

Newsletter

November
Edition



Q'wemtsin Health Society •
250.314.6732

130 Chilcotin Road,
Kamloops BC, V2H 1G3

qwemtsin.org

IN THIS ISSUE

Kwseltken:
Kristmas Market

SIB Health fair

My Voice: Advance Care Care
Planning Guide Quick Tips

Interior Health: Under 12 Months

Interior Health: Todler Talk

Four Steps to Better
Communications With Persons
With Dementia

Venison Sloppy Joes

Crossword: Pixem - Hunt

Ne Flanders Field

November Calendar

KWSÉLTKTEN

Kristmas Market

CULTURAL ARTISANS, CRAFTERS, JEWELLERY,
DELICIOUS TREATS, HEALTH/BEAUTY, LIVE
MUSIC, DOOR PRIZES, 85+ VENDORS

SUNDAY 10TH NOVEMBER
10 AM - 5 PM

COAST KAMLOOPS HOTEL
1250 ROGERS WAY
HILLTOP & ABC BALLROOMS

PLEASE BRING A NON-
PERISHABLE ITEM FOR
THE KAMLOOPS FOOD
BANK

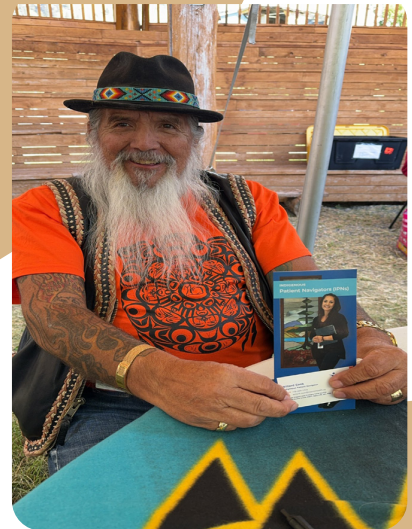
SEE YOU THERE!

FOR MORE INFO CONTACT TINA@250-214-2436
OR EMAIL KWSÉLTKTEN@CFDCOFCIFN.COM



Q'wemtsin
HEALTH SOCIETY

Skeetchestn Community Health & Wellness Fair



Back in September QHS hosted our annual Health & Wellness Fair in the Skeetchestn Community. This year we decided to switch it up and host it outdoors at the Skeetchestn Arbor, it was great success. We had various health vendors, community members as well as SCS students in attendance. We look forward to seeing everyone at next years event!!



Interior Health

Toddler Talk

Your one-year-old says their FIRST words! Your toddler starts to talk and this is a huge step. Your child's words may be hard to understand, but don't worry, speech clarity will come later.

Receptive Language

By 1 year, your child is:

- Using their voice to get your attention
- Understanding some words
- Following simple directions (Ex. Get your ball)

By 18 months, your child is

- Pointing to body parts (Ex. Where is your nose?)
- Pointing to pictures in a book

By 2 years, your child is:

- Following directions with two parts (Ex. Pick up your ball and go put it away)

Expressive Language

By 1 year, your child is:

- Communicating by gesturing and making sounds
- Babbling using a variety of sounds (Ex. Badameema)

By 18 months, your child is

- Saying about 20 words (You can count sound effects and unclear words that you recognize)

By 2 years, your child is:

- Using a few words together like "Daddy home" and "more milk"
- Saying 50-100 words

Social Communication

By 1 year, your child is:

- Getting your attention by using their voice (ex. Mom!)
- Taking turns in an interaction
- Responding to their name



4

If you have questions or concerns about your child's communication development, contact your local health center to see a Speech-Language Pathologist at no cost!



> LEARN MORE

Basic Steps for Capable Adults

- 1 Access the My Voice advance care planning guide online at www.gov.bc.ca/advancecare. If you need help finding the guide online, call HealthLink BC at 8-1-1.
- 2 Think about your beliefs, values and wishes for future health care treatment. Have conversations with family/friends, physicians, and health care providers. Read pp. 5-7 and p. 22 *
- 3 Write down your beliefs, values and wishes for future health care treatment. Decide what health care treatments you will or won't accept. Complete pp. 30-31
- 4 Write down the contact information for the people who could be individually asked to be your temporary substitute decision maker (TSDM) if a health care decision is needed for you. Read pp. 9-10
Complete p. 28

Note: To name a specific person to make decisions on your behalf, see representation agreements below.

You have the option of including the following item(s) in your advance care plan:

Standard Representation Agreement: Section 7

Allows an adult with lower level of capability to name a representative to make their routine financial management decisions, personal care decisions and some health care decisions. Does not allow the representative to refuse life support or life prolonging medical interventions.

Read pp. 11-12
Complete pp. 34-43

Enhanced Representation Agreement: Section 9

Allows you to name a representative to make your personal care decisions and some health care decisions, including decisions to accept or refuse life support or life-prolonging medical interventions. Does not allow the representative to make financial or legal decisions on your behalf (see enduring power of attorney).

Read pp. 12-14
Complete pp. 44-49

Read pp. 16-18 for
information about making
an advance directive +
representation agreement

Advance Directive

Allows you to state your decisions about accepting or refusing health care treatments directly to a health care provider. The advance directive must be followed when it addresses the health care decision needed at the time. No one will be asked to make a decision for you (see exceptions in My Voice guide).

Read pp. 14-15
Complete pp. 50-51

Enduring Power of Attorney

Allows you to appoint someone to make financial and legal decisions on your behalf if you become incapable.

Read p. 19

When you have completed your plan:

- ✓ Put your documentation in a safe, accessible place and give copies to physicians, health care providers, representative(s), family/friends.
- ✓ Review, change or cancel your advance care plan as needed. See pp. 20-21 in the guide.

For more information:

- ⇒ Watch videos and find brochures on advance care planning online at www.gov.bc.ca/advancecare.
- ⇒ Read frequently asked questions about advance care planning at www.gov.bc.ca/advancecare, or click here.

* All page numbers refer to pages in the advance care planning guide *My Voice: Expressing My Wishes for Future Health Care Treatment*.



Interior Health



Under 12 Months

Babies have so much to tell you! By one year of age they are good communicators, even if they're not talking yet.

Social Communication

By 12 months your baby is:

- Using their voice to get your attention
- Very social and more interested in people than in objects
- Responding to your voice and turning their head when you call their name
- Looking and smiling at you
- Able to play peek-a-boo and patty cake with you

Expressive Language

By 12 months your baby is:

- Using gestures such as "up", waving bye-bye and using a finger to point things out to you
- "Noisy" with speech-like jabber. You should be able to hear a few different speech sounds (consonants) in their babbling, such as m, n, b, d, w, h, y
- Your baby may be saying their first word, such as "mama" or "dada"

Play Skills

By 12 months your baby is:

- Stacking a few blocks
- Showing you toys and sharing their interests with you
- Taking turns back and forth with you (Ex. Rolling a ball)
- Using objects for their purpose (Ex. pretending to drink from a cup)

Receptive Language

By 12 months your baby is:

- Understanding some single words such as car, show, cup and simple phrases like "Don't touch"



Baa-baa



If you have questions or concerns about your child's communication development, contact your local health center to see a Speech-Language Pathologist at no cost!

[LEARN MORE](#)





Four Steps to Better Communication with Persons with Dementia

1. **Start the interaction in a conversational manner.**
 - Approach from the front, calmly; respecting their personal space
 - Make eye contact and remain at eye level while talking
 - Call the person by their preferred name
 - State who you are and why you are there
 - Allow time for a response
 - Focus first on your relationship and not on your task

2. **Simplify what you say**
 - Know the resident's language abilities (their understanding/expression)
 - Use clear, simple, and short sentences
 - Give directions one at a time
 - If language ability is poor, use questions that can be answered "yes" or "no"
 - Restate your sentence if they don't understand the first
 - Try non-verbal forms of communication with visual cues

3. **Check your approach**
 - Before providing care, check in with yourself. Pay attention to your:
 - Verbal message: tone of voice, rate of speech, volume and words
 - Non-verbal message: body language, facial
 - Suggest or invite rather than insist
 - Use encouraging language in a calm and soothing tone of voice
 - Avoid negative statements (ie. That's not nice, don't do that)

4. **Be supportive**
 - **Listen** for their emotional message. Observe their: Tone of voice, body language, facial expression
 - Validate their emotional message and understand their needs: empathy, sincerity, acceptance, provide reassurance
 - Provide choices if possible
 - Don't argue
 - When the interaction becomes stressful:
 - Stop what you are doing
 - Empathize with the resident: "I'm sorry this is so hard. Let's take a break."
 - Tell them you will be back
 - Get support from your team to re-approach later

VENISON SLOPPY JOES

INGREDIENTS

4 pounds boneless venison, cut into 1 to 2 inch cubes
¼ cup olive oil
Kosher salt
1 large onion, sliced
5 cloves of garlic, chopped
1 teaspoon dried thyme
1 teaspoon allspice
1 teaspoon cinnamon
1 tablespoon ground coriander
1 tablespoon ground cumin
1 tablespoon chipotle or ancho chili powder
2 teaspoons smoked paprika
1 (750 ml) bottle of dry red wine
¼ cup apple cider vinegar
2 tablespoons Dijon mustard
2 cups crushed tomatoes

1 cup ketchup
1/2 cup light brown sugar
Venison stock or water as needed

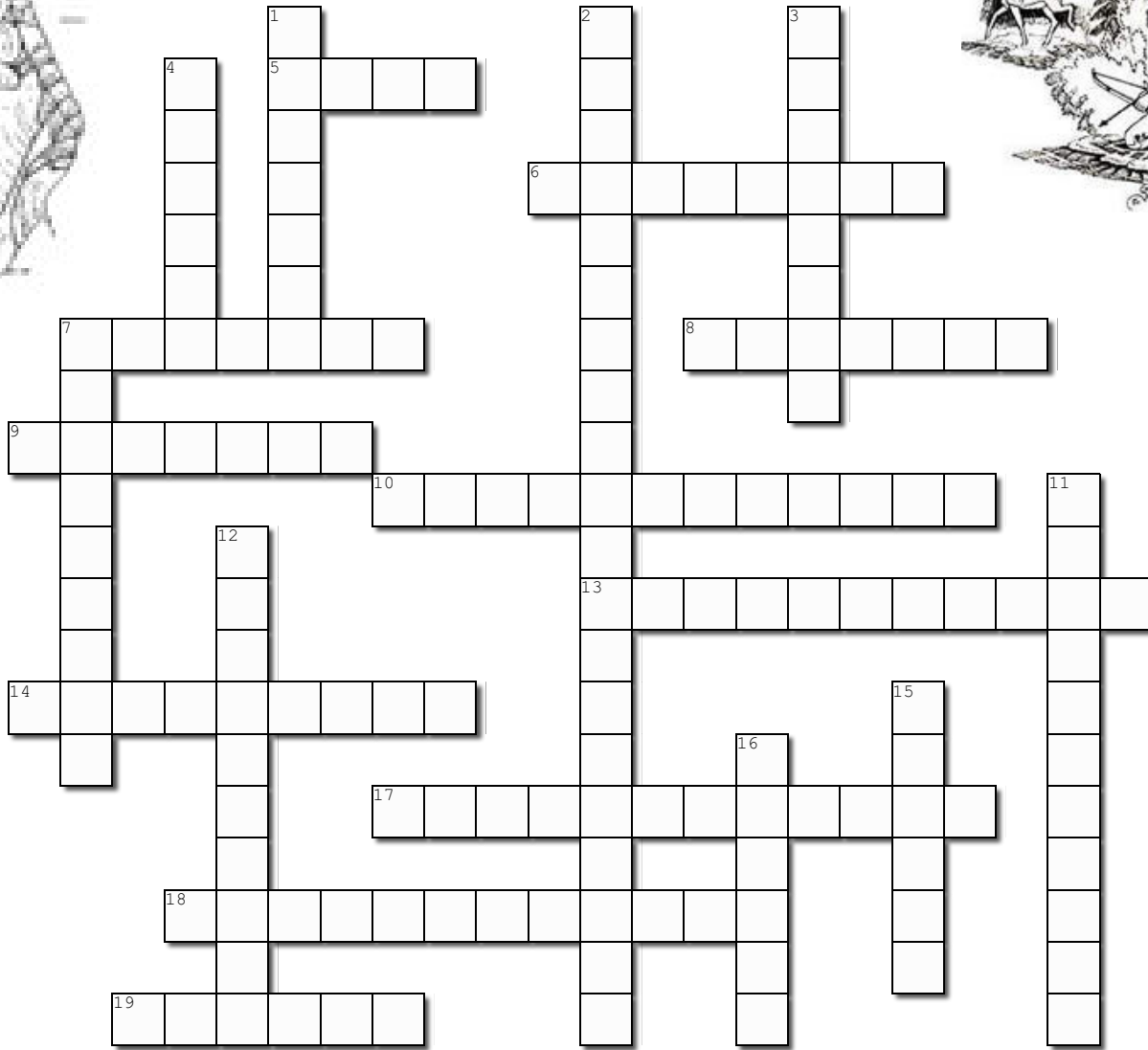
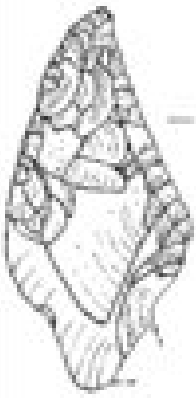


INSTRUCTIONS

1. If using a slow cooker, preheat it on the low setting.
2. Add the olive oil to a heavy-bottomed pot and heat over medium-high heat. Season the venison with kosher salt to your liking. When the oil is hot and starts to shimmer, add the venison, working in batches if necessary to achieve a crust on the meat. Remove the meat from the pot and set aside. Reserve the oil that's in the pan.
3. Reduce the heat to medium and add the onions and garlic. If the pan looks dry, add more olive oil as needed. Cook the onions and garlic for around 2 minutes while
4. stirring. Add the chili powder, cinnamon, cumin, coriander, allspice, paprika, dried thyme, and tomato paste. Cook while stirring for 1 minute.
5. If using a crock pot, pour this mixture and the venison into your slow cooker. If using a pot, add the venison to the pot with the wine mixture.
6. Add the remaining red wine, tomatoes, vinegar, mustard, ketchup, and sugar.
7. For the crockpot method, cover it with the lid and cook it on the low setting for around 7 to 8 hours or until tender. For the stovetop method, cover the pot with a lid and bring to a slow simmer. Cook gently until fork tender. This can take between 2 and 4 hours, depending on what cut of meat you are using. Stir around every 45 minutes to prevent the bottom from burning. Shred the meat and season with salt and pepper as needed.

Píxem - Hunt

Complete the crossword puzzle below

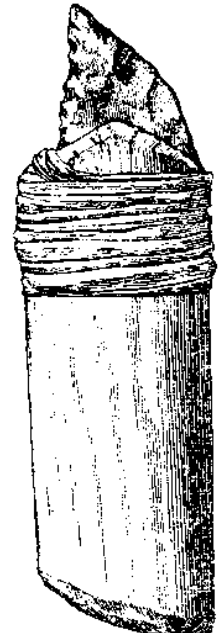
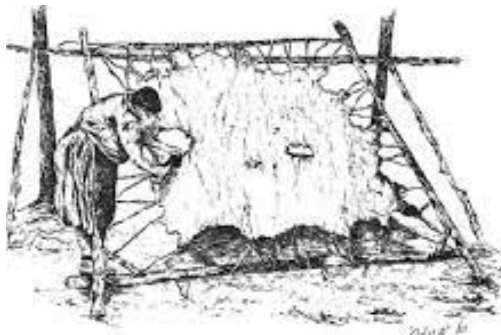


Across

5. to chop wood
6. Hunting (plural)
7. cold weather
8. target practice with a bow and arrow
9. scraper
10. frost on the ground
13. tear off the hide of an animal
14. white tail
17. tan hides with wood coals
18. black tail deer / mule deer
19. moose

Down

1. bullet
2. we hunted for deer
3. hunting grounds
4. fog
7. fire a gun, shoot arrows
11. turkey
12. autumn
15. he/she has hit a target
16. fire is burning



Nc Flanders Field

*M-sukvtes re tsiqw te suleñsem,
neri7 ne sknewst.s re stektñenwécw te
stltal.*

Tsqéy-kucw neri7.

Ell ne stiqt

Setsinem le spipyúje....

Ta7 k m-sqnimentem tek swet.

Witsin le m-síqupt.s le swelwelmínik.

M-qtseq-kucw

Ta7 k sq7es le m-w7écwes-kucw.

Wiktem-kucw re sceqtsin...

Ell wiktem-kucw le klucw te skwék7es.

Xwexwistém-kucw le kweséltens..

Ell xwexwistels-kucw ell

Kémell pyin tsmol-kucw

Ne tspenpéns re Flanders Field.

Yews e newi7 pyin..

Kellpékt-kucw

Yeri7 stseqmictst te kwenp

Tqéltkes k swisen-tp

E llépen-tp-kucw

Ta7 me7 s7etícs-kucw

We7 kúltes nu7 k tsiqw tek suleñsem

Ne Flanders Field

*In Flanders Field the poppies blow
Between the crosses row on row*

That mark our place and in the sky

The larks, still bravely

Singing, fly,

Scarce heard amid

The guns below

We are the dead.

Short days ago

We lived, felt dawn,

Saw sunset glow.

Loved and were loved

And now we lie

In Flanders Field

Take up our quarrel with the foe

To you from failing hands we throw

The torch, be yours to hold high.

If you break faith with us who die

We shall not sleep,

Though poppies grow

In Flanders Fields



November

Pelle7yellow7üllewten

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Respiratory	2
3	4 Dr. Massage SIB	5 Massage	6 Naturopath	7 Dietitian Foot Care	8	9
10		12 Massage	13 Naturopath	14 Dietitian Foot Care	15	16
17	18 Dr. Massage Foot Care SIB	19 Massage	20 Naturopath	21 Foot Care	22	23
24	25 Dr. Massage SIB	26 Massage	27 Naturopath	28 Foot Care	29	30



II