

# Newsletter

December  
Edition



Q'wemtsin Health Society •  
250.314.6732

130 Chilcotin Road,  
Kamloops, BC, V2H 1G3

[qwemtsin.org](http://qwemtsin.org)

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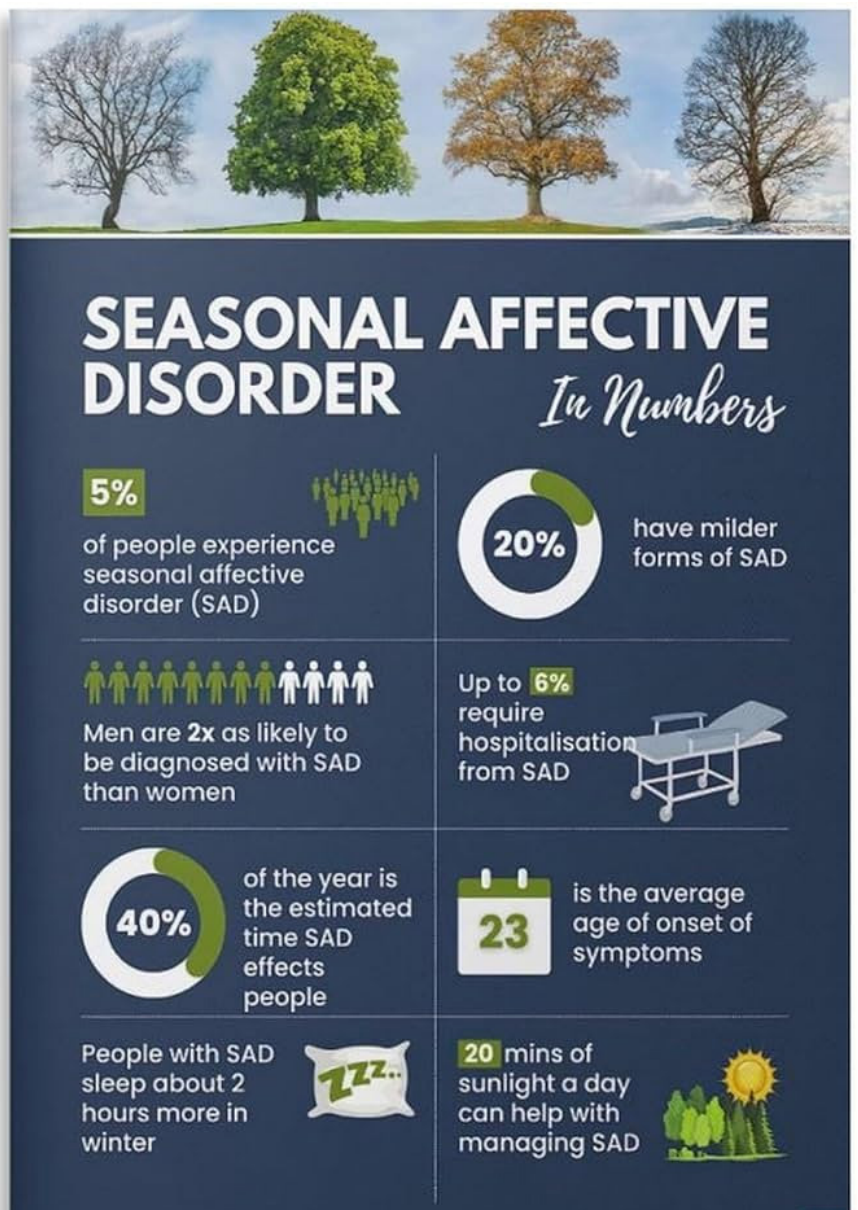
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## Seasonal Depression Home Remedies

Sit in front of an artificial lightbox 30-45 minutes a day

Spend more time outdoors in natural light

Take vitamin D supplements

Eat a balanced diet

Exercise regularly

Get proper sleep

Consider taking a vacation (if possible) to a warmer, sunnier climate





# Q'wemtsin Health Society Christmas Open House

Date: Thursday, December 19, 2024

Time: 11am to 2pm

Place: 130, Chilcotin Road, QHS

PLEASE JOIN US FOR  
FESTIVE FOOD, DOOR PRIZES,  
MAKING MEDICINE ORNAMENTS FOR  
CHRISTMAS TREE AND PICTURES WITH  
SANTA!!!!

Please contact Lindsie Manywounds at  
QHS. Call 250.314.6732 or email,  
lindsie@qwemtsin.org



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# Christmas Tree Spinach Dip Breadsticks



## Ingredients

12 oz Frozen chopped spinach thawed and squeezed dry  
6 oz cream cheese softened  
2 cloves garlic, minced  
1/2 teaspoon salt  
1/2 teaspoon onion powder  
1/4 teaspoon chili powder  
1/4 teaspoon pepper  
1 teaspoon Italian seasoning  
1/2 cup grated parmesan cheese  
1 cup grated mozzarella cheese  
1 tube refrigerated pizza crust 13.8 oz

## Butter Topping:

2 tablespoons butter  
1 teaspoon Italian seasoning  
1/2 teaspoon garlic powder or garlic salt

## Instructions

Preheat oven to 350 degrees.

In a bowl, beat together the spinach and cream cheese. Add garlic, salt, onion powder, chili powder, pepper, Italian seasoning, parmesan cheese and mozzarella cheese. Beat until creamy.

To make the Christmas tree shape, unroll the pizza crust onto a sheet of parchment paper. Use a pizza cutter to cut it as shown into one larger tree shaped triangle and two smaller triangles. Move the smaller triangles to a second sheet of parchment paper with their straight edges touching to create a second triangle of dough that is the same shape as the first.

Rolling dough into rectangle, cutting large triangle.

Spread the spinach dip across the second triangle you made. Flip the first triangle over on top so you have layers of pizza dough with spinach dip sandwiched between them.

Spinach dip spread across pizza dough triangle.

Now you'll make cuts, leaving about an inch in the center intact. Cut from near the center out to the side on both the left and right every inch or so to create slices.

Making slices from center to outside edges.

Grab each "slice" and twist it upwards. At the top where they are short you'll only twist halfway around. At the bottom where they are longer you can do two or three full twists.

Twisting slices to create tree shape.

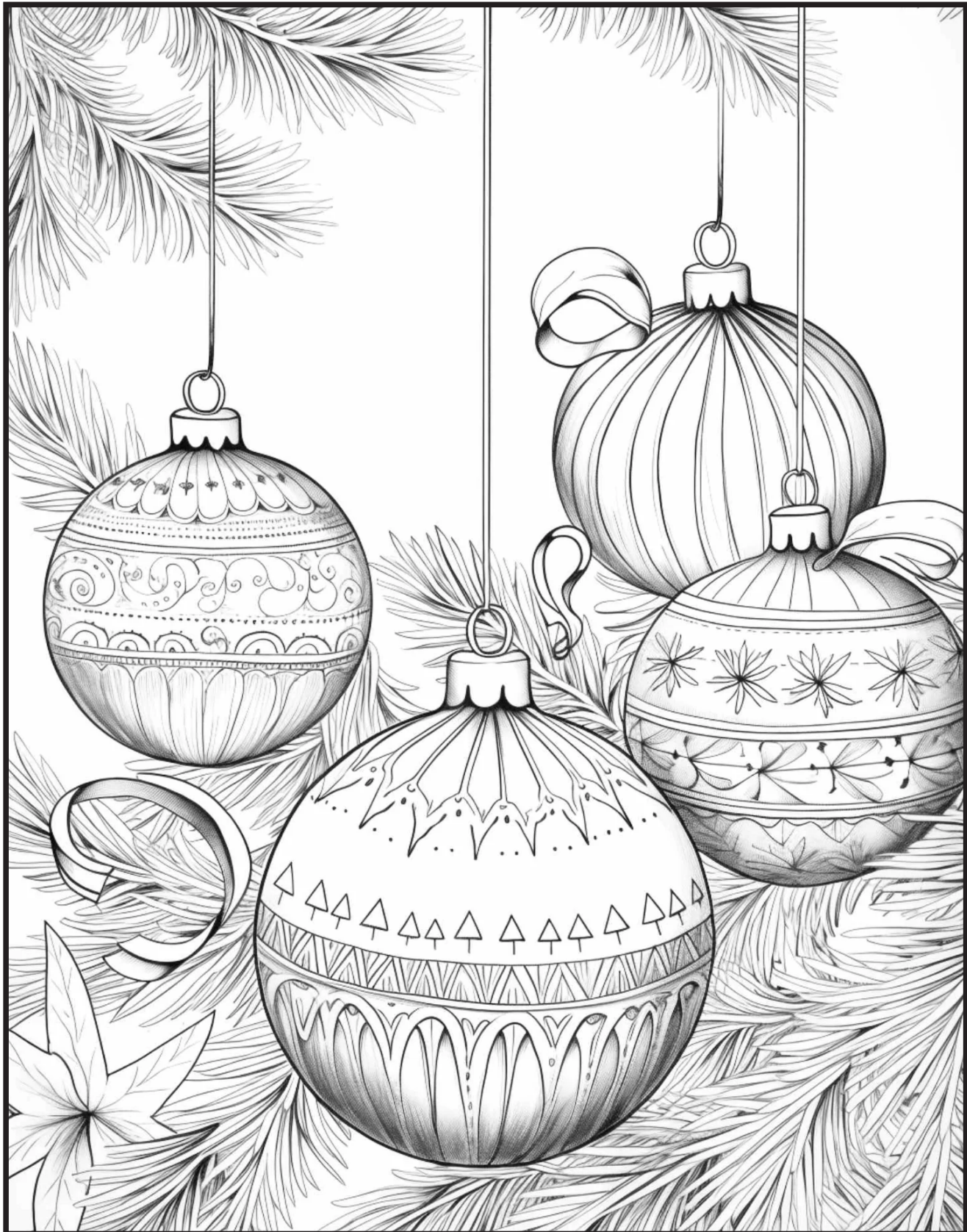
Bake for 30-35 minutes until quite golden brown on top and cooked through on the bottom. Do not undercook.

Brushing Christmas tree breadsticks with melted butter.

Melt butter and stir in garlic salt and seasoning, then brush over breadsticks, and serve warm.

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# Holiday Coloring Page





# Skeetchestn Health Centre Community Christmas Open House

Date: FRIDAY, December 13

Time: 11am to 2pm

Place: Skeetchestn Health Centre

Please join us for Christmas  
appies, making medicine  
ornaments for Christmas Tree  
and pictures with Santa!

For more information please  
call 250.373.2580.



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## Employment Opportunity – Permanent Full-Time Home and Community Care (HCC) Registered Nurse

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Q'wemtsin Health Society (QHS) is an assembly of health care professionals who believe in providing quality, client-centred care to our Secwépemc communities through the provision of holistic health services. Located at the heart of Tk'emlúps te Secwépemc our clinic acts as a one-stop health shop for community members. Over the last 23 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:**

- Assessment and referral - 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 health status
- Coordinates home and community services with outside agencies
- Performs other related duties as required

### **Qualifications and Skills:**

- Registered Nurse with a bachelor's degree in nursing that is registered with the BCCNM and licensed to practise in the Province of British Columbia
- Recent experience as a Home and Community Care Nurse is an asset
- 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 lbs)
- Excellent verbal, written, and organizational skills
- Knowledge of Secwépemc culture is an asset, acknowledges cultural differences and supports diversity

### **Additional 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 with reliable transportation and the submission of a current drivers abstract

### **Compensation:**

- Hourly starting rate of \$44.75 - \$48.90, to be determined based on experience

***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: December 15, 2024**

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



## HAVE YOU BEEN IMPACTED BY FNHA CYBER SECURITY BREACH?

First Nations Health Authority is providing 24 months of free credit monitoring to Equifax. To support those potentially impacted, Q'wemtsin Health Society is assisting our clients with registration to Equifax by hosting pop-up clinics.

### **Pop-up clinic dates:**

*Place: Skeetchestn Health Centre*

*Date: Tuesday, December 10, 2024*

*Time: 9am to 1:30pm*

*Place: Q'wemtsin Health Society*

*Date: Thursday, December 12, 2024*

*Time: 9:30am to 2:30pm*

Walk-ins welcome but if you would like to book an appointment in advance call Lee-Anne at Skeetchestn Health Centre 250.373.2580.





# HAVE YOU BEEN IMPACTED BY FNHA CYBER SECURITY BREACH?

In May 2024, First Nations Health Authority (FNHA) was the target of a partially successful cyber attack. The purpose of this notice is to inform individuals – primarily First Nations peoples and their non-First Nations immediate family members living on reserve or in First Nations communities in British Columbia – that this cyber attack impacted many people’s personal information. To be clear, when we say “impacted”, we mean that your personal information may have been accessed and, potentially, copied and stolen, by an unauthorized third party.

Here is a list of those who may have been affected:

- **Current and past employees of FNHA**
- **First Nations Peoples who live or have recently lived in BC and who have a status card**
- **First Nations peoples and their immediate non-First Nations family members who lived on reserve or in FN communities in BC on or before March 29, 2016 and who had one or more TB tests prior to that date**
- **Individuals who filed complaints or had complaints filed on their behalf with FNHA’s Quality Care and Safety Office**

FNHA is providing 24 months of free credit monitoring to Equifax. To support those potentially impacted QHS is assisting clients with registration to Equifax. Please call Lee-Anne at Skeetchestn Health Centre 250.373.2580.

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



**INTERIOR REGION**  
First Nations Health Authority

# How was your quality of care? Let FNHA know.

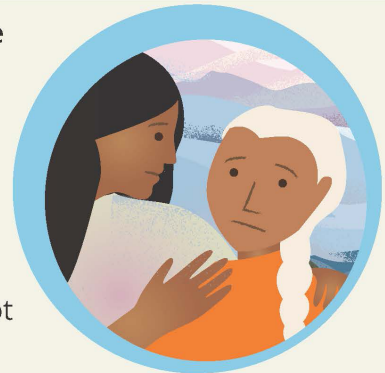
**Program Vision:** Health and wellness programs and services that are safe and accountable to BC First Nations.

**Program Mission:** In the spirit of program excellence and continuous quality improvement, this office will centre the voice and wisdom of BC First Nations by using their experiences to define, improve and ensure accountability for safe health care.

We are here to receive any feedback you have about the care you, your family members or your loved ones have received, and to provide a transparent process for responding to concerns you may have about your care or for passing on your compliments.

#### Why you might contact us:

- **Make a complaint:** Tell us if the care you received did not meet your expectations.
- **Share a compliment:** Let us know if you had a positive experience. We can pass on your positive feedback to the people and teams that made a difference in your care.
- **Ask a question:** Do you have a question about a program or service? Are you wanting more information about your health records? Feel free to reach out and we'd be happy to navigate you to the right people or information.



#### What happens when you contact us:

When you contact us by email or leaving us a voicemail, we will get in touch within two business days. Our Quality Care Coordinator will then give you a call to get more information about your experience.

**Contact the Quality Care  
and Safety Office at:**

Toll-free line at: 1-844-935-1044

Email at: [qualityinterior@fnha.ca](mailto:qualityinterior@fnha.ca)

Scan here for more information



# Prepare for Wildfire Season Now

Check your home insurance policy to ensure it covers living expenses if you're evacuated or plan to stay with family or friends.

Download the BC Service Card App now:



Download  
the BC  
Services  
Card App:



[id.gov.bc.ca/static/help/setup\\_app](https://id.gov.bc.ca/static/help/setup_app)



Follow the instructions  
in the App and validate  
your identity



In the App, go to:  
**Services > Evacuee  
Registration and Assistance**

- Create an ERA profile now to access Emergency Support Services easily during an emergency.
- Support will also be offered to people who don't have the App or profile at local in-person reception centres.

Learn more about Emergency Support Services: [ess.gov.bc.ca](https://ess.gov.bc.ca)



• HARM REDUCTION

# Nasal Naloxone Spray

QHS is pleased to announce that we now carry Nasal Naloxone Spray for community distribution.

In addition to free Injectable Naloxone Kits and Fentanyl Test Strips clients can now receive the Nasal Naloxone Spray directly from the clinic.

For more information or to receive a Nasal Naloxone Spray call:

**250-314-6732**



[qwemtsin.org](http://qwemtsin.org)



**Q'wemtsín**  
HEALTH SOCIETY



• HARM REDUCTION

# Did you know?

Q'wemtsin Health Society now offers a **Needle Clean-Up Hotline**.

If you or someone that you know finds a needle or syringe within the community you can report it to have it removed in a safe and timely manner. The service will be available during regular office hours. If you need to make a report outside of regular office hours please leave a detailed message and the situation will be handled upon the office's re-opening.

To make a report or for further information on the **Needle Clean-Up Hotline and Overdose Prevention** please call

**Bobbi Sasakamoose**  
**250.314.6732**

[qwemtsin.org](http://qwemtsin.org)



**Q'wemtsín**  
HEALTH SOCIETY

## Primary Care Services

<b>In Person</b>	<p><b>Urgent Primary Care and Learning Centre</b></p> <ul style="list-style-type: none"> <li>• (250)314-2256 – phones turn on at 10 am daily</li> <li>• 311 Columbia Street</li> <li>• Open 10 am – 10 pm</li> <li>• Must phone to make an appointment, no walk-in's</li> </ul>
	<p><b>Kinetic Energy Medical Clinic</b></p> <ul style="list-style-type: none"> <li>• (250)828-6637</li> <li>• 450 Lansdowne St Suite 206</li> <li>• <a href="https://www.kamloopskineticenergy.com/medical-doctor">https://www.kamloopskineticenergy.com/medical-doctor</a></li> <li>• Patient Registration begins at 7 am Monday – Friday. Must phone and leave a message to be added to the daybook for that day -No Walk-Ins</li> <li>• Will start with a Phone Call appointment and may include a Face-to-face appointment if needed</li> <li>• Able to fill out Driver's Medical Forms</li> </ul>
	<p><b>Kleo's Pharmacy</b></p> <ul style="list-style-type: none"> <li>• (778)765-1444</li> <li>• 90b-1967 Trans Canada Hwy E</li> <li>• Walk in Medical Clinic available in the pharmacy, access to Virtual Doctor</li> </ul>
<b>*Only Skeetch/Savona Patients</b>	<p><b>Ashcroft Urgent and Primary Care Centre</b></p> <ul style="list-style-type: none"> <li>• (250)453-2211</li> <li>• Located in the Ashcroft Community Health Centre -700 Ash-Cache Creek Hwy</li> <li>• Open 7 days a week, 8:00 am – 8:00 pm</li> </ul>
<b>Virtual</b>	<p><b>Pharmasave – Riverbend</b></p> <ul style="list-style-type: none"> <li>• (236)421-4424 for nurse &amp; to book appointment.</li> <li>• Virtual Doctor (236)421-4263</li> </ul>
	<p><b>Pure Pharmacy (Online Dr.)</b></p> <ul style="list-style-type: none"> <li>• <a href="http://doctor.purepharmacy.com">doctor.purepharmacy.com</a></li> </ul>
	<p><b>Kipp-Mallery iMedicine Services -Landmark Location</b></p> <ul style="list-style-type: none"> <li>• (250)425-0025 ext 4</li> <li>• 207-755 McGill Road</li> <li>• Monday to Friday 9:00 am – 12:00 pm</li> <li>• Phone to book an appointment</li> <li>• Virtual or telephone appointments</li> </ul>

<b>Virtual</b>	<p><b>Northshore Pharmacy and Care Clinic</b></p> <ul style="list-style-type: none"> <li>• (250)376-9991</li> <li>• <a href="https://northshorepharmacy.ca/">https://northshorepharmacy.ca/</a></li> <li>• Monday to Saturday 9:00 am – 5:30 pm, Sunday and Holidays 9:00 am – 10:00 am</li> <li>• Virtual appointments in the pharmacy</li> </ul> <p>***must be willing to switch to using their pharmacist***</p>
	<p><b>Enhanced Care Clinic (Go to Doctors.ca)</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.enhancedcare.ca/online-booking/">https://www.enhancedcare.ca/online-booking/</a></li> <li>• Location/Services, click "Virtual/Phone Appointment by Godoctor.ca" and location "British Columbia"</li> <li>• virtual/phone appointments</li> </ul>
	<p><b>FNHA Dr of the Day – 1-855-344-3800</b></p> <ul style="list-style-type: none"> <li>• 1-855-344-3800</li> <li>• 7 days a week, 8:30 am – 4:30 pm</li> <li>• All First Nations and their families</li> <li>• <a href="https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day">https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day</a></li> </ul>
	<p><b>TIA Virtual Health Clinic</b></p> <ul style="list-style-type: none"> <li>• Book online: <a href="http://Tiahealth.com">Tiahealth.com</a></li> <li>• Virtual or Telephone appointments</li> </ul>
	<p><b>Virtual Physicians at Health Link</b></p> <ul style="list-style-type: none"> <li>• Call 811</li> <li>• HealthLink BC virtual physicians are available to 8-1-1 callers after assessment by one of our registered nurses. If the nurse determines that further medical assessment by a doctor would help you get the best advice on when and where you should seek care, they may refer you to your family doctor or nurse practitioner, a health provider in your community or one of our virtual physicians.</li> </ul>
	<p><b>Rocket Doctor</b></p> <ul style="list-style-type: none"> <li>• Virtual Services</li> <li>• Book online: <a href="https://rocketdoctor.ca/online-doctor-bc/">https://rocketdoctor.ca/online-doctor-bc/</a></li> <li>• Available 24 hours a day, 7 days a week</li> </ul>
	<p><b>VivaCare Telehealth</b></p> <ul style="list-style-type: none"> <li>• Monday – Friday 8:00 am – 9:00 pm, Saturday – Sunday</li> <li>• Book online: <a href="https://vivacare.ca/telehealth-online-doctor/">https://vivacare.ca/telehealth-online-doctor/</a></li> <li>• Virtual or telehealth appointments available</li> </ul>

# December

# Pell-tetégem



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 DR. (SIB) Massage	3 DR. Massage	4 Naturopath	5 Dietitian Foot Care	6	7
8	9 DR. (SIB) Massage (SIB) Foot Care	10 (SIB) DR. Massage (SIB) Equifax Pop-up Clinic	11 Naturopath	12 Foot Care Dietitian QHS Equifax Pop-up Clinic	13 Respiratory (SIB) Open House	14
15	16 DR. (SIB) Massage	17 DR. Massage	18 Naturopath	19 Foot Care QHS Open House	20 <b>Early Closure</b>	21
22	23 <b>Office Closed</b>	24 <b>Christmas Eve</b>	25 <b>Christmas Day</b>	26 <b>Office Closed</b>	27 <b>Office Closed</b>	28
29	30 <b>Office Closed</b>	31 <b>Office Closed</b>				





# Resource Numbers



Q'wemtsin  
HEALTH SOCIETY

## Emergency Assistance

Ambulance/Fire/Police.....	911
Childrens Protective Services.....	1-800-663-9122
Kids Helpline.....	1-800-668-6868
Kids Text Helpline.....	68686868
Interior Crisis Line Network.....	1-888-353-2273
First Nations emergency services .....	250-377-7600
Youth Peace Program.....	250-319-2406
Kamloops Urgent Response Team.....	250-377-0088
Kamloops Mental Health Intake.....	250-377-6500
Kamloops R.C.M.P. Victim Services.....	250-828-3000
Kamloops Y Emergency Services:	
Y Women's Emergency Shelter.....(text)	250-682-7931
Children Who Witness Abuse.....	250-376-7800
Victim Services.....	250-320-3110

## 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
285 Seymour Street.....	250-461-7237
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.....	250-374-1728
Le7 te Melamin Health Society.....	250-571-1000
Shuswap Training & Employment Program.....	778-471-8201
Native Court Worker.....	250-828-7969
Ashcroft Training & Employment Program.....	250-453-0093

### Aboriginal Crisis Response Services:

Toll Free.....	1-800-588-8717
Children & Youth.....	250-723-2040
Elders & Adults.....	250-723-4050
Metis Crisis Response Service:	
Toll Free.....	1833-638-4722

## First Nations Health Authority

Health Benefits (Toll Free).....	1-855-550-5454
Toll Free.....	1-866-373-2493
Email.....	<a href="mailto:info@fnha.ca">info@fnha.ca</a>

## Non-Emergency Services

Tk'emlúps Detachment.....	250-314-1800
Tk'emlúps Bylaw.....	250-828-9708
Tk'emlúps Bylaw Cell .....	778-257-2607
Kamloops City Detachment.....	250-828-3000
North Shore Community Policing.....	250-376-5099
TRU Law Legal Clinic.....	778-471-8490
Kamloops Fire Rescuse.....	250-372-5131
BC Poison Control.....	1-800-567-8911
Nurse Line.....	811

## Support Lines

Narcotics Anonymous.....	1-800-414-0296
Phoenix Centre.....	250-374-4684
Raven Program.....	250-374-4634
Sage Health Centre.....	250-374-6551
Smokers Health Line.....	1-877-455-2233

Substance Information & Referral Service.....	1-800-663-1441
Mental Health & Information Support.....	310-6789
Kamloops Sexual Assault Counseling Center.....	250-372-0179
Anti Violence Hotline.....	1-888-974-7278
Victim Link BC (multilingual).....	1-800-563-0808

## Kamloops Walk-in Clinics

Kamloops Kinetic Energy.....	250-828-6637
Kamloops Urgent Care.....	250-314-2256
North Shore Health Science Centre.....	250-312-3280

## Royal Inland Hospital

Information.....	250-374-5111
Admitting.....	250-314-2450
Emergency.....	250-314-2289

## Indigenous Patient Navigator (RIH)

Deb Donald.....	250-314-2100 (ext. 3109)
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