

Newsletter

January
Edition



Skeetchestn Christmas Open House 2024

Q'wemtsin Health Society •
250.314.6732

130 Chilcotin Road,
Kamloops, BC, V2H 1G3
qwemtsin.org

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ALZHEIMER'S AND BRAIN
awareness





Healthy Energy Bites with Dates, Apricots, Cashews, and Coconut

20 servings

10 minutes

Ingredients

2 cups Cashews (raw, unsalted)
1 cup Dried Apricots
1/3 cup Unsweetened Coconut Flakes (shredded)
1/4 cup Pitted Dates (chopped)
1 tsp Orange Zest
1 tsp Lemon Zest
1/2 tsp Cinnamon
1/2 tsp Ground Ginger
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	108
Fat	7g
Saturated	2g
Carbs	10g
Fiber	1g
Sugar	5g
Protein	2g
Cholesterol	0mg
Sodium	17mg
Calcium	8mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 Combine cashew nuts, apricots, coconut, and dates in a food processor bowl. Pulse ingredients until mixture is crumbly.
- 2 Add citrus zest, spices, and salt to mixture. Pulse ingredients to combine well, and process on high speed until mixture starts to stick together.
- 3 Line a tray with parchment paper. With clean hands, shape mixture into ~ 20 1-inch balls.
- 4 Store in refrigerator in a sealed container for up to 3 days. Or, store in freezer for up to 3 weeks.

Notes

Meal Prep: Make these up to 3 weeks in advance when stored in the freezer for an easy on-the-go snack anytime.

Kitchen Tools: Zest fresh citrus like a pro with a microplane grater too add a burst of flavor to foods, without adding a lot of salt/sodium. Glass storage containers are great for storing these or other healthy snacks.

MIND

Diet for Healthy Brain Aging

Experts have developed a diet that brings many of these brain-healthy foods together. The MIND diet – which stands for Mediterranean/DASH Intervention for Neurodegenerative Delay – combines elements of the popular Mediterranean diet and the DASH (Dietary Approaches to Stop Hypertension) diet.

This diet incorporates fruits and vegetables, fish, poultry, eggs, whole grains and healthy fats, such as olive oil, all of which have been shown to decrease inflammation, prevent cell damage, and slow down the effects of brain aging. Read on for some of the best foods you can eat to keep your brain healthy as you age.

The Basics

The MIND diet (or “Mediterranean-DASH diet intervention for neurological delay”) combines aspects from both the Mediterranean and DASH diets. These diets are generally recommended for overall health, and incorporating foods from each has been shown to particularly benefit brain health.

Foods emphasized on the MIND diet include whole grains, berries, vegetables (especially leafy greens), olive oil, poultry, and fish.

Background

For many years, researchers have examined the relationship between the foods we eat and their effects on our health. In 2015, researchers began to specifically examine the relationship between certain foods and their effect on brain health with the intention of (1) slowing the decline of brain health as we age and (2) reducing the risk of the development of Alzheimer’s disease. Thus, the “MIND” diet was created.

How is the MIND diet different from the Mediterranean and DASH diets?

- It emphasizes berries, due to their antioxidant properties, over other fruits
- It recommends eating fish at least once per week
- It highlights the difference between green, leafy vegetables and other vegetables. Leafy greens are rich in nutrients and thought to reduce the risk of cardiovascular disease and cognitive decline.



Potential Health Benefits

Both the Mediterranean and DASH diets have been researched thoroughly and are associated with lower blood pressure and decreased risk of cardiovascular disease and type 2 diabetes. These conditions are all risk factors for Alzheimer’s disease. Researchers wanted to create a diet specifically to help improve brain function and prevent dementia.

Here’s what some of the observational research found when studying the effects of the MIND diet with cognitive decline and Alzheimer’s disease:

- Out of 460 MIND diet participants who were followed for 4.7 years, those who more strictly followed the MIND diet showed “substantially [slowed] cognitive decline with age.”⁴
- In a study following 923 participants for 4.5 years, ages 59-98, those who more strictly adhered to the MIND diet had a reduced risk of Alzheimer’s disease by 53%, and a significant reduction even with mild adherence.⁵

One of the theories behind its health benefits is that foods emphasized on the MIND diet are rich in antioxidants, which can reduce oxidative stress. Oxidative stress is defined as an imbalance between the production of free radicals and antioxidant defenses, and prolonged exposure can cause cell damage – particularly to the brain. Inflammation is the body’s natural response to injury and infection. But if it’s not properly regulated, inflammation can also be harmful and contribute to chronic disease.

The antioxidants in berries and the vitamin E in olive oil, leafy greens, and nuts are thought to benefit brain function by protecting the brain from oxidative stress. Omega-3 fatty acids are well known for their anti-inflammatory effects in the brain and have been associated with slower loss of brain function.⁶

Guidelines

Integrating principles of the Mediterranean and DASH diets, the MIND diet was created with 10 foods to focus on and five to limit.

Everyday Foods:

- 3 servings of whole grains (oatmeal, quinoa, brown rice, whole wheat)
- 1 serving of dark, leafy green vegetables (include spinach, kale, cooked greens, and other salad green) + 1 other non-starchy vegetable
- 1 glass red wine (5 oz. serving size)

Most Days:

- Leafy, green vegetables (6x/week)
- At least ¼ cup serving of nuts (5x/week)
- Olive oil – integrate into salad dressings and use for cooking

Every Other Day:

- Beans, lentils, soybeans (3x/week)

Twice a Week:

- Berries (serving size 1 cup)
- Poultry (chicken or turkey)

Once a Week:

- Fish (select a fatter fish such as salmon, tuna, sardines, trout, and mackerel) – good source of Omega-3 fatty acids

Foods to avoid or limit including:

- Butter/margarine – less than 1 tbsp/day
- Pastries & sweets – less than 5x/week
- Red meat (includes all beef, pork, and lamb) – less than 4x/week
- Fried food & whole-fat cheese – less than 1x/week



A Sample One-Week Meal Plan

Day 1

- **Breakfast:** Greek yogurt with raspberries, topped with sliced almonds
- **Lunch:** Mediterranean salad with olive-oil dressing, grilled chicken, whole-wheat pita
- **Dinner:** Burrito bowl with brown rice, black beans, fajita vegetables, grilled chicken, salsa, and guacamole

Day 2

- **Breakfast:** Wheat toast with almond butter, scrambled eggs
- **Lunch:** Grilled chicken sandwich on whole-wheat bun or bread, blackberries, and carrots
- **Dinner:** Grilled salmon, side salad with olive-oil dressing, brown rice



Day 3

- **Breakfast:** Steel-cut oatmeal with strawberries, 2 hard-boiled eggs
- **Lunch:** Mexican-style salad with mixed greens, black beans, red onion, corn, grilled chicken, and olive-oil dressing
- **Dinner:** Chicken and vegetable stir-fry, brown rice



Day 4

- **Breakfast:** Greek yogurt with peanut butter and banana
- **Lunch:** Baked trout, collard greens, black-eyed peas
- **Dinner:** Whole-wheat spaghetti with turkey meatballs and marinara sauce, side salad with olive-oil dressing

Day 5

- **Breakfast:** Whole-wheat toast with avocado, omelet with peppers and onions.
- **Lunch:** Chili made with ground turkey, sweet potatoes, onion, bell peppers
- **Dinner:** Greek-seasoned baked chicken, oven-roasted potatoes, side salad, whole-wheat dinner roll

Day 6

- **Breakfast:** Overnight oats with strawberries
- **Lunch:** Fish tacos on whole-wheat tortillas, brown rice, pinto beans
- **Dinner:** Chicken gyro on whole-wheat pita, cucumber, and tomato salad.

Day 7

- **Breakfast:** Vegetable frittata, sliced apple, and peanut butter
- **Lunch:** Tuna salad sandwich on wheat bread, plus carrots and celery with hummus
- **Dinner:** Curry chicken, brown rice, lentils



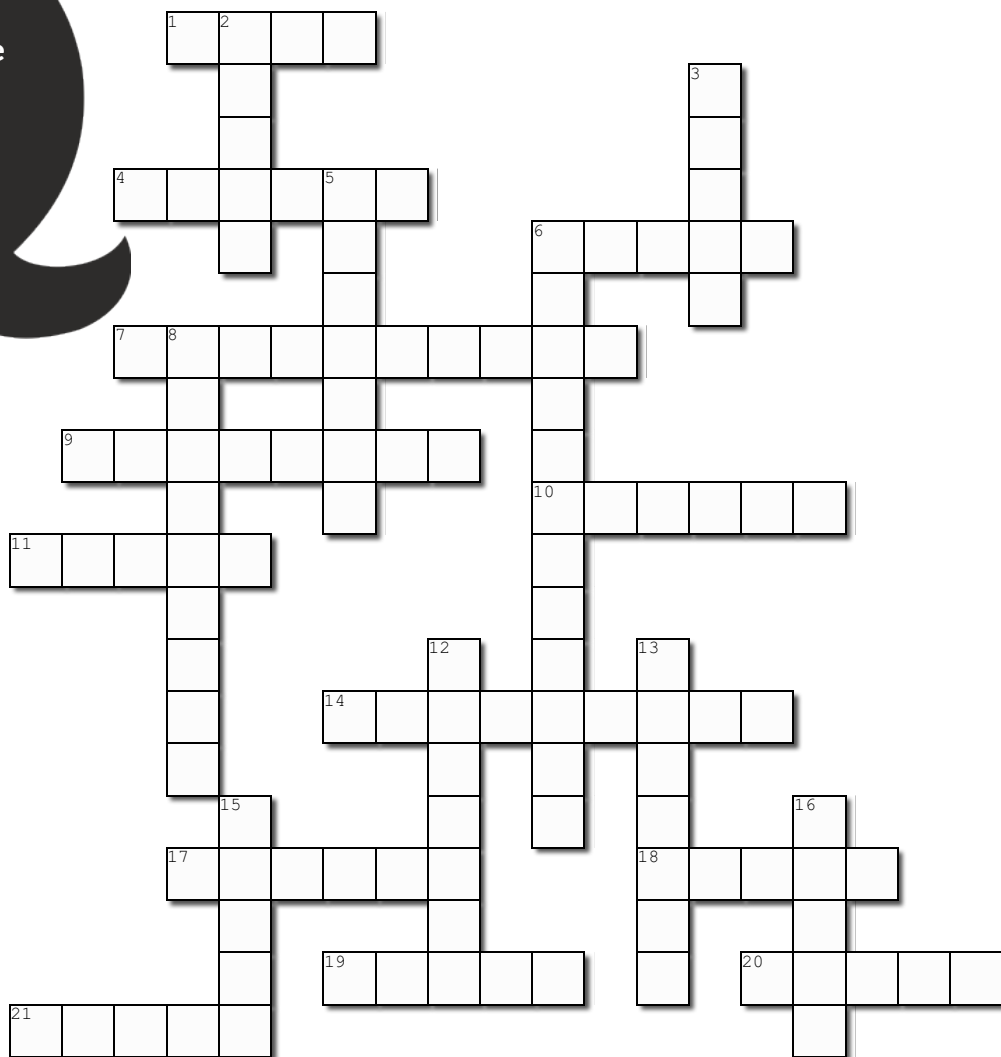
* Most salad dressings in the grocery store are not made with olive oil. To make a simple balsamic vinaigrette at home, combine three parts extra virgin olive oil with one part balsamic vinegar. Add a little Dijon mustard, salt, and pepper, and combine and mix well.

kwséltkten - Family

Complete the crossword puzzle below

Visit First voices to help solve the puzzle

<https://www.firstvoices.com/secwepemc>



Across

1. Sister-in-law
4. Father
6. Grandfather
7. Elder relatives
9. Great grandfather
10. Aunt (Fathers sister)
11. Aunt (Mothers sister)
14. Mother-in-law
17. Younger brother
18. Uncle (Mothers brother)
19. Older brother
20. Daughter-in-law
21. Uncle (Fathers brother)

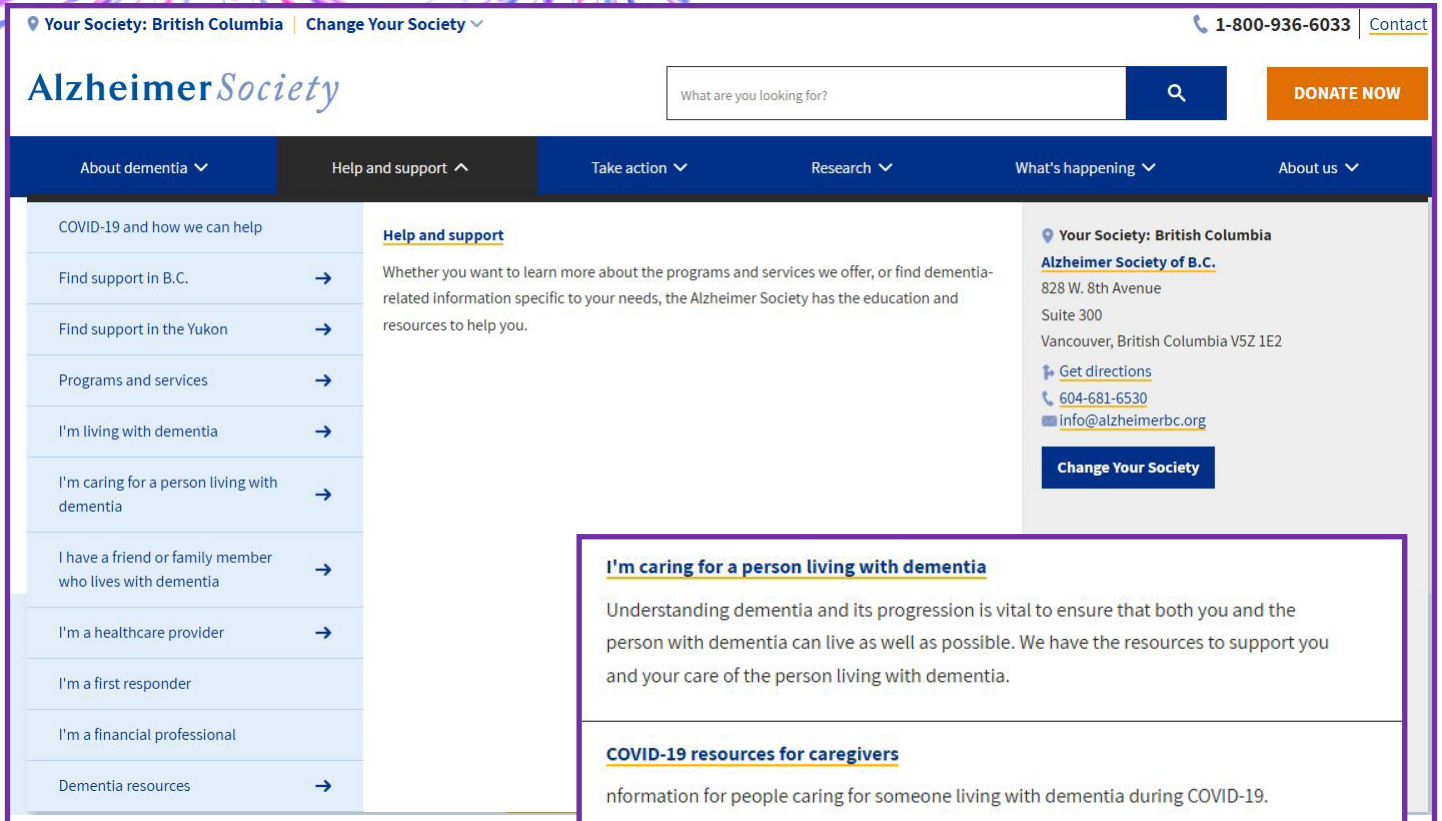
Down

2. Grandmother
3. Great grandmother
5. Father-in-law
6. I love you all
8. Son-in-law
12. Brother-in-law
13. Younger sister
15. Mother
16. Older sister



Did You Know?

The Alzheimer Society has Family supports?



The screenshot shows the Alzheimer Society website for British Columbia. At the top, there is a navigation bar with "Your Society: British Columbia" and "Change Your Society" (with a dropdown arrow). On the right, there is a phone number "1-800-936-6033" and a "Contact" link. Below this is the "Alzheimer Society" logo and a search bar with the placeholder text "What are you looking for?". To the right of the search bar is a blue "DONATE NOW" button. Below the search bar is a dark blue navigation menu with the following items: "About dementia" (with a dropdown arrow), "Help and support" (with an up arrow), "Take action" (with a dropdown arrow), "Research" (with a dropdown arrow), "What's happening" (with a dropdown arrow), and "About us" (with a dropdown arrow). The main content area is divided into two columns. The left column has a list of links: "COVID-19 and how we can help", "Find support in B.C." (with a right arrow), "Find support in the Yukon" (with a right arrow), "Programs and services" (with a right arrow), "I'm living with dementia" (with a right arrow), "I'm caring for a person living with dementia" (with a right arrow), "I have a friend or family member who lives with dementia" (with a right arrow), "I'm a healthcare provider" (with a right arrow), "I'm a first responder", "I'm a financial professional", and "Dementia resources" (with a right arrow). The right column has a "Help and support" section with the text: "Whether you want to learn more about the programs and services we offer, or find dementia-related information specific to your needs, the Alzheimer Society has the education and resources to help you." Below this is a "Your Society: British Columbia" section with the following information: "Alzheimer Society of B.C.", "828 W. 8th Avenue", "Suite 300", "Vancouver, British Columbia V5Z 1E2", "Get directions", "604-681-6530", "info@alzheimercbc.org", and a "Change Your Society" button. Below the screenshot, there is a dark grey speech bubble containing the text: "For more information visit their website" and the URL "https://alzheimer.ca/bc/en".

I'm caring for a person living with dementia

Understanding dementia and its progression is vital to ensure that both you and the person with dementia can live as well as possible. We have the resources to support you and your care of the person living with dementia.

COVID-19 resources for caregivers

Information for people caring for someone living with dementia during COVID-19.

What to expect as the person's dementia progresses

Caring for someone with dementia can be a great reward but it can be challenging at times. Prepare yourself by knowing what to expect.

Looking after yourself

Providing care for someone living with dementia takes a tremendous toll on the physical and emotional health of the primary caregiver, yet many caregivers often don't recognize the warning signs, or deny its effects on their health.

Understanding symptoms

Dementia can affect the personality and behaviour of the person living with the disease. Understanding and responding to these changes associated with



For more
information
visit their website

[https://alzheimer.ca/
bc/en](https://alzheimer.ca/bc/en)

New Year's Resolution Planning Worksheet


What resolution do you want to focus on first?

When are you aiming to reflect on progress?

How will you know when you've reached your goal? What will be the evidence?


.....

.....

What strengths will help you achieve this goal? 

1.
2.
3.
4.
5.

Why is this goal important to you?








.....

.....

.....

.....

What obstacles might come up?	How could you respond?
1. 
2. 
3. 
4. 
5. 

What will be different when you achieve your goal?

.....

.....

.....

.....

.....

What are some steps you could take?

1.
2.
3.
4.
5.

What resources do you have that you can use to support you?

.....

.....

.....

INSPIREHEALTH - LIFE PROGRAM

In Kamloops • In Person

Jan 28 & 29, 2025

SUPPORTIVE CANCER CARE

REGISTRATION NOW OPEN

In partnership with:



Kamloops Cancer
Supportive Care Society
SUPPORTING YOU



InspireHealth
SUPPORTIVE CANCER CARE

RIH
FOUNDATION



Skeetchestn Christmas

Open House



10



QHS Christmas Open House





Psychological First Aid Course at Skeetchestn Health Centre

This course equips learners in developing a personal understanding of the effects of:

- Stress
- Loss
- Trauma
- Grief

On others, with the emphasis on self-care and personal protection. Learners will be introduced to the Red Cross Look, Listen, Link, Live Model, a resiliency-building approach to emotional psychological, and social wellbeing that teaches learners how to support themselves and others to cope with the effects of various types of stress.

3-year certification in Psychological First Aid. Open to everyone in Skeetchestn Community! Limited spots.

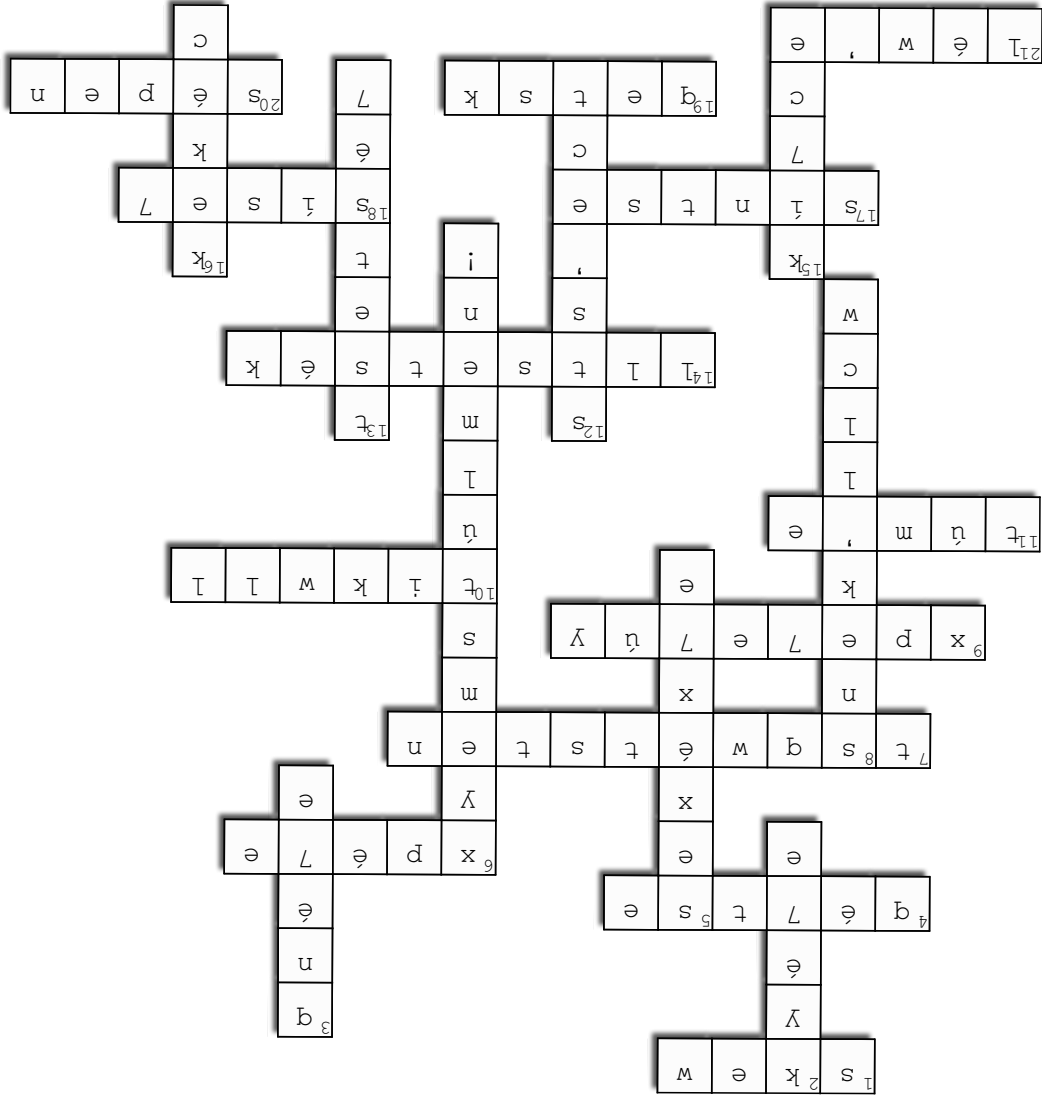
Date: Tuesday, January 28, 2025
& Wednesday, January 29, 2025
Time: 8:30am to 3:30pm
Place: Skeetchestn Health Centre

If you would like more information or would like to sign up please call Lee-Anne at Skeetchestn Health Centre 250.373.2580.

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

Answerkey

Complete the crossword puzzle below



Across

1. Sister-in-law (skew)
4. Father (qétsé)
6. Grandfather (xpé7e)
7. Elder relatives (tsqwétsen)
9. Great grandfather (xpé7ey)
10. Aunt (Fathers sister) (tikwll)
11. Aunt (Mothers sister) (túme)
14. Mother-in-law (litseték)
17. Younger brother (sintse)
18. Uncle (Mothers brother) (sise7)
19. Older brother (qetsk)
20. Daughter-in-law (sépen)
21. Uncle (Fathers brother) (léwe)

Down

2. Grandmother (kyé7e)
3. Great grandmother (qné7e)
5. Father-in-law (sexé7e)
6. I love you all (xyemstúmeni)
8. Son-in-law (sneklw)
12. Brother-in-law (stsect)
13. Younger sister (tséset7)
15. Mother (kítce)
16. Older sister (kékéç)

Primary Care Services

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

<p>Virtual</p>	<p>Northshore Pharmacy and Care Clinic</p> <ul style="list-style-type: none"> • (250)376-9991 • https://northshorepharmacy.ca/ • Monday to Saturday 9:00 am – 5:30 pm, Sunday and Holidays 9:00 am – 10:00 am • Virtual appointments in the pharmacy <p>***must be willing to switch to using their pharmacist***</p>
	<p>Enhanced Care Clinic (Go to Doctors.ca)</p> <ul style="list-style-type: none"> • https://www.enhancedcare.ca/online-booking/ • Location/Services, click "Virtual/Phone Appointment by Godoctor.ca" and location "British Columbia" • virtual/phone appointments
	<p>FNHA Dr of the Day - 1-855-344-3800</p> <ul style="list-style-type: none"> • 1-855-344-3800 • 7 days a week, 8:30 am – 4:30 pm • All First Nations and their families • https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day
	<p>TIA Virtual Health Clinic</p> <ul style="list-style-type: none"> • Book online: Tiahealth.com • Virtual or Telephone appointments
	<p>Virtual Physicians at Health Link</p> <ul style="list-style-type: none"> • Call 811 • 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.
	<p>Rocket Doctor</p> <ul style="list-style-type: none"> • Virtual Services • Book online: https://rocketdoctor.ca/online-doctor-bc/ • Available 24 hours a day, 7 days a week
	<p>VivaCare Telehealth</p> <ul style="list-style-type: none"> • Monday – Friday 8:00 am – 9:00 pm, Saturday – Sunday • Book online: https://vivacare.ca/telehealth-online-doctor/ • Virtual or telehealth appointments available

January

Pellkwetmín

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Office Closed	2 Office Closed	3 Office Closed	4
5	6 DR. Massage Foot Care	7 (SIB DR.)	8 Naturopath	9 Foot Care	10	11
12	13 DR. (SIB Massage) Foot Care	14 DR. MAssage	15 Naturopath	16 Dietitian Foot Care	17	18
19	20 (SIB Massage)	21 DR. Massage	22 (SIB Naturopath)	23 Foot Care	24	25
26	27	28 (SIB DR) Phycological First Aid in SIB	29 Naturopath Psychological First Aid in SIB	30 Dietitian Foot Care	31	

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.....	info@fnha.ca

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 Rescue.....	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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