen. Connect to a crisis responder for help without judgment. Call 1-833-456-4566 toll-free, any time – or text 45645 from 4 p.m. to midnight ET.

If you're ever worried that someone's life is in immediate danger, call 911 or go directly to emergency services.

Prostate Cancer

1 in 8 men in Canada will be diagnosed with Prostate Cancer in their lifetime. Prostate cancer is the most commonly diagnosed cancer in men in Australia. Globally, more than 1.4 million men were diagnosed with prostate cancer in 2020

Testicular Cancer

Testicular Cancer strikes early. The most common cancer in young Canadian Men.

At greater than 95%, the odds of survival for men with testicular cancer are better than good – but for some men, long-term treatment-related side effects, mean quality of life is severely compromised.

For more information about Movember please visit the website at, [Movember.com](https://www.movember.com) or see your doctor or health practitioner for more information or resources.

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Source: <https://ca.movember.com/about/foundation>





QHS Board Member Dave Manuel and QHS Health Director Colleen Lessman met with representatives from the Ministry of Health.



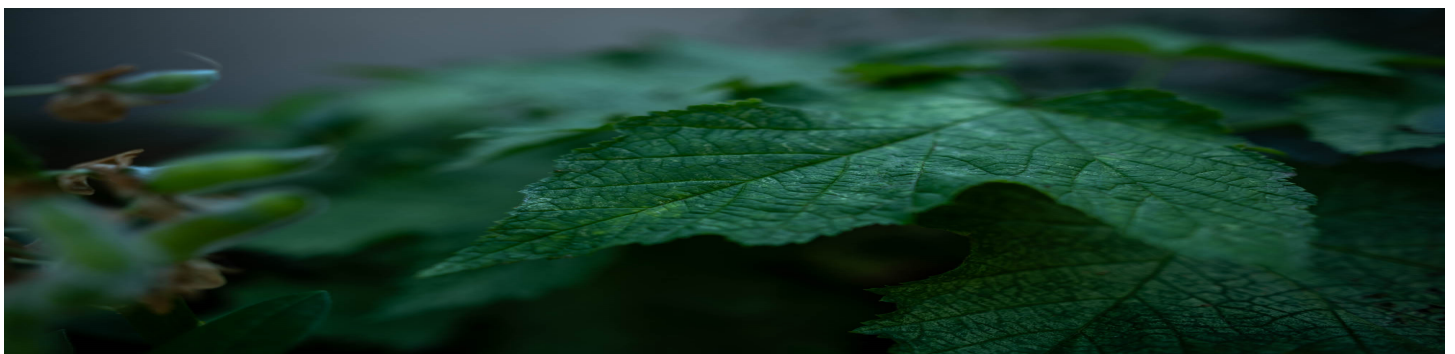
Q'wemtsin Health Society Staff participated in Halloween festivities. Staff brought in some spooky foods to share for staff luncheon!





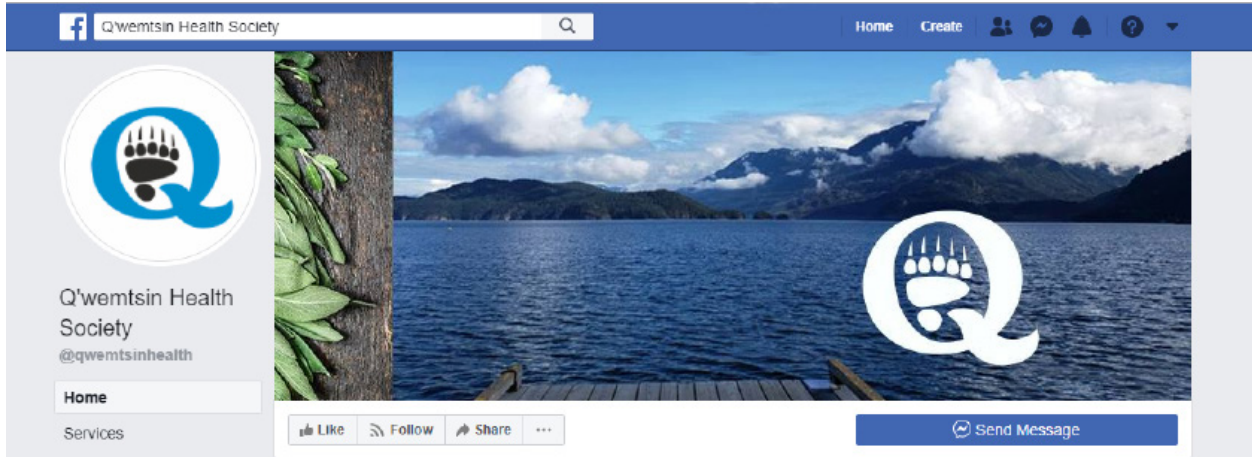
QHS STAFF DIRECTORY

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 Lessman	SIB Home Care/Sk'elep School Nurse	215	christine@qwemtsin.org
Colleen Lessman	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
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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



 Find us on
Facebook

Find us "Qwemtsin Health Society" on Facebook. This is where you will see current events, workshops, reminders and photos of recent fun activities with youth and in the 3 communities.



Visit our Qwemtsin
Health Society website

qwemtsin.org



mission



Advancing holistic health
by providing programs,
services, and education

vision



Healthy Secwepemc
individuals, families
and communities

19

Resource Numbers

Emergency Assistance

Ambulance/Fire/Police.....	911
Children's Hotline.....	310-1234
Kids Helpline.....	1-800-668-6868
Interior Crisis Line Network (depression, poverty, abuse, homelessness, suicide)	1-888-353-2273
Kamloops 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..... (Mobile service for women and children who have experienced abuse)	250-320-3110
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..... (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

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